

# The Hahnemann Clinic for Heilkunst

The Hahnemann Clinic is part of the Hahnemann Center for Heilkunst Trust, along with the Hahnemann College for Heilkunst.

The HCH Trust is a registered charitable entity under the laws of Canada and operates to provide the benefits of Heilkunst, a complete system of health-care, to those desiring it. It does this through the training of practitioners and the treatment of patients, as well as through more general educational activities for the public.

The HCH Trust and its activities are financed solely through patient and student fees, as well as donations from benefactors. We depend on donations to continue research, purchase new equipment, offer better services and to expand our activities so that more people can benefit from the knowledge of health and disease provided by Heilkunst.

The HCH Trust is headquartered in Ottawa, Canada, and thanks to the wonders of modern telecommunications, can provide services around the world. Students can study through our unique distance learning programs, and patients can be treated by phone and e-mail.

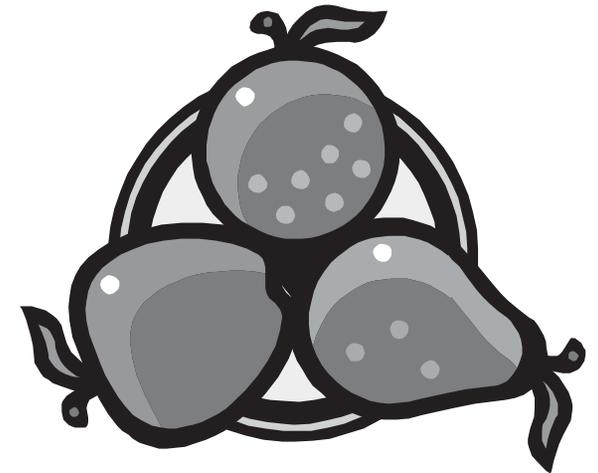
If you would like to make a donation to the HCH Trust, please ask for the separate brochure on donations or contact the HCH Trust through the contact information on this brochure.



## HAHNEMANN CLINIC FOR HEILKUNST

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## DIET TYPOLOGIES - *One Size Does NOT Fit All!*



HAHNEMANN  
CLINIC FOR  
HEILKUNST

OTTAWA, CANADA

*Do you sometimes feel that you are going around in circles?*

*Do you want to eat what is healthy, feel energetic and be at your optimum weight, all at the same time?*

*Are you confused by all the hype surrounding diet types and the conflicting advice?*

*Do you wish someone could clear the confusion and tell you what is really healthy and will work for YOU?*

**Then you need to learn about the Diet Typologies and how they can help you to achieve better health, fitness and weight control.**

- Have you ever wondered why the diet that works for your spouse, friend or neighbour doesn't work for you?
- Are you confused about the latest announcement of a miracle diet or wonder food? What is right and what is nonsense?
- Do you have low energy and/or trouble staying at your optimum weight?
- Are you tired of diet fads or trying different diets that just don't seem to work, or are hard to stay on because they seem more like being in prison than giving you the freedom of better health?

- Have you ever wondered if there is a diet out there that will work for YOU?

**Then you need to find out about the particular biological typologies that determine what foods, supplements and exercise are best for YOU and which ones can actually be harmful, even if they are "natural" and seem to work for others.**



Dietary changes are some of the most difficult to make, as our choices are grounded in habit, upbringing, culture and belief. The intent of this program is simply to inform you what foods and drinks are by nature best for your health. Ultimately, the choice as to what to eat is up to you. It is also not a matter of limiting quantity beyond the usual bounds of moderation, but of making healthier choices from a wide selection. Where changes are indicated from your current diet, these changes can be made gradually.

As you notice the benefits, you will be encouraged to continue and to make further adjustments.

**Determining your diet types and the best diet for you** is normally part of your treatment with the HCH Clinic. Unless the case does not call for it, you will be given a consultation time with one of our trained practitioners to help you determine your various typologies and to explain how they will work in your situation. You will be provided with a detailed book on the different typologies that will allow you to start your unique health program as soon as possible. The length of the consultation may be increased to accommodate couples or families. Please inquire about our various group rates.

**The HCH Clinic** also provides other opportunities for you to learn more about your bio-chemical individuality and nutrition in addition to your initial session.

**GROUP SETTING** - periodically on a weekday evening to explain the types and answer questions - good for inviting friends and family members.

**PRIVATE CONSULTATION** - additional sessions with one of our practitioners.

**INTERACTIVE SESSIONS** involve more intensive work in a group for several weeks under a personal dynamic nutritionist, involving exercise and personal guidance for your particular typologies.

*In all the sessions, you will learn about the different typologies and how to establish which apply to you. You will also receive detailed background information.*

