



Press Kit

ReikiTECH™

The Artscience of Wellness & Discovery

Provided by Celebrate Wellness

Stress is something that we're all aware of. Alas! Few are able to combat it effectively. Today's frenetic pace says: "If you're not too busy to have lunch then watch out – you may be lunch!"

With emails, faxes, and mobile phones, the line between the home and the workplace has been blurred beyond recognition. The time for families, friends and self is fast disappearing. It's a modern paradox: the more we stay in touch, the more we become out of touch.

An Effective Solution: The ReikiTECH™ Workshop

Combating stress, illness, anxiety and alienation are critical in our modern world. That's why the benefits of an alternative approach to preventive self-care like ReikiTECH™ are so enormous. The question here is not "Should I investigate this?" but rather "Can I afford not to?"

The ReikiTECH™ workshop is all about redirecting and clarifying our paths in life, and getting our lifestyles in order. It can also bring about a more consistent and heightened state of awareness of the present moment and enhance the quality of our lives. The word "Reiki" is Japanese, meaning "life-force energy." This workshop looks at harnessing the field of energy all around us as part of a planned program to reconnect with a compassionate way of opening ourselves up and really celebrating life. Body-mind harmony is not dependent on external factors. It's only achieved from within our "Self." This has been known ever since ancient times.

ReikiTECH™ facilitates an emptying process. All the stuff that we have stored over the years in our various bodies gets peeled away. Our anxieties, phobias, worries and disharmonious habits all get handled – layer by layer – easily, swiftly and permanently!

The ReikiTECH™ Workshop

Having studied and worked with "ki"-energy and other holistic modalities since the late 1970s, Trainer Cyrus Mehta has been deeply involved with man's outer environment. In the mid-1980s, Cyrus set up his own enterprise, and has been involved at the highest level of the nuclear power and oil industries. Here, he worked with leading-edge technologies for the reduction of environmental pollution and the elimination of human exposure to hazardous environments.

Although Cyrus continues to work in these fields, in the early 1990s he became involved with working to transform our "inner" environment because this is what underpins everything that occurs in our outer world. He now promotes an energy technology which he calls ReikiTECH™ which allows corporate executives and others to have a hands-on, cutting-edge technology that's simple and easy-to-use and brings about fast and remarkable shifts in man's "inner" environment – an area he's personally been working on for almost 20 years.

The name ReikiTECH™ was coined in the mid-1990s and www.reikitech.org was launched to state where we stand on the Usui System and to highlight the advent of The ReikiTECH™ Workshops – for personal transformation and professional excellence.

In 1999, the www.reikitech.org website received the Reiki Integrity Award, and The ReikiTECH™ Workshops were endorsed by the Dubai Quality Group. These workshops are internationally recognized as intensive, purpose-designed transformative programs to produce excellence at the personal and professional level. Thousands of people from over 55 countries and all walks of life have graduated from these workshops.

For more information on The ReikiTECH™ Workshops, please visit www.celebratewellness.ca or www.reikitech.org or call Celebrate Wellness in St. Catharines at 905.646.2700.

'Advancing In Age' Does Not Mean 'Growing Old'

When Susan Staton, publisher of The Silver Journal's asked me to write a piece for September issue, I delved deeply on what I could write that would resonate well with its readers.

I have written a few articles over the recent months in some of the other local newspapers and the focus has been to 'Generate a New Conversation on Health and Wellbeing.' A few days ago I decided that since The Silver Journal caters to those of us who are 'advancing in age' perhaps I could talk about the fact that while advancing in age is an inexorable reality, it may not imply that one needs to 'grow old', the latter generally meaning becoming senile, feeble, weak, weary and lonely.

Elizabeth 'Betty' Friedan, who wrote "The Feminine Mystique" in 1963 and was founder & 1st president of National Organization for Women 1966-1970 (NOW) said it well "Aging is not 'lost youth' but a new stage of opportunity and strength".

Perhaps the best way to explain this would be to take my own experience. By this time next year I would be two months shy of stepping into my sixtieth year. And I intend to carry on with the same vigour as I possess today. Around every birthday since I was 45 I self imposed a task upon myself - I would do one set of push ups non-stop as my age that year. So last year I did 58 push ups. I certainly don't train in advance for this self imposed challenge. My daily exercise routine is quite simple - a few minutes of exercises to focus the 'Ki' (pronounced 'key' and which means Life Force Energy in Japanese) then do 21 repetitions of the Five Tibetan Rites - a set of dynamic Tibetan Yogic exercises that I have been doing for the last 20 years. After this I do a set of twelve 'Surya Namaskars' - a dynamic Hatha Yoga sequence. Thereafter, in the past, I would jump on an exercise bike and pedal away vigorously for 15 minutes or so and then finish with some weight resistance exercises and close with some Hatha Yoga stretches and a yoga head stand. These days I move into into a few back strengthening exercises that I learnt from Mona Lisa, a physiotherapist who assisted me many years ago after a severe spinal facet joint sprain. If you think a prolapsed disc hurts a spinal facet sprain is truly excruciating pain.

