



The Importance of Movement

By Iva Lloyd, ND

[Movement](#) is the third focus in our [guide to health](#). Read [Iva Lloyd's](#) blog on the [five most important things to remember about movement](#). It explains why balance and flexibility are two most important factors as a person ages and how to choose the best type of [exercise or movement](#) based on your specific lifestyle. Research shows that engaging in an exercise regimen will improve your health, irrespective of your age or health status. The goal is to be able to move freely throughout your life. If you want to know how to get started, [check out her blog](#).

Interested in a Spring Detox?

Many people associate Spring with a time to detox and cleanse from the long winter months. Although detoxification can be a wonderful healing tool, it is not for everyone and can actually be harmful if done inappropriately. The theory behind detoxification is that when the body can't process and eliminate what it has consumed than toxic waste products buildup in the body and contribute to symptoms and disease. Read [Iva Lloyd's](#) blog on [The Do's and Don'ts of Detoxification](#), or join [Jacqueline Cooper](#) for her talk on [Spring Detoxification](#) on March 24th.

Time to Prepare for Allergy Season

By Iva Lloyd, ND

One of the best ways to minimize [spring allergy symptoms](#) is to start preparing your body in March. There are a number of natural anti-histamine products and immune support herbs that are specific for addressing those irritating [allergy symptoms](#) such as runny nose, sneezing, watery eyes, sinus congestion and disrupted sleep. Check out [Iva Lloyd's](#) blog on [Seasonal Allergies - healing them naturally](#) or come into the clinic and talk to one of our [naturopathic doctors](#) about the best way to deal with your allergies.

Spring Open House and Book Give-away

On Saturday, March 28th, we are going to hold a clinic Open House. As part of the event we are going to be giving away some of the books that we have collected over the years. Join us between 10 a.m. and 2 p.m. to find out more about our clinic services and take home some samples and books.

Featured Talk

Naturopathic doctor, [Jacqueline Cooper](#) will be exploring the **Do's and Don'ts of Detoxification** and providing you with a guide on how to choose the best way to detox. Join her on Tuesday, March 24th from 6:30 to 8:00 p.m.

Seminar Schedule

[Upcoming seminar topics](#) for March include: **Genetically Modified Foods** with [Anthony Moscar](#), **Movement for Seniors** with [Iva Lloyd](#), **The Do's and Don'ts of Detoxification** and **Sexual Apathy** with [Jacqueline Cooper](#). For more information on our [seminars check out our website](#).