

HAMPTON WELLNESS CENTRE



CHIROPRACTIC NUTRITION MASSAGE

OUR MISSION IS to educate the community that life and health come from within and that the maintenance of health is far superior to the treatment of disease. Research has shown that Chiropractic care is effective in helping the bodies powerful inborn healing ability to heal itself from back pain, neck pain, headaches, migraines, numbness or tingling in the arms or legs, painful joints, shoulders, hips, immune disorders, digestive problems, fatigue, menstrual difficulties, just to name a few. Current research is demonstrating the effectiveness of Chiropractic and children with conditions such as chronic ear aches, asthma, bedwetting, colic, and growing pains.

OUR DOCTORS AND STAFF sincerely believe in and are committed to providing our patients with the highest quality in Chiropractic care using the latest state of the art spina corrective procedures and cutting edge healing techniques. This process optimizes your spinal and nervous system health, resulting in a better quality and quantity of life. If you are interested in coming in to meet one of our Doctors and have your spine checked, please call 613 761-1600 to book an appointment today!



Dr. Amy Vermilyea specializes in caring for people of all ages with considerable experience in adjusting pregnant females, children and athletes. She adheres to and teaches a natural approach to health whereby conservative and proactive methods of prevention are paramount.

For years, **Dr. Jim Wood** has been empowering people to live healthier lives. By providing Chiropractic Corrective and Wellness Care in a supportive, caring environment, he has helped hundreds of families, recreational and professional athletes experience optimal health and healing.



Dr. Michael Reid, specializes in caring for patients of all ages. His continual dedication to his patients and the community has made him well known throughout the world. He embraces an audacious vision to optimize the human potential of millions of people worldwide.

Hampton Wellness Centre 613 761-1600
1419 Carling Avenue, Suite 209, Ottawa, ON K1Z 7L6
Email: thedoc@hamptonfamilychiropractic.ca
www.hamptonfamilychiropractic.com

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It's Our Gift To You!

HAMPTON WELLNESS CENTRE

\$75.00 IN SAVINGS



INITIAL NUTRITIONAL CONSULTATION WITH LIVE BLOOD CELL ANALYSIS ONLY \$65.00 (reg. \$85.00)

WHAT'S INCLUDED IN A CONSULTATION?

- Assessment of the Client Evaluation (health concerns, symptoms, diet, etc.).
- Your Live Blood Cell Analysis (LBCA).
- A personalized nutrition and supplement plan based on the LBCA results, your health concerns and goals.

CALL 761-1600 to reserve your appointment with
Natacha Villeneuve R.N.C.P

(Not redeemable for cash, one per person, and can not be used with any other offer)

\$20.00 SAVING



1 HOUR MASSAGE HAMPTON MASSAGE THERAPY ONLY \$60.00 (reg. \$75.00)

Specializing in Rotator Cuff Release, Myofascial Release, Lymphatic Drainage, Reflexology, Sports Injuries, Stress Relief, Pregnancy/Infant Massage & Deep Tissue Massage. By Appointment Only.

CALL 725-9559 to reserve your appointment today with
Mireille Lavalée RMT, Angie MacDonald RMT or Julie Burrell RMT

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ON YOUR ORTHOTIC PURCHASE Are you tired of foot, knee and lower back pain?

Orthotics can help to prevent and treat many common foot, knee and hip conditions including:

Flat Feet, Heel Spurs, Morton's Neuroma, Plantar Fasciitis, Low Back pain, Bunions, Knee Pain, Shin Splints

CALL 761-1600 to reserve your Orthotic Fitting today with
our Orthotic Specialists Dr. Amy Vermilyea & Dr. Jim Wood

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