



Top *of the* Carrot News

320 & 348 Danforth Avenue,
just a few steps west from Chester subway station

A black and white photograph of a woman in profile, wearing a white athletic top and dark pants, captured in a dynamic pose as if running or dancing. The background is blurred, suggesting motion. The image is framed by a white border with rounded corners.

*Homeopathy
for Infants*

*Shiatsu
Yoga
Counselling
Chinese Medicine*

Riverdale Homeopathic Clinic, Suite 207A

HOMEOPATHY FOR INFANTS, CHILDREN AND TEENS

Providing health care for your children can be the most gut-wrenching issue for any family. There seems to be so few options outside of conventional medicine, and many conventional treatments show no positive results or are riddled with side effects and future consequences. This past year has seen studies linking vaccine to autism, antibiotics use to asthma, allergies and cancer, and anti-depressant use in kids to increased suicide.

There is no easy answer to treating our children, but there are options.

Homeopathy is a safe and effective system of medicine, and is the only practical option for cases of infant conditions such as ear infection. Homeopathy is used to treat chronic conditions such as asthma and allergies, as

The safety of Homeopathy is renowned

well as psychiatric disorders like ADHD and depression.

The safety of Homeopathy is renowned – the medicines used are diluted to such an extent that the toxic effect is eliminated, making it safe for use with infants. The key to homeopathy is choosing the correct remedy and giving it in the correct dosage to bring about the

cure in the patient. That is why it is important to seek out a qualified Homeopathic practitioner – especially when dealing with the treatment of serious chronic disease.

Homeopathy also has the added advantage of being safe and easy to administer to infants – even newborns. The medicine can be diluted in water or given to the child directly with little effort.

Riverdale Homeopathic Clinic/Resources is a full service Homeopathic Centre.

We offer Homeopathic consultations for acute and chronic conditions, as well as supply books and remedies. Riverdale Homeopathic Clinic offers courses in first aid and home treatment. Come and learn a safe and effective way to treat your family.

For further information about our services, call us at 416 778-0085 or visit RHRonline.ca.

Elissa Gallander Yoga Studio, Suite 211

YOGA PRACTICE - BEYOND THE STUDIO

As your yoga practice deepens, you may find other aspects of your life are shifting. What you experience during practice invites in different ways of being, acting and perceiving, which can carry over into everyday life.

Yoga poses require your attention. In Tadasana, simply standing, to quell the restlessness of not moving you bring your attention to your feet. Relaxing the joints of the ankles, knees and hips allows you to feel the connection between the ground and the center of your body, where you feel your breath. You develop a feeling of stability and freedom. Standing becomes an opportunity to feel rooted and to feel subtle movement. Bringing this awareness into everyday life we can give our wholehearted attention to a sink full of dishes or to a child telling us a story. We work with our tasks, rather than rushing through them with our minds elsewhere.

In handstand, basically Tadasana upside down, something else is required. You take time to build the strength of your upper body and arms. As you approach this pose with hands on the ground, head dropping and a leg poised to lift, you need to shift your relationship with gravity. Attempting to stand on your hands for the first time evokes strong feelings: of fear, of the unknown, of failure. More energy, more resolve are required for handstand. Once up, we discover that stability is possible, in an unusual situation.

The spirit that can come alive in yoga practice includes self-awareness and the ability to act. We gain courage for the events in our lives, whether it's learning new technology or being able to stay present for a teenager's growing pains.

Written by Vivian Stollmeyer, a yoga teacher with a decade of experience, who teaches at Elissa Gallander Yoga Studio



For more information, call 416-463-4094, Elissa Gallander Yoga Studio or go to www.elissayoga.com

Kate Kent, Holistic Health

Practitioner, Suite 209

INTENSIVE, EXPERIENTIAL DYNAMIC COUNSELLING

IEDC is theoretically based on the psychoanalytic reference realm. However, the structured way in which the IEDC counsellor engages the client to take responsibility for his own problems and to cooperate with the counsellor in order to work them through, differs from psychoanalytic methods and techniques.

This method is especially suited to people suffering from a fear of intimacy, anxiety, compulsive behaviors, phobic complaints, anger and depression. People with these kinds of problems have often learned to discount their feelings, rationalize or trivialize them, or allow anxiety and guilt to push them aside.


With this method, the counsellor works actively, using concrete situations to help the client to focus on the different mechanisms he uses to avoid consciously experiencing his feelings. By exploring these mechanisms together, it becomes possible for the client to allow unpleasant, as well as pleasant, feelings to surface and to override the anxiety that may accompany them. Links between painful past experiences and current issues are explored, brought into consciousness and worked through.

