

# HAPPY 2012!

## FROM ARCANA HEALTH AND VITALITY NATURAL WELLNESS CLINIC

Happy New Year!

Well, 2011 proved to be a year of great and wonderful change for Arcana Health and Vitality Natural Wellness Clinic. As of September 15<sup>th</sup> we moved the clinic from our location on Marine Ave, to our beautiful, and more roomy, location at 4763 Joyce Ave. The clinic is still a work in progress, but we are excited about the extra space, expanded retail section, and of course... the parking!

Vitality Natural Wellness Clinic currently offers the services of 7 businesses, including: Arcana Health (aka Mara Hynninen DNM), Ardith Beynon (Arcupressure and Reflexology), Spirit Wind Healing (Sandra MacLean who offers Energy therapies), Great Life Counselling (Tricia Hansen – my new business Vitality business partner!), Jennifer Dodd Photography, Behrs' Massage (Peter and Margaret Behr), and Christine's Electrolysis.

As for exciting events in 2012, I will be taking maternity leave for the month March, with limited office hours being offered in April and May (actual hours tba).

Thank you for all of your support in 2011 – I look forward to serving you in 2012!

In Health and Wellness

**Mara Hynninen, DNM**



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*To make an appointment or to request more information, please call 604-485-6161  
or e-mail [mara@arcanahealth.com](mailto:mara@arcanahealth.com)*

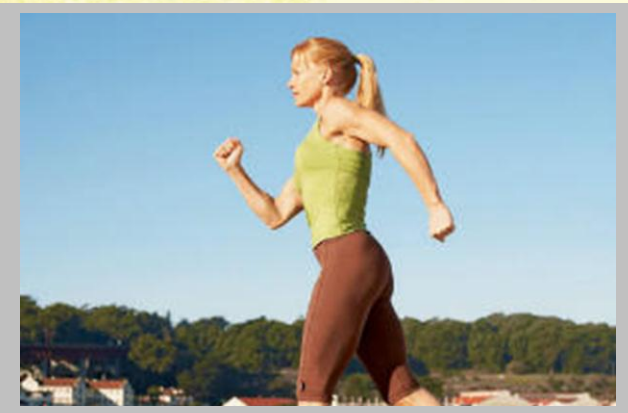
**Mediclear Detoxification Package  
Special**

*Includes:*

- 1 tub of Mediclear Detox Supplement
- 1 Mediclear Dietary Patient Guide
- 1 Pre-cleanse Consultation
- 1 Post-cleanse Consultation

Reg: \$119      Sale: \$99 (sale ends Jan 31)

*This is my favorite cleanse! You won't believe how great you feel!*



**Need Help Fitting Exercise into  
your Day?**

*Join me for a 30 minute walk*

*Tuesday, Wednesday, Friday  
12:30-1pm*

*Meeting at Vitality Natural Wellness Clinic*

*Bring a dog, a stroller or just yourself – be prepared to break a sweat!*

**CLEANSING AND  
DETOXIFICATION**

**FREQUENTLY ASKED QUESTIONS**

**1. HOW DO I KNOW IF I NEED TO DETOXYFY?**

Almost everyone can benefit from cleansing and detoxification. Conditions such as constipation or diarrhea, gas and bloating, skin conditions (acne, eczema etc...), joint pain, fatigue, asthma, pms and yeast infections are just a few that could be symptoms of toxic overload!

**2. WHEN SHOULD I AVOID CLEANSING OR DETOXYFYING?**

- During pregnancy and breastfeeding (in general)
- If you are in a weakened state (ie during acute or severe chronic illness, during recovery from surgery, if you are severely under weight etc...)

**3. DO I NEED TO GO WITHOUT FOOD?**

Absolutely not! In fact, I don't recommend detoxification programs that require you to fast for 2 specific reasons. Firstly, the lack of fibre intake during fast actually slows down the elimination of toxins from the body – completely defeating the purpose of the cleanse! And secondly, the liver requires a good source of protein in order to build the enzymes required for detoxification. During a fast, the liver simply does not have enough building blocks to adequately perform the detoxification process!

**4. DO I NEED TO TAKE SUPPLEMENTS?**

While I often suggest herbs and/or supplements to support the detoxification process, they are not a requirement. In fact, eating a cleansing, whole foods diet is often the most important component of a detoxification program. You can also use aromatherapy, dry brushing, and acupuncture to support detoxification – and don't forget the sauna!

# 'RENEW' YEAR WORKSHOP SERIES

RENEW YOUR BODY, MIND, AND SPIRIT

*January 14<sup>th</sup> 2012*  
*At Vitality Natural Wellness Clinic*

**ATTEND THE WHOLE DAY FOR ONLY \$89** (+hst)

Or attend only the workshops you are interested in  
(prices listed below)



*Renew your body, mind and spirit*

**10am IDENTIFY YOUR VISION:**

Set goals and manifest your desires for 2012. (\$18)

Facilitator: Tricia Hansen, Clinical Counselor

**11am CLEANSING AND DETOXIFICATION:**

Support cleansing and detoxification using nutrition and herbs. Includes supplies to make a personalized tea blend. (\$23)

Facilitator: Mara Hynninen, Doctor of Natural Medicine

**12pm LUNCH BREAK**

**1pm RE-ENERGIZE:**

Clear, cleanse and enhance your energy field (\$18)

Facilitator: Sandra MacLean of Spirit Wind Healing

**2pm GREEN AND CLEAN:**

Make your own natural, toxin-free household cleaners.

Includes supplies. (\$23)

Facilitator: Mara Hynninen, Doctor of Natural Medicine

## To Register for the "Renew" Year Workshop

**Please call 604-485-6161**

**Payment is required at registration**

**Please register before January 12<sup>th</sup> 2011**

**3pm ACUPRESSURE TO SUPPORT CLEANSING**

Learn points that can help support physical and emotional detoxification (\$9)

Facilitator: Ardith Beynon, Certified Jin Shin Do Practitioner

**3:30pm ENLIGHTEN**

[Guided visualization (\$9)]

Facilitator: Sandra MacLean of Spirit Wind Healing

## New Testing Available through Arcana Health

- *Food Allergy Testing (IgG, IgE, IgA)*
- *Thyroid Hormone Testing*
- *Carbohydrate Tolerance Test*
- *Male and Female Hormone Testing*
- *Vitamin D Levels*
- *Nutrient levels*
- *Neurotransmitter testing*
- *Cholesterol testing*

### **ARCANA HEALTH LTD**

Mara Hynninen, Doctor of Natural Medicine

Located in:

VITALITY NATURAL WELLNESS CLINIC

4763 Joyce Ave, Powell River, B.C. V8A 3B5

604-485-6161

[mara@arcanahealth.com](mailto:mara@arcanahealth.com)

### MARA'S OFFICE HOURS

TUESDAY: 10am-4pm

WEDNESDAY: 10am-4pm

FRIDAY: 2pm-8pm

SATURDAY: 10am-2pm

(2nd Sat. of each month)

Supplements and Remedies can be picked up at:

VITALITY NATURAL WELLNESS CLINIC

During

RETAIL AND RECEPTION HOURS:

Monday-Friday 10am-4pm