

## Health & Wellness

### NANAIMO

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

## Health & Wellness Coaching

### NANAIMO

Passion into Action Chantal Lemire  
250-756-9952, 250-816-LIFE *ad pg. 10*

## Health Consultant

### VICTORIA

Leading Edge Health \* Proven solutions to reclaim your health utilizing an Electrical Understanding. Free info package \* 1-888-658-8859 www.ProvenHealthSolutions.net

## Health Food Market/Stores

### COURTENAY

Edible Island Whole Foods Market 477 6th St. 250-334-3116 *ad pg. 18*

### NANAIMO

Charlie Brown's Health Food 250-753-5211  
250-758-1971 *ad pg. 18*

### NANOOSE BAY

Nanoose Edibles Organic Farm Market  
1960A Stewart Rd. 250-468-2332

### QUADRA ISLAND

Amped On Nutrition \* Health food store and organic vegetarian take-out. A short walk from the ferry. \* # 4 - 673 Plaza Rd. Quathiaski Cove  
250-285-3142 phone/fax

### VICTORIA/SIDNEY

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

## Health Food Products

### COMOX

Regenesis Holistic Resources 1801 Comox Ave. 250-339-7788 www.regenesis.ca

## Health Information

### NANAIMO

Valeo Pharmacy - Your Medicine Centre  
Carmen Troje 250-751-2334 *ad pg. 13*

## Hellerwork

*Hellerwork is a combination of deep-tissue structural bodywork working with the connective tissue to realign the entire muscular-skeletal structure.*

### NANAIMO

Brian Generoux 250-753-5656 *ad pg. 21*

## Hemp Products

### COOMBS

Stairway to Hemp DebiRae Holmes 2240 Alberni Hwy VOR 1M0 250-954-2900

### COURTENAY

All Hemp Trading Company & Vintage Furnishings Eva Kennedy 441 A Cliffe Ave  
250-703-2254 evak@island.net

### WHISTLER

Whistler Hemp Company Village Square  
604-905-3181 www.ecoeverything.com

## Herbalism

*The use of any plant part – leaf, seed, stem, flowers, root, and bark for the relief of certain complaints, conditions or ailments.*

## Herbal Consultations

### NANAIMO

Lin Suffron 250-753-5656 *ad pg. 21*

### VICTORIA

Self-Heal Herbs \* By appointment \*  
250-383-1913 *ad pg. 18*

## Herbal Nutritionist

### VICTORIA

Pro Active Health Vye Graves 250-388-9919  
proactivehealth@shaw.ca

## Herbal Remedies

### COMOX

Portal To Vital Health Gina Goad BSc. Hons, C.H.C. 250-339-0007 Comox Wellness Center  
*ad pg. 5*

### NANAIMO

Valeo Pharmacy - Your Medicine Centre  
Carmen Troje 250-751-2334 *ad pg. 13*



## HEALING TOUCH

Spreading Healing Light Worldwide

These practitioners have completed the five-level Healing Touch training program in energy medicine.

Those with CHTP designation have also met the certification standards of Healing Touch International.

### Campbell River

Gayle Allen, RN	203-1873
Joan Taylor	287-2226
Eva Edwards	923-9962
Deb Varco	287-7658

### Comox Valley

Diane Davies, CHTP	338-9385
Leone Jensen, BScN, CHTP	338-8559
Toby Krell, RN, CHTP	890-0048
Stephanie Mallard, RN	334-4480
Roberta Nelson	337-2318
Bev Worbets, RN, CHTP/I	339-7452

### Tofino

Cathy White, CHTP	725-3964
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### Oceanside

Jessica Bamford	752-9052
Susan Blackwood, CHTP	752-6436
Carolyn Howard	248-5446
Val Lalonde	954-1848
Joyce Tinney	752-2786

### Nanaimo & area

Marilyn Aman	741-1653
Mary Ann Gisler, CHTP	754-3907
Helga Longmore, CHTP	758-4045
Bernice Murcheson, RN, CHTP	753-7089
Frankie Rose, CHTP	754-3027
Fran Willgress	245-3356

### Victoria

Leslie Black, MA, CHTP	477-9471
Ann Connelly, RN, BScN, CHTP	381-5261
Karen Hoskyn, RN, CHTP	474-0400
Kathie Morgan	370-5468
Adeline Price, CHTP	721-9740
Aida Sonac, CHTP	477-7898

### Saltspring Island

Wendy Kaye, CHTP	537-8779
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www.healingtouch.net  
www.healingtouchcanada.net