

# NBNC Fall/Winter

November 2013 Volume 1, Issue 1

## What's Happening...

It's Time for Flu Prevention Natural Products Available Now.

Announcing... Registered Massage Therapist to NBNC

Electronic Submissions

IRS Special

In the New Year...

Mesotherapy

## Infrared Sauna Therapy Special

Relax your way to a thinner healthier you!

- Pain Relief
- Detoxification
- Weight Loss
- Skin Care

And much more!

Unlimited Use  
\$99/month

## A message from your ND

I would like to take this opportunity to inform you of some exciting changes happening within our clinic.

After several years of focusing on my young family I am increasing my hours in order to accommodate you better. Take advantage of Monday, Tuesday and Thursday evening availability as well as Monday, Wednesday and Friday mornings. We are now able to submit claims for naturopathic care electronically so that there is no upfront cost to you. We are also very excited to welcome Farshid Sharifi, Registered Massage Therapist to the office. In the new year I will be offering Mesotherapy, an exciting therapy which provides pain management, anti-aging benefits, diminishes cellulite and more. Also, as the cold weather approaches take advantage of our Infrared Sauna Special, unlimited use for only \$99/month.

We look forward to seeing you in the office and would like to extend an invitation to you and your family to join us for some Christmas cheer the week of December 16th to 20th.

Dr. Sabrina Giustra ND



## Is it a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usually Present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly Common
Tiredness	Mild	Moderate to Severe
Sudden Symptoms	Appear Gradually	Appear within 3-6 Hours
Coughing	Hacking, productive	Dry, unproductive
Sneezing	Common	Uncommon
Stuffy Nose	Common	Uncommon
Sore Throat	Common	Uncommon
Chest Discomfort	Mild to Moderate	Often Severe
Headache	Uncommon	Common

## Christmas Cheer

Let's get together for some Christmas Cheer!

Enjoy delicious seasonal treats, holiday beverages and great company this holiday season.

Compliments of the staff of the North Bay Naturopathic Clinic



December 16th to 20th

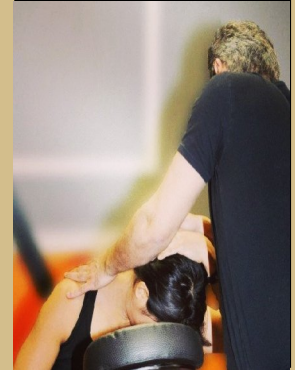
Non-perishable food donations for the local food bank will be gratefully accepted.

With every donation have your name entered into a draw to win a Kobo reader!

[www.northbaynaturopath.com](http://www.northbaynaturopath.com) Like us on Facebook! North Bay Naturopath

## NBNC welcomes Farshid Sharifi, RMT.

Farshid Sharifi is a Registered Massage Therapist, who has recently returned to North Bay with his wife and son. After receiving his diploma in 2010 from the Ontario College of Health and Technology, he gained experience in a variety of clinical settings throughout the GTA. This included work in spas, fitness facilities, corporate wellness, and a hospice. He also provides in-home massage for clients with limited mobility. Whether you are looking for general relaxation or have specific areas in need of tailored treatment, Farshid would be happy to assist you. His intuitive massage style includes a blend of soothing Swedish techniques punctuated with Deep Tissue work where required. He has taken additional training in Active Release Techniques, which is used in the treatment of many soft-tissue complaints including headaches, back and neck pain, and fasciitis. Trigger points have nowhere to hide from Farshid, and if you are one of the many people who suffer with tightness and knots from everyday stress and strain, you can look forward to the relief that massage therapy provides. As an early Christmas present, new clients can enjoy \$10 discount off the regular price of a 60 or 90 minute treatment from now until December 23<sup>rd</sup>, 2013. Call the North Bay Naturopathic Clinic today to book! 705-472-7007



Massage Therapy is now available at the North Bay Naturopathic Clinic!

Establish body contours, reduce weight, facial wrinkles and creases with nutrients and vitamins.

## Mesotherapy

Mesotherapy is a therapeutic method of infusing into the skin small quantities of homotoxicological-biological concoctions. Mesotherapy is characterized by its unique style of very superficial injections using short needles and specific techniques into the epidermis, dermis, and hypo-dermis directly over the affected structures. Injections are specific to the target area needing improvement. Mesotherapy compliments regular clinical treatments for a large variety of pathologies such as cellulite, localized fat, alopecia, arthritis, and pain management. Mesotherapy is steadily gaining interest due to its safe and effective approach to pain management and cosmetic medicine.

Dr. Sabrina Giustra is excited to offer this therapy in the New Year.

## Electronic Submissions Now Available

Enjoy taking advantage of the support of your Naturopathic Doctor without having to worry about the cost of the visit, the hassle of submitting your claim and waiting for the cheque to arrive in the mail. We are now able to submit electronically on your behalf so that there is no upfront cost to you. Please see the list provided to see if your Health Care Provider is included in the participating providers.

Don't wait for that New Year's Resolution! Remember to book before the New Year to make use of your current health care package before the 2014 calendar begins! Call today... (705)472-7007

Let us submit your claim for you!

The following Health Insurance Providers allow us to submit your claim in-office!

Standard Life

Great West Life

Johnson

Desjardins

MORE TO COME