



Spring into Spring with a Medically Supervised Detoxification Program!

Have the holidays left you feeling tired and unmotivated?

Want help sticking to your resolution to have a happy & healthy 2008?

Medically Supervised Detoxification can help you shed last year's toxic load and spring into this year refreshed and ready to take on new challenges.

Signs of a Toxic Body

- Do you worry all the time?
- Do you tire easily?
- Do you have dry skin?
- Are you over-weight or under-weight?
- Do you have difficulty digesting food?
- Do you live near a major road, highway or in a city?
- Do you have poor circulation?
- Is your life stressful?
- Are you slow to recover when sick?

Symptoms of Toxic Overload

- Headaches
- Muscle aches and joint pain
- Allergies
- Flu-like symptoms
- Chronic fatigue
- Irritability
- Mental confusion
- Bloating
- Abdominal pain
- High blood pressure
- Blood sugar problems

Detoxification Information Session February 28th 7pm – 8pm
This information session will introduce you to the philosophy of Naturopathic Medicine, our new Naturopathic Doctor, and answer your questions about detoxification and healthy living.

Space is Limited
Call the office today to reserve your spot

Mary MacDonald, Doctor of Naturopathic Medicine

Natural Health Chiropractic and Wellness Centre

2080 Appleby Line • Burlington, ON L7L 6M6

Phone: (905) 332-7447 • Fax: (905) 332-9889

marymacdonald@gmail.com • www.marymacdonaldnd.ca