I have experienced severe pain in my back 24 hours a day for forty years from the age of 9 until I was 40. I have had grievous head injuries - flying over the length of a car which hit me while I was bicycling and landing on my head, is one of many that ought to have left me dead. My childhood was also ravaged with major illnesses: typhoid, malaria, rheumatic fever, whooping cough, diphtheria and others. Since the early seventies after a severe knee injury I have no ACL or meniscus in my left knee, rendering my athleticism a life changing blow.

I could have chosen to give up, moan and groan about the state of my life and honestly, for a while, I did feel terribly depressed

and angry. Yet, a part of me would not give up. I learnt about the body, the mind and our energetic (spiritual) dimension and their interconnectivity. The physicians and surgeons that I had to deal with over the earlier part of my life did not address the mind-body connection. I was given opiates and heavy pain killers that numbed my body and mind until I unilaterally chose to stop taking them.

I studied and practiced using holistic approaches and worked on myself. I also practiced techniques to harness the field of energy around us using my hands and which I have been teaching others to use since the early '90's. These weekend workshops have seen thousands from over 55 countries appreciate the enormous impact it immediately makes to their health and wellbeing.

The conventional 'Allopathic' model means "other disease" sees problems coming from outside i.e. the cause of disease arrives from outside, invading the body, making the person "sick." This is 'The Germ Theory': When the body has symptoms like pain, fever, or nausea, it means the person has caught some bug, some disease and needs to have these symptoms "treated" - with drugs. If the disease localizes itself on the body and won't go away, then that part of the body may be cut out with surgery. So, the allopathic viewpoint is: disease, symptoms, drugs, surgery.

When this approach does not find anything or treatment can't lessen the symptoms it is quickly termed to be 'stress related'. Stress is defined as the effects on a person of his/her interactions with their environment.

This is the prevailing mind set about disease - it's always something outside us causing the disease. Yet, it has been noted by researchers that when exposed to a virus, while most get ill, a few don't. How is this possible? This does not fit the conventional view. What is different about those who did not get ill?

A 20 year study at the University of London which concluded in the 90s, gives us the answer. The study was to determine the main causes of heart disease and cancer. And it concluded that the main causes were not high cholesterol food or smoking - it was unchecked emotional reactions.

Many of us accept the body-mind connection. We need to expand it to include the energetic/spiritual. The word spiritual comes from the Latin word 'spiritus' meaning 'life breath'. When we refer to a person's spirit we mean his emotional state, his energy!

To appreciate what is meant by a 'holistic approach to health' let's understand the word 'holistic'.

'Health' comes from the Anglo Saxon 'Hal', also the root for the words 'Heart' & 'Whole'. The definition of holistic healing is 'to make whole'. Holistic healing is radical! The word 'radical' comes

from the Latin 'rudik' meaning root. Tackling the root causes of illness, the hidden impediments to optimal health, is the intention behind all holistic treatment and sustainable personal wellbeing and harmony is within our grasp.

Together with my partner Barbara at Celebrate Wellness, we have over 30 years of experience between us and we both have a clear intent to enhance the quality of peoples' lives. Our initial consultation is a unique 3600 format where you receive a comprehensive 2 hour session, starting with a leading-edge computerized health testing protocol for the first hour, then using the data weaving a personalized holistic consultation and therapy.

As the great Agatha Christie said "I have enjoyed greatly the second blooming... suddenly you find - at the age of 50, say - that a whole new life has opened before you".

So, I say this to my fellow senior members of our community, I sincerely ask that you don't consider your advancing age to represent growing old. You possess the potential to live a strong and robust life no matter your age.

For more information please contact Cyrus or Barbara at Celebrate Wellness. 33, Lakeshore Road, Unit 5, St. Catharines. 905 646 2700



CELEBRATE WELLNESS OFFERS THE BEST AND MOST EFFECTIVE HOLISTIC APPROACHES TO ENHANCE THE QUALITY OF YOUR LIFE

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The most worthwhile 2 hours you could spend on yourself

1 Hour Bio-Meridian EAV Computerized Health Testing + **1 Hour Holistic Consultation & Energy Healing**

The initial consultation costing \$125.00 includes an hour of testing with Barbara and then an hour with Cyrus, both experienced holistic practitioners with a combined experience of over 35 years.

