

# Experience The Natural Way

Helping you feel relaxed and rejuvenated



Anxiety-free life

Improved mental focus



Aromatherapy Massage



Supplements



Health & Mobility & Serenity

## Health and Lifestyle

With that said, what is health and lifestyle?  
My goal is to help you live a life of freedom from pain, and stress.

If you were asked to write out a list of your top 10 priorities, where would 'health and wellness' be on that list?

Unfortunately, for many of us, it is way down on the list, so be honest when you write out your list.

I have a question for you. Do you drive a car?  
Do you put gas in your car, take your car to a garage to be maintained on a regular basis, replace the oil, check the tires etc.?  
We know if we do not maintain our cars, they will break down and cause us many challenges along with stress.

Yet we expect our body to keep functioning, surviving on an inadequate diet. Then, when we become sick, whether it is something as simple as a cold, fatigue, muscle aches and pains, or more serious such as high blood pressure, a stroke, heart attack, we wonder why! Why Me?

Typically we wait until something happens before we take action.  
Good health results from being Pro-active in four main areas.

- 1 Water – hydration – how much?
- 2 Food – nutrition
- 3 Exercise – walk up that flight of stairs
- 4 Stress – a result of the lack of the above

Over the next little while I will help you make some good decisions with your health and show you simple ways to be Pro-active.

**As the lighthouse guides the ship into the safety of the harbour, I will guide you through the maze, to the safety of good health.**

Yours in good health,  
Christine



The Natural Way  
Helping you feel good naturally

Located in Burlington  
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Ease of direction

Pain-free activity



Aromatherapy Spa Facial



Reiki &



Aroma-Reflexology