

# Naturopathic News

March 2016



## Need A Break this MARCH?

Some of you are scrambling to make plans for your kids for March break, others of you are trying to make plans to get your health in order for the upcoming Spring and Summer. Why not do both.

What's on your list of things to do for you and your family?

- ✓ Improve energy and mood
- ✓ Enhance performance during work-outs and endurance training
- ✓ Diagnose and treat allergies
- ✓ Treat irritating skin conditions
- ✓ Balance hormones to treat thyroid conditions, fertility issues, peri-menopausal symptoms
- ✓ Address digestive difficulties
- ✓ Help a loved one through cancer

Together we can get you looking and feeling your very best, (so you can keep running after your kids) ☺

## Family Health & Cancer Support

*Dr. Amita Sachdev BScN, RN, ND has been practicing family-centred naturopathic medicine for over 14 years.*

*With previous nursing and teaching experience, Dr. Amita Sachdev can help you and your family meet all your health care needs, safely, effectively, and naturally.*

*Ask me about the most effective natural therapies to help patients achieve the best results in fighting their cancer in conjunction with their medical treatments for a truly integrated approach to health.*

*Follow me on twitter @AmitaSachdev*



*Remember to try our 15 MINUTE FREE "Meet with Amita" to see if your health concerns are best addressed by Dr. Amita Sachdev ND*

**Amita Sachdev BScN, RN, ND** [www.DrSachdevND.com](http://www.DrSachdevND.com)

To "meet with Amita" in Kleinburg  
Kleinburg Integrative Health Clinic  
10480 Islington Avenue, Unit 10  
Kleinburg, On, L0J 1C0  
416 - 919 - 1914  [www.kihclinic.com/dramita](http://www.kihclinic.com/dramita)

To "meet with Amita" in Maple  
New Location & Hours in Maple  
Call for details  
 416 - 919 - 1914