NO DRUGS , NO SIDE EFFECTS, NO SURGERY

SAY GOODBYE TO

Chronic Fatigue, Back Pain, Arthritis, Sleep Disorders, Depression, Addictions, Stress, Allergies, Asthma, Fibromyalgia, PTSD, Migraines, Headaches, Weight Issues and more...

SAY HELLO TO

Restored Energy, Increased Circulation, A Strengthened Immune System, Improved Sleep, Increased Cellular Health, Happiness, Joy and Vitality.

The WELLNESS Lounge

Leading Edge Pain Elimination Technologies are offered at Celebrate Wellness. Experience lying on a unique bed where pulsating electromagnetic fields (PEMFS) surround your cells with precisely the frequency that they need to heal. Dr. Oz calls this the new miracle in medicine!

Come and join the first intelligent wellness lounge in North America. Experience a free 30 minute treatment on the IMRS bed! Choose to become a member of the lounge, or even buy a bed and use it in the privacy of your home.

Being a Senior does not mean you have to be feeble and sick. Simple tips to follow:

Water, Water, Water! Don't drink it when your mouth is parched. Drink it because your body needs it regularly. You require at least two litres daily • Do resistance training, so that your legs stay strong and you feel firm on the ground • Look at your health from a holistic context for long lasting benefits.

VISIT CELEBRATE WELLNESS. WE WILL HELP YOU FEEL YOUR BEST AND LIVE A LONG, HAPPY, LIFE!

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TSO-July 12

Cyrus Mehta

Holistic medicine expert has gone from making business deals to changing lives with his new holistic consulting practice.



By Scott Leslie

FOR MANY YEARS, Cyrus Mehta was an active entrepreneur in the environmental sector, setting up a technology-based firm known as JMI to help reduce fossil fuel pollution and eliminate contaminated drinking water and human exposure to hazardous work environments in India. Nowadays, however, he has become more concerned with the “inner” environment, helping people from all walks of life to experience major changes in their lives both personally and professionally.

As a devoted expert in the field of holistic medicine, Cyrus has been very busy since relocating to Canada this past October. In January, he established his own firm in Niagara Falls called Intent Consultancies Canada. He is also a partner with Barbara DaSilva at Celebrate Wellness, a clinic at 33 Lakeshore Road in St. Catharines.

An internationally renowned seminar leader, Cyrus has trained thousands of people from over 55 countries and this coaching background has proven invaluable in his current line of work. He currently offers the ReikiTECH workshops as well as the Lifetoolz Seminar. These two-day seminars help to bring forth a dramatic shift in an individual and provide participants with the tools they need to better manage the stresses and strains of day-to-day life.

The Interview

SL: You originally pursued a degree in business management and held executive positions with several corporations such as the Boodai Trading Company in Kuwait. What was it that made you decide to change course and eventually shift into the health care arena?

CM: I grew up in a business family so an entrepreneurial mindset in me is a given. My mother—an intelligent, broadminded lady—influenced me deeply. I enthusiastically investigated into many facets of our body, mind and spirit. I was also an extremely sickly kid and had many grievous, almost fatal injuries to the body. When I observed the effects of certain remedies and techniques on my body and emotions, it induced a deep desire to learn even more. It was only after 20 years of practicing on myself that I ventured into professional practice in the early 1990s.

SL: Holistic health care seems to have really caught on in recent years. What advantages do you feel holistic medicine has over a more traditional approach?

CM: The main benefit of a holistic approach to a disease or chronic issue is its depth. Rather than just mask or suppress a symptom, it goes to the root cause and tackles that. Many times, if not most times, the cause is in the emotions. And it is saddening to note most conventional physicians still refuse to accept the clear connection between the body and mind in spite of the overwhelming science-based evidence out there. In addition, the energetic dimension of our bodies is brushed off as absurd. Yet more and more people are beginning to recognise the body-mind-spirit connection and which inevitably leads them to a holistic approach.

SL: Your Lifetoolz Seminar is geared towards self-improvement—but what are some of the specific benefits participants can expect from taking your seminar?

CM: The Lifetoolz Seminar is a program for personal transformation and professional excellence. In addition to the many tools and techniques that are introduced during the two-day seminar, the most significant shift that unfolds within an individual is the new context in which they begin to view their world and themselves.

SL: I understand your seminar has achieved a 98% success rate since it began. Why do you feel it's made such a difference in so many people's lives?

CM: My seminar induces a shift in an individual whereby a state of joy, aliveness and satisfaction is generated internally. This means that the old paradigm in which one needed to “have” something first in order to “be” something or someone has been replaced by a new context.

SL: Thousands of people and organizations have taken your ReikiTECH workshops since the 1990s. What was it that first attracted you to the principles of Reiki?

