



# CORRGAZETTE

## CORREACTOLOGY® AND THE ATHLETICS!



Originally from the Sudbury area, Jenna Hellstrom has played soccer at the local, provincial, and national levels throughout her career. Currently she is attending Kent State University on a full scholarship where she has earned various awards such as Freshman of the Year, Player of the Year, and First Team All Conference. Correactology® has avidly been involved in Jenna’s career and is invested in her future endeavours as well as her health.

*“Without people like yourself I would not be able to reach the goals I have today. Thank you Mike, you have made my soccer dreams a reality” – Jenna Hellstrom*

Correactology® Health Care can help with the following ailments suffered by athletes:

Environmental Allergies, Ankle Pain, Arm Pain, Balance, Back Pain, Fatigue, Foot Pain, Headaches, Hernias, Joint Pain, Muscle Aches, Shin Splints, Tennis Elbow, Sleep Problems, etc.

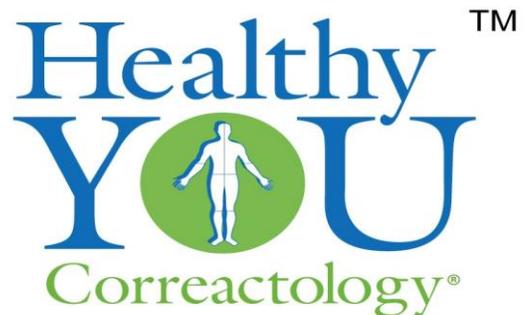
## Correactology® Health Care

The philosophy of Correactology® is that the body corrects and ultimately attempts to direct its cellular energy along a specific linear path.

When the human body undergoes a physical, emotional, or toxic shock, its cellular energy flow becomes altered. This results in a shortage of cellular energy to one or some of the body’s cellular levels that affect healing.

When a cellular level becomes deficient in energy, it loses the ability to do work, resulting in the loss of structure and/or function associated to the affected level.

Correactology® Health Care is a non-invasive treatment system that can help the body recover from pain, malfunction and disorder.



### CORREACTOLOGY® CENTER LOCATIONS

**SUDBURY**  
(MAIN CENTER)

705-525-7721

**BLIND RIVER**

705-847-4411

**ROUYN-NORANDA,**  
**QC**

819-762-6161

**BARRIE**

705-725-9000

**OAKVILLE**

289-837-0606

**GUELPH**

519-763-2345

**SAULT STE. MARIE**

705-949-2855

**NEWMARKET**

905-235-9355

**STURGEON FALLS**

705-223-2222

**MILTON**

905-864-9611

**TIMMINS**

705-360-1116

**VAL CARON**

705-897-1811

\*\*VISIT WWW.CORREACTOLOGY.COM FOR SPECIFIC CENTER LOCATIONS\*\*



## HAPPY MOTHER'S DAY!



	4		6			
			9		6	7
	2	8	4		3	
			6	3	1	7
3						8
	9	1	5	8		
		5		4	9	6
8	2			6		
			5			8

## SPRING CLEAN YOUR HEALTH

It's the time of year to rid your house of the remains of winter; shake out the blankets, rake the lawn, clean the windows. Spring is here. The snow is melting, the sun is getting warmer, and winter coats are finally being packed away. While most people complete their annual spring cleaning without a thought many more never consider spring cleaning their health.

- Drink more water.
- Enjoy the seasonal fruits and veggies.
- Get outside and go for a hike. Enjoy the sun and fresh air!
- Throw out those clothes that have been too small for over a year, and buy ones that make you feel comfortable.
- Grow your own vegetable garden.
- De-clutter your mind of stresses, anxieties, anger, aggression and hostility.
- Try a new class at the local gym.
- Let go of the past and move forward toward a happy healthy future.

*May 12<sup>th</sup> is Canada Health Day! Inspiring healthy Canadians and healthy communities. Take control of your health this spring!*



## One Year Anniversary for the CORRGAZETTE!

We at the Corrgazette are pleased to announce the official one year anniversary of our newsletter! Throughout the last year we have been able to witness the entire Correactology® community come together to produce this newsletter to promote health, happiness, and togetherness. Thank you to everyone who has shared personal stories with us and for those of you who continue to make the Correactology® community everything that it is. We are looking forward to the year ahead and all that it has to bring. Thank you for spending the year with us!

*-The Correactology News Team*

## **PATIENT TESTIMONIAL**

*A friend told me about Correactology® Health Care. I came in for help with my Kidney Disease. The Correactology® treatments helped reduce the symptoms and spread of the kidney disease.*

*I have recommended these treatments to many friends and I will continue to do so.*

*Feeling this good is like having my old self back! Does that sentence even make sense? It does to me!*

*- Correactology® Patient*

**\*\*\*Would you like to share your Correactology® story? See your Patient Services Coordinator to find out how\*\*\***