With this approach, the counsellor and client work actively together, each with his own set of tasks to reach the therapeutic goal; namely, for the client to be able to recognize and understand his feelings and to deal with them in a functional way.

Kate Kent, Dipl. Ac., C.H. (NCCAOM) has been a holistic health practitioner since 1985. She is Acupuncture Director at the Shiatsu School of Canada, has appeared numerous times on TV and radio, given talks and written many articles on health. Her clinic is at 348 Danforth Avenue, Suite 209, **416-466-5849**.

**THE
BIG CARROT**
Specializing in organically grown, GMO-free and environmentally safe products
"Canadian worker-owned co-op since 1983"
Natural Food Market Wholistic Dispensary
416-466-2129 416-466-8432
Organic Juice Bar
348 Danforth Avenue
www.thebigcarrot.ca
Mon-Wed 9:30-8:00 • Thur & Fri 9:30-9:00 • Sat 9:00-7:00 • Sun 11:00-6:00

OSTEOPATHIC THERAPY
FOR: preventative health, chronic pain, post surgical pain, stress related pain and headaches, soft tissue pain, traumatic injury
671 Danforth Ave, Suite 308
416 466-2739
Susannah Gray
B.Sc. O.T. Reg (Ont)
P.D.O.M.P.
Korienna Scherm
B.Sc. P.T.
P.D.O.M.P.

COUNSELLING AT THE CARROT
For Individuals & Couples

**Get to the Root
of the Problem...**
Lesli Musicar, MEd * 18 years experience
416-469-2749 * EMDR practitioner

**Massage Therapy, Yoga, Pilates
Supplies and Equipment**
Visit our Massage Clinic
7 days a week

Know Your Body Best
866 Broadview Avenue
(2 blocks N. of Danforth)
Tel: (416) 466-1515

Karen Johnson, Awakening Heart & Soul, Suite 202

THE POWER OF SOUL HEALING

I believe that illness is caused by any one of three factors: biological or physical; psychological; spiritual or metaphysical. Over the years, we have bought into the belief that healing takes a long time. Healing can be immediate, if we are willing for it to occur.

There is no

need for us *“A new dawn of healing is upon us”* to process

old problems for years. This is not some kind of magic. It's simply working with Universal law at a higher voltage.

Universal law relates to the movement of energy as it affects all Life. Man's laws are continuously changing; Universal law does not alter.

I have developed a freeform approach for my healing sessions that taps into the high vibrational frequencies of the Earth's energy.

Some of these practices involve releasing energetic programs, such as: energy field clearing and balancing, karmic pattern releasing, entity clearing, and past life balancing.

With my guidance and using teachings handed down from the Masters, my clients open to: source reconnections, attunements, higher self alignment, and DNA activation, just to name a few. I channel higher wisdom and guidance for my clients to help foster their shift in consciousness and spiritual growth.

“A new dawn of healing is upon us and we make the choice as to whether or not we participate.”

Karen Johnson, founder of *Awakening Heart & Soul* and published writer. *Metaphysical Healer, Specialized Kinesiologist, Psychic, Intuitive Mentoring, Esoteric and Shamanic Healing, Spiritual Counselling and Hypnotherapist. Her office is located at 320 Danforth Avenue, Suite 202.*

Call for your private session or to inquire about upcoming workshops.

416-466-6225.

Gift certificates available

Susan Hu, Chinese Medicine, Suite 215

ACUPUNCTURE CASE STUDIES

CASE 1: An 8-year-old girl with severe asthma came in with symptoms of wheezing and shortness of breath. Unable to take part in school activities and forced to use a puffer every day, she had gone to Emergency 5 times in the past year and needed antibiotics to control the condition.

She was diagnosed with a Lung-Energy-Deficiency - Cold would enter her Lungs and linger creating Hidden-Phlegm. Her treatment, one acupuncture treatment/week and boiled herbs daily, was designed to dissolve the Hidden-Phlegm that existed in her Lung and strengthen her Lung-Energy

After 3 treatments of acupuncture and daily herbal medicine, nearly 80% of the symptoms were relieved. She hasn't had to visit the Emergency department and has been able to take part in all school activities.

CASE 2: A man in his early 40's suffered from migraines and was taking 7-8 painkillers daily. The pain in his temples was so severe at times he had the urge to smash his head against a wall. He was diagnosed with an obstruction of Hot-Phlegm and Blood-Stasis and was prescribed one acupuncture treatment/week.

After the first session he was able to reduce his painkillers in half, and after the second treatment suffered no migraines for 2 days. After the third treatment his migraines were mild and manageable with only 1 Advil or Aspirin.

