



Benefits of the Experience Vibrant Health Program

- Increased Energy
- Clearer Skin
- Slimmer body
- Fewer colds and flus/improved immunity
- Improved moods
- No need to count calories/carbs/fat grams
- Gentle transition into the program based on your current state of health
- Includes foods that are both nourishing and delicious

Foods included on the Experience Vibrant Health Program

- Eggs
- Whole grains, breads and pastas
- Fish
- Organic meats
- Organic butter and cream
- Avocados
- Sweet potatoes
- Fresh fruit and fresh fruit juices
- Abundant vegetables
- Nuts
- Dried Fruits
- Pure maple syrup
- Raw honey
- Raw goat cheese
- Dark chocolate
- Red wine



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Ascension Wellness Center

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Ascension Wellness Centre is a multi-disciplinary clinic and offers the following additional services

Chiropractic
Active Release
Shiatsu
Massage
Acupuncture
Food Allergy testing
Custom Orthotics
Hormone testing

Dr. Chelsea Frederick, N.D.
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Experience
Vibrant
Health



Dr. Chelsea Frederick, N.D.
Naturopathic Medicine



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Have you been feeling sluggish and generally unwell?

Do you feel that you get colds and flus too often?

Do you suffer from a chronic health condition such as asthma, autoimmune disease, digestive upset, or menstrual irregularities?

Are you confused about what healthy eating really means?

Would you like to shed some pounds, feel lighter and more vibrant everyday?

If yes, The Experience Vibrant Health Program is right for you.

Guided by Dr. Chelsea Frederick, a board certified naturopathic doctor, you will be given an individualized nutritional program designed to help you reach your specific health goals.

Your program will include strategies such as juicing, dietary changes, increased raw fruits and vegetables. You will be provided with recipes, an individualized shopping list and recommendations specific to your busy schedule.

For further assistance with the program you may also wish to include a guided grocery tour or an in-home session with help on food preparation or a detox for your kitchen.

Dr. Frederick will also recommend biotherapeutic drainage as a tool for helping strengthen your body from within. For more information about biotherapeutic drainage, read on...

What is Biotherapeutic Drainage?

Biotherapeutic drainage is a unique treatment system that supports healing.

It enhances the natural processes of detox and elimination and optimizes the proper function of cells, tissues and organs.

Normal function can be blocked by a variety of factors, such as exposure to pollutants, chemicals, pesticides, drugs, and processed foods. These substances overburden the body's natural ability to detox and heal.

Common signs of overburden include:

- Irritability
- Itching skin
- Bloating
- Headaches
- Decreased ability to concentrate
- Sensitivities to foods and chemicals
- Frequent colds and flus
- Muscle aches and joint pain

Certain chronic conditions such as eczema, asthma, urinary tract inflammation, fibromyalgia, anxiety, infertility, hormonal irregularities, obesity and many digestive symptoms are also the result of long-term toxic overload.

By supporting the body's own healing ability, and when used in combination with nutritional enhancements, biotherapeutic drainage restores balance and health.



Details

Visit One (45 minutes) \$175

- Initial assessment visit/interview
- Lab tests (bloodwork and urinalysis)
- Basic physical assessment to help track progress
- General Recommendations

Visit Two (45 minutes) \$75

Personalized Treatment plan including shopping lists, recipes, supplements

Visit Three (15 minutes) \$40

Additional Follow Up Session \$40

As needed

Optional Services \$100/hour

- Guided Grocery Tours
- In home detox for your kitchen
- In home food prep lesson

* Naturopathic Visits are covered by most employer benefit packages. Check with your human resources department.