



# We Fix Pain

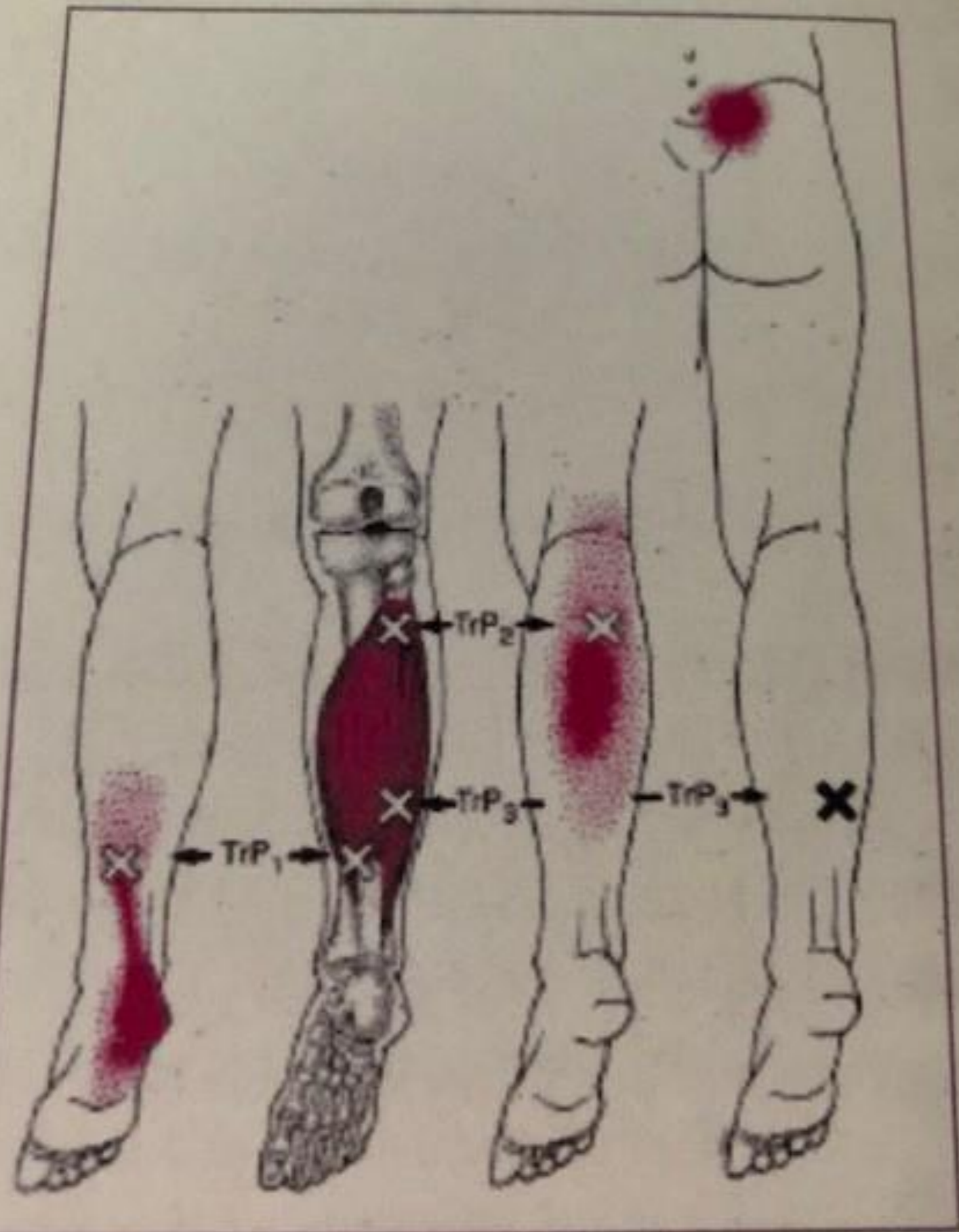


# Get Your Balance Back!



**Sore low  
back?**

***Might be in  
your calf***



**Pain pattern - soleus**



**Are you  
stiff  
getting out  
of a chair?**

***Try  
fascial  
release  
therapy***

**“I have exercised all my life and I've had the aches and pains to go along with it. Under Melissa's guidance, I am pain free and much stronger than had been before her program. Melissa is knowledgeable and persistent with her recommendations. She truly has helped with my overall health.”**

