

Total Health Recovery

Justine is a “Miracle Worker” indeed!

Her complete knowledge of how we function and the impact that each of our actions plays out, and is reflected, in our body and quality of life is indeed Health Care that we never receive in one place anywhere! At the CHR Health Clinic, Justine is adamant that her clients experience Total Health! This includes her magical adjustments, exercise, water intake, vitamins and proper nutrition. Each part of her plan interacts with each other and our bodies are given the opportunity to heal, be flexible and to be young, once again! Thank you Justine for your integrated approach to health! It is both unusual and effective. Your results give us the opportunity to experience our lives with radiant good health and freedom. Quality of life is a very important aspect of being healthy and happy!

My problems were long-standing. I have been known to be stubborn – to say the least! I am also very active. To take time to heal was somewhat of a struggle for me. However – I kept trying to do my best and people are saying to me; “You look fabulous!” I am hearing that often now – I listen to Justine. She has the answers and my active life-style will be one I can continue for many years to come – in a healthy body – not one that has spinal curvature, muscle loss and fused hips.

I am so very grateful that I met Justine: My worker of “Janet Miracles!” Experience her “Total Health” approach and you will quickly come to the same feeling of Total Health that I now realize is possible and is happening! Thank you Justine for all you have done for me!

Janet Bedford - Oakville, June 2011