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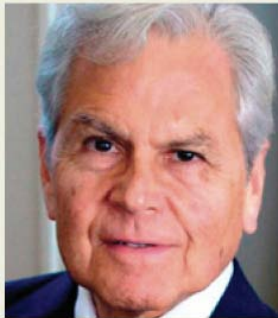
NEWSLETTER  
SEPTEMBER 2011

Reflexology and Bowen therapy treatments  
for relaxation, pain management, and stress relief



### Ruth Schippers RN

- 25 years as a Registered Nurse (specializing in emergency medicine and palliative care)
- Qualified as a Registered Reflexology Therapist in 1998
- Completed 2-year Holistic Health Program at Langara College in 2001
- Certified Bowen Work Therapist by the Bowen Therapy Academy of Australia in 2007.
- Member of the Reflexology Association of Canada since 1998
- Certified ongoing training has included: Cranio-sacral Reflexology, Sport Bowen, and Bowen Bridge – Level 1 and Special Procedures level 1 of Bowenwork.
- Now certified in Specialized Bowen Procedures 2 from the Bowen Therapy Academy of Australia.
- Member of the Natural Health Practitioners of Canada



Tuesday  
September 20, 2011  
7:00pm – 8:30pm  
(doors at 6:45 pm)  
Saanich Commonwealth  
Place, Red Cedar Room  
4636 Elk Lake Drive  
Victoria, B.C.

Reserve your  
complimentary seating:  
contact: Ruth Schippers  
(250) 370-0954 or  
[attunehh@shaw.ca](mailto:attunehh@shaw.ca)

## Juice PLUS+ PREVENTION Plus+

### A New Face in Medicine – A Paradigm Shift

*The connection between disease and nutrition • The important basics of all we need to do • Simple steps to creating a healthier life.*

**Richard C. Boronow, M.D.** will be speaking on the changing face of medicine and the important connection between disease & nutrition. Recently retired from private practice of Gynecologic Oncology and Gynecologic surgery in Jackson, Mississippi, Dr. Boronow is a graduate of Northwestern University Medical School in Chicago and is Board Certified in Gynecology and Obstetrics and in Gynecologic Oncology.

Dr. Boronow holds the academic rank of Clinical Professor Emeritus, and Honorary Physician, Department Obstetrics and Gynecology, University of Mississippi Medical Center, Jackson, MS. He has published extensively in peer review journals and has been a frequent guest lecturer in the U.S. and abroad. In 1993, Northwestern's Department of Obstetrics and Gynecology gave him their "Distinguished Achievement Award". In 2002 he was named the Northwestern Medical School "Alumnus of the year". His most recent award was the 2007 "Exemplary Physician Award" from the Central Medical Society of Mississippi.

This is a free community health education event.

## VIP FALL INTO BALANCE WELLNESS, HEALTH & LIFESTYLE EVENT

Enjoy a casual, yet indulgent afternoon with Victoria's finest health, fitness, style, culinary and contemporary lifestyle experts. Where gourmet whole foods meet beauty trends and outdoor sports meet fashion and design. Live auction, mini-treatments & on-site demonstrations.

**Parkside Resort & Spa, 810 Humboldt Street  
Sunday September 18th, 2011, 1-4pm**

*I will be taking part in the Fall into Balance event and have a few tickets to give away if you are interested*

## Emergency Preparedness Victoria

At 10:20 a.m. on October 20, 2011, British Columbians will "Drop, Cover, and Hold On" in The Great British Columbia ShakeOut, the largest earthquake drill in Canadian history!  
[Register](#) to participate and be counted!

## World Reflexology Week

September 18th to 25th

• What is Reflexology? During a Reflexology treatment a therapist will apply pressure to reflex points in the feet, hands & ears to relieve tension, increase circulation and promote relaxation to the whole body.

• Reflexology can often help with many chronic aches and pains as well as many stiff and achy joints.

• Reflexology may also help you to sleep better.

For more information go to Reflexology Association of Canada's website:  
[www.reflexolog.org](http://www.reflexolog.org)



## Services

### Bowenwork:

A gentle, safe, effective method that triggers the body to heal itself. Most symptoms are relieved with just 2-5 treatments!

### Reflexology:

An ancient healing technique that is done on the feet, hands and ears. In modern times science has been able to map out the body on the feet, hands and ears. The reflexes are reached and stimulated with pressure from the practitioner.