Acupuncture not only reduces the pain; it can change the internal condition that causes the migraine and relieve them permanently.

If you or your friends and family are suffering, call Dr. Hu to discuss your condition. There is always a solution.

Dr. Susan Hu (M.D. China) graduated from the Beijing University of Traditional Chinese Medicine in 1992. She has worked extensively in the health care system of China, and has shared her expertise on internal Chinese medicine as a professor at the Beijing University of Traditional Chinese Medicine.

For information, phone **416-466-2988**

COMBATING STRESS WITH LIANGONG

Sore muscles. Lower back pain. Upset stomach. Headaches. These are some of the common effects that stress has upon our body. Stress is an "illness" that places a strain on our body, mind, and spirit inflicting a variety of disorders from irritability to heart disease. In the practice of Liangong these are known as Traumas.

Liangong is a Chinese art directed at improving the overall health of the individual while focusing on specific traumas that inflict our bodies. Based on the branch of Traditional Chinese Medicine called "Traumatology", and coupled with the principles and methods of traditional Chinese medicine, Tuina (Chinese Therapeutic massage), Sports medicine, and traditional martial art exercises; the practice of Liangong presents a system of self-massage that effects the muscles, joints, organs, breath, mind, and qi (intrinsic energy).

Liangong is divided into three series each containing eighteen unique and directed exercises. Series one focuses on the relief of strains, sprains, and stress. Series two focuses on the joints and internal organs. Series three is a traditional energetics (qigong) series of exercises used to improve the flow of blood, breath, and intrinsic energy (qi) in the body.

Daily practice of the first Liangong series one can be done in fifteen minutes and contains exercises that improve the flexibility, strength and function of the body. As moving massage, Liangong kneads and releases the tension and strain from our body, reversing the effects of stress and leaving us in a healthier state.

Bryan Zarnett is a practitioner of Chinese internal martial arts and health practices. Classes in Liangong are currently being held at the Eastminster United Church.

For more information contact us at 416-277-2997 or send email to bzarnett@sphereofinfluence.ca



[body + spine]
chiropractic
[and natural therapies clinic]

2A-358 Danforth Ave. Toronto, ON, M4K 1N8 ☎ [416.778.7779]

Chiropractor + Acupuncturist	Reg. Massage Therapist
■ Dr. F. Esmail, B.Sc., D.C., D.Acup	■ Esperanza Fabon, R.M.T.
■ Dr. A. Ali, B.B.A., D.C., D.Acup	■ Dawn Cole, R.M.T.

Wine Made The Way Mother Nature Intended

**Pure grape juice from France, Italy,
Chile, Australia and California**

Voted best in Toronto
NOW Magazine
1998-2003




FERMENTATIONS!

276 Danforth Ave 416 778 9000
617 Mt. Pleasant Ave 416 483 4466

ICI PARIS SCIENTIFIC SKIN CARE CLINIC

Toronto's Holistic Spa

Perfecting the art of natural beauty for over 28 years.

- Natural herbal (green) peels with proven results for scars, acne, pigmentation, sun damage, aging skin & stretch marks.
- Advanced facials, photorejuvenation, ultrasonic peel, non-surgical face lift, microdermabrasion, laser hair removal, electrolysis.
- Natural products with power... Yon-Ka, Phytomer, Guinot, Darphin, Jane Iredale.



BEFORE



AFTER

Start with a free consultation

www.iciparis.ca • 370 Danforth Ave. (at Chester Subway)
416-461-1774

With any facial, receive a complimentary hydrating hand treatment and relaxing shoulder, décolleté and arm massage.
Offer valid only on presentation of this ad.
Offer expires December 31, 2004.

Fronie Dale, Shiatsu Therapist, Suite 215

SPRING INTO THE SEASON WITH SHIATSU

The spring season represents creation, birth, the beginning of life. The rising energy of springtime coincides with our need to express creativity, embrace new ideas and renew friendships. In the Five Element Theory, spring correlates to the Wood Element and is governed by the liver and gallbladder.

The functions of the liver and gallbladder are storage, distribution, and detoxification of nutrients for the entire body. In Zen Shiatsu, the liver's function of ensuring a smooth flow of Qi throughout the meridian network is of vital importance to the health and well being of body, mind and spirit. If liver Qi is not harmonious, disharmony can manifest along the meridians resulting in physical and emotional discomfort.

Healthy flow of liver Qi: 1) facilitates stomach and spleen's digestion and absorption of food essences 2) stimulates secretion of bile

in the gallbladder aiding digestion 3) ensures smooth Qi flow in uterus regulating menstruation 4) aids healthy expression of emotions.

