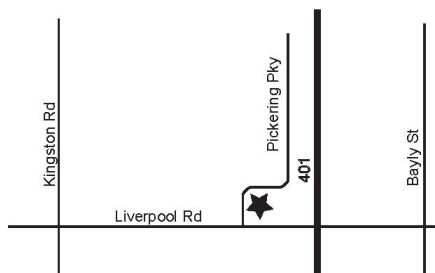


Yoga  
 Massage  
 Chiropractic  
 Acupuncture  
 Hypnotherapy  
 Hot Stone Massage  
 Naturopathic Medicine  
 Psychological Counselling  
 Physiotherapy & Rehabilitation  
 Clinical Nutrition & Nutraceuticals  
 Cosmetic & Cellulite Acupuncture  
 Fitness & Nutritional Counselling  
 Japanese Acupuncture  
 Outdoor Boot Camp  
 Guided Meditation  
 Nordic Walking  
 Reflexology  
 Boot Camp  
 Orthotics  
 Pilates  
 Reiki

## Santé Clinic Hours

Monday	9:30 AM—8:30 PM
Tuesday	9:00 AM—8:30 PM
Wednesday	9:30 AM—4:30 PM
Thursday	9:00 AM—9:00 PM
Friday	8:30 AM—2:30 PM
Saturday	8:30 AM—4:30 PM
Sunday	10:00 AM—2:00 PM



105-1315 Pickering Parkway  
 Pickering, ON  
 L1V 7G5  
 Phone: 905.250.1322  
 Fax: 905.422.0213  
 E-mail: [info@santegroup.ca](mailto:info@santegroup.ca)  
 Web: [www.santegroup.ca](http://www.santegroup.ca)



# Santé Services Information



 EXCEPTIONAL HEALTHCARE

# Services Offered @ Santé

## **Chiropractic** Dr. Ester Taca-Silbermann BSc.DC

Adjusting of the joints of the body has been used in the healing arts for many centuries and is at the heart of modern chiropractic. Chiropractors are specialists in manual adjustment of the spinal vertebrae, extremities and other joints. Adjustments help relieve pain and restore normal functioning to the spine.

## **Naturopathic Medicine**

**Dr. Michelle Peters, ND**

Naturopathy is an effective, integrative medicine that supports the healing process and addresses the causes of illness while also alleviating symptoms in order to promote a better lifestyle. Naturopathic Medicine can provide patients with an alternative form of health care or can be integrated to complement and support current medical treatment. Naturopathic Doctors treat many conditions including: Colds & Flu, **Allergies & Sinusitis**, Skin Conditions, Fertility Challenges, Weight Management, Cholesterol Regulation, Cancer Prevention & Support, Cardiovascular Support, Headaches & Migraines, Anxiety & Mood Imbalances, Arthritis & Joint Problems, Osteoporosis & Osteopenia, Detoxification/Cleansing Protocol, Digestive Problems & Gastrointestinal Conditions, Sports Injury Management, Men's Health: prostate health, erectile dysfunction, Women's Health: endometriosis menstruation problems, PCOS, PMS, pregnancy support. Dr. Peters focuses on individualized, holistic treatments to restore and maintain optimal health and wellness by utilizing the following natural therapies: Naturopathic Medicine; Botanical Medicine; Homeopathy; Hydrotherapy; Clinical Nutrition and Nutraceuticals.

## **Psychological Counselling**

**Dr. Yukiko Konomi, Clinical Psychologist**

Need a professional to talk to? Good mental health & physical health go hand in hand. Clinical Psychologists treat many conditions including depression, anxiety, stress, trauma, anger management, relationship/marriage problems, chronic pain, bereavement and loss, addiction issues, academic difficulties, interpersonal difficulties, and persistent mood disorders.

## **Orthotics** Cathy Reshke, PTA, Orth. Consultant

Prescription orthotics are custom foot & arch supports designed to provide biomechanical control, correction, shock absorption, address foot and lower limb pathologies, and offer pain control for heel spurs, plantar fasciitis, shin splints, Achilles tendonitis, knee pain, ITB syndrome, etc in a variety of shoes. Orthotics can improve overall comfort and function in the low back, legs, knees, ankles and feet.

## **Massage Therapy & Hot Stone** RMT

Massage is known for its restorative, therapeutic and deeply relaxing benefits. It provides profound benefits for health and well-being. Well documented benefits of massage include increasing blood and lymph circulation, decreasing heart rate and blood pressure, improving mobility and pain reduction. Massage flushes toxins, reduces stress, improves sleep, enhances digestion, increases energy levels, oxygenates organs and skin, and rejuvenates the whole body. Massage is indicated for migraine and muscle tension headaches, back, neck and shoulder pain, stiff and sore muscles from injuries or postural stressors, PMS and labour pain, stress, and depression.

