



Oasis Health & Wellness

Focusing on mind, body & spirit

Detoxing... are you Ready?

Detoxification is the process of clearing toxins from the body, neutralizing or transforming them, and clearing excess mucus and congestion.

Many of these toxins come from our diet, prescription and recreational drug use, and environmental exposure to things like exhaust, perfumes, cleaning products and pesticides.

Poor digestion, sluggish colon and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all add to increased toxicity.

Detoxification basically involves dietary and lifestyle changes which will decrease the intake of toxins and improve elimination.

Next 4 Week Detoxing Program

Starts Wed. October 13th At 7pm

Program includes weekly group sessions,
detox diet and detox manual

\$ 125

(minimum of 4 people required to run program)

Private sessions available in office or via email

HAIR ANALYSIS

Hair is the second most metabolically active tissue in the body (second only to bone marrow) and trace elements in particular are accumulated in hair at concentrations that are generally 10-50 times higher than those present in blood or urine.

\$75

(regular price \$ 90)

Offer expires October 31, 2010

Detox Questionnaire

0= Never 1= occasionally 2= frequently

1. Do you feel tired, lethargic, sluggish?
2. Do you have difficulty concentrating ?
3. Do you feel depressed or have mood swings?
4. Do you have anxiety or irritability ?
5. Do you get more than one or two colds per year?
6. Do you have congestion or "stuffed up" feeling in your nose or sinuses on waking or during the day?
7. Do you have bad breath, or bitter, metallic taste in your mouth?
8. Do you have strong body odor?
9. Do you have strong smelling urine or stools ?
10. Do you have trouble sleeping ?
11. Do you have sore muscles/joints for no reason?
12. Are your nails weak, soft or brittle?
13. Do you have dark circles under your eyes?
14. Do you have bloating, gas or indigestion?
15. Do you have less than 1 bowel movement per day?
16. Are you sensitive to odors, foods or chemicals?
17. Do you have eczema, dry skin, acne or skin rashes?
18. Do you gain weight easily?
19. Do you crave sweets or salty foods?
20. Do you have discomfort under your right ribcage occasionally or after eating?
21. Prone to headaches or migraines ?
22. Have shortness of breath, wheezing or asthma?
23. Prone to yeast infections ?

Total Score

2 – 8: You are experiencing some signs of overburden and should consider a detox in the near future

9 and more: You are experiencing many signs of toxin buildup and should start a detoxification program soon.

Infant Acupressure Course

Acupressure and Acupuncture are a well known form of natural healing, based on 3,000 year-old Chinese and Japanese methods.

This course will teach new moms a unique system of 'fingertip medicine' which stimulates the body's healing powers without needles along with nutritional advice for both mom & baby.

Topics that will be addressed:

- Digestion (*acid reflux, colic, gas*)
- Elimination (*constipation, diarrhea*)
- Cradle Cap & Diaper Rash

Course includes practice time with your baby

(open to all ages, especially if experiencing the above conditions)

Saturday, October 23rd

Time: 1pm to 3pm

Cost: \$ 45 per mommy & baby

Location: Tip to Toe Wellness

28 King Street W. **Bolton, ON**

*** pre-registration required**

rita@oasishealth.ca or 416-312-7617





Immune Boosting Foods Cooking Class

Have fun in the kitchen creating a delicious Immune boosting meal from scratch !

Menu includes

Homemade butternut squash ravioli

Shiitake mushroom sauce

Miso Salad

Chocolate Pudding

Date: Tuesday, October 26th

Time: 7pm

Cost : \$ 35

Location: Oasis Health & Wellness (on the terrace)

* pre-registration required 416-312-7617 / rita@oasishealth.ca

Wheat Free / Dairy Free / Vegan

Classes are a combination of hands-on and demonstration.

These monthly cooking classes will provide you, as well as your friends and family, with an array of quick, easy, wholesome meals for the years to come. Classes are approximately 90 minutes and include hearty samplings. I look forward to seeing you at our next class!

Have an idea for a cooking class ? info@oasishealth.ca or or 416-312-7617

Pumpkin Muffins— gluten free & grain free

3 eggs
2 tbsp. vegetable oil or coconut oil, melted
1/4 cup pumpkin puree
1/3 cup sucanat sugar
1/2 tsp. cinnamon
1/4 tsp. allspice
1/4 tsp. nutmeg
1/4 cup coconut flour
1/4 tsp. baking powder

Preheat oven to 400F

Grease a flour or line 6 small muffin cups.

In a large bowl mix the eggs, oil, pumpkin, sugar and spices with a hand mixer until well combined.

Sift in coconut flour and baking powder and continue to mix until there are no lumps.



Pour batter into muffin cups.

Bake for 18-20 or until cooked through.