

Has doing what's best for yourself become complicated?

Do you need to simplify your routing

Do you need to simplify your routine and get back to enjoying life with renewed energy?

Let's keep it simple and get back to the basics.



Fall 2012

Naturopathic News

Amita Sachder ND

Cancer Support

Family Health

Pain Management

Allergy Testing

Allergy Treatment

Anti-aging Therapies (acupuncture facelift)

Blood Testing

IntraVenous Therapy

Let's Get Back In Gear

Autumn brings it's beautiful colours and falling leaves. It also signals a renewed sense of routine as children and families settle in to changing patterns.

As we adapt to this change and prepare for the cooler weather ahead, it's time to pencil your health back into your calendar or things to do list.

As I continue to grow and enhance my knowledge, I encourage you to come in and talk about what our new therapies can do for your changing needs.

Let's simplify your routine and get you back on track with the most important project you're working on this season, YOU ©

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