

## **INTRODUCTION**

I believe health care is an essential choice. Breaking away from institutionalized health care and recognizing the many options available to us is the first step to taking full responsibility for our own wellness. With recognition comes empowerment – the simple awareness of our freedom to choose can open many doors for us to grow and heal in ways we may not have believed possible. My professional mission is to assist individuals in the pursuit of their personal wellbeing through the integration of the three bodies – physical, emotional and spiritual. I continually focus on building personalized wellness programs designed to yield a harmonious, balanced state of being for each individual client.

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## **PROFESSIONAL EXPERIENCE**

### 2003 – Present      **Practitioner – Ste. Anne’s Spa, Haldimand Hills**

- Provide professional Zen Shiatsu, Thai Massage and signature treatment services to spa clientele

### 2001 – 2003      **Practitioner – Provision Centre**

- Offer professional Zen Shiatsu, Iridology, Ear Coning & Spiritual Counseling services at the Centre
- Associate – Provision Centre Corporate Services Group
- Collaborate on promotional activities, e.g. trade shows, conferences, special events
- Begin collaboration with MDs to examine alternative treatment options for chronic patients

2002

- Essential Choices web site launch, [www.essentialchoices.ca](http://www.essentialchoices.ca)

### 1999 – 2001      **Practitioner – Medicine Bundle health collective**

- Offer professional Zen Shiatsu, Iridology, Ear Coning & Spiritual Counseling services in association with the collective
- Share in promotional activities, e.g. trade shows, special events
- Assist in professional development of the collective
- Offer complimentary Shiatsu services at Markie’s Pharmacy, Yorkville

### 1998      **Register Essential Choices**

- Open office in Yorkville, Toronto
- Offer professional Zen Shiatsu, Iridology, Ear Coning & Spiritual Counseling services
- Begin collaborations with other professional practitioners, e.g. Doctor of Chiropractic

### 1998 – Present      **Workshop Instructor**

- Introductory Iridology
- Self Shiatsu — The Art of Personal Healing
- Dowsing — The Art of Using the Pendulum

- 1994 – 1998      **Private Practitioner**
- Offer Zen Shiatsu services from home office
- 1997
- Add Iridology and Ear Coning to professional services
  - Introduce Young Living Essential Oils to client therapies

## **GUEST LECTURES**

- 2002                      Health & Wellness Fair, Hazelton Lanes, Toronto
- Wholistic Health Practitioner Development Program  
Seneca College, Toronto
- Omega Centre, Toronto
- Carrot Common, Toronto
- 2001                      Centennial College, Scarborough Campus  
Corporate Health: Motorola, Pickering
- 2000                      Wholistic Health and Wellness  
Professional Development for Educators  
Toronto Separate School Board – St. Patrick Catholic Secondary School
- 1999                      Corporate Health: Canada Life, Making the Mind Body Connection
- 1998                      Corporate Health: Canada Life, The Head to Toe Health Expo

## **EDUCATION**

- 1997                      Clinical Iridology Practitioner Diploma  
Canadian Institute of Iridology, Toronto
- Ear Coning  
Auricular Hygiene Certificate, Toronto
- Spiritual Human Yoga – a form of energetic healing  
Completed 4 of 6 levels; Minneapolis & Toronto
- 1994                      Zen Shiatsu Therapy  
2 year Certificate Program  
Zen Shiatsu Institute, Toronto
- 1990                      Fingertip Acupuncture Certificate  
The Association of Hygiene / Hong Kong, Toronto

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**PROFESSIONAL DEVELOPMENT**

Current	Essential Oil, herb, natural supplement healing properties – continued study
2003	Thai Massage training course – initial Aveda Product training
2002	Retreat – Shalom Centre, Ontario
1997 – 1999	Natural Oil Therapy Seminars, Young Living Essential Oils
1999	Conscious Dreaming Workshop – Robert Moss
1998	The International Society of Homotoxicology Chronic Fatigue; Women’s Disorders
1997, 1998	Dowsing Workshops Gary Skillen School of Dowsing and Geobiology
1997	Chi-Lel Chi Gong
1996, 1997, 1998	Body Electronics Workshops A form of energetic body work designed to effect physical regeneration

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**PROFESSIONAL AFFILIATIONS**

1998 - 2002	Member, Iridologists’ Association of Canada
1999 - 2002	Member, Board of Directors, Iridologists’ Association of Canada

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**PRESS**

2000	Prime TV, Rogers Channel 54 Wellness for Life – focus on alternative health Episode # 3, Pain Management Episode # 4, The Eyes Have It
	Metro Newspaper Taking a holistic approach to health Thursday, September 28, 2000

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**REFERENCES**

Available upon request.