Clinical manifestations of liver Qi disharmony include: 1) constipation, diarrhea, flatulence, borborygmus 2) heartburn, nausea, flatulence, belching 3) menstrual pains, premenstrual syndrome, breast distention, reproductive problems 4) depression, anger, frustration, inflexibility, irritation; headaches, migraines.

Shiatsu therapy is highly effective in alleviating discomfort by dispersing and tonifying Qi in the meridians. Spring presents a perfect opportunity to move forward by taking responsibility for our health and growth. Regular Shiatsu treatment revitalizes our physical, mental, and emotional well being as we strive to maintain balance through the seasons.

Fronie Dale *Dipl.S.T. is a graduate of Zen Shiatsu in England, Baltimore School of Shiatsu, Md., and the Shiatsu School of Canada, Toronto, and has extensive theoretical, practical, and clinical experience.*

For more information on Shiatsu with the seasons, or to book an appointment. Call 416-275-9588.

Christiane Martin, Psychotherapist, Suite 204

NEW DEVELOPMENTS IN EMDR

People who suffer from anxiety, phobias, and stress are finding relief/results through an innovative therapy called EMDR (Eye Movement Desensitization Reprocessing).

EMDR is a client-centred approach which uses bilateral rhythmic stimulation such as eye movements or hand taps to release emotional experiences.

It has been used successfully

to treat post-traumatic stress disorder (PTSD) for over 15 years. Hailed as the most important method to emerge in psychotherapy in decades, it also provides breakthroughs for other emotional issues, and has shown a high level of effectiveness with conditions that impact work performance, including high anxiety, fear of public speaking, and panic attacks.

"EMDR sessions have shown stunning results," according to performance-enhancement psy-

chologist Sandra Foster. Positive changes that clients have made include: a sales manager who overcame a paralysis he felt about making phone calls to prospective clients; a business executive who conquered her fear of public speaking; a director of a new computer company who confronted fears of dealing with shareholders.

Much of the anxiety and stress that holds people back from excelling at work has its source in unprocessed past events. These events might be obvious traumas such as a car accident or childhood abuse, or stressful events such as being ridiculed. If your anxiety and stress is impacting your performance, EMDR can kick-start the natural healing process and integrate past memories, so that you can overcome your anxiety and improve your performance.

*For more information, contact psychotherapist and EMDR practitioner **Christiane Martin, M.S.W., R.S.W.**, to schedule a consultation session or go to www.emdr.com. Christiane's office is located at 320 Danforth Avenue, Suite 204 in the Carrot Common, tel. 416-371-7637, email christiane.martin@utoronto.ca.*

Brenda Hann, Psychoanalytic Child Therapist, Suite 201

PARENTING SUPPORT AND CHILD THERAPY AT THE COMMON

I was recently asked how psychoanalytic therapists work with children. Children and adolescents in distress are often acutely aware of their frustration, anger, or sadness. However, they and their parents may find it difficult to connect inner turmoil and troubled behaviour to the kinds of stresses that can limit the resolution of emotional difficulties. Parents are often aware that their child is struggling and feels burdened. Helping parents to understand the sources of stress and anxiety and to support their child more effectively is an important goal of the therapy.

When a child or an adolescent first visits my office with their parents, they are introduced to a comfortable space that invites conversation. Art materials and toys are displayed around the room to encourage young people

to express their worries in a familiar, creative medium. The capacity for playfulness is an important aspect of mental health. Play therapy provides children with opportunities to communicate thoughts and feelings that may be complex, painful, and beyond words. In play, the child is in charge and can experience the mastery and control that contribute to a healthier sense of self. In psychotherapy with adolescents, they are encouraged to play with different ideas about themselves and to imagine different solutions to problems that concern them.

Psychoanalytic therapy helps young people to understand themselves better, to develop a more positive sense of self and to find more effective ways of coping with their environment.

Brenda Hann, B.A., Dip.C.S. is a member of the Canadian Association of Psychoanalytic Child Therapists. She has worked in the children's mental health field for over 25 years.

For information, phone
416-985-5242

Sharon Collins, Shiatsu/Reiki Therapy, Suite 215

JUST LET GO!

If only it were that easy! Sometimes we're unable to "just let go" of our stress, tension, and pain. If this is the case for you, you may want to consider the health of your spine.

Our spine houses our Central Nervous System, as well as our 7 Chakras, and can be thought of as the "master-electrical-system" of our whole Being: physical, mental, emotional, and spiritual.

