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Holistic Healing Arts Centre

Heartburn, Regurg, or Indigestion

The function of the stomach and esophagus are key. This includes how much or how little stomach acid you're producing. Stomach acid is a funny thing; too much can cause heartburn but so can too little. Depleted stomach acid can also increase our risk of H.Pylori and gastritis.

Have you thought about your stomach's position within your abdomen? Imagine trying to work in a space that's too small for you, and how difficult it would be to do good work.

- Initial Visit: 1 hour 15 minutes \$140
 - Discover where your digestive system is having problems, and help it re-establish its state of balance
 - Identify your stomach and duodenum's specific needs, including the timing of your meals and the foods you combine.
 - Nutritional and herbal supplements specific to your needs. Sometimes supplements can aggravate the problem.
 - General health exam including blood pressure and blood work if needed (blood work would cost extra).
 - Physical exam of the ribcage, abdomen, spine, and pelvic region
- Hands on Treatments to Open up Space around the stomach: 45 minutes \$85 each
 - 3-6 sessions, depending on the severity of your problem. This involves a combination of gentle stretching around the ribcage and *cupping*. You'll be doing a specific breathing technique to help the cupping release tension from the diaphragm.

Have You Heard Of Cupping?

Cupping is a little bit like the inverse of massage - rather than applying pressure, it uses gentle suction to pull upward. Cupping releases muscle tension. It also releases tension in digestive tissue. Because of this, it's effective in correcting dysfunctions in digestive tissue from the stomach to the end of the large intestine.

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 do not require any heat.

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

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