

July 23, 2014



Natural Healing Newsletter

Health tree Healing Centre, 609 Sargent Ave, 204-396-4325

Anniversary Edition

Volume 1, Issue 2

Our Anniversary Celebration!



Open House
FREE
Health Lectures
Tours
& Prizes!

Sat. July 26th
11am-2 pm

See Inside for more
details!

Healing
Begins
Here!



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**FREE Open House
Event!! Pg 8**

Health Tree Healing Centre Inter-disciplinary Wellness Team!



From row from
left to right:

Mary H, Mar-
garet L., Nicky
R., Stacey S.;

Back row from
left to right:

Georgina H.,
Lisa D., Rita Y.,
Mike L.

Featured new staff Stacey Speers (Swedish Massage Therapist)

Stacey Speers, Swedish Massage Therapist

Stimulate your body's natural healing capacity by receiving a massage with Stacy; our centres newest healing body-worker. Indulge your senses in a soft relaxing or deep tissue massage suited to your preference using traditional Swedish massage techniques and exotic moisturizing aroma oils to

rub down your muscles from head to toe and bring you into a state of relaxation, re-harmonization and rejuvenation. A touch of heaven!

- Tuner Out
- Tune In
- Tune Up!



Stacey Speers,
Swedish Massage Therapist

Deals of the month!

FREE month half price for First Nations Traditional Medicine (Limited time offer!) Reg \$150 per week includes 4 sessions, food-based medicine dietary consultation AND food-based medicines included. Amazing Value!*****

Pay 10 sessions gets the 11th **FREE**.

FREE tea of the month: Goji berry tea.



Anniversary rate: \$40/hour for pre-booked services: massage, acupuncture, Reiki between July 23-31, 2014.

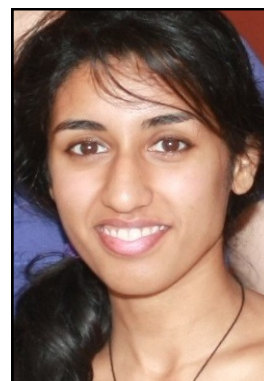
Reiki with Nicky Rajpaul

**Nicky Rajpaul,
Certified Reiki Practitioner.**

Come receive a Healing Reiki Session with Nicky; our new Reiki Practitioner at the Health Tree Healing Centre! Reiki is an ancient form of hands-on energy healing that restores balance to the body

and stimulates its innate ability to heal itself. Beyond the physical level, Reiki also helps break-up emotional blockages caused by stress, grief and subconscious negative beliefs. Clients claim they feel a sense of emotional lightness and restored sense of balance after sessions. Try Reiki with Nicky

Nicky, Reiki Practitioner



What is reiki and how can it help you?

Reiki is a beautiful, gentle, and non-invasive healing modality. It is administered by the Reiki Practitioner laying their hands on various points of the clients body. These points are chosen based on two things. One being the major energy points on the body, and the other being specific areas of concern for the client. The purpose of this is to balance, clear, and increase vital energy in the body. See, naturally we have this life force energy flowing all through our body. If there is a disruption of this flow from a mental, emotional, or physical trauma, illness can occur. Illness first develops on an energetic level, and if left for an extended period of time, it can become mental or physical illness.

Who can benefit from reiki?

Reiki has been shown to have a positive affect on all forms of illness and negative conditions. Some minor examples would be head or stomach aches, bee stings, cold, flu, tension, anxiety, depression,

and also serious issues like cancer and heart disease. Reiki has also been shown to reduce or eliminate the side effects of regular medical treatments. This includes things like post-operative pain, depression, side effects of chemotherapy, reducing time needed to stay at a hospital.

Reiki does not have to be a stand alone treatment. The great thing about reiki is that it can also be used:

When you are not ill but want a relaxing treatment;

- When you just want a pick me up or to boost your energy levels;

- When you are on medication;

- When you have cancer or chemotherapy;

- When you have plaster of paris;

- When you are in hospital;

- When you are pregnant; or with other complimentary therapies.



Feature article: Type 2 Diabetes is a modern, preventable and reversible condition.

Food is medicine. Every food we take into our bodies impacts our energy balance in a unique way just like medicine. Just like exercise, the more we eat certain foods... the more our bodies are impacted by these foods.