If the muscles and/or bones of our back and neck carry tension, our electrical system can become "blocked". It then cannot send out sufficient Energy to feed the area of our body that it's responsible for supplying. This area then becomes weakened, and may develop uncomfortable symptoms such as muscular pain, headaches, high blood pressure, PMS, or cloudy thinking. Over time, if the area remains blocked from its energy supply, more serious conditions can develop like heart disease, stomach ulcers, anxiety, depression, or cancer. On a Spiritual level, symptoms can show as a feeling of disconnection from ourselves, other people, and Life in general.

Through Shiatsu pressure-point therapy and Reiki energy work, spinal tensions can be loosened and relieved, leaving us physically comfortable, at peace in our mind and emotions, and connected to our Creative center.

So remember the power of your spine. Keep it strong and flexible and enjoy a long, healthy, vibrant life!

Sharon Collins Dipl. S.T., graduated from the Shiatsu School of Canada in 1989, receiving the highest available education outside of Japan. She received training in Reiki in 1992, and has since developed a uniquely integrated Therapy combining the benefits of both of these Japanese traditions. She's practised at the Carrot Common for the past 16 years, and welcomes new clients!

For appointment or more information **905-626-2246**

Get Your University Degrees In Natural Medicine

- Doctor of Natural Medicine (D.N.M)
- Doctor of Homeopathic Medicine (D.H.M)
- Doctorate in Orthomolecular Medicine (PhD)
- Bachelors in Natural Medicine
- Bachelors & Masters in Orthomolecular medicine
- Professional development certificate courses



Obtain your degree by: mentorship, assessment of life skills and past education or combination of theory and clinical training.

Healthpro College of Natural Medicine
416 492 6598 www.healthprocollege.com



TEN THOUSAND
VILLAGES®

Visit our store to experience the sights, sounds and textures of intriguing creations handcrafted by skilled artisans from 30 countries. All earn vital, fair income for their work.

362 Danforth Ave.
(west of Chester)
(416)462-9779

www.tenthousandvillages.com

FAIRLY TRADED HANDICRAFTS FROM AROUND THE WORLD



The
YOGA
Sanctuary

Carrot Common
Court Yard
348 Danforth

416.461.6161
www.theyogasanctuary.net

Riverdale/Danforth Homes For Sale


www.neilandcarolyn.com

See area homes on our website
Selling? Call us for a Free Home Appraisal

416-461-9367

Your local husband-wife team for
10 years living and selling here!
Sale Representatives... Danforth/Broadview office



Real Estate by... Neil Riach and Carolyn Curren 

Garden's
Path
floral design

- Weddings
- Gourmet Baskets
- Corporate Orders
- Dried Arrangements
- Custom Designed Arrangements
- Catering to Every Budget



416.466.0116

320 Danforth Ave
Carrot Common Mall

www.gardenspath.com

Community Corner

GROUND FLOOR

The Big Carrot Natural Food Market	416-466-2129
The Big Carrot Organic Juice Bar	416-466-2129
The Big Carrot Wholistic Dispensary	416-466-8432
Carrot Common Rental Office, David Walsh	416-361-1124
Garden's Path Floral Design	416-466-0116
Gifts from the Earth	416-465-4579
Kidaroo, Children and Adult Clothing	416-463-7690
The Yoga Sanctuary	416-461-6161

SECOND FLOOR

American Medstaff, Philip Reece	416-363-9977
Awakening Heart & Soul, Karen Johnson	416-466-6225
Betty Ann McPherson, Psychotherapist	416-693-1312
Cee Deschenes, Registered Massage Therapist	416-465-7594
Child & Adolescent Psychotherapy, Brenda Hann	416-985-5242
Chester Avenue Massage Therapy	416-465-7594
Christiane Martin, Psychotherapy	416-371-7637
Christine Loch, Registered Massage Therapist	416-699-1247
Elissa Gallander Yoga Studio	416-463-4094
Fronie Dale, Shiatsu Therapist	416-469-5062
Hypnotherapist, Karen Johnson	416-466-6225
Immigration Consulting, Eric Katz	416-707-9597
Lawrence Noyes, Individual & Couple Counseling	416-406-9927
Lesli Musicar, Psychotherapist	416-469-2749
Lynn Marsh, Counselling and Life Coach	416-465-4786
Marilyn McCallum, Arts/Psychotherapy	416-466-7778
Riverdale Homeopathic Clinic/Resources	416-778-0085
Riverdale Massage Therapy Clinic	416-461-7977
Sandplay Therapy Studio, Brenda Weinberg	416-993-6404
Sharon Collins, Shiatsu/Reiki Therapist	905-626-2246

If you would like to appear in the next issue of Top of the Carrot News, please contact Karen Johnson at 416-466-6225



**Office and Meeting
Space Rentals**

call Colleen at 416-361-1341