**Wallace McCain Chairman  
Maple Leaf Foods Inc.**

# Posture Correction



# Get Your Mobility Back!






**Neck strain?**

**Computer  
posture?**

***Fix it here***





**“HealthyHabits staff members are highly trained and professional and capable of responding to the unique characteristics of their various clients. They provide a unique service offering that I would recommend most highly.”**

**Frank J. McKenna  
TD Bank Financial  
Group**

# Tenets of Osteopathy

The body is self-healing, self-regulating, and an appropriate response to the environment





# Tenets of Osteopathy

**The body is a unit,  
the person is a unit  
of the body, mind,  
and spirit**

# Tenets of Osteopathy

**Structure and  
Function are  
reciprocally  
interrelated**





*Newly Renovated Studio*



# One-On-One Sessions



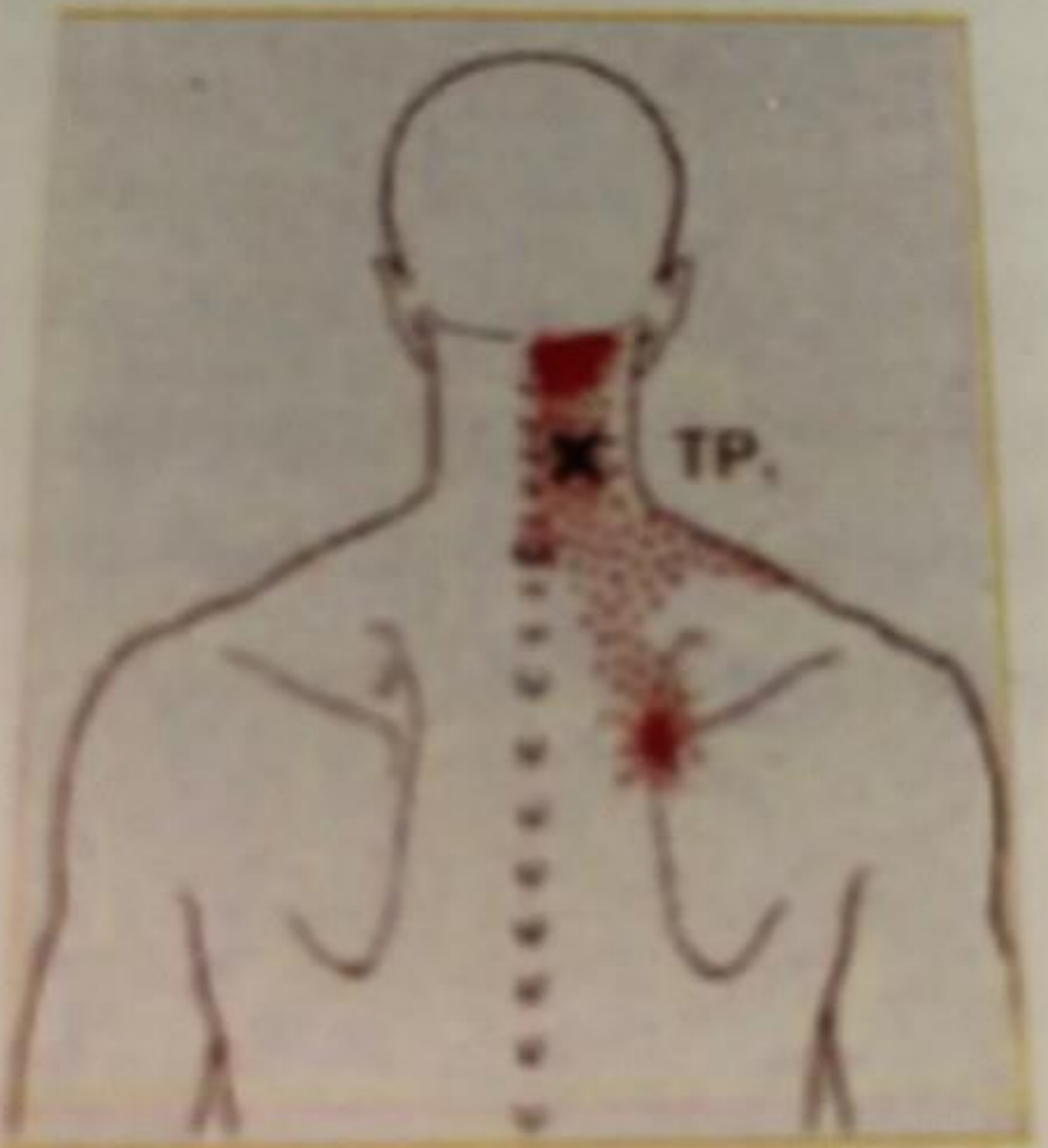
**Laser Therapy**  
**Manual Therapy**

**Corrective**  
**Movement**  
**Training**

**Nutrition**  
**Counselling**

# Shoulder pain?

*It might be  
your neck  
vertebra*





**Stiff & short  
back swing?**

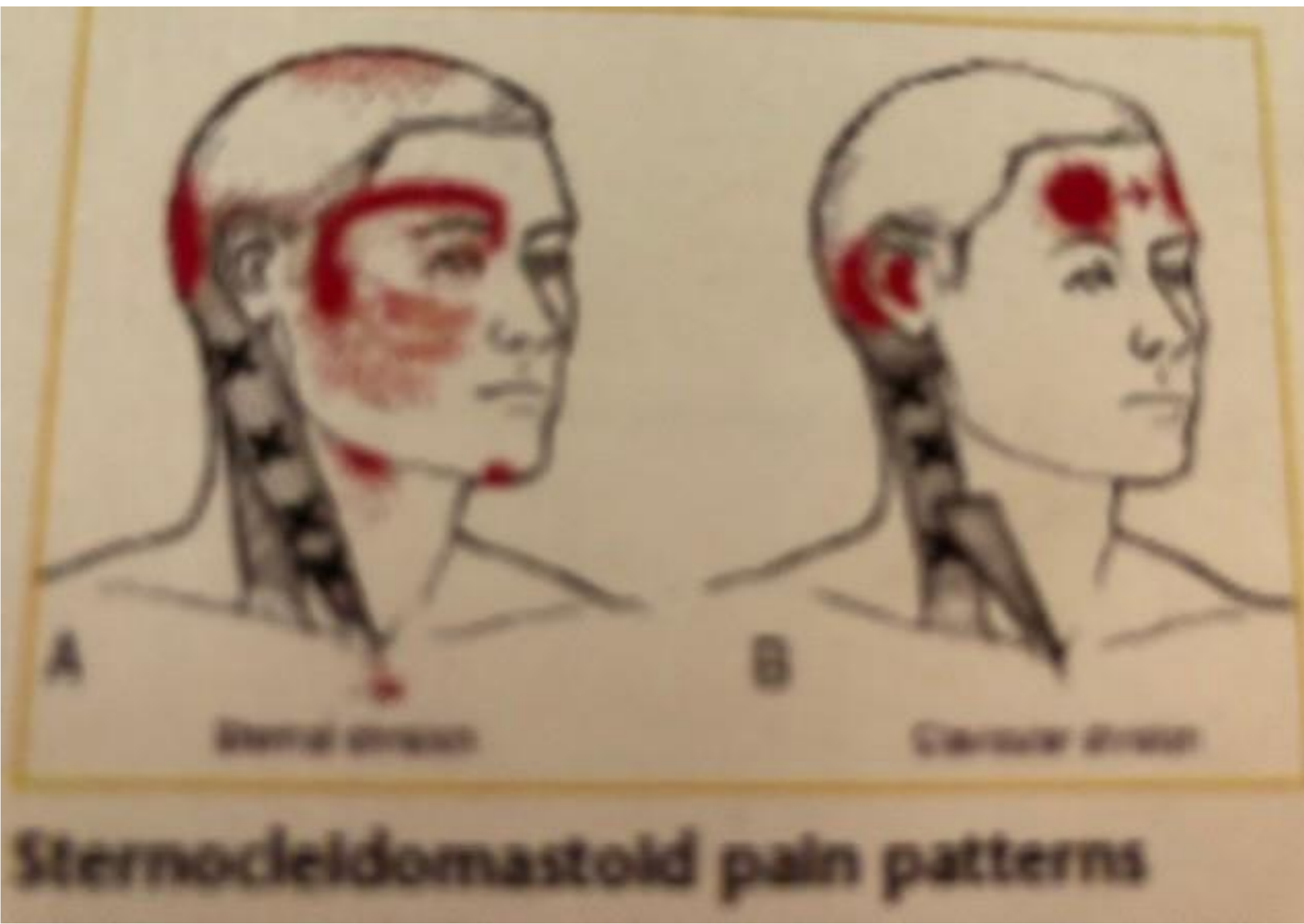
*Lets release your  
neck and shoulder  
mechanics*