Through thousands of years of observation Traditional Peoples developed a practical system of medicine diets by observing people and animals interact with plants in the environments when ill. By remembering this approach we can return to a way of life conducive to natural laws of wellness.

Traditional Medicine values the whole plant because of the way the plant as a whole synergistically works to rebalance bodies in a more holistic way than simply taking a chemical strand of the plant. We can say the whole plant has a holistic impact on our health. Every plant carries within it a purpose in how it impacts our physical energies for optimal health.

By returning to a more traditional diet we can signal to our bodies to return to a state of balance which is an inherent memory in our cells structures if given the proper diet and medicine diet. Just like a wound will heal through scarring and then recover...so can our organs and glands.

If we rely only on conventional medicine ... we undermine the physical intelligence of our bodies to balance through diet. The condition of illness is manifest through diet and must be nourished through diet, too.

To simplify the approach; we re-

duce sugars, starchy yeasty foods and grains, we eat ten times more greens, root vegetables, nuts and seaweeds than we do local fruits...and we eat protein-rich foods and healthy fats in abundance. We eat foods indigenous to our environment & our ancestor's environments. We alleviate artificial and processed foods as much as possible and include whole foods into our medicine plan. We will create a physical paradigm shift in our bodies by changing the plant energies we put into our bodies.

In addition; we look at areas of the body that need physical coaching by introducing plants that are known to help these areas specifically. Known Sacred Herbal Plant Medicines we use are like chosen guides to lead us back to wellness on our path of recovery and balance.

There are many diabetic people who have been able to reclaim insulin production balance and glycose balance by practicing the lifestyle of traditional diet and food-based medicines. First Nations Healers may choose for you certain fungus's, barks, roots and rhizomes mixed together to alleviate excessive thirst, balance insulin production, balance glycose production and rebuild the pancreas and spleen as well as all the other organs. Traditional Medicine removes old cells as waste by building new healthy cells to replace them. Clients will enjoy many other health benefits like weight loss, lower-cholesterol, balanced blood pressure and

having much more energy.

Under Health Canada there are many regulated professions from The Physicians Associations to The Acupuncture and Naturopathy Associations to name a few. The Physicians Association/ Pharmaceutical Research Foundations claim these methods are unproven, however, there is much evidence within other holistic modalities recognized by Health Canada that these systems are proven through antidotal evidence that they do work... including First Nations Traditional Medicine which is the origin of most modern medicine.

You don't have to believe in the medicine for it to work. You just have to be open-minded enough to try it. People often find their diabetes to reverse in as little as 4 months of treatment. Including First National Traditional Medicine into your lifestyle is the first step on your path to reverse type 2 diabetes.

Book your free consultation with Georgina Hnatiuk to learn about FNTM may help you on your path to wellness. Experience the difference!

Call now to book your appt today.

Georgina Hnatiuk, First Nations Traditional Medicine Healer.

FAQs for First Nations Traditional Medicine Services

Question: What is First Nations Traditional Medicine?

Answer: First Nations Traditional Medicines are the origin and knowledge source of most modern medicines. Ancient teachings have been preserved against extreme adversity by few chosen keepers of knowledge within Indigenous Secret societies and Royal Tribes to be protected for renewal. First Nations Peoples were not allowed to practice or teach their medicines for generations. First Nations Traditional Medicine Practitioners treat the whole person in a non-invasive, holistic way that can help restore natural balance to the body in times of illness; such as for people who have been diagnosed with degenerative or life-threatening diseases from Cancer, Diabetes, Tuberculosis and Obesity. Georgina has successfully treated and reversed all of these conditions. First Nations Traditional Medicine is a food-based system.



Georgina Hnatiuk

First Nations Traditional Medicine- Plant Medicine Healer

(Regular First Nation Traditional Medicine rates: \$150 includes: 2 visits per week, consultations, food-based medicine plan PLUS Food-based medicine IS included too!

Question: What are the benefits of First Nations Traditional Medicine?

