

Changes at Maya Natural Health

As a natural medicine practitioner, I care about providing my clients with the most wholistic and scientifically-proven advanced treatment modalities available.

As a result, I am incorporated some new elements in all future consultations with you. They are:

1. Nutritional Analysis

This database has researched peer-reviewed literature to identify foods that worsen and help conditions. Once the appropriate information is entered into the database, a food guide is produced to help you optimize your daily food intake and reduce the negative effects of food on your condition. However, the database does not consider the role of food intolerance and allergies in disease. Food intolerance tests can be arranged directly with Bev where applicable.

2. EMT (electromagnetic therapy)

As a chemist, I am frequently reminded that humans are made up of billions of electrically-charge particles spinning through the air to create a solid mass that we call a body. Because of this, it makes sense to me that external energy in the form of magnetic fields can alter the function of our cells by changing the way in which our own energy flows in and out of cells. Changes in cellular energy transfer can impact our health by altering the ability of our cells to excrete wastes and absorb nutrients.

A magnetic field is created by any device that carries an electrical current. The source of the electrical current usually comes from a battery or an electrical outlet. In our daily lives we are surrounded by many magnetic fields everyday – our phones (cellular and land lines), time keeping devices, stove, refrigerator, computer, television, stereo and even baby monitor just to name a few!

Before humans learned to harness the power of electricity, we had only one major source of electrical current producing a magnetic field – from the earth itself. Research has proven that the magnetic field of the earth has the potential to normalize our body's electrical current and allow healthy functioning of our cells.

Exposure to the earth's magnetic field that is free from interference is one way that we can combat the negative effects of conflicting magnetic fields. Hiking in remote areas of wilderness will give us exposure to the earth's magnetic field alone, but this opportunity in our daily lives is rare.

As a result, I am now providing treatments with a device that reproduces the earth's magnetic field around your body as you rest on the examination bed. I have incorporated this physical therapy into my practice since I believe it will speed up recovery times and improve the effectiveness of your herbal remedies and supplements. Treatment duration is 8 minutes, and is included in the cost of your consultation.

Here are some additional effects of the use of EMT:

- Relax the nervous system
- Stimulate bone & cartilage cells

- Regenerate nerve cells
- Wound healing
- Pain relief
- Increased metabolism
- Removal of waste products
- Activation of immune function (macrophages & lymphocytes)
- Reducing sensitivity of stress hormone receptors (adrenalin & noradrenalin)
- Improvement of digestive activity
- Increased melatonin synthesis
- Improved metabolism and circulation
- Normalization of heart rate
- Improvement of respiratory volume

For additional information on EMT, please contact Bev at bmaya@mayanaturalhealth.com

3. **Fees**

Effective February 2008, I have increased my consultation rates as follows:

New patient consultation: \$125 (90 – 120 minutes)

Follow-up consultation: \$55 (45-60 minutes)

Dispensing Fee (product only with no appointment > 2months): \$30

Remember that 24 hour cancellation notice is required (received Monday to Friday by phone or email) or a cancellation fee will apply (\$60 for first consultations and \$30 for follow-ups).

Since it is very important that continuous care is taken to achieve your health goals, consultations will be considered “new” if more than 4 months have elapsed from one appointment to the next. The state of your health is constantly changing and therefore, refills of your herbal remedies will only be dispensed for a maximum of 4 months from your last appointment.

I feel that the addition of these services will provide a complete natural medicine experience at Maya Natural Health.

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