

Maitri Healing News

www.maitrihealing.com



Reiki Level I Certification Course—April 15th & 16th

Harness the power of your own healing energy with Maitri Healing's Level 1 Reiki course. You'll learn the basics of Reiki principles both for self-treatment and practice on others. Contact Ramona at (416) 727-7536 or ramona@maitrihealing.com for more information or to register.

Phone: (416) 727-7536
E-mail: ramona@maitrihealing.com
Website: www.maitrihealing.com

Spring Cleaning Special \$150 for 3 sessions of LDT*

Experience the cleansing benefits of Lymph Drainage Therapy®! You get 3 one hour sessions for \$150 (that's a savings of \$60). This offer also entitles you to purchase any of our cleansing products at wholesale prices.

Your first session must be booked by June 30th All three sessions must be used within one month of the first treatment.

Please mention this offer when booking your appointment.

*Note: some restrictions apply.

Kinotakara Detox Foot Patches

Detoxify while you sleep! These patches are made with all natural ingredients and use far-infrared and negative ion technology to draw toxins from your body into the pad, which is discarded in the morning.

Use of the pads can improve circulation, reduce pain and swelling, strengthen the immune system and function of the inner organs.

Visit our website at www.maitrihealing.com or contact Ramona for more information.



Volume 1, Issue 2

Spring 2006

Inside this issue:

Reiki Level I Certification Course April 15th & 16th 1

Spring Cleaning Special 1

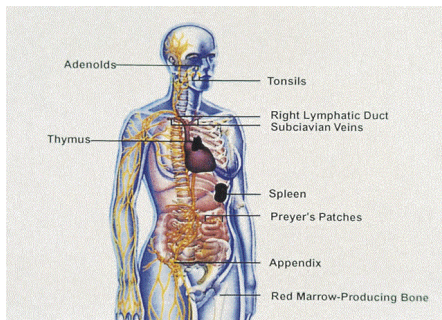
Kinotakara Detox Foot Patches 1

Free Nutritional Immunology Seminar 1

Tips for a Spring Cleanse or Detox 2

FREE SEMINAR

Nutritional Immunology and Chronic Disease Prevention



Topics:

How Diseases Relate to the Immune System?

What is the Immune System?

Functions of the Immune System?

How to Support the Immune System?

What is Balanced Nutrition?

E. Excel - Nutritional Immunology

Speaker: Angela Shim

Tuesday, April 25th 7:00—9:00 pm

Call now to reserve your spot!

238 Mutual St.
Toronto, ON
M5B 2R4

SW corner of Mutual and Carlton
2 blocks east of College Subway
Station.

Hours:

(by appointment only)

Tuesday 2:00-8:00 pm

Friday 2:00-8:00 pm

Saturday 9:00am-6:00 pm

Sunday 9:00am-6:00 pm

WE'RE ON THE WEB!

www.maitrihealing.com



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*An ounce of
prevention is worth
a pound of cure!*

TIPS FOR A SPRING CLEANSE OR DETOX[#]

As the sun comes out of hiding, many people's thoughts turn to the warmer weather and everything it brings with it—short sleeves, sandals, and bathing suits!

One great way to shrug off the sluggishness and perhaps the extra weight from the winter is to cleanse your system internally through a detoxifying diet or fast. Ideally we would cleanse at each change of season, but if that's not realistic for you, then spring is the best time to detoxify. Our bodies are programmed to come out of winter and lighten up.

There are all different levels of system cleansing through diet, from cleaning up your diet to fasting.

Drink lots of clean, filtered water. Drink lots of water, clean the junk out of the kitchen cupboards and start cooking. Need a push? Get inspiration from one of the latest cookbooks that helps you build a shopping list and prepare great-tasting, healthy meals in less than 30 minutes.

Get moving. Gentle exercise during this cleansing period will support your digestion. Go for a walk in the fresh air. Or do some light yoga or gentle stretching exercises.

Support your liver. Traditional Chinese medicine tells us that spring is the time to pay extra attention to your liver. Taking milk thistle supplements, eating beets and dandelion are among the many things you can do for your liver.

Read labels. Watch out for hidden sugars (fructose, glucose etc.) and wheat (in most soy sauces and as filler in many meat patties).

Clean up your diet. Change your diet from Acid to Alkaline. Try one week of healthy eating. Cut out caffeine, sugar, wheat, dairy, meat (at least non-organic meat), and other chemicals (aspartame etc.). Eat lots of vegetables along with whole grain and legumes.

Try food combining. Again, there are many different levels of food combining, but the basic principle is not to eat protein with starch (which includes starchy vegetables like potatoes). So, no meat with bread or pasta.

Try a fast. There are many types of fasts you can try. A one day juice fast can give your digestive system a rest and give your body a boost of vitamins and minerals. The Master Cleanse (or Lemonade Cleanse) is also popular.

Be gentle with yourself. Old habits are hard to break. If this is your first attempt at a cleanse, don't expect yourself to be perfect. If you fall off the wagon, just get back on!

Support your cleanse with manual therapy. The lymphatic system is designed to remove toxins from your body. It works slowly, pumping only about 1.5—4 litres of fluid per day. However, a healthy system can accommodate up to 20—30 litres. Why not kick it up a notch and have your lymphatic system support your cleanse by ridding your body of toxins? Take advantage of our Spring Cleaning special and book your appointment soon.

*Consult your medical professional before beginning any new regime.

Call Maitri Healing for a consultation and discover the many ways we can help make 2006 your healthiest year ever!