

Hotels

- 1. Best Western**
- 2. Holiday Inn**
- 3. Delmonico**
- 4. Georgian Residence**
- 5. Carriage Hill**

Restaurants

- 1. Arabisc**
- 2. Fine dining close – Northern**
- 3. Shushi all you can eat**
- 4. Chinese – Mandarin**
- 5. Thai**
- 6. Steak – Keg**
- 7. Fish – Fish bowl**
- 8. