

ARCADY

www.arcadyholistic.ca

**HOLISTIC
CLINIC**

ALTERNATIVE-HEALTH

TRADITIONAL HERBAL MEDICINE AND HOLISTIC HEALTH HEALING

TOXIN ELIMINATION SPECIALISTS

5, 1922 - 9 Avenue S.E.

Calgary, Alberta, Canada T2G 0V2

(403) 263-6568

clinic@arcadyholistic.ca

**FREE urine test for anyone
who runs* faster than the
Medical Herbalist!**



**(approx 65% of the field)
*see back cover for qualifying runs**

Amicus humani generis.



Friend of humanity.

TOXIN ELIMINATION, JUICE-FASTING, SAUNA, COLONICS, MASSAGE, WEIGHT LOSS, APOTHECARY, NUTRITION

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**HOLISTIC
CLINIC**

*Traditional Herbal Medicine
and
Holistic Health Healing*

Looking for true holistic alternatives to drugs, surgery, and irradiation? Do you suspect that your food or environment is causing or aggravating your health? Want to learn how to restore your health and take control of factors contributing to disease and worsening illness? Then **this is the place that can help** you.

Arcady Holistic offers individual therapies and full-service holistic health packages designed to restore health through natural and nature-cure principles.



OPEN 6 days a week, closed Sunday
9:00 am to 9:00 pm
by appointment;

RECEPTION services 10:00 AM to 4:00 PM every weekday

PHONE ANY TIME --- (403) 263-6568

PROGRAMS

All programs involve daily monitoring of vitals and urine.

Therapeutic Fasting and Food Combining Program -- Eight appointments

This program is excellent for those who wish to be coached in fasting, whole food combining, and nature-cure techniques for the purpose of restoring health [ie. overcoming chronic ill-health].

The appointments are split into three parts **pre-fasting**, **while fasting**, and **post fasting**. [*The services used are shown in red.*]

Pre-fast: Natural Health Clinic and **Nutrition Councelling**.

While fasting for one week experience enhanced toxin elimination techniques: **sauna** therapy x 3 and colon **hydrotherapy** x 2.

Post-fasting: one week of Food Combining Diet and a one month follow-up appraisal and evaluation in the **Natural Health Clinic**.

This sample program, which is typically completed in two weeks, is intended for those seeking to begin a new, healthier style of eating. *A very good beginning for overcoming chronic ill-health.*

Toxin Elimination Program -- Nine appointments

Empower yourself through this intensive program to eliminate chronic disease. Repeat as required.

This program uses herbal medicine specific to the needs of your body, and uses the intensive application of heavy duty elimination techniques.



Note: see overview of toxin elimination theory later in this booklet.

The services [*in red*] used are:

- an appointment at the **Natural Health Clinic** (for assessment and herbal medicine specific to your objectives)
- five **sauna** procedures (one each day for five consecutive days)
- three **colon hydrotherapies** (on the second, fourth, and sixth day).

NOTE: This program is for those already on a serious holistic-health based restoration program.

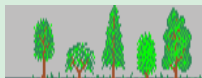
Energy Synchronization Program -- Ten appointments

This program of cleansing addresses the intellectual, emotional, and spiritual levels and is approximately two weeks in duration: ten appointments here at the clinic and a special two-week cleansing diet.

It is designed to restore body-energy balance and to enhance normal toxin elimination in individuals. The program combines **nutrition**, **BodyTalk™** x 3, **colon hydrotherapy** x 3, and **therapeutic sauna therapy** x 3.

Rejuvenation Program

This four-hour 'touch-up' program provides **BodyTalk™**, **colon hydrotherapy**, and **sauna therapy** in one tight, 4-hour package.



SERVICES:



Natural-health Clinic -- Two appointments

Health assessment & traditional herbal medicine recommendation.



A visit to the clinic typically includes medical history, physical examination including blood pressure and pulse taking, glucose and urine testing. It also includes a follow-up appointment in four weeks.

You can expect recommendations toward lifestyle changes, vitamin and mineral supplement suggestions, food changes and nutrition variations, and a traditional herbal medicine recommendation designed specifically for the individual. [*Holistic Note: The person as a whole determines the medicine: the disease does not determine the medicine.*]



Nutrition & Dietary Councelling -- One appointment



This service can range all the way from **an evaluation and a dietary adjustment determination** to simply **an hour long dialogue exchanging ideas, opinions, and values** on food, weight loss, and nutrition.

The Nutrition Councelling session can also cover all aspects of **"fasting" for health gain** or toxin elimination. Learn a seven day vegetable-juice based "first fast." Also, receive monitoring and support during your fasts while using our other cleansing services such as sauna therapy, colon hydrotherapy, or BodyTalk™ .





Colon hydrotherapy -- by appointment

International Association of Colon Therapists (I-ACT) certified.

Colon hydrotherapy (Colonic) is used at Arcady Holistic Clinic to eliminate bowel toxins which provoke and worsen chronic ill-health conditions. It is also used to allay fevers and reduce pain in inflammatory, acute-care situations.



Sauna Therapy -- by appointment

The skin is a major organ of toxin elimination. Arcady Holistic's unique, 2 hour dry sauna therapy is designed to improve toxin flow through the skin making both the body and the skin healthier.



Note: this service is for Arcady Holistic clients only.

see

www.arcadyholistic.ca
for more details on procedure.



