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## April 2011

Dear Customer,

Are you ready for spring? We sure are! Spring is a great time to start something new, so we've been busy adding a new service here at Muscle Elements: Naturopathic Medicine.

We want to help you get your health kick-started too, so we'll be posting quick health tips on Facebook, and Twitter, and sharing some info to help you become happier and healthier, over on our blog.

If you want to detox this spring, you might also be interested in [this webinar from Metagenics](#).

Happy Spring!

### **Getting Healthy, the Natural Way**

We are proud to announce the addition of Jennifer Yee, ND to our staff beginning Sundays in April!

Dr. Yee brings a new level of whole-body wellness to our practice through the use of Naturopathic medicine. Alongside our other services, naturopathy offers you the ability to seek wellness through both scientific knowledge and holistic healing practices.

Dr. Yee uses a combination of physical, mental, emotional and spiritual examinations to treat the whole body, rather than just the symptoms of pain and illness. She is board certified to

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### **FROM OUR BLOG**

[The Power of Epsom Salts](#)  
[Stretching for Runners](#)

### **FREE MASSAGE**

Have you had a great experience at Muscle Elements? Have we helped you out with a troubling health issue? Want to tell us and the world? We'd love to hear your thoughts!

[Click here](#) to write us a testimonial that we may use on the web or in our print material. In appreciation, we'll put your name in a draw for a free 30 minute massage. A winner will be selected at random on May 2nd.

practice naturopathy as well as a member of the Alberta Association for Naturopathic Practitioners (AANP) and the Canadian Association of Naturopathic Doctors.

Unlike traditional medicine that seeks to "solve" a "problem" with the body using medication, naturopathy focuses on the body's ability to heal itself through treatment of the whole person and the root cause of illness or pain, rather than just its symptoms. Its aim is to both heal current illness and prevent future illness through an individualized wellness program designed *with* you rather than *for* you.

Dr. Yee is looking forward to meeting with our clients and will set up a 60-90 minute initial consultation with you in order to get to know you and discuss your health concerns on a detailed level. After that, appointments will range from 30-60 minutes.

We are so excited about the new level of care that Dr. Yee brings to our clients and friends - once you meet her, you will be too! The goal of holistic health is to trust in one's own body and in the professionals here to help you care for it. Dr. Yee's systematic approach to holistic healing through the use of clinical nutrition & supplementation, lifestyle & dietary counseling, acupuncture, herbal medicine, homeopathy, and Traditional Chinese Medicine, will guide your care from the inside out.

If you'd like to book an appointment with Dr. Yee, please give us a call at 780-410-1100.

Thank you!

## CONNECT

Like us on [Facebook](#) or Follow us on [Twitter](#) to get health tips, specials and more.

We've just added some great new photos of the clinic to our Facebook page. Take a peek!

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