



Achieving Your Health Goals

by Dr. Iva Lloyd, ND

Becoming healthier is one of the most common New Year's resolutions. Keeping your [resolution for health](#) involves truly knowing your areas of weakness, your health risks and knowing how the body naturally heals. It also involves addressing the four key areas of health - ensuring that the body can [eliminate toxins](#), [regular movement](#), [healthy eating habits](#) and [adequate sleep](#). Check out the [blog](#) by [Dr. Lloyd](#) for the [7 steps to keeping your resolutions of health](#).

Individualizing Your Diet to Achieve Health

by Dr. Jacqueline Cooper, ND

The New Year is a time when many people turn their focus to health and initiate new diets & regimens. If you plan on making [diet](#) changes, first consider doing an IgG Food Sensitivity Panel. Undiagnosed [food sensitivities](#) can inhibit weight loss, aggravate [skin conditions](#), cause chronic [fatigue](#), as well as contributing to many other conditions. Read [Dr. Cooper's](#) blog [New Year. New Diet](#) for more details about how identifying food sensitivities can help you reach your health goals in 2014.

Choosing the Right Products for Your Skin

by Dr. Jacqueline Cooper, ND

To achieve [healthy skin](#) you must be using products that nourish your skin. When choosing skincare products there are three things that should guide your decision. 1st: Are the products that you use clean? Are they free from [chemicals](#) which can disrupt hormones and harm multiple organ systems? 2nd: Are the [ingredients](#) therapeutic? 3rd: How well do the therapeutic actions of the [ingredients](#) match the individual needs of your skin? For more information on choosing the right products for your skin read [Dr. Cooper's](#) blog.

Food Intolerance Testing

Identifying your [food intolerances](#) is a great place to start when deciding to improve your health. During the month of January the price of the [IgG food panel](#) is \$250 -- a \$29 savings.

Skincare Demo Day

Healthy skin requires an individualized regimen. Visit the clinic on Saturday January 18th between 10am and 2pm for our Demo Day. You will be able to test out products and receive guidance from [Dr. Cooper](#) about how to build the ideal skincare regimen for you.

Seminar Schedule

Attend our [Tuesday night health talks](#) and gain valuable information to help you achieve your health goals in 2014.

Click [here](#) for a complete listing of upcoming talks including: [Optimizing your skin care regimen](#), [Achieving the correct acid-alkaline balance for health and optimal aging](#), and [Cancer and the insulin connection](#).

This message was sent to email@example.com from:

Naturopathic Foundations Health Clinic | 33 bridle trail | markaham, on ca l3r4e7

[Manage Your Subscription](#) | [Forward This Message](#)

