



Wellness Matters

by Patricia Levesque



GRAND OPENING!!!

With the coming of spring, this newsletter is all about new growth; including our own. We have opened a new location.

PHOENIX WELLNESS EXTENDS AN INVITATION TO OUR *grand opening*

Saturday, April 9th, 11am-4pm
ORCHARD PARK
5420 Hwy. # 6 North; Suite 321
Guelph, Ontario
East Entrance – *Yellow Doors*

On our path of growth toward optimal health and wellness services for our clients, Phoenix Wellness announces the Grand Opening of a shared practitioner office. Our location at Orchard Park Office Centre - located on sacred land at Ignatius Jesuit Centre, is an atmosphere to guarantee the highest degree of peacefulness for your ease and comfort in any recovery process for future sessions. We eagerly welcome you to come and see our new facility, *and* to meet our associates.

The clients of Phoenix Wellness Consulting have at their avail the whole health advantage with the combined attention of myself and Debra Derbyshire, ND – Naturopathic Doctor.

Debra is a graduate of the Canadian College of Naturopathic Medicine, and is an active registrant with the Board of Directors of Drugless Therapy - Naturopathic Medicine, as well as a current member of the Canadian Association of Naturopathic Doctors (CAND). Her educational history includes an honours degree in Science from the University of Waterloo and a diploma of Medical Laboratory Technologist in Cytogenetics from the Michener Institute.

As a naturopathic physician, Debra Derbyshire, ND holds additional certifications in: Bowen Therapy, Psych-K®, and First Line Therapy®. In tangent with those specialties, she has trained in Psychosomatic Medicine, and Drainage Therapy.

First Line Therapy® is a medical nutrition program developed by 'Metagenics' that Derbyshire will be promoting at our Grand Opening. Principally, by addressing the underlying causes of high blood pressure, cholesterol, and triglycerides, *FLT is about improving your health with the added incentive of losing those unwanted pounds & inches.* The focus is on lifestyle and eating well to maintain muscle while you lose belly fat. You will **feel less hunger, have more energy**, learn how



and when to eat the right combination of carbs, proteins and fats; *and manage stress in your daily life.*

Come out and meet our Associates and commit yourself to ***being healthy for the rest of your life.***

We are fortunate to be able to offer Debra's naturopathic expertise at Phoenix Wellness. To be included with her regular practices in Guelph, Freelton and Waterloo is an honour. Her specialty is Family Practice, and welcomes new patients with **any** health concerns.

We look forward to seeing you there!

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