



## Ady Strickland, DCHM, FCHM

**Ady Strickland, DCHM, FCHM** is a Classical Homeopath and Fellow of the Canadian College of Homeopathic Medicine and holds certifications as a Bowen Health Therapist and Registered Holistic Nutritionist.

Ady's mission is to provide personalized, high-quality health care on an as-needed or preventative basis. Ady has developed "The Galatea Method for Natural Health and Wellbeing" which combines elements of Classical Homeopathy, Advanced Bowen Techniques, Holistic Nutrition and Body Control Pilates to provide a whole body approach to wellness.

Ady practices at Remedy House in Lindsay, Ontario, Canada and had a successful practice in Exmouth, Devon, England prior to her return to Canada.

For more information or to contact Ady, please visit [www.adystrickland.com](http://www.adystrickland.com) or follow Ady on Twitter @adystrickland.

**If Not Now, Then When?**



**Ady Strickland, DCHM, FCHM**

Classical Homeopath | Certified Bowen Therapist

# Education

A summary of my formal education



2012

**Canadian College of Homeopathic Medicine**  
DCHM, FCHM Classical Homeopathic Medicine

2007

**Canadian School of Natural Nutrition**  
RHN Holistic Nutritionist

2003

**Bowen College**  
CBHT Bowen Therapist

1997

**Body Control Pilates**  
BCP Body Control Pilates Instructor/teacher/trainer

1997

**McTimoney Chiropractic College**  
McTimoney Chiropractor (United Kingdom) Chiropractic

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