CM: I first learned how to channel the energetic field around us via Complete Yogic Breathing and my hands when I was attending university in Los Angeles back in the early 1970s. I'd always wanted people to learn to use their hands as a means to access this field and so address themselves holistically. And when I came across the venerable R. Chandran, he introduced me to the work of Mikao Usui San—the founder of what is called Reiki these days. He, in fact, did not call it Reiki, he called it the Usui System for Personal Perfection. I call it ReikiTECH because that is what it is—an energy technology—and developed the ReikiTECH Workshop series which have seen thousands of people around the world graduate from the program.

SL: What inspires you at this stage of your career?

CM: Our planet is at a tipping point and it's not because of climate change or running out of fossil fuels. It is because we, the species that is at the top of the food chain on our planet, are operating from old and outdated ways of seeing each other and our world. I choose to do all I can to develop “Harbingers of A New Humanity” where acknowledging each others' humanity becomes the common denominator first and foremost. Only thereafter are all other considerations like ideological, culturally and culinary, brought into our frame of reference. **HWS**



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Caring for your skin with Vitamin C

"If you're using vitamin C currently, you're already ahead of the 'aging' game."

By Nicole Bell



ONE OF THE BEST THINGS you can do for your skin is to apply vitamin C. Eating foods that contain the vitamin supplies your body internally with antioxidants; however, applying it topically is highly beneficial. Vitamin C will protect the skin cells and its support structure from UV damage and will help improve the appearance of sun-damaged skin. It will also reduce inflammation, promote collagen production, lessen hyper-pigmentation, boost the efficacy of sunscreen actives, and enhance the effectiveness of peels and microdermabrasion treatments.

As wonderful as vitamin C is this topic can get confusing because there are many forms of vitamin C in cosmetics today and are all formulated differently. Let me touch on a few.

L-Ascorbic Acid

The most pure form of vitamin C, it can easily penetrate the skin into the deeper layers of the epidermis. L-ascorbic acid is recognized by the body as the vitamin it is and will produce results immediately.

Magnesium Ascorbyl Palmitate

This cosmeceutical brand of vitamin C is created as a molecule that is protected by other substances. These "protectors" make the product much larger, therefore making it more difficult for the body to absorb or even to be recognized as vitamin C.

Ascorbyl Palmitate

Food grade vitamin C—it's the largest vitamin C molecule on the market and is too big for the epidermis to absorb. This form has little effect on stimulating new collagen production.

A very important thing to remember is that all vitamin C products will breakdown and become less efficient as it oxidizes when exposed to air and light. When your vitamin C starts to turn orange/brown it is time to throw it away. Continuing to use the product when it has reached this point will cause more damage to your skin than good. Depending on the product you are using, some will oxidize faster than others.

If you're using vitamin C currently, you're already ahead of the "aging" game. Applying some form of vitamin C is better than not applying it at all. So if you're not yet using the vitamin, you should start—it's better late than never. **HWS**

Nicole Bell is a medical aesthetician/skincare specialist and the owner of La Cascada Day Spa, a private skincare clinic in Niagara Falls. To book an appointment, call her directly at 905.380.6741 or visit www.lacascadadayspa.com for more information about the treatments and services offered.

The approaches described in this publication are not offered as cures, prescriptions, diagnosis, or a means of diagnosis to different conditions. The publishers assume no responsibility in the correct or incorrect use of this information as a form of treatment without the approval of your doctor.

Meet Cyrus and Barbara



Celebrate Wellness, at 33 Lakeshore Road, St. Catharines, offers leading edge technologies and high quality products to help you live a healthy, happy life without drugs, surgery or side effects!

Cyrus Mehta and Barbara DaSilva, experienced Holistic Practitioners with a combined experience of 35 years will ensure you receive the best and most effective holistic approaches available.

Our initial two hour consultation includes 1 hour of EAV Testing with Barbara, a computerized health test that identifies and addresses imbalances in the organs and systems of the body. The testing will determine the cause of the imbalance whether it is bacterial, viral, food/chemical sensitivities, parasites, heavy metals etc. This form of testing can identify potential disease or illness 2-5 years before symptoms are present.

The second hour is spent with Cyrus who will help you to release emotional issues including stress, depression, anxiety, tension etc. Generally, issues on the physical body have their origins in the emotional and energetic part of ourselves.

Together, Cyrus and Barbara will make recommendations using top quality natural products, or sessions in the Wellness Lounge to enhance the quality of your life.

Our Wellness Lounge offers leading edge pain elimination and relaxation technologies, such as PEMF's (Pulsating Electromagnetic Fields), Advanced Tachyon Pain Technology, Ion Foot Detox with Far Infrared. A monthly pass is \$250 and you choose how you want to spend your 30 minute session each day. The Wellness Lounge will help you to maintain a balanced body, mind and spirit.

