

How to Live Healthy in 2020

WINDOWS TO WELLNESS

With Alex Gellman/Creator of the Steps to Wellness Workshop Series

alexgellman.com



Guru and Associates

Physical and Emotional Iridology is a quick, accurate, non-invasive, safe, and painless system of health analysis through examination of the iris (the colored part of the eye).

A careful survey of the different markings and pigments will reflect hereditary tendencies, genetic strengths, and weaknesses.

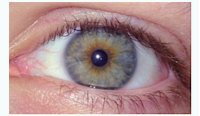
Iridology will highlight:

- 1. The key gifts you were born with, both active and dormant, such as artistic talent, teaching or motivational speaking, leadership, healing, writing, creative dance, sport, music, and more.**
- 2. An analysis of the state of the body's main organs and systems and the steps needed to bring balance and prevent potential problems.**
- 3. Included is a review of the patient's health and emotional history. Key wellness goals and challenges are examined and a plan developed to address same.**
- 4. Iridology reveals the root cause or source of any breakdown in the body's systems, which can lead to a domino effect on your health. Discover key emotional traumas or events, insights and remedies to shift emotional and physical wounds that may be the blocks preventing you from manifesting the life you dream of.**

Participants are requested to forward a photo of your eyes at least 48-hours prior to the consultation (if Remote/Tele-Wellness).

The Iridology Window

Iridology—the well-known practice of analyzing our health and wellness through the eyes gives insight—working as a natural detective almost—to find the source of many personal challenges. Our eyes are the window to wellness and open the way to discovery, and remedies and solutions to a wide range of personal and health problems.



Natural Health Practitioner Alex Gellman specializes in trusted, simple approaches to wellness, health, nutrition, and how to improve your life and your family's—in easy, do-able steps.

With a PhD in Integrative Medicine, a Registered Homeopath, Registered Orthomolecular Health Practitioner, and Behavioral Life Coach, Alex has over 30 years' experience transforming the lives of clients and patients through workshops, coaching, and media appearances.

The Homeopathy Program

Building on the Iridology discovery process, Alexandra is also available for sessions in complimentary natural health modalities and coaching to assist with concerns.

BETTER HEALTH WITH IRIDOLOGY—

Alex will outline key signposts to look for to assess your health. Learn what the eyes know and how to resolve physical and emotional concerns.

- Your strengths and gifts—who you are and what you bring to the table
- Your personality
- Special health challenges and offer solutions
- The pathway to better physical and mental/emotional wellness
- Focus on any weaknesses—and show how to balance with strengths
- Open the door to what is blocking the flow of joy, health, and well-being.
- Show you how to tap your full potential.

MORE INFORMATION: alex@alexgellman.com 416 456-4357 (HELP)

STEPS TO WELLNESS- NATURAL HEALING & HEALTHY LIVING

Natural Health Practitioner Alexandra Gellman offers guidance through Simple Steps to Wellness workshops, keynote talks, presentations, and one-on-one and tele-wellness coaching to boost health naturally.

She specializes in teaching trusted, simple approaches to health, nutrition, and showing how to improve your life (and longevity)— in easy, do-able steps. The first step is usually an Iridology Assessment, a discovery process that will likely enhance your understanding, outlook, and most likely your future. Many clients also like to take other steps to natural wellness and coaching to reach specific goals.

EYES ARE THE WINDOW TO BETTER HEALTH WITH IRIDOLOGY

Learn key signposts to look for to assess your health and those close to you. Learn what your eyes can tell you. Pinpoint and work to resolve physical and emotional concerns.

TAKING STEPS TO WELLNESS

The initial assessment explores your health, wellness, and past and any present traumas and stresses that can be remedied through Homeopathy and other natural modalities, nutrition and lifestyle choices.

TAKE CHARGE OF YOUR LIFE—MINDFULNESS—

Improve your day-to-day and important outcomes Learn how to be mindful and how it can benefit health and wellness—explore chakras and improve your life—relax, balance, and heal.

SUCCEED AT WEIGHT LOSS—ALL ABOUT DIETS AND WHICH IS BEST FOR YOU

Lifestyle and diet guidance to get you on track and keep you there—learn how to make weight loss work.

SAVE YOUR LIFE AND YOUR HEART—HOW TO PREVENT HEART DISEASE

Avoid heart disease in seven easy steps. Learn how to live healthier, longer, and reduce your risk of heart disease (and stroke). Take steps to save your life, and your family's and friends. Take heart.

