

RESOLUTIONS

101

Looking for a little extra inspiration this New Year? **Vancouver's health and wellness experts** weigh in on setting goals and seeing them through

RESOLUTION #1: Lose Weight

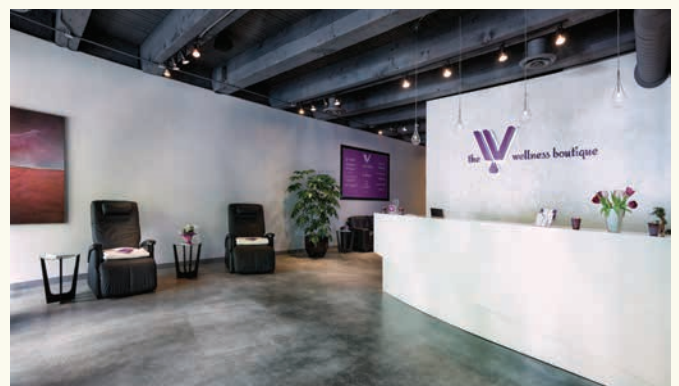
OZONE FITNESS | ozonefitness.ca

Are you finding it easier to be loyal to Angry Birds than to your New Year resolutions? Join **Ozone Fitness** and gain access to Equilibrium: a personalized dietary program based on your food preferences and lifestyle choices. Closely monitored by a nutritionist and customized to incorporate your personal fitness program, meal plans and ideas are delivered to the palm of your hand in a user-friendly smartphone app. If you notice that your nutrient levels are low, make a visit to their onsite shake bar before your next workout. Equilibrium adapts as you go, because Ozone recognizes that for serious change to be incorporated into your busy life, it needs to be easy and inspiring.



IV WELLNESS BOUTIQUE | theiv.ca

Yaletown's **IV Wellness Boutique** has a knack for making the remedial feel glamorous. You've likely heard of their buzz-worthy intravenous services like The Hangover, a rehydrating process designed to make up for the damage done the night before, or The Burn-out, created to boost your energy levels, but that's just the beginning. This month, their rapid weight-loss programs will help you overcome whatever imbalances have been holding you back. "Seventy-five percent of patients we see have previously lost weight but have gained it all back and sometimes more," explains Dr. Heidi Rootes, one of four naturopathic physicians who work alongside two registered massage therapists and a registered acupuncturist (with an esthetician coming soon) to support your weight loss. Their process emphasizes stabilization and maintenance periods as seriously as the initial weight drop, allowing your body to reset and keep those extra pounds away—for good.



ThroughConversation™ offers personal development programs that effectively improve emotional and physical health

Our methodology will uncover the ways you unconsciously limit yourself and help systematically dissolve these self-imposed limitations

- Alleviate emotional issues such as depression, anger or anxiety
- Relieve physical problems such as migraines, insomnia or skin problems
- Rejuvenate and refresh your mind and body
- Create healthier relationships
- Increase your performance and success

Our programs consist of ten sequential conversations spread over a period of 6-8 weeks

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“ Jean-Paul has shared some wisdom with me and it has seriously changed my entire perspective on life. The impact on me personally has been surreal – the way I’ve been interacting with other people, my listening has improved... all the angst, all that sadness, worrying about my place in the grand scheme of things...gone ”
- Phillip



THROUGHCONVERSATION
DISSOLVING LIMITING BELIEFS

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#loseweightnow



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(604) 974-8999 | 1060 Homer Street | www.theIV.ca

RESOLUTION #2: Look and feel your very best

CHERYLYN | cherlyn.ca

We all set out to take better care of ourselves in January, but loyalty to a complicated skincare regimen can be a tough resolution to keep. **Cherlyn Skincare** is 100% naturally derived and free of perfume and harsh chemical preservatives. The Cherlyn line consists of a cleanser, serum and cream scientifically formulated to work together, making skincare simple yet highly effective. Start using the innovative botanical-based set containing naturally occurring alpha hydroxy acids (AHAs) from bilberry, orange and lemon for smoother skin, to minimize the appearance of wrinkles and to promote a healthier-looking, more radiant complexion. Beyond its toxin-free composition, Cherlyn's award-winning skincare line includes a pH-balanced cleanser that negates the need of a toner. Cherlyn Skincare products will leave you with more youthful and hydrated skin this winter and a more confident 2015.

“After only a few weeks of using Cherlyn daily, I started to see a big improvement. My typically rough skin is now smoother and softer, the fine lines around my eyes have almost disappeared, and my uneven skin tone is now clear and bright. I have tried many different skin care products which didn't improve the look of my skin, but Cherlyn actually lives up to its claims.”
—Carolyn, age 42

Cherlyn™
SKINCARE



WHO'S CARING FOR YOUR SPINE? | KILIANCHIROPRACTIC.COM

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Jean-Paul Gravel, Founder,
ThroughConversation™

THROUGHCONVERSATION™ | throughconversation.com

With the cold, wet winter months dragging on, it can become increasingly difficult to feel healthy, happy and fulfilled. As innately social creatures, our most powerful way to deal with many health, relationship and performance issues is conversation. By means of a naturally evolving dialogue, **ThroughConversation™** founder Jean-Paul Gravel identifies the common thread that is negatively impacting various aspects of your life and ultimately keeping you from a happier, more productive self. In helping to remove the underlying issue, Gravel's practice effectively tackles serious emotional restrictions and their physical symptoms, including depression, anxiety, anger and stress, leaving you equipped—and more importantly, *motivated*—to take on 2015 from a reinvigorated perspective.