Celebrate Wellness carries a wide range of gifts, whole foods, nutritional supplements, books, organic skin and hair care and so much more. We also have

weekly CAPE sessions (Continual Access to Practice and Education) on Wednesday evenings from 7-9. Topics include Common Sense Approaches to Nutrition and Diet, Manifesting Intentions, The Art of Breathing and more. Call for a schedule of upcoming classes.

Cyrus teaches weekend workshops where he shows you how to harness the field of energy we live in to heal yourself and others. Cyrus has taught people from over 55 countries and all walks of life. This is the workshop with a difference!

Cyrus and Barb are pleased to offer a 10% Seniors discount. Call to make an appointment today! You deserve to live your life to the fullest!
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Never Surrender To An Incurable Lung Disease



(NC)—Looking back, I was pretty blasé when I was diagnosed with idiopathic pulmonary fibrosis (IPF) in October 2007. I had never heard of the disease and just thought, “oh well, that’s what I’ve got.” As I learned more about IPF, I found myself frustrated and confused. My wife was devastated. Her friend had

not long before died suddenly from this disease. Today, with the support of my family and top-notch healthcare team, I am fighting back and helping others to do the same.

IPF is a progressive, debilitating and ultimately fatal disease that typically affects patients aged between 50 and 80 years of age. It is characterized mainly by scarring of the lungs, which hinders the exchange of oxygen and carbon dioxide. The most common symptom is shortness of breath, something I first noticed one day in May, 2007, while doing the fitness test to maintain my level two soccer referee license. I had rarely experienced such extreme breathing problems during my referee career, so I visited my family doctor the following day.

After being referred to a respirologist, I was diagnosed with IPF and was told that if I searched the internet, I would scare myself to death.

I learned I had a life expectancy of three to five years, and that the only intervention available to prolong my life was a lung transplant. I also found there was a shocking lack of information and support available for people living with IPF. Given it is a rare disease, the public and even the medical community is still generally unaware of the severe nature of the disease and its possible causes.

I established the Canadian Pulmonary Fibrosis Foundation (CPFF) in 2009 to provide education and support for people affected by pulmonary fibrosis, and to help answer those non-medical questions frequently asked by those suffering with the disease, as well as raise much needed research funds.

I encourage everyone diagnosed with IPF to take up my motto: Never Surrender. Winston Churchill used these words in 1939 when confronted with the threat of invasion by foreign forces. These were the words I stood by after my diagnosis and I believe they helped me through those most difficult days.

Breathing should never be hard work.

More information about IPF and how you can support people living with the disease can be found online at www.cpff.ca.

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TSN-July 12



Generating a New Conversation on Health and Wellbeing

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Barbara DaSilva and Cyrus Mehta, partners at Celebrate Wellness, with over 35 years of experience between them have a clear intent to enhance the quality of your life. Their initial consultation is a unique 360° format where you receive a comprehensive 2 hour session, starting with a leading-edge computerized health testing protocol for the first hour. Then, with this data, weaving together a personalized holistic consultation and therapy.

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Advertorial - Health, Wellness & Safety Magazine - June 2012
Advertorial - Port Reporter - 2012

Generating a New Conversation on Health and Wellbeing

NO DRUGS, NO SURGERY, NO SIDE EFFECTS!

Barbara DaSilva and Cyrus Mehta, partners at Celebrate Wellness located at 33 Lakeshore Road, St. Catharines, and with over 35 years experience between them, have a clear intent to enhance the quality of your life. Celebrate Wellness offers leading edge pain technologies for pain elimination and natural remedies to help restore balance in the body, mind and spirit.

Through a unique computerized health testing protocol, we are able to see how the energy is flowing through the energy meridians into the organs and systems of the body. We can then identify the cause of any imbalance (virus, bacteria, food sensitivity, parasites, heavy metals etc) followed by a custom tailored protocol for each individual.

The initial consultation is 2 hours and includes one hour of testing with Barbara DaSilva and one hour session with Cyrus Mehta. Cyrus recently moved to Canada and brings a wealth of knowledge and expertise in the field of Holistic Medicine. He also has a strong intuitive ability allowing him to blend together the appropriate therapy for each client.

Cyrus shares a passion for empowering clients to live a happy, balanced life and is pleased to be offering weekly C.A.P.E. classes. C.A.P.E. stands for Continual Access to Practice and Education. These information and experiential classes support your own intention to heighten your wellbeing and to move towards operating in excellence in all spheres of life with a combination of education, practice and humor.