Answer:

First Nations Traditional Medicine can:

- Reverse Cancer
- Reduce Chemo/Rad. Side-effects
- Increase White Blood Cells
- Fight Infections, Parasites, Tumors and Lesions
- Help Balance Glucose and Insulin
- Reverse Diabetes
- Lower Blood Pressure
- Help Balance Hormones
- Reduce Cholesterol
- Clean Arteries
- Reduce Inflammation
- Reduce High Blood Pressure
- Increase Cell regeneration
- Speed Healing
- Balance Organ & Gland Function
- Prevent & Treat Strokes & Clots
- Help Balance Neuro-Transmitters
- Alleviate Toxins & Wastes From Cell Tissues
- Balance Digestion & Elimination
- Treat Chronic Skin Disorders
- Improves Over-All State-of-Mind
- Improves Over-All Wellness
- Improve Energy

First Nations Traditional Medicine values the whole plant and the whole person.

July Half Price Special!

Georgina Hnatiuk comes from a long matriarchal line of plant medicine people from the Lax K'wa A'laams Nation of BC and was taught First Nations Traditional Medicines by the chiefs wife of the Nu-Chah-Nulth Nation of Tofino / Clayoquot Sound, BC, in 2002/2003. Georgina spent about 20 hrs a week for a year with her teacher identifying, harvesting and making secret-tribal plant medicines for clients and witnessed incredible cures/ remissions of late stage cancer and other seeming incurable or inoperable degenerative diseases from Cancer to Schizophrenia to Tuberculosis. Her oath and responsibility to protect Indigenous Medicines (which are the origin of most modern medicine), coupled with her commitment to make First Nations Traditional Medicine accessible is her life purpose. Georgina was called to give a speech to all of the BC Chiefs, Canada Health Ministers, CIHR, the AFN and other health care leaders and elders during the transfer of Health Canada to the First Nations Health Authority in 2013. She receives requests to speak, is currently writing a book and is working on becoming a lawyer to advocate for First Nations Traditional Medicine Rights. Georgina is very excited to be offering her services for the public at the Health Tree Healing Centre alongside a wonderful alternative wellness team of doctors and complementary health practitioners.

Call to book your free consultation to see what First Nations Traditional Medicine can do for you on your path to wellness. Call today!

FAQs for our Acupuncture Services

Question: What Is The Usual Response to Acupuncture Treatment?

Answer: Since every person is unique, response to treatment is quite individual. Some notice an immediate improvement, others notice changes in overall health and well being with improvements in the primary problem following. The nature and severity of the person's imbalance, how long they have had it, as well as lifestyle factors that may support or impede treatment, are all issues that affect the number and frequency of treatment. Once balance is achieved, one may choose to have seasonal treatments to help maintain optimal health and well being.

Question: What Happens During An Acupuncture Treatment?

Answer: The healing process begins with the first visit, which is dedicated to an in-depth interview and physical exam taking 1½ – 2 hours. Using skills of traditional diagnosis, the quantity and quality of the Qi's energy flow through the meridians of the body is assessed. Treatment strategies are then custom tailored for each person, with subsequent visits usually 40 minutes to 1 hour in length.

Our Director, Dr. Mike Li.
Medical Doctor & Acupuncturist



*Acupuncture treatment by
Dr. Li is covered by most
insurance companies!*

Director

MD, Dr. Ac, R. Ac, Certified Natural Health Educator and Consultant, member of the Chinese Medicine and Acupuncture Association of Canada (Doctor of Acupuncture), member of the Manitoba Professional Acupuncture Association (Registered Acupuncturist)

Dr. Li grew up in a family with a rich background in Traditional Chinese Medicine started with his grandfather being a very famous doctor of acupuncture and Chinese medicine at the time. Dr. Li was trained for 5 years in the Henan Medical University in China. He was then specialized in both Western medicine and Chinese medicine during his medical practice and medical research in the past 26 years.

Dr. Li's main focus in practice has been treating Western medical conditions with acupuncture and Chinese medical approaches to promote healing process through personalised re-balancing. He has also developed his unique style of practice by providing health consultation, health education, and natural nutritional healing to his clients. Community health and senior wellness are the other areas of interests for him.



Doctor's advice – Natural Healing. Dr Mike Li, MD & Dr. Acu.

Natural healing just like your body normally has the power to heal itself when you have a skin cut. Your blood eventually clots and a scab is formed. Your tissue and skin then starts re-growing. Eventually, the scab falls off and you are miraculously healed!

Natural Healing is for people who are willing to make healthy and positive lifestyle changes. As a Natural Healing doctor, I help my clients to dramatically raise their overall level of health, which in turn, dramatically increases their

body's ability to heal and repair itself.

