

Dr. Angela Hanlon, B.Sc Nutrition, ND  
Holistic Healing Arts Centre

**Stubborn Skin Condition**

A skin condition usually means your system is having trouble detoxifying, and your lymphatic system isn't functioning optimally. If you've tried every product on the market with little success, perhaps its time for a new approach.

- Initial Visit: 1 hour 15 minutes \$140
  - Assessment of all body systems including hormone balance.
  - Discover what body systems are having problems, and help you re-establish a state of balance.
  - Identify your specific nutritional needs, including optimal timing of your meals.
  - Herbal supplements specific to your needs, according to hormonal imbalance. (Step 1)
  - Blood tests if needed (these would cost extra). This could involve food sensitivity testing, if we decide that's worth investigating
  
- Cupping to correct lymphatic circulation problems: 45 minutes \$85 each
  - 3 sessions is usually enough to re-establish optimal lymphatic circulation in areas affected by acne. Eczema, and psoriasis normally require a few more sessions.
  - The skin condition tends to clear over 3 weeks, after the last cupping session. You won't see much change after the first session, clearing stubborn skin conditions takes patience.
  
- Detoxification specific to your needs: 45 minutes \$85 or 30 min visits \$60
  - There are many types of detox techniques. If you're not careful, you could end up making the problem worse. Detox is best done under an ND's supervision.
  - Detox tends to clear a skin condition over a 4-8 week period, depending on how long you've had the problem

*If you have a health care plan, you likely have coverage for this.*

**274 King George Road, Unit 2 ~ Brantford, ON ~ N3R 5L6 ~ (519) 751-3488**



### Have You Heard Of Cupping?

Cupping is an excellent way to resolve lymphatic blockage that tends to worsen skin problems. For example, cupping of the neck and axilla (armpits) can help facial acne clear up more quickly. Eczema/psoriasis on the elbows can benefit from cupping on the axilla and upper inner arms.

Cupping detoxifies and enhances the function of whatever body part is being treated.

Bear in mind that cupping leaves marks on the skin that can last up to 2 weeks. They aren't painful, but they are unusual to some people. The cups used at the clinic are silicone and don't require any heat.

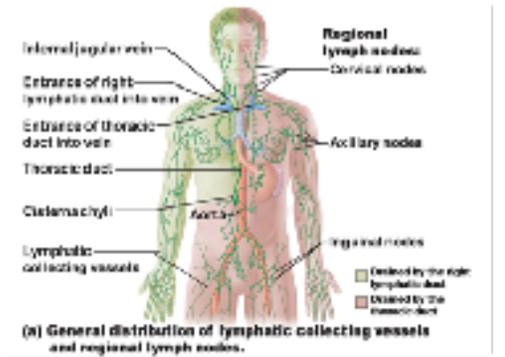


Figure 9.2a