Cyrus recently taught the Art of Breathing. The Art of Breathing Workshop was offered in two weekly sessions enabling the 'rhythm' of a complete and conscious breath cycle to be ingrained into the consciousness. Deep internal shifts often take place in an individual in this class. Upcoming subjects include:

**Common Sense Approach to Diet
and Nutrition, Drug Free Pain Elimination,
Bio-Chem Tissue Salts & Manifesting Intentions.**

Cyrus also teaches weekend workshops that literally change people's lives for the better. He teaches you how to harness the field of energy we live in by using a powerful energy technology. Cyrus has trained thousands of people from over 55 countries and from all walks of life. This IS the energy healing workshop with a difference!

Barbara had the pleasure of participating in the first ReikiTECH workshop in Canada and the experience was life changing. She says: *"I have traveled all over the US and Canada to learn from the best teachers and Cyrus is, by far, the best and most effective teacher I have met. He is very authentic and his approach is so uplifting. I sincerely intend that everyone will have the opportunity to experience his workshop. Just read the testimonials from our participants on www.reikitech.org and you will understand the depth and magnitude of these workshops and how it makes a profoundly empowering impact on every person."*

The next ReikiTECH workshop is on June 9th and 10th. Make your well-being a priority! Sign up with a friend and you will both receive \$10 off each.

All graduates of the ReikiTECH workshops receive a complimentary 15% off all C.A.P.E. classes.

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Unique & Highly Effective Holistic Consultation

The most worthwhile 2 hours
you could spend on yourself

1 Hour
**Bio-Meridian
EAV Computerized
Health Testing**

+

1 Hour
**Holistic Consultation
&
Energy Healing**

The initial consultation costing \$125.00 includes an hour of testing with Barbara and then an hour with Cyrus, both experienced holistic practitioners with a combined experience of over 35 years. This 360° approach is specifically tailor-made as we, at Celebrate Wellness intend to offer you the best and most effective holistic approaches available.

NO DRUGS
NO SIDE EFFECTS
NO SURGERY

**All dis-ease begins with an interruption in the
flow of energy and always has an
underlying emotional cause.**

Holistic Services

- ▶ Energy Healing
- ▶ Self Hypnosis
- ▶ Ki Development
- ▶ Bach Flower Remedies
- ▶ Energy-Psychology Technologies
- ▶ EAV Testing
- ▶ Ion Foot Detox
- ▶ PEMF sessions and many more...

Leading Edge Pain Elimination Technologies

- ▶ Personalized Energy Treatment
- ▶ Advanced Tachyon Technologies
- ▶ Bio Chem Tissue Salts
- ▶ Nutritional Pain Management

Join Our Wellness Lounge

Monthly passports are available

Book a free 30 minute session in the
Wellness Lounge in St. Catharines

Experience our PEMF* beds,
Tachyon* (ATTI) technologies
and the Foot Ion De-Tox
and watch your pains
rapidly reduce

Dr Oz calls the pulsating
electromagnetic fields beds
to be a medical miracle

Dr Gabriel Cousens considers Tachyon
(ATTI) technologies to be extremely
beneficial and highly efficacious

CAPE
Continual Access to
Practice & Education

An initiative and combined vision of Intent Consultancies Canada & Celebrate Wellness

We are committed to enhancing the quality of your life and so, in addition to the various Holistic Services, we offer on-going workshops and classes. This is offered via 2 day workshops and also in shorter 2 hour weekly evening sessions.

Reiki TECH
The Art of Energy Medicine

celebrate wellness
your natural health solutions

Unit 5, 33 Lakeshore Road, St Catharines, ON | 905 646 2700

**life
toolz**
2010 for a better life

LOCAL NEWS

*"More valuable for my wellbeing than I ever imagined.
Finally a teacher who explains 'Energy', teaches with
clarity, authenticity and love."*

Barbara DaSilva, Canadian, Owner of Celebrate Wellness

"Thousands, from over 55 countries & all walks of life
have graduated from The ReikiTECH Workshop."

Enroll now in this transformative workshop!"

Sat & Sun Apr 28th & 29th or Sat & Sun May 12th & 13th

Cyrus Mehta is available for personal holistic
counselling & therapy at Celebrate Wellness.

**DON'T LET YOUR ADDICTIONS,
CHRONIC ISSUES, STRESS, COLDS,
ACHES & PAINS GET YOU DOWN!**



Schedule your appointment with Cyrus.

celebrate wellness
your natural health solutions

33 Lakeshore Road, St. Catharines, ON L2N 7B3
Phone: (905) 646-2700 | Email: celebratewellness@gmail.com
www.celebratewellness.ca



MISTY RIDE

Maid of the Mist IV pulls into the dock on the Canadian side of the Niagara Gorge last Thursday. The iconic tour boats began operation for what will be their second-last season on April 12, one of the earliest starts to the season on record. Starting in 2014, Hornblower Canada will run the tours which take thrill seekers on a wet ride toward the bottom of the Horseshoe Falls.

