

ISIS HOLISTIC NUTRITION & COLON HYDROTHERAPY

As an Orthomolecular Health Practitioner, Nutritional Consulting Practitioner (**OHP, NCP**) and Certified Colon Hydrotherapist, I combine my knowledge & experience from these modalities, empowering my clients with a better understanding of healthy nutrition, good digestion & the importance of bowel health maintenance.

You might wonder, what is an **Orthomolecular Health Practitioner**? We are scientific, evidence-based trained nutritional professionals, who can educate individuals and groups about diet, lifestyle and detoxification for optimal health and energy.

Mainstream medicine does not emphasize the significance of poor nutrition as a major cause of a wide range of health disorders. Although most people are aware of the benefits of sound nutrition, the range of conflicting information available to the consumer is often confusing. As an **OHP, NCP** I guide my clients through the maze of information from the internet, books, magazines, supplements & diets on the market. I work with them to identify and help correct the nutritional causes of **dis-ease** & re-establish balance (homeostasis) within. Subsequently, I am qualified to design personalized diet and lifestyle programs, supported by detox, drainage & subtle supplementation recommendations. This holistic approach enables me to educate my clients to improve or enhance their existing health & performance. (Weight-loss and diagnosed conditions are welcome also!)

It's always beneficial for us to consume healthy food. However to fully benefit from healthy food choices, it's equally important for us to be mindful of the condition of the large intestine. Which brings us to **Colon Hydrotherapy**. Dr. N. W. Walker, D.Sc., PhD said & I quote, "The very best of diets can be no better than the very worst, if the sewage system of the colon is clogged with a collection of waste & corruption." **Colon Hydrotherapy** is a gentle, effective way of removing waste material from the large intestine. By gently flushing the colon repeatedly with warm, filtered water, toxic matter is broken up for easy removal in a relaxing, odour-free environment using the latest technology.

Incorporating these modalities into a program for my clients will expand their awareness of the body's functions, enabling them to become more proactive in its defence. Nutritional Consulting with Colon Hydrotherapy, regular exercise and a healthy out-look can be beneficial to most people.

Here's to you for taking an interest in your Health and Wellness! I am here to help you anyway I can.

To find out more, or book an appointment please call me @ (403) 763-7397 or you can reach me by email @ sachapelle@hotmail.com.

Shirley-Ann Chapelle OHP, NCP

Nutritional Consulting Practitioner & Certified Colon Hydrotherapist

Member of the IONC & I-ACT

Located @ the **Canmore Health & Wellness Centre, Mistaya Place, 105, 1001 6th Ave**