BodyTalk™ -- by appointment

BodyTalk™ is an astonishingly simple and effective form of therapy that allows the body's energy systems to be re-synchronized so that they can operate as nature intended. Each system, cell and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life, these lines



of communication become compromised, which then leads to a decline in physical, emotional and/or mental health. Reconnecting these lines of communication then enables the body's mechanisms to function at optimal levels, thus preventing disease and rapidly accelerating the healing process. BodyTalk™ can be used as a stand-alone system to treat many health problems, or seamlessly integrated into any health care system to increase its effectiveness and promote faster healing.



the Practitioner's Apothecary -- no appointment necessary

- over 275 herbs and tinctures
- tried & true herbal formulas based upon Canada's historic herbal tradition.



Buy from our bulk, dried herbs; or, ask our expert herbalist for a remedy suggestion.

I am hard pressed to think of any drug or surgery which cannot be avoided by combined holistic therapies, such as herbal medicine and toxin elimination.

Healer J. Mark Taylor, BA, CH, MH, CHT
resident Medical Herbalist and natural-health clinic director.



Those on medications or suffering post-operative procedures: for your safety please consult with your physician as to their potential ill-effects and limitations.



MISSION STATEMENT

Arcady Holistic Clinic is an Alternative-health paradigm clinic. We exist to promote, educate, encourage, and assist people in their pursuit of holistically-based Alternative health options.

Choice in health care and self-health are two fundamental human rights. These rights are respected at Arcady Holistic Clinic.





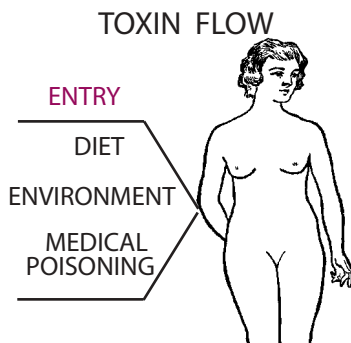
Overview -- Toxin Flow

In Alternative health the **Toxin theory** of disease provides the basis for explaining the process of disease. This is in direct opposition to the **Germ theory** of disease which is so paramount in Standard medicine.

Toxins are deemed to be causal of disease. Toxins originate naturally from within our body, and also unnecessarily from the environment, our body-care products or from our foods. They typically enter our bodies via our breathing, the skin, or our diet and, once within the body, interfere with biological processes. When the load of toxins entering the body exceeds our ability to remove them then illness results. Illness will also result if small amounts of toxin become embedded within tissue resulting in disruption of local biological process.

Toxins enter the body, they remain within the body, and they are removed by the body.

Entry Methods



DIET

Chlorinated water
Additives / colourings
Colourings
Preservatives
Food adulteration
Modified / texturized
Gene-manipulated
Bio-engineered
Processed
Irradiated foods

ENVIRONMENT

Moulds / fungus
Off-gassing synthetics
Cosmetics / deodorants
Cleaning products

MEDICINE

Drug “side-effects”
Treatments
Vaccinations / immunizations

Within the Body

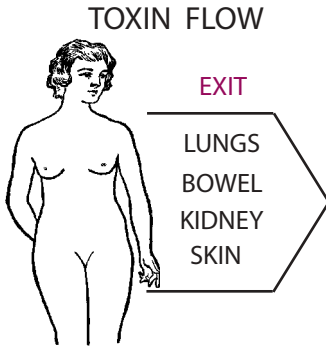
Toxins are eliminated through the normal functions of cells, tissues, and organs.

Holistic foods assist the body in health restoration by assuring body parts are built with the best possible materials. Plastic, refined fats (hydrogenated oil, margarine, modified oils, clear vegetable oils) are the body's single *greatest health impediment*, causing cells, organs and tissues to perform outside of nature's design criteria hence promoting ill-health especially vascular and heart disease.

Herbal medicine promotes certain aspects of the body to perform more efficiently. A good herbal practitioner will identify where particular cells, organs, or tissues are struggling within a body. The herbalist will work to both help their function and reduce the cause of their ills through proper herbal selection.

Spirituality enhances healthful body functioning. The mind-body connection is well proven.

Toxin Exit



LUNGS

Aerobics

Brisk walking *outdoors* will aid in volatile-element toxin removal.

BOWEL

Juice fasting

Loosens and mobilizes toxins from long-term fat reserves. We strongly encourage individuals with chronic illnesses to begin a series of juice fasts (with supportive herbal medicine). Fasting also rests the bowel

and it allows it to completely replace diseased cells after just five or six days.

Colonics

Cleanse your bowel. Remove morbid matter. Fat-soluble toxins are conjugated in the liver and released into the bowels.

KIDNEYS

Juice & water therapy

Fresh vegetable juices naturally draw heavy-metal toxins from the body, and restore vital minerals and vitamins. This is chelation therapy done holistically. Increased water intake helps continually flush fast-loosened water-soluble toxins from the body.

SKIN

Sauna therapy

Mass elimination of systemic water-soluble toxins through the skin. Sauna therapy is one of the backbone building blocks to a toxin elimination program.

ALTERNATIVE-HEALTH PRACTITIONERS

**Specialists in Toxin Elimination
and
Traditional Herbal Medicine.**

Restore your health.



Christina Fraser
and Mark Taylor,
two rain-soaked
Arcady Holistic Clinic
directors, finishing a
half-marathon race.

Front cover contest:

Earth Day	10 K	Rocky Mtn	21.1 K
Police Half	21.1 K	Harvest Half	21.1 K
Woody'sRV	21.1 K	Confed XC	4 K
Banff Citzn	10 K	Jingle Bell	5 K
Inglewood	10 K	Banff WinterS	8 K