



GEMS NATURAL HEALTH CENTER



Thank You for your interested in our Natural Health and Nutritional Counseling services, which consist of employing "a principled, doctrinal belief system in the restoration and preservation of health by natural, unadulterated means and conditions such as the following: pure water, sunshine, exercise, clean air, cleanliness, proper diet, sleep, rest, correct temperatures, relaxation, poise, and a good mental and spiritual attitude." Our *Natural Health and Hygienic* practices, therefore, are inclusive of the human spirit, mind and body, and all incorporate the principles referred to as "Natural Health and Hygiene." They also incorporate *natural cognitive restructuring* methods that help the mind and body to attain pristine, natural health, by helping clients to successfully free themselves of addictions, whether mental, emotional or physical, by *natural, unadulterated means*. We believe that all of the vitamins and minerals that the body needs can be secured through natural, organically-grown fruits and vegetables. We also believe that the body is self-healing, and if the cause is removed, there will be no symptoms. Our focus is on teaching our clients how to prevent the development of disease by living a healthier lifestyle.

Since our services utilize natural health methods, we require a statement that there are no medical or psychological contraindications to proceed with the program designated above. If you wish to discuss this, we shall be happy to do so.

Keith Lawrence, Ph.d, Natural Health & Nutrition Practitioner and Consultant