

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.
- Currently working on Bowenwork Special procedures 2 which offers more moves for difficult problems and cranio-sacral reflexology advanced.
- Member of the Natural Health Practitioners of Canada

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.

February is Heart Health Month

Heart attack symptoms aren't always unisex, it is important to act quickly to prevent long term problems. Check out: www.heartandstroke.bc.ca

These symptoms need immediate action:

Pain in between your shoulder blades, shoulders, neck or jaw or pain in your chest and or arm

Breathlessness - **Fatigue** - **Sweating** - **Nausea or dizziness** - **Sleeplessness** - **Anxiety**

Help prevent heart disease: eat well! More info at Dr. Silberstein's talk (see below)

Get active: walking, golf, yoga are just a few ideas

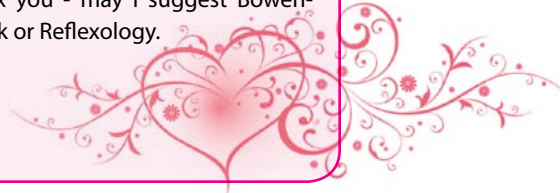
Live smoke free

Reduce stress - recognize Health isn't a luxury - have regular treatments that support your health and relax you - may I suggest Bowenwork or Reflexology.



A gift of love & health: a gift certificate to either Reflexology or Bowenwork

\$10 discount for Valentine's Day



Juice PLUS+ PREVENTION Plus+



A Health Education Seminar

Fight Cancer With Your Fork!

featuring *Susan Silberstein, Ph.D.*

www.susansilberstein.com



About Dr. Silberstein:

- Founder/Director, Center for Advancement in Cancer Education
- Author of the recipe book, Hungry for Health
- Nationally-recognized lecturer on nutrition and cancer prevention
- Creator of the video, Breast Cancer: The Diet Connection
- Editor of Immune Perspectives magazine
- Phi Beta Kappa and Fulbright scholar

Learn what the science says about diet and cancer prevention!
Learn over a dozen advantages of using nutrition in a cancer treatment program!

Learn the best foods and beverages for fighting cancer!
Learn how to create an inner environment unfriendly to cancer!

MONDAY, FEBRUARY 7th, 2011

7:30 pm – 9:00 pm (doors open at 7:00 pm)

Limited Seating - Reservations Recommended

LAUREL POINT INN, Merino Room
680 Montreal Street
VICTORIA, BC V8V 1Z8

For information and complimentary tickets please call Ruth 250-370-0954 or email attunehh@shaw.ca