

# Upcoming Events at the Integrative Health Institute

## Allergies: Get Outside & Play Again

Presented by Dr. Meghan Walker ND | Thursday April 22, 2010 | 6:30-7:30 | Free

With the days getting longer and the weather on the precipice of warmth, the prospect of spring is a welcomed thought. For many however, the enjoyment of the spring and summer months is tempered with the itch and congestion of seasonal allergies. While easily managed with decongestants and anti-histamines, these over the counter medications do little to treat the underlying cause of re-curing seasonal symptoms. Allergies have as much to do with the health of your digestive system as they do with your sinuses. Join us for an exploration of how your digestion, your genetics and your choice of foods, predispose you to seasonal allergies as well as some simple techniques to minimize your allergies for good. Call to reserve your spot 416-260-6038.

## Detoxification: Learn to Limit Your Toxic Exposure

Presented by Dr. Erin Wiley ND | Thursday April 29<sup>th</sup> 2010 | 6:30-7:30p | Free

We are a toxic nation! Researchers have detected toxic chemicals in every corner of our daily lives; in the earth, air and water, in our blood, and even in our breast milk. Over the last 50 years 80,000 new chemicals have been created by industry and most have never been tested for their impact on human health. Our environmental exposures have a strong impact on our physiology including hormone disruption & immune suppression. This concise seminar will teach you to identify your sources of exposure and make the changes to decrease your toxic load. Improve your health, the health of the planet and take the simple steps necessary to protect our environment for future generations. Call to reserve your spot 416-260-6038.

## Spring Cleanse Group Program

Facilitated by Dr. Erin Wiley ND

Thursdays May 6<sup>th</sup>-20<sup>th</sup> 2010 | 6:00 -7:30 | \$185

Have you always wanted to try a cleanse but lacked the opportunity, knowledge, practical experience, or motivation? Join our group and get all the support you need to make your cleanse a success. Join us for a three-part plan that lays the groundwork for a 2-week dietary cleansing program and supplementation protocol. Ask our reception for more information and call to reserve your spot. 416-260-6038.

## Running Group Biweekly Spring Summer Seminars

Thursdays May - August 2010 | 6:30-8p | Free

Spring is here and it's time to get running! We have doubled the number of running seminars we are hosting, and have adjusted the date and time to meet the demand for the spring summer season.

Our running group meets biweekly starting Thursday May 27<sup>th</sup>. Join us for a 30 min running seminar followed by a one hour run. All levels welcome.

Call ahead to reserve your spot, as space is limited 416-260-6038 or join us on [www.meetup.com/The-Toronto-Running-Meetup-Group](http://www.meetup.com/The-Toronto-Running-Meetup-Group)

Seminar Topics:

Thursday May 27<sup>th</sup> 6:30pm - Goal Setting with Dr. Caley Bell-Pasht DC

Thursday June 10<sup>th</sup> 6:30pm - Detoxification for Improved Performance with Dr. Meghan Walker ND

Thursday June 24<sup>th</sup> 6:30pm - Training Techniques to Achieve Your Goals with Dr. Caley Bell-Pasht DC

Thursday July 8<sup>th</sup> 6:30pm - Stretching and Injury Prevention with Dr. Caley Bell-Pasht DC

Thursday July 22<sup>nd</sup> 6:30pm - Nutrition for Runners with Dr. Erin Wiley ND

Thursday August 5<sup>th</sup> 6:30pm - It's all about your glutes! With Dr. Caley Bell-Pasht DC

Thursday August 19<sup>th</sup> 6:30pm - Getting the Right Gear Makes a Difference with Dr. Caley Bell-Past DC

## Dextox Documentary Series:

### Food Inc!

Where does your food come from?

Thursday June 3rd | 6:30-8p | Free

In *Food, Inc.*, filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer. You will never look at food the same way again. Join us for a screening of this award-winning documentary followed by a discussion. Admission is free. 416-260-6038.

### Food Matters! Let Food be your Medicine!

Thursday July 15th | 6:30-8p | Free

With nutritionally depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, it's no wonder that modern society is getting sicker. Food Matters sets about uncovering the trillion dollar worldwide 'sickness industry' and gives people some scientifically verifiable solutions for overcoming illness naturally. Join us for a screening of this award-winning documentary followed by a discussion. Admission is free. 416-260-6038.

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