



Welcome  
to a better you

## What is holistic health?

Holistic health is an integrated approach to health care, taking into account the whole person; the mind, body and spirit. It's more than focusing on the physical manifestation of disease. It's the totality of your symptoms that is important. You are more than your diagnosis.

Holistic treatments are grounded in a variety of theoretical perspectives, and address all aspects of human beings.

Only by examining the mind, body and spirit as well as your social dimensions, holistic professionals move your body towards optimum health.

Holistic nutrition is easy to understand, it's something we do 3-6 times a day and although it is preventative it's not curative.

Homeopathy works deeper than nutrition, it works at the tissue level, for deep healing, it can be curative. With the added bonus that homeopathic medicines are safe for everyone at every level of health. Prevention and deep healing without harmful side effects, what could be better!



## Anyone can benefit from Holistic Nutrition and Homeopathic medicines

Every age or level of health can benefit from holistic health care. Food is natural, something we do up to 6 times a day nourishing our bodies to keep us healthy. Homeopathic medicines heal at a deep tissue level without side effects.

Homedica gives you a complete homeopathic and holistic nutritional evaluation that identifies your body's

imbalances. This evaluation takes into consideration every aspect of your life, and treats the whole person and not just the symptoms.

This involves nutrients, homeopathic medicine and lifestyle adjustments in order to achieve your long-term health goals. Are you ready to achieve your health goals?

Ailments such as the common flu/cold naturally cure themselves over time. In the case of chronic diseases the body requires assistance to help it return to health.

**Homeopathy** provides this assistance by way of a homeopathy medicine. It involves the stimulus your body needs to set the curative process into action.

With a homeopathic prescribed medicine, your body is stimulating to return to a more normal state of functioning. It works naturally, safely and with no side effects. It's safe enough for everyone, from pregnancy mothers and infants to the elderly.

Everyone needs a certain balance of protein, vitamins and nutrients to help their

bodies reach maximum energy levels and overall physical and emotional health.

**Holistic nutrition** looks at you as an individual that requires different amounts of these nutrients to move you into this state of optimum health. Holistic nutritionists devise customized menus that match each individual's health and nutritional needs. When it is required supplementation and lifestyle adjustments or changes may also be prescribed as your treatment plan in order to bring about long-term health. Homeopathic medicines work in tandem with Holistic Nutrition to help bring about a healthier you.



## How will I benefit?

A body in balance is a body that is healthy, full of energy and free of major complaints.

Living a healthy lifestyle is the best way to prevent illness. Even those not currently experiencing illness can benefit from a detailed evaluation to ensure their good health continues.

When we start to experience symptoms like: headache, fatigue, mood swings, digestion issues, acne, stomach problems and body aches, these are signs that your body is out of balance. These warning signs means it's time to get on top of your health care, before it develops into long-term problems.



## Hommedica Holistic Health

Jocelyn McTavish RHN, DSHomMed lives and practices in the west end of the GTA. She's very passionate about preventative medicine and believes it begins in childhood and continues throughout your life. It's also never too late to start on the road to good health. For more information, prices and programs, please visit

[hommedica.ca](http://hommedica.ca)