RICHARD HUTTON/STAFF PHOTO

Generating a New Conversation about Health and Wellbeing

The following is an abridged version of a recent Q & A held with Barbara DaSilva of Celebrate Wellness, St. Catharines and Cyrus Mehta of Intent Consultancies Canada of Niagara Falls.

Q: So tell us about your alignment with each other.

BD: I am deeply honored and grateful to welcome Cyrus Mehta to Canada. Cyrus has only been in Canada since October 2011 and I am so fortunate that we met and that he has agreed to offer his services at Celebrate Wellness. He brings such wonderful energy and a true passion for helping others, not to mention a fascinating history that he shares on his website. Be sure to read the Articles and Press section as well. I want everyone to understand how blessed we are to have the privilege of spending time with Cyrus.

You are invited to book private sessions with Cyrus. Also, keep checking the classes and events page on our website, as Celebrate Wellness & Intent Consultancies Canada now offer a variety of workshops to help us all on our life's path.

CM: The alignment between Celebrate Wellness and Intent Consultancies Canada has the intention to educate and inspire people about their individual potential as a human being. We wish to provide people access to contexts and techniques that will enhance the quality of their lives. I have been deeply involved in this since the early '90's and Intent's association with Celebrate Wellness has come at the perfect time.

Q: Could you expand on this a bit more?

CM: Well, there is this clear connection between our mind body and spirit. Yet, it is disappointing to note that this is not recognized by most people. Also, physicians, as a rule, don't operate with this context. And so, a paradigm shift is an essential requirement for holistic therapy to be appreciated. Our educational programs such as The ReikiTECH™ Workshop Series and The Lifetoolz™ Seminar provide a space where such shifts take place. We ran our first ReikiTECH™ Workshop a couple of weeks ago and the feedback from the participants speaks for the quality of the program and the benefits that were experienced.

CW and ICC have also joined hands and will be offering shorter half-day workshops and sessions where one is introduced to new and appropriate techniques to enhance wellbeing and vitality at the personal level. These support ones' intention to heightened wellbeing and to move towards operating in excellence in all spheres of one's life.

We have termed this initiative as C.A.P.E. - "Continual Access to Practice and Education."

BD: C.A.P.E. is an innovative initiative to augment your experience of The ReikiTECH™ Workshops and/or The Lifetoolz™ Seminar and also of your personal sessions with Cyrus and me. It offers one the space where personal support, additional training and regular practice in different techniques are available regularly.

Q: Will you be working with educational institutions?

CM: Our services are available to all sections of society. In addition, we have chosen to offer our services pro bono to the support staff of volunteer groups and organizations that do great work in the areas of improving mental health and physiological rehabilitation.

BD: I have had the experience of participating in the first ReikiTECH™ Workshop in Canada and the experience was fantastic. Finally, a teacher who explains quantum physics simply yet effectively and dispels the many misconceptions about energy healing. I have taken many courses with many different facilitators and Cyrus is by far the best and most authentic and compassionate teacher I have met and The ReikiTECH™ Workshop most certainly has made a huge and positive impact on my life.

I have also had the opportunity to observe people who have come to Cyrus at Celebrate Wellness for personal consultation and therapy. The marked difference before and after their sessions is quite remarkable. I have seen persons with severe depression and addictions experience major shifts.

His approach is so uplifting when one recognizes that his intention is to work with people from all walks of life and from any culture. As he says "developing harbingers of a new humanity is of paramount importance at this time in history".

His work with corporations and institutions is exemplary. Please read "what professionals say" on the Intent website.

I am delighted that Intent Consultancies Canada is a sponsor at a major conference in Toronto by The International Society for Performance Improvement. Indeed, I have come to realize just how valuable a renewed way of looking at ourselves and our world has to offer at the individual level and then with a seamless extension add value and excellence at the group level, be it familial or institutional. Celebrate Wellness is aligned with Intent in promoting The Lifetoolz™ Seminar as an in-house program for corporations and institutions and we look forward to working with many companies in the region.



Committed to Transforming Our Environment
www.intentconsultancy.org

celebrate wellness
your natural health solutions

33 Lakeshore Road, Unit 5, St. Catharines,
Ontario L2N 7B3. Call 905 646 2700
www.celebratewellness.ca

Advertorial - Niagara This Week - 19th April 2012

GRAND OPENING

Celebrate Wellness

Enjoy the health and vitality of a body in balance.



Barbara DaSilva of Celebrate Wellness tests for imbalances using Meridian Stress Assessment (MSA) technology.