# Improve Flexibility!



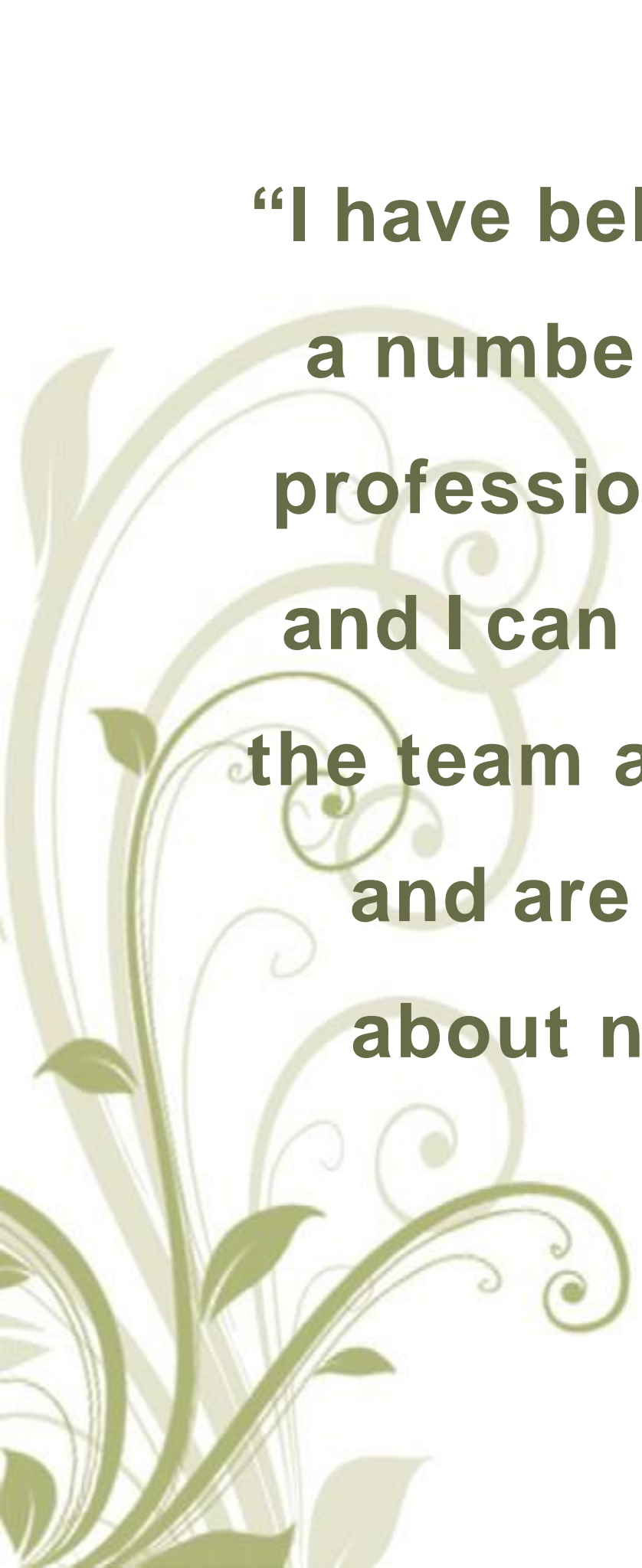
# Headache ?