THROUGHCONVERSATION
DISSOLVING LIMITING BELIEFS

CARRUTHERS & HUMPHREY COSMETIC MEDICINE | carruthers-humphrey.com

As holiday mayhem winds down, January is the perfect opportunity to treat yourself. Whether that means a small, simple update or an extensive plan for the year ahead, the professionals at **Carruthers & Humphrey Cosmetic Medicine** can help you turn over a new leaf. Their caring staff offers a variety of cosmetic dermatology treatments for rejuvenation, maintenance and prevention, and beautification purposes, ranging from scientifically founded skincare regimens to blemish removal. They understand that inner confidence is the truest source of beauty and tailor their treatments to help you achieve exactly that. "The feedback our patients receive isn't procedure-specific. They hear glowing reviews about their refreshed appearance and a lot of that is confidence-related. It really reinforces how visibly happy they are in their own skin," shares Dr. Shannon Humphrey.



Keyrsten McEwan
Registered Holistic Nutritionist

The Weight Management Program combines nutrition and lifestyle coaching from a Registered Holistic Nutritionist (RHN) with assessments and therapies from our Naturopathic Physicians, including:

Metabolic and Hormone Assessments



Food Sensitivity and Allergy Testing



Gastrointestinal Health Maintenance



Naturopathic Supplements



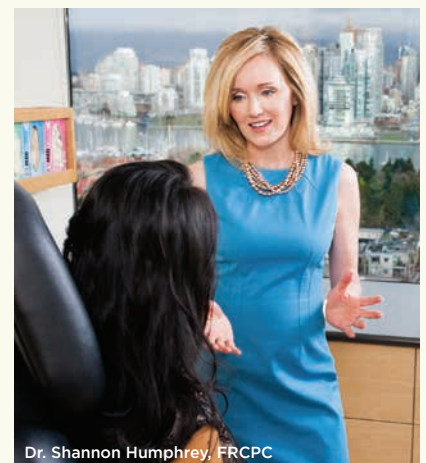
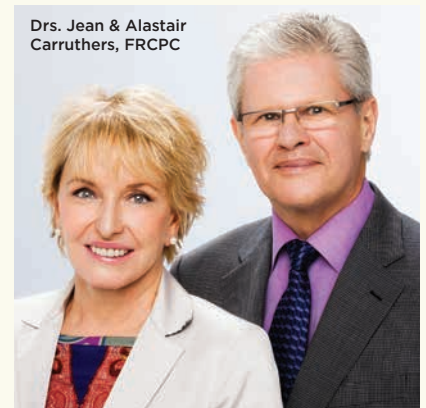
INTEGRATIVE
Naturopathic Medical Centre

730-1285 W Broadway, Vancouver
reception@integrative.ca
604-738-1012 | integrative.ca



Carruthers & Humphrey COSMETIC MEDICINE

Drs. Jean & Alastair
Carruthers, FRCPC



Dr. Shannon Humphrey, FRCPC

Discover Your Natural Beauty



DO YOU WANT TO TAKE BETTER CARE OF YOUR SKIN?

Discover your skin's natural glow and radiance with the award-winning Cherlyn Skincare system. Scientifically formulated with 100% naturally derived ingredients, the Cherlyn Skincare System is a unique blend of fruit and tree derivatives, botanical extracts and essential oils. The naturally occurring alpha hydroxy acids found in bilberry, orange, and lemon exfoliate and replenish the skin naturally, promoting a smoother, healthier-looking and more radiant complexion.

Available online at www.cherlyn.ca
Use promo code **VMJAN30** to
receive **30% off all items**.

Offer expires 02/28/15. 30-day money back guarantee. FREE shipping on orders over \$50 (in US and Canada).

"After only a few weeks of using Cherlyn Skincare daily, I started to see a big improvement. My typically rough skin is now smoother and softer, the fine lines around my eyes have almost disappeared, and my uneven skin tone is now clear and bright. Cherlyn actually lives up to its claims."

- Carolyn, age 42



Cherlyn™
SKINCARE

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TAKE CHARGE OF
YOUR HEALTH
IN 2015!

