

VICTORIA'S FAVOURITE HEALTH FOOD STORE

Good health is for **everybody**

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Quality Vitamins  
Sports Nutrition  
Natural Skin Care  
Organic Produce & Groceries

**Sidney**  
9769 Fifth Street  
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**Cook St. Village**  
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(250) 381-5450

**Victoria\***  
2950 Douglas Street  
(250) 384-3388

LIFESTYLE MARKETS & SELECT STORES

\*CALL FOR FREE HOME DELIVERY

www.LIFESTYLEmarkets.com

**Heaven to Earth**

250-753-8898

Native, Water Wise  
Landscape Design

Organic Gardening

Fruit Tree Pruning  
and Maintenance

Call for a free estimate

## Books / Bookstores

### QUALICUM BEACH

The Mulberry Bush Book Store Tom Pope  
130 West 2nd Ave. 250-752-9722

### VANCOUVER

Banyen Books & Sound 1-800-663-8442  
604-732-7912 - 3608 West 4th Ave. *ad pg. 13*

### VICTORIA

Lifestyles Market 343 Cook St. 250-381-5450, 2950 Douglas St. 250-384-3388, Sidney 250-656-2326 *ad pg. 6*

Koinonia Christian Books \* Books/Gifts to Renew/Transform your Spirit. Children's Books, Music and Jewellery for your journey of life. \* 1119 Blanshard St. 1-800-663-6290 250-382-5814 koinonia@shaw.ca

## Business Opportunities

ForeverGreen Melissa Sousa 250-753-8898, Linda Redman 250-716-2777, Gabriole Springford 250-753-7070 *ad back cover*

Vemma Nutrition Program 1-877-730-6829  
www.VemmaBuilder.com/195576605 *ad pg. 19*

### NANAIMO

Shaklee Independent Distributors Donna Lee Kuntz 1-866-650-6606, 250-755-1696  
www.shaklee.ca/donnalee

## Café - Middle Eastern

### NANAIMO

the **Thirsty Camel** Middle Eastern Cafe

Vegetarian and vegan options available  
Fresh falafel and hummus  
Organic, Fair Trade espresso drinks and teas  
Free range non medicated chicken

14 Victoria Crescent, Downtown Nanaimo  
Phone: (250) 753-9313

## Cancer Reports

Sharon Hoehner \* Sign up for your free reports. \* [www.yourorganicfamily.com](http://www.yourorganicfamily.com)

## Candles

Scent-Sations Krystal \* Scent-Sations clean-burning, vegetable wax, scented candles \* 250-245-9240 [www.dream.scent-team.com](http://www.dream.scent-team.com)

## Channelling

*One who allows higher vibrational energies to utilize their body as a vehicle through which to communicate with those on the earth plane.*

### NANAIMO

The Grand Council of Light \* Grandfather Dragonfly, Archangel Michael, Divine Mothers, Sacred Fathers and the Love of the Dove \* 250-754-9667 [www.lightonlight.net](http://www.lightonlight.net) *ad pg. 24*

### VICTORIA

Sage Maureen Freeman 250-598-5221  
[sage@johnsmarvels.com](mailto:sage@johnsmarvels.com) *ad pg. 26*

## Chanting

### NANAIMO

Heartbody and Soul Healing Centre  
250-619-7962 [heart@netscape.ca](mailto:heart@netscape.ca) *ad pg. 12*

## Chiropractic

*An adjustment of the nervous system aligning mind, body and spirit. Chiropractic releases light, which is life.*

### COMOX VALLEY

Back Works Chiropractic Clinic Dr. Peter Titchener 1782 D Comox Ave. 250-339-1148

### NANAIMO

The Lifehouse Dr. Norm Detillieux, Chiropractor Unit J - 427 Fitzwilliam St. V9R 3A9 250-740-0333 [transform@thelifehouse.ca](mailto:transform@thelifehouse.ca)  
[www.thelifehouse.ca](http://www.thelifehouse.ca)

## Chocolate - Organic/Fair Trade

ForeverGreen \* 24 Karat Pure Organic Chocolate created with all natural ingredients. #1 Anti-Oxidant food in the world \* 250-753-7070 *ad back cover*

## Chronic Fatigue

### VICTORIA

David Greenshields MA, CQSW, RSW, LMT 250-381-9626 [www.davidgreenshields.com](http://www.davidgreenshields.com)  
[davidtg@telus.net](mailto:davidtg@telus.net) *ad pg. 10*

## Churches

Centre for Positive Living on Vancouver Island Rev. Jill Brocklehurst \* Sunday Celebration 10:20 AM \* Campbell River Community Centre 250-285-3224 [info@QICPL.org](mailto:info@QICPL.org)  
[www.QICPL.org](http://www.QICPL.org)