*Might be a  
referral  
tension  
pattern*

# The Light Speed Lift for Stroke runner & more



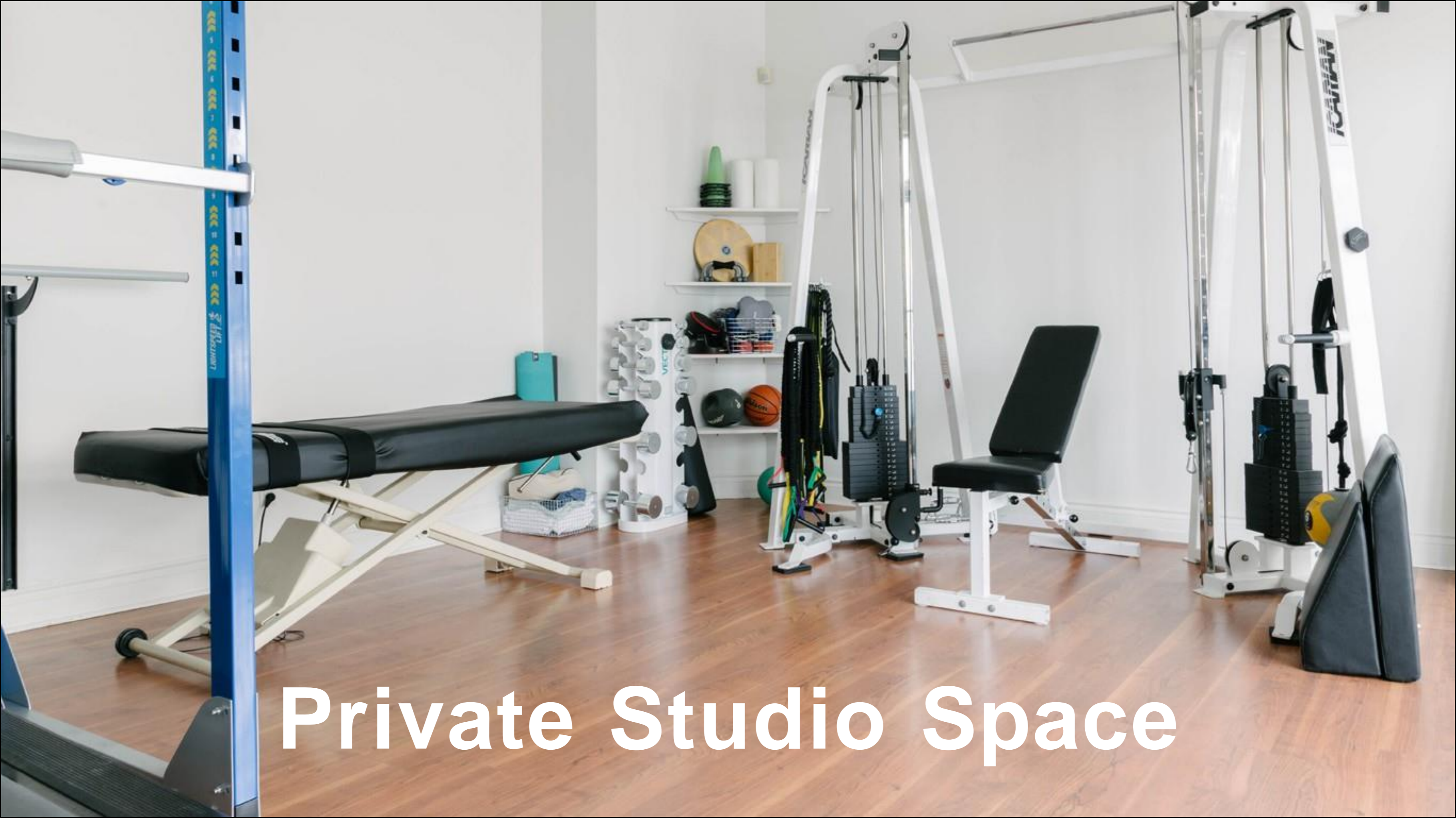


**“I have belonged to several fitness clubs and worked with a number of trainers. Healthy Habits is by far the most professional and effective organization I have dealt with, and I can recommend it without reservation. Melissa and the team are extremely knowledgeable about what they do and are eager to educate as well as train their clients, about nutritional as well as exercise-related issues.”**

**R. Rooney, CA, CFA  
President and Chief Investment Officer  
Burgundy Asset Management Limited**

# Build Strength!





**Private Studio Space**

**“Healthy Habits are knowledgeable, professional and fun to work with. They set high standards for themselves and their clients who benefit from their conscientious attention and deep understanding of their work. I would recommend Healthy Habits without reservation.**

**Kelly Meighen  
T.R.I. Meighen Family Foundation**





There is a best diet!  
Quit complaining.

**Your cortisol will drop, your  
serotonin will rise, your oxytocin  
will rise, and because of this your  
metabolism will INCREASE!**

# The Viscera

All internal organs have a life line to the spine. **SPINE** health is your health.

*Correct faulty posture.*





**Local muscle  
tone is adjusted  
to the vertebral  
segment it is  
neurologically  
linked to.**



# Gut Reaction?

**The digestive system is developed within the central nervous system during the first few weeks of fetal growth. The gut reaction is real and connected to the brain. LISTEN TO IT.**



