

Healthy Mind Body Spirit



Balance

NATUROPATHIC HEALTH CENTRE

Naturopathic Medicine

Dr. Glenna Morris, ND
Dr. Rosalyn Hayman, ND
Dr. Craig Herrington, ND
Dr. Sherisse O'Leary, ND

Chiropractic

Dr. Brent MacNeil, DC

Life Coaching

Dr. Amanda Wintink, PhD

Massage Therapy

Michael Gerrior, RMT
Judith Forget, RMT

Colon Hydrotherapy

Amanda McCarthy, CCT
Holly Myers, CCT

Holistic Nutrition

Amanda McCarthy, RHN

Laser Therapy

Heather Haldane

Yoga

Amanda Wintink, RYT
Bethany Perry, RYT
Holliana McKay, RYT
Amanda McCarthy, RYT



Welcome to Balance...

Congratulations on taking a step toward a healthy new you!

Here at Balance, we are a team of healthcare professional who are ready to start working with you to achieve your health goals. We offer many services to provide you with a holistic path toward good health and healing.

Where do I Start?

You can start with any service that feels most appropriate to you; however, many people start with Naturopathic Medicine (NM). Naturopathic doctors are trained in nutrition, lifestyle counseling, herbal medicine, joint manipulation, massage therapy and hydrotherapy, acupuncture and homeopathy. This enables ND's to be at the core of your treatment plan. NDs serve as a resource for

natural primary healthcare and can work with your Family Medical Doctor.

Initial Visit

You will have to fill out an intake form for all services. All intake forms, with the exception of NM, can be filled out by arriving about 15-20 minutes before your appointment time. For NM, the intake form is available online and is required to be faxed or mailed at least 48 hrs before your appointment to secure your spot. You can access the *Naturopathic intake form on our website under naturopathic medicine.*

You Do Not Need a Referral

to see any of our practitioners although some insurance providers require a medical doctor's referral. for more information on this

subject). We direct bill for Blue Cross and Great West Life Insurance plans for Massage and Chiropractic only.

If you require further information our administrative assistants are happy to help.

Why Come to Balance?

- disease prevention
- optimal health & energy
- chronic & acute health conditions
- safe, natural, holistic approach to health
- health and lifestyle education
- empowerment
- experience a team approach to health care

Health

Happiness

Healing

Prevention

Inspiration

Wisdom

Honor

Through Naturopathic Medicine, Chiropractic, Massage Therapy, Life Coaching, Colon Hydrotherapy, Holistic Nutrition, Laser Therapy, Yoga and Health Seminars we work to help you achieve optimal health in Body, Mind, and Spirit.

Dr. Glenna Morris, Naturopathic Doctor, is the founder of this unique health clinic located in Halifax, Nova Scotia. Dr. Morris and her team of health care professionals take a holistic approach when treating each individual using a combination of science, wisdom, and nature.