INTEGRATIVE NATUROPATHIC MEDICAL CENTRE | integrative.ca

The Skin Centre at **Integrative Naturopathic Medical Centre** is the perfect example of their truly comprehensive approach to health care. Integrative's all-encompassing team (including everything from naturopathic physicians to doctors of traditional Chinese medicine and nutritionists) recognizes that your January weight-management goals will impact other areas of your health. At the Skin Centre, a registered esthetician will develop a skin treatment program customized to you. With a dermatologically focused physician available for reference, your physical, emotional and biomedical needs—their emphasized 'triad of health'—will be carefully supported. By dealing with side effects pre-emptively, and putting your optimal wellbeing first, you're left to focus on what's important: feeling your best.



RESOLUTION #3: Take charge of your own health

OZONE FITNESS | ozonefitness.ca

If you're looking to get serious about training, look no further than **Ozone Fitness**. Their results-focused team, composed of level-4 fitness instructors, certified nutritionists and knowledgeable physiotherapists, simulates the training resources of a high-performance athlete. Your commitment to your fitness is matched by their commitment to your results. With only 400 memberships available, this elite facility offers a calibre, exclusivity and unrivalled student-trainer ratio that will keep you on the bandwagon through 2015.



Ozone Fitness Level 4
Fitness Instructors

KILIAN CHIROPRACTIC | kilianchiropractic.com

The New Year may inspire you to get active, but don't forget the significance of sitting when taking steps to your improved physical health. Sitting has proven to be the most detrimental stressor on our spines. Not only is it a major factor in poor posture, it also contributes to degenerative spinal conditions such as neck pain, headaches, low back pain and sciatica. At **Kilian Chiropractic**, Dr. Kilian's enthusiasm and passion for life will play an integral role in your 2015 health plans as he restores your body to its potential. His holistic philosophy of chiropractic care goes well beyond traditional back pain relief and his emphasis on whole-body vitality is made evident with patient education that sets you on the right path for overall health and wellness.



CAMBIE SURGERY CENTRE | cambiesurgery.com

If you're over 50, being proactive about your health should include a visit to the **Cambie Surgery Centre** for a screening colonoscopy this year. The screening is recommended by both the Canadian and American Cancer Agencies for men and women alike. Colon cancer, the No.1 cause of cancer deaths in both male and female non-smokers, is ultimately a preventable disease. Ninety percent of colon cancer deaths can be prevented by the timely removal of polyps, a simple procedure available at the Cambie Surgery Centre. The first step is booking your appointment. Their professional and courteous staff will be delighted to assist you.

CAMBIE
SURGERY CENTRE



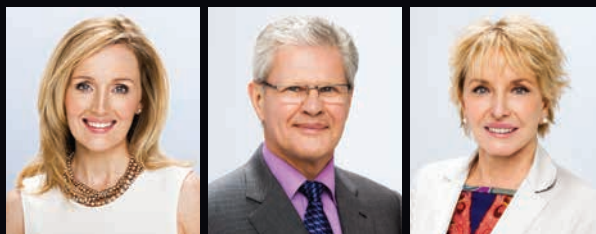
RESOLUTION #4: Stay on track with your 2015 goals

THROUGHCONVERSATION™ | throughconversation.com

There's no time like the New Year to set self-improvement goals, but when it comes to implementing long-term change, willpower doesn't always do the trick. According to the **Through-Conversation™** methodology, most problems associated with our physical and emotional health stem from deeply rooted limiting beliefs. This 10-session program works to identify those self-restricting barriers and dissolve them. By addressing problems at their core, you will gain more ground in your pursuit for better health and wellbeing. "ThroughConversation™ identifies and deals with the root causes of issues so that they can clear up long-term—not just for the New Year," says founder Jean-Paul Gravel.



THROUGHCONVERSATION
DISSOLVING LIMITING BELIEFS



DR. SHANNON HUMPHREY, DR. ALASTAIR CARRUTHERS & DR. JEAN CARRUTHERS

answer your questions about
today's cosmetic advances & issues

“This year, I want to make only one New Year's resolution that will really make me feel and look better in 2015. What do you suggest?”

- Beth B., Vancouver

COMMIT TO YOUR SKIN.

Our skin is the largest organ of our body, and yet too often it is neglected. The new year is a great time to begin (or renew) a customized, evidence-based skin care regimen that will maintain and protect your skin and make a tremendous difference over time.

Regardless of your age, your dermatologist can create an individualized regimen to improve skin radiance, reduce the rate that new sunspots are formed and slow down the degradation of collagen and elastic fibers. With ongoing use, high quality evidence-based cosmeceuticals can actually stimulate new collagen and soften the appearance of fine lines.

Look for products that may include antioxidants such as Vitamins C and E, retinol (vitamin A), growth factors, or AHAs (glycolic). It is also important to always include a broad-spectrum sun protection in your regimen with a minimum of 30 SPF.

A good skin care regimen can be an easy, safe, and affordable resolution that you will be able to keep – and that makes a BIG difference bit by bit. Plus, it feels great.

– SHANNON HUMPHREY, FRCPC

– ALASTAIR CARRUTHERS, FRCPC

– JEAN CARRUTHERS, FRCSC

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