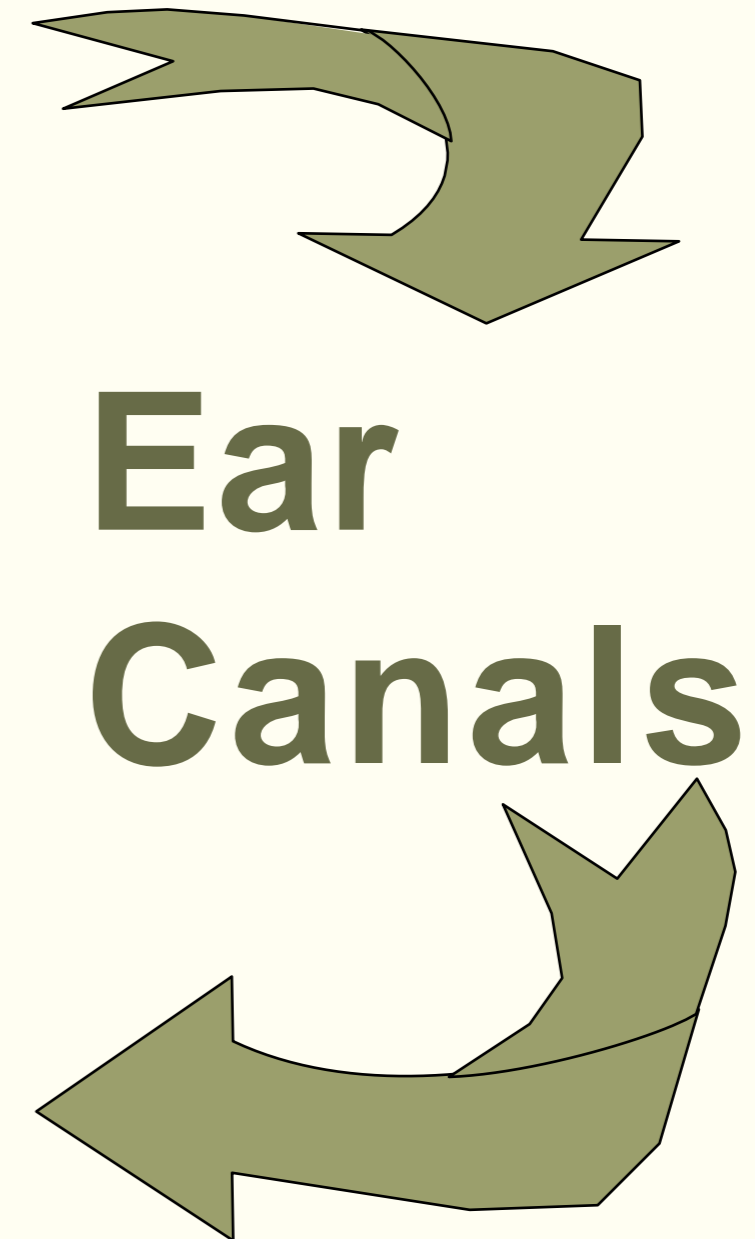
**Eyes guide the spine**

**Your back & shoulders tone is linked to the ear and eyes. Train eye tracking to decrease shoulder pain.**

**EARs affect your eyes, which affect your posture, which affect your balance.**



**Your  
Balance**



