Body Chemistry Balancing lays a foundation for healing and efficient absorption and use of nutrients, vitamins and minerals from the food that we eat, the air that we breathe, the water that we drink, and thoughts and emotions that we feel.

Illness and symptoms of disease or imbalance start with mineral deficiencies. Minerals are required for all metabolic processes, including digestion, healthy hormone function, skeletal and muscle strength, heart health, blood sugar balance, healthy cholesterol levels, balanced emotions, restful sleep, kidney and liver function...the list goes on. Food, drugs, herbs, vitamins, and nutritional supplements cannot perform their designated functions unless minerals are present at proper levels and ratios. Vitamins are coenzymes to minerals, thus vitamins perform no function without minerals.

Eating a healthy diet, exercising, rest, and spiritual health are paramount to health and vitality. Unfortunately, even with a balanced lifestyle, we suffer from mineral deficiencies. Farming for increased yield, appearance, transportability, storability, and profitability is detrimental to the nutritional value of food. Improper crop rotation, the use of herbicides and pesticides, long-haul transportation, and genetically modified foods has decreased vitamin and mineral content dramatically over the past 50 years. Many key nutrients have disappeared completely from our produce or are ranking in at 50-80% depleted depending on the nutrient and food analyzed. With this in mind, it is easy to see why it is even more important than ever that we keep our bodies functioning optimally in order to ensure maximum nutrient absorption from the food that we eat and nutritional supplements that we take. Your individual body chemistry indicates personal nutritional deficiencies and takes the guess work out of choosing nutritional supplements.

Body Chemistry Balancing examines five fundamental components of health to identify state of health and the ability to absorb vital nutrients. Balancing one’s base or organic chemistry puts the body in a position where it is able to heal and enjoy maximum absorption of minerals and other nutrients. Only when Body Chemistry is balanced, will you be able to benefit fully from all other therapies. Healing begins at the root/cellular level with Body Chemistry Balancing.

Body Chemistry Balancing, Calcium and Chiropractic Adjustments
- Calcium is the most abundant mineral in the body.
- Calcium determines the ratio of all other minerals in a molecule.
- Not all calcium supplements are alike. Too much of the wrong type of calcium, as identified by Body Chemistry Balancing, leads to calcium deposits and calcium deficiencies in the bones.
- Magnesium competes with Calcium for absorption. For best results, Calcium and Magnesium should be taken separately.
- Over 150 symptom profile patterns are identified from Body Chemistry Testing results. Imbalanced chemistry can lead to right or left sided weakness or spinal curvatures, as well as upper or lower body weaknesses.
- Poor body calcium levels contribute to chiropractic adjustments that will not hold.
- Chiropractic evaluation and treatment is recommended during Body Chemistry Balancing programs in order to ensure proper nerve function and stimulation to the body and for proper spinal fluid flow to the brain and neck. This ensures messages can freely flow to and from the brain to organs and tissues in the body, thus improve mineral absorption, health and vitality.

BODY CHEMISTRY BALANCING AND CHIROPRACTIC ADJUSTMENT IS A POWERFUL HEALING COMBINATION!
**RELAXATION MASSAGE**
Treat yourself to a relaxing or stimulating massage
Melt away stress...
Relieve sore, tired, and aching muscles
Therapeutic touch and pressure to promote health, induce relaxation, and relieve stress. Muscles and underlying tissues are gently manipulated to induce a deep inner sense of well-being. Shiatsu fundamentals of Qi flow and Reflexology principles can be smoothly integrated into a customized relaxing massage on a traditional massage table. Massages are adapted to suite the client’s personal preference and tolerance for stimulating or gentle touch.

**Balance BODY CHEMISTRY**
Initiate your personal program towards health and vitality!
Saliva and urine testing to analyze your individual frequency numbers as related to carbohydrates, pH, conductivity, cellular debris, and urea. Follow personal recommendations to place your body in a healing range and go beyond treating symptoms and heal at the cellular level.

**Relaxing and Healing REFLEXOLOGY**
Reflexology is a natural healing technique based on the principle that there are Reflexes on the **Feet, Hands, Face, and Ears** that stimulate the major glands, organs, and body parts. A Reflexology treatment feels like a massage with purpose. The Reflexologist applies specific pressure and techniques, using her fingers, thumbs and hands, to stimulate the organs and glands associated with particular Reflex points. Reflexology relaxes, stimulates circulation, and promotes overall well-being.

**Discover Genetic Strengths and Weaknesses with IRIDOLOGY**
The eye contains an intricate map to every major organ, system, and structure in the body. The size and shape of the pupil indicate the energy demands on the body as well as the potential for Central Nervous System problems and physical disorders. Distinct markings in the Iris of the eye depict inherent weaknesses, congestion, and toxicity. The Sclera shows current irritations in the body. The science of Iridology is a powerful tool that is complimentary to virtually all treatment methodologies. Markings in the eye not only detect problems in the here and now, they also provide a method of non-invasive, early warning detection of potential problems, as well as provide a safe method to monitor disease and changes in the body.

**Gentle, Balancing SHIATSU Massage and Stretches**
A gentle, relaxing form of Japanese massage and stretches that is based on the philosophy of Traditional Chinese Medicine (TCM) and Acupuncture. A Shiatsu massage aims to balance the flow of Qi (life’s fundamental energy, animating force, and substance), as it flows through well-defined energy channels in the body. Where Acupuncture accesses specific pressure points (tsubo) at a deep level, Shiatsu/Acupressure stimulates the same tsubo at a more superficial and less invasive level. A Shiatsu massage works on the body’s energetic systems to promote physical, mental, spiritual health and well-being and stimulates the body’s inherent capabilities to heal itself.

**Caroline Richter, N.H.C., C.N.C., C.I., C.R., C.S.**
Natural Health Counsellor and Naturotherapist
Caroline is a Natural Health Counsellor and Naturotherapist, certified in Nutrition Counselling, Iridology, Reflexology and Shiatsu Massage/Acupressure. Caroline enjoys running, cycling, wind surfing, cross-country skiing, and staying current with natural health advances. Caroline enjoys helping individuals discover natural ways to balance their lives nutritionally and spiritually. She recognizes that each persons path to health and vitality is unique and recommends food choices, nutritional supplements and life-style changes that easily fit into individual lifestyles. Caroline believes in working with personal dietary choices and enhancing them to create healthier energizing meals. She goes beyond treating symptoms, often recommending various detoxifying techniques to address the root of health challenges.