

Monarch Wellness Newsletter

MONARCH WELLNESS EXPO: EAST MEETS WEST

On January 22nd, 2011 between 10am and 2pm, Monarch invites new and current clients to our Wellness Expo. You can meet our holistic health practitioners and sample the types of treatments that they offer. Dr Lara Armstrong, naturopathic doctor, will perform Body Composition Analysis. Dr Cristian Sanc, acupuncturist and Chinese medicine doctor will demonstrate his painless acupuncture. Luigi Ciralo, Registered Massage Therapist, will offer 10 minute massages. Jill Robinson, certified Reflexologist and Reiki Master, will offer mini-reflexology sessions. Lucci Breceovich, certified Iridologist, will interpret, eye colour and structure for health conditions. Try some yoga and our T-Zone vibration machine. Come sample our Superfoods, Chlorophyll water and naturally decaffeinated tea. Please join us for this FREE event and learn how you can optimize your health and well being in 2011.



Luigi Ciralo; Dr. Lara Armstrong, N.D.; Lucci Breceovich; Dr Cristian Sanc, D. Ac

SUPERFOODS on the RUN

We can't always eat enough fruits, vegetables, omega 3 oils and quality protein in a given day. A scoop of Nanogreens® , NanoReds® , NanOmega® and NanoPro® from BioPharma Scientific will help you achieve a healthy balance. These delicious powders are easy to use and offer excellent nutrition at a great price.

INTRODUCTORY OFFER....PAY NO HST when you buy all four great products UNTIL FEB 28/11



WINTER ISSUE, January 2011



Switchuk Medicine Professional Corporation

NEWSLETTER SPOTLIGHT

Monarch Wellness Expo

East Meets West

Saturday, January 22nd

10am to 2pm

FREE Admission

TALK TO OUR HOLISTIC HEALTH PRACTITIONERS & SAMPLE THEIR TREATMENTS

MONARCH LASER & WELLNESS CENTRE
15 Empress Ave Hamilton, ON
905 388 2400 www.monarchwellness.ca

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From the Desk of Dr. Marianna Switchuk, M.D.

Thank you for subscribing to our first newsletter. It is my hope that you will be more informed about the things that go on at Monarch Laser & Wellness Centre. I encourage you to email us with your comments, questions and suggestions for future newsletters. In this space I will strive to bring you with the latest useful tidbits in the anti-aging and wellness industry.

A word about Menopause and Sexuality: Many women who enter perimenopause or menopause begin to notice significant changes to their body, including their lack of sexual desire, vaginal dryness and pain. Often women are put on antidepressants for menopausal symptoms like flashes, sleeplessness and anxiety which further aggravates the ability to reach orgasm.. The use of bio-identical hormones which include estrogen, progesterone and testosterone can help tremendously to improve sexual desire and function. For those who cannot take hormones there are non- hormone based compounds that will help women and their partners continue to enjoy an active sex life. If you would like further information please call us to book a consultation.

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BUY ONE SERVICE, GET 2ND
FOR 1/2 PRICE**

MENTION PROMO CODE: "BUTTERFLY"

EXPIRES: JAN 31/11

****2nd service must be of equal or lesser value**

****One promo per subscriber, cannot be combined with other promos**

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Questions or comments email info@monarchwellness.ca or call 905 388 2400