# Eldoa

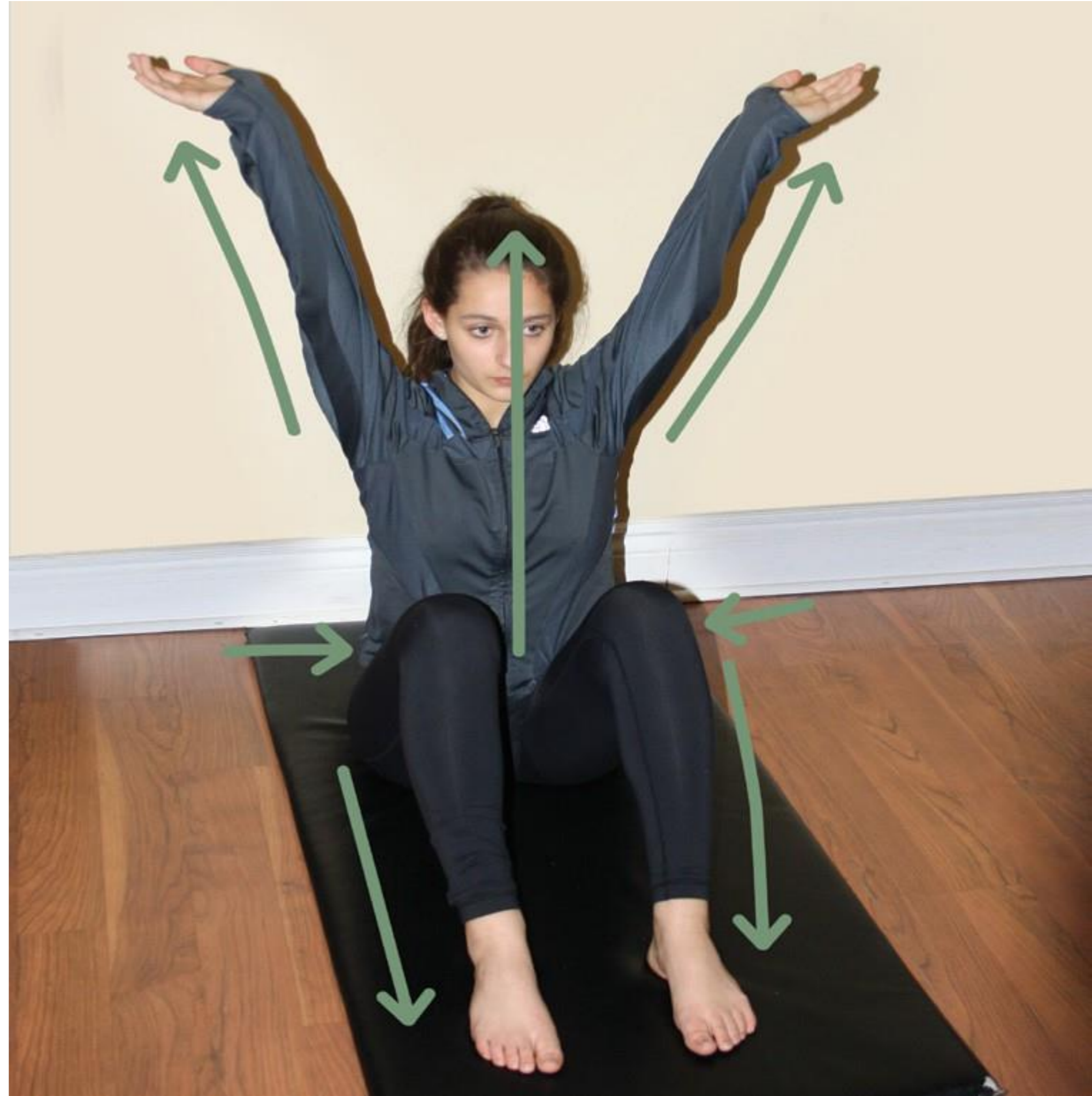
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Elongational

Longitudinal

Decoaption

Osteo-Articular





**Bones float one to the next.  
Muscles contract unidirectional.  
Fascia supports both bone and  
muscle in MULTI-Directional  
patterns.**



