

Pain? Ask Amber



Q: *I have to get up several times per night to go to the bathroom... and sometimes I barely make it! What can I do to get a full night's sleep without these interruptions?*

A: Frequent urination has many possible causes, whether it be weak kidneys, tilted bladder, infection or prostate problems we can help. The first place to start is your doctor -- be sure to mention your problem next time you speak to your doc, and ask for some follow-up testing.

In many cases, the cause can't be determined and you are left with no choice but to live with it. Fortunately, the Bowen practitioners at Let it Heal have a great deal of experience dealing with urinary issues ranging from childhood bedwetting to adult incontinence. In fact, our clients have often commented that since receiving treatments for unrelated issues, they have stopped experiencing urinary urgency or infections altogether.

The gentle procedure we use simply stimulates proper kidney function and helps the body to realign, allowing organs to assume proper positioning. Even clients with medically diagnosed kidney problems have shown marked improvement in kidney function.

To learn more about this technique, go to www.letitheal.com or call 905-335-9355

Tune into www.ThatChannel.com this Thursday at 11 am to view our new talk show, Let it Heal LIVE.

This week's topic: Breast Health

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Let it Heal

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