PREVENT (OR REVERSE!) DIABETES IN 5 EASY STEPS—FIND OUT WHAT YOU CAN DO

Easy lifestyle, diet, and nutrition steps you should know for the sake of your health. Learn how to manage your blood sugar and avoid health risks. Improve your life (and longevity stakes).

HEAL YOURSELF AT THE TABLE: EAT FOR WELLNESS & GOOD NUTRITION: ARTHRITIS/OSTEOARTHRITIS & FIBROMYALGIA

Fight chronic ailments with simple dietary change. Alex Gellman shares accepted trusted methods and her experience, nutrition, and diet remedies in a simple 5-step program.

TAKE SIMPLE STEPS TO WELLNESS WITH ALEXANDRA GELLMAN
alexgellman.com. alex@alexgellman.com 416 456-4357

TELE-WELLNESS PROTOCOL

Thank you for accessing my services! I have provided links and forms/surveys and questionnaires or these are accessible on the website. Please complete all forms and scan/email or fax these back to me.

During the Covid-19 lockdown, I am offering special fees to assist patients during these difficult times. The first visit will run 60 to 90 minutes

Billing will be:

60 minutes \$72.00 plus HST

75 minutes \$90.00 plus HST

90 minutes \$108.00 plus HST

The consultation will include areas covered in the documents—please send 48 hours in advance so preparations can be completed. Elements of the Tele-Wellness appointment include:

1. An iridology mini reading of key markings, done remotely. Please provide a photograph of your eyes 48-hours ahead.
2. A “Discovery Process” that includes a review of patient trauma and medical history.
3. Review of intake forms.
4. Review of the goals you wish to accomplish and time lines.
5. Feedback on the goals and time lines.
6. Recommendations in the areas of Homeopathy and nutrition.

Fax number 416 787 8818

Super wishes, Alex

Please fax to 416 787 8818 or email to alex@alexgellman.com

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COACHING, WORKSHOPS, CONSULTATIONS – alexgellman.com 416 456-4357

STEPS TO WELLNESS — NATURAL HEALING & HEALTHY LIVING

GURU AND ASSOCIATES/ALEXANDRA GELLMAN HOM PhD



Homeopath: Alexandra Gellman, HOM PhD OHA Registration #: 2014-02
College of Homeopaths Registration: 15120

Carrier: _____ Insured: _____ Policy # _____

I am seeking the services of a professional Homeopath registered with the College of Homeopaths of Ontario (CHO) and the Ontario Homeopathic Association (OHA). Standards have been set by this College and the Association whereby only qualified Homeopaths can become members, in order to ensure the public will receive safe, effective, and professional care. This provides a guarantee of my practitioner's credentials, ethics, and educational standards. On April 1, 2015, it became mandatory that all Homeopaths go through the vigorous proves of registering with the CHO, which governs the Homeopathy Act that was passed in 2007 thus brining Homeopathy into regulation under Ontario's Regulated Health Professions Act (RHPA) and being recognized and acknowledged as its own distinct and specialized system of medicine. The successful completion of the registration process provides Ontario Homeopaths with official certification and a set of Standards and Guidelines to follow. The Ontario Homeopathic Association has been advised that most Benefit Carriers are now in the position to cover Homeopathy as part of the RHPA and some have already approved the additional registered profession such as Sun Life Financial and Great-West Life Assurance.

Homeopathy is an effective, gentle, and complex system of medicine that is used worldwide. It is incorporated into the health care systems of many countries. It is recognized by the World Health Organization as the second fastest growing system of medicine globally. It has been proven effective in the treatment of acute and chronic disease, and can help reduce the need for expensive medications, can shorten illness recovery times, and encourage a healthier lifestyle. Patients' mental and emotional states can be improved by reducing stress, improving sleep, and increasing energy and motivation. This translates to better job performance and fewer sick days. In short, supporting Homeopathy is cost-effective to employers, insurance companies, and the Canadian Health Care System.

Our family has been introduced to Homeopathy and find that it is a safe and effective form of Medicine and request that our Health Insurance Coverage be adjusted to include it.

Signature _____ Full Name: _____

Date: _____

Please fax to 416 787 8818 or email to alex@alexgellman.com

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