The hot stone experience involves placing water-heated smooth stones of various sizes on key points on the body or face. Hot Stone massage can relieve pain; promote harmony and balance within the body. The resulting deep massage and sensation of warmth and comfort is not to be missed. Relax and enjoy the wonderful sense of stillness.

## **Clinical Nutrition & Nutraceuticals**

**Dr. Michelle Peters, ND**

Clinical nutrition is the science that prescribes individualized diet changes and nutraceuticals (natural supplements) for optimal health promotion & disease treatment. Food sensitivities can cause eczema, psoriasis & acne, asthma & sinusitis, indigestion & bloating, irregular bowel habits, headaches & joint aches, mood changes, fatigue, sluggishness or hyperactivity. **Food sensitivities & allergies** can be managed with dietary changes. Nutraceuticals can be used when a vitamin or mineral deficiency occurs due to inadequate diet, illness, or depletion by a medication. Many common symptoms, such as PMS, fatigue, and inability to focus may be due to vitamin or mineral deficiencies. Individualized attention to diet can optimize your energy, sleep, and lifestyle.

## **Cosmetic & Cellulite Acupuncture**

**Dr. Michelle Peters** also addresses various aesthetic concerns of aging with cosmetic acupuncture and cellulite acupuncture. Cosmetic Acupuncture is a natural, customized rejuvenation treatment for the face and neck. It is known as a non-surgical facelift.

## **Physiotherapy & Rehabilitation** RPT

Specializing in orthopaedics, sports injury, post-stroke rehabilitation & TMJ treatment, Physiotherapists have extensive experience treating patients who have sustained W.A.D. injuries in motor vehicle accidents. Physiotherapy is the treatment of preference for many who suffer from back or neck pain or joint pain such as hips, knees, ankles, wrists, elbows or shoulders. Physiotherapy has proven to be effective in the treatment & management of arthritis, diabetes, stroke and traumatic brain injury, spinal cord injury & a range of respiratory conditions offering those afflicted with techniques to acquire & maintain an optimum level of function and pain free living.

## **Japanese Acupuncture** Brian Phillips

**D.Ac.Cht / Zander Townend MMQ, Dipl.Ac.**

Acupuncture is a safe and effective natural therapy that is used to heal illness, prevent disease and improve well-being. Acupuncture has long been used in Far Eastern medicine to balance the emotional, physical and spiritual aspects of the human body. Progressively more health care practitioners, both holistic and traditional are discovering the importance of acupuncture in maintaining and regaining good health.

## **Hypnotherapy** Brian Phillips D.Ac.,C.Ht.

Hypnotherapy is used to overcome and control habits such as smoking, nail biting, or overeating. It can also be used to treat fears or phobias and improve self-esteem. Hypnosis is a procedure that can affect changes in sensation, perception, thoughts, feelings or behaviors by working with the subconscious mind. Hypnosis is a means of bypassing the critical conscious mind to access the subconscious mind, while always ensuring that you remain in control at all times.

## **Reflexology** Janiece Henderson RMT, RM

Reflexology is a natural and drugless healing art. It is based on the principle that there are zones and reflexes in the hands and feet which correspond to every gland, organ and part of the body. Massaging these reflex areas on the feet promotes health in the corresponding organs and stimulates natural energy, causing it to flow more freely throughout the body.

## **Reiki** Janiece Henderson RMT, RM

Originating from Japan, Reiki is a popular yet ancient method of healing. The word Reiki means 'Universal Life Force Energy'. A trained practitioner, through the laying on of hands, activates and directs the Reiki energy. The energy healing art of Reiki improves the body's ability to cope with illness and discomfort, encourages the body's natural healing ability, increasing its capacity to heal, and allows for relaxation, stress reduction, pain management, and helps to balance the physical, emotional and spiritual wellbeing.

## **Meditation, Yoga & Pilates**

Meditation gets rid of mind chatter, alleviates stress and enhances relaxation. It promotes a sense of serenity and can help relieve **insomnia**.

Increase flexibility, improve posture and still your mind with Yoga, the practice of postures for strength, lengthening, flexibility and vitality. Yoga improves balance, tones muscles and increases stamina, while building strong bones to help prevent osteoporosis. Certain poses massage internal organs which improves digestion and elimination. Yoga helps regulate weight and improves breathing by increasing lung capacity. The practice of yoga asanas, or poses are clinically proven to relieve stress, improve mental function and ability to concentrate.