**ELDOA organizes the fascia  
to optimize alignment.**





**Breath needs space. Tight back will decrease your breathing capacity**

**Mind set becomes the  
BODY SET.**





**Your psoas  
(hip flexor at  
the front of the  
hip) is part of  
respiratory  
mechanics**

**Meditation is  
about  
slowing  
down your  
brain waves.**



**Brain waves  
that are  
organized  
are more  
coherent  
and complex  
thinking is  
improved.**



**Sugar in your blood is HIGH Blood Sugar**

**Sugar in your teeth is a cavity**

**Sugar in your brain at 70 yrs is Alzheimer**

**Sugar in your brain at 7 is ADHD**

**Sugar in your eye is Glaucoma**

**Sugar in your liver Cirrhosis**

**Sugar in your blood is Diabetes**

**Sugar in your joints is Gout**

**Foot mechanics  
is your Body  
Posture.**

**Make your  
feet flexible  
to regain your  
balance.**



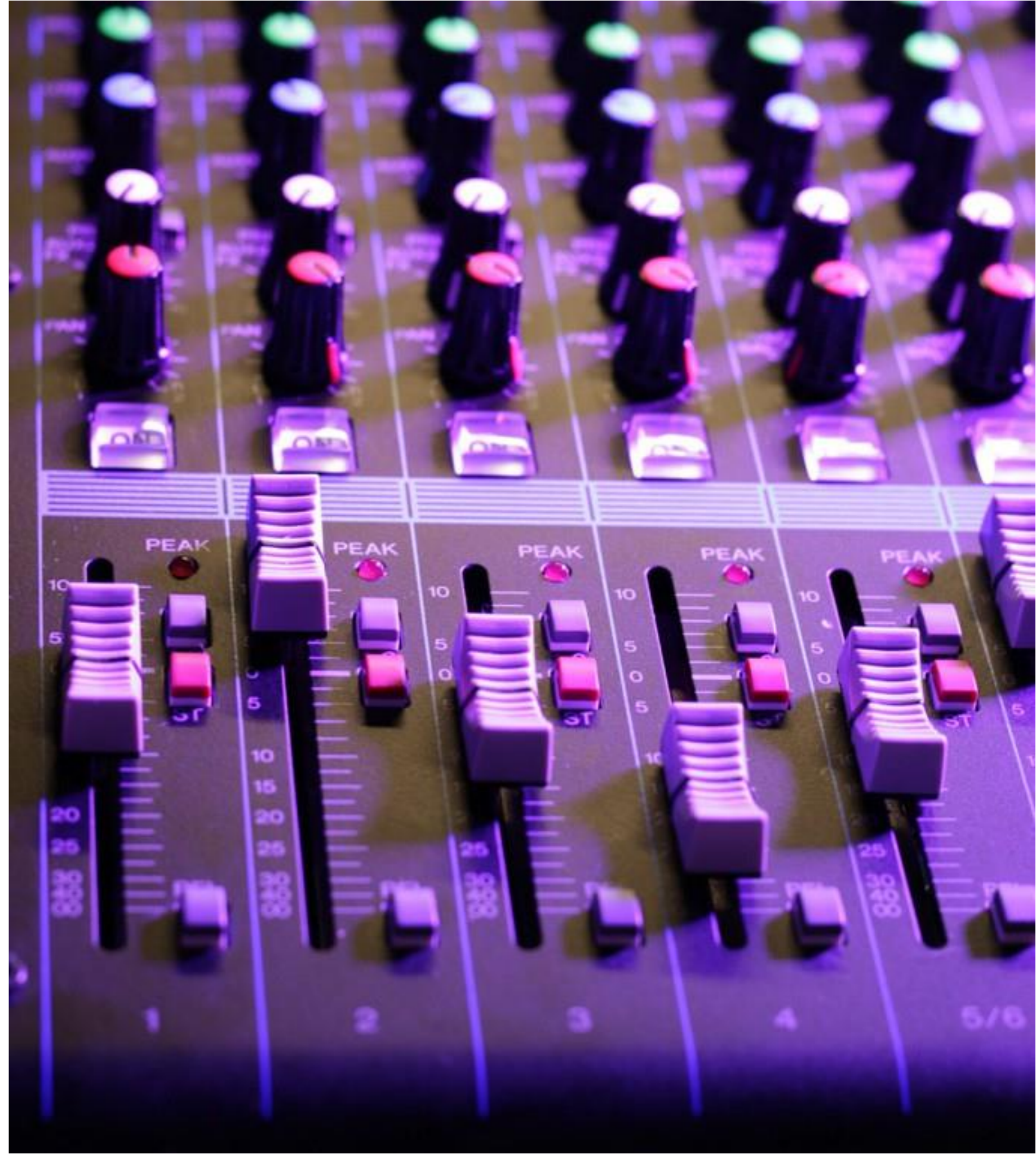


**Smell is the only sense that bypasses the cerebral cortex direct to the limbic brain. There, old memories & emotions are stored. Baking cookies is good for the soul.**

**Brain wave  
frequencies are  
measured in Hertz.**

**By playing music  
with soothing Hertz  
frequencies we can  
calm the mind  
and body.**

**528, 111, 639, htz**





# **Red Refill Reaction.**

**If your skin on drying stays red, this indicates the fight or flight nervous system is charged & overpowering rest & recovery.**

**Every day brush your teeth with the  
non dominate side to help preserve  
your balance.**



**Joint replacements  
need rehabilitation  
to the joints above  
and below to  
reintegrate the false  
joint into the  
nervous system**





**Who knew we were a culture  
of the Non-Breathers?**

**Ask for Besty's diaphragm  
release treatment and  
notice the difference.**



**OSTEOPATHY - is a deep understanding of the fascial system and how it developed through embryology. The objective is to normalize tissue and fluid Tension so every joint, tendon, ligament, nerve and artery can function optimally.**

**OSTEOPATHY** can treat incontinence, nerve pain, trigger points, back pain, hip pain, sciatic pain, stenosis, arthritis, gut issues and inflammation.



**Help your body function optimally, regularly use check up appointments and optimize your life cycle stage.**

**Music is the  
only input  
that lights  
up the entire  
brain.  
Feel your  
favourite  
tunes daily!**





Every time we judge another, it is our cortisol levels that rise. This affects only our metabolism, not the others. Forgive your fellow drivers.