Natural Healing is a style of healing where you assist your body in charging up its powerful self-healing ability by creating a lifestyle in which you eliminate things that create disease and increase those things that create powerful health. When your body is healthy and strong, it can heal, repair and rebuild anything.

As indicated in our mission statement here at Healthtree Healing Centre, We believe in that human

body has the power to heal itself with proper instructions and assistance from health professionals and the practice of these instructions yourself. You are meant to have all natural materials, not chemicals. Your health needs a balance, nutritionally, mentally, and socially.

-Dr Mike Li

Director of Health Tree Healing Centre, Medical Doctor and Doctor of Acupuncture.

Chinese Massage and Hotstones Treatments are our specialty!

Tuina-Chinese Massage

Take pleasure in a rhythmical ancient massage created by monks which induces your vital chi! Our experienced Asian Practitioners at the Health Centre offer Tuina-Chinese Massage with rhythmical body rocking, gentle massage stretching and Swedish massage to stimulate, soothe and relieve sore, tired muscles. Stimulates deep healing. Feel your tensions melt away while journeying to a time honoured place just by closing your eyes!

\$ 40 per hour Massage Anniversary Special! Reg only \$50 per hour

Hot Stones Massage

An ancient and Indigenous Treatment. Smooth river rocks are heated, dipped in luxurious healing oils and used to deeply massage localized areas to increase blood-flow and induce deep relaxation. Delight in strong positive stimulation and soft deep pressure that creates a deep sense of wellbeing that is intrinsic to your nature. Induces a deep relaxation, releasing blockages and awakening your life-force vital energies. A popular favourite.

\$ 50 per hour Anniversary Special! Reg. only \$60 per hour.

Relaxation

Rejuvenation

Revitalization.

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HealthtreeHealing.ca

Affordable healing therapies



To serve you the best, our centre is being established with multi-disciplinary health professionals, including acupuncturists, doctors of traditional Chinese medicine (TCM) and Western medicine, Traditional Tribal Healer, massage therapists, Reiki practitioners and Taichi instructors .

We believe in that human body has the power to heal itself with proper instructions and assistance from health professionals and the practice of these instructions yourself. You are meant to have all natural materials, not chemicals. Your health needs a balance, nutritionally, mentally, and socially.

Acupuncture treatment by Dr. Li is covered by most insurance companies!

Testimonials

I have had arthritis of my shoulders and knees for many years. I am fortunately being referred by my friend about the excellent services Dr. Li provides. After the very first treatment, I felt much better with my knees and shoulders. After the second treatment, I can even walk up and down stairs, which I have not be able to for many years. My husband and I was shocked by the amazing changes that Dr. Li's treatments have worked on me. May the Lord bless him and his healing centre! May his knowledge and skills benefit more people! I will definitely share my experience

with as many people as I can. Thank you very much, Dr. Li! —Justina

Dr. Li has understood my situation like no other. I had been told by Western practitioners that the issues I have were non-existent, however, since I started having acupuncture treatments with Dr. Li, I feel more clear minded, less tired, and the pain in my legs has faded away. I would recommend anyone to give it a try, it might also solve issues you were not aware of.—Cathy



Natural therapies that promoting healing



Health Tree Healing Centre

**FREE Talks, Tours &
& Prizes!**

Saturday July 26th

11am-2 pm

Free Health Lectures!

12:00-12:30 Introduction to Acupuncture & Chinese Medicine, Dr. Li; MD & Dr Acu.

12:45-1:15 Introduction to First Nations Traditional Medicine,
with Georgina Hnatiuk, Traditional Plant Medicine Woman.

Enter Draw for Free Treatments!

One person will **WIN FREE** Tribal Cancer Treatments!

Two people will **WIN FREE** Acupuncture Sessions!

Two people will **WIN FREE** Chinese Tuina Massage Therapy Session!

Chair Massage & Reiki: \$1/min Samples

Special Health Promotions!

We already have the best prices in town & now we are having a sale to celebrate our One Year Anniversary! (Pre-booking may be required.)

1 hr massage or Reiki	\$ 40 /hour 20% Savings!
1 HR Hot Stones Massage	\$50 /hour 15% Savings
Acupuncture/ Chinese Medicine	\$ 40 / hour 20% Savings
First Nations Traditional Medicines	First Month Half Price!



**Come on down, meet the staff, take a tour, sample our treatments and attend
our free health lectures! We Look forward to seeing you!**