



Winter 2016



THE YEAR OF ABUNDANCE

I've always seen January as a very exciting time of year. A time to plan and set intentions for the year ahead.

I for one truly believe we are in for some amazing things this year and I've given 2016 the label of "The Year of ABUNDANCE".

Specifically here at The Pear, 2016 is offering an abundance of:

SPACE and GROWTH! For the first time since 2009, I am practicing solo! My dear friend and colleague Andrée Surette Poirier has begun a new adventure as co-owner of Shanti Yogi. Although her expertise and presence will be missed, we wish her the very best at her new location.

BEAUTY! If you haven't been in to see us in a little while, you'll notice a few changes to our look at your next visit. We now have a beautiful meditation space that's available while you or your family are waiting. Our IV room is cozier than ever and a few changes in wall colour and art have made the overall space warm and relaxing. We've also made some changes to our website and, as always, welcome your feedback.

OPPORTUNITIES! We are so excited to once again be hosting a naturopathic intern. This February, Jodie Tatlock will be spending the month with us! She is offering some exciting opportunities for new and current patients that we know you'll want to check out! See page 2 for more details.

LEARNING! On March 4th we are having an open house! Drop by anytime between 6pm-7pm and then stay as we listen to guest speaker, Dr. Malisa Carullo to learn about INFLAMMATION - how it causes illness and natural ways to reduce it in the body.

PARTNERSHIPS! We are also happy to announce we will be partnering with Hindsight Thermography to offer thermography scans April 8-10. Thermography is quickly becoming a fundamental screening tool in the prevention and early detection of disease. Appointments for breast, cranial, and full body scans are available.

I'm excited to share this year of abundance with you.

Dr. Melissa Blake, ND

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FEBRUARY EVENTS

Heart Healthy Check-Ups!

Call to schedule a visit to have a FREE 30 minute physical exam. Includes measurements for blood pressure, blood sugar, weight, and heart sounds.

**EXPERIENCE ACUPUNCTURE!!
MAKE THE MOST OF YOUR MONTH AND YOUR
INSURANCE COVERAGE!**

You can't miss this opportunity!

5 SESSION PACKAGE for \$100

**Limited spots available. Must be used during the
month of February.**

***Performed by intern Jodie Tatlock and supervised by Dr. Blake**

A GREAT WAY TO TREAT THAT NAGGING COMPLAINT:

- manage pain
- address an injury
- improve sleep
- support weight loss
- balance your mood and reduce anxiety