We live in a toxic world today. Because of our changing environment, our bodies are constantly being burdened with an overload of toxins including chemicals, pesticides, stressful lifestyles, bacteria, heavy metals, viruses, dental toxicities and more. These toxins make it challenging for a person to maintain optimal health, Barb Da Silva says.

Imagine what it would be like to take a tour of your body and know exactly what is going on. Often we don't know what caused our poor health. It could have been a childhood illness for which we were given an antibiotic or other prescription. The symptoms were gone and we forgot about it. We may not even remember being sick. As this "cure" didn't correct the energy in the system, the affected organ continued to function at a reduced rate.

Now, as an adult, we experience an array of symptoms, leaving us on a roller coaster ride of doctor visits, prescriptions and time off work. When a body is balanced and in harmony, good health and wellness are a natural outcome, says DaSilva, a holistic practitioner and owner of Celebrate Wellness.

There are many hidden problems when it comes to poor health and often we treat symptoms individually without addressing the real cause. All disease stems from one "root" imbalance. Rather than treating symptoms, at Celebrate Wellness, DaSilva is able to identify, prioritize and assist in healing using natural products and nutrition. Whether it is a sluggish digestive system causing food sensitivities or a weak-

ened immune system behind seasonal allergies, Meridian Stress Assessment (MSA) technology will assist clients in living healthier, allergy-free lives.

MSA testing is a combination of Chinese Medicine and Western Technology allowing DaSilva to conduct an "interview" with your body. Through this consultation, imbalances are identified in the energy flow of various organs, glands and systems of the body, and are often detected two to five years prior to symptoms or disease being present. If there is one major weakness or imbalance in a body's system or organ, it can affect every other organ. This means it's hard to detect the cause of the problem by traditional means, as every organ becomes stressed or weakened in an effort to compensate, thus causing many symptoms. Bringing the body back to a healthy state is not a "quick fix" says DaSilva. "We need to build a strong nutritional foundation, balance the hormones, fix any digestive issues and gently enhance detoxification. Learning how to calm the mind to keep stress levels manageable is also important.

"Once we remove the things that create imbalance, such as nutrient-poor processed foods, toxins, allergies, infections and stress, and add the whole foods, water, nutritional supplements, exercise and relaxation, the body's natural intelligence and healing system will take care of the rest. Dramatic shifts in medicine and healing are happening all around us."

DaSilva's clients are attracted to this unique service because they know something is physically wrong with their health. They feel ill, but the cause may not be manifesting itself in specific or detectable symptoms by allopathic medicine. Others don't want to take prescribed medicines for a number of reasons, and seek assistance in natural health. MSA technology has been around for 50 years, originating in Germany through the work of Dr. Reinhold Voll, and is becoming a more accepted form of assessment. MSA testing allows you to be aware of and take charge of your present health condition. Children respond very well with this type of testing. DaSilva helps parents understand the innate intelligence of the body's ability to heal. We live in a fear-based society, she says, and parents often rush too quickly to suppress fevers, colds and coughs with medication, instead of allowing the body to move the virus out naturally. Working as an educational assistant with the Niagara Catholic District School Board made DaSilva passion-

ate about helping children reach their highest potential. This led her to take courses and research the underlying causes of childhood conditions. Attending the College of Big Energetic Medicine enhanced her knowledge of how to address these imbalances.

Children with Autism, ADD/ADHD, behavioural disorders and learning difficulties often show dramatic improvements once food/environmental sensitivities are addressed, toxicity is removed and a strong nutritional foundation is established.

As the skin is the body's largest organ, DaSilva has not overlooked this, and is the Canadian Distributor of Natural Image Care by Camille, a four-step skin repair system for all skin types and ages. The products use nano-technology to deliver all natural, certified organic antioxidant vitamins, beneficial herbal extracts and cold pressed essential oils directly to the cells of the skin on a 12-hour time release causing continuous hydration and nourishment inside the dermis. Celebrate Wellness also offers Magnetic Resonance Stimulation treatments. Magnetic field therapy is one of the world's oldest forms of healing, providing regulated, pulsating energy that amplifies the body's own energy fields, increases the metabolism and the cell energy. Bringing the cells into resonance helps improve general wellbeing, DaSilva points out. It's supportive therapy for joint, bone and muscle problems, for pain relief and wound healing, relaxation, sleep improvement, improved circulation and boosts the immune system. Other services offered include Therapeutic Touch, Cosmetic Ultrasound and Indian Head Massage.

OPENING SPECIAL

\$20⁰⁰ OFF First Computerized Health Assessment

15% off products

with this coupon

905.646.2700 New Location-391 Vine Street, St. Catharines

Advertorial - Vine Street



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