

Boomer Health

Are you spending time here in south Georgian Bay, whether full- or part-time, for the active lifestyle environment?

Is your body allowing you to take full advantage of the opportunities here?

Will your body still be healthy enough to continue enjoying these activities in 20 years?

This region is attracting active individuals of all ages to our 4-season lifestyle. But in order to enjoy all that the area has to offer you must feel well enough to take it all in - now and for many years from now. I have the pleasure of working with active seniors in their 70s and 80s who continue to golf, ski, hike, cycle, snowshoe, etc. and see me professionally to ensure they are on-track for many healthy years to come. We address diet, activity level, sleep, digestion, cardiovascular health, immune function, joints, urinary issues, eye health, bone density, energy levels and more!

As a Boomer in your 40s to 60s, now is a great time to begin assessing your health status and making positive changes. **Why?**

Bone density depends upon more than just calcium.

Sleep quality need not diminish with age.

Heartburn is not a Pantoloc or Nexium deficiency.

Joint pain can be caused by food choices.

Cardiovascular health is greatly influenced by diet.

Energy level does not need to be inversely proportional to age.

A licensed and registered Naturopathic Doctor can help you achieve your health goals at any age. We provide individualized health care, by tailoring a plan specific to you that will set you on the right path to success.

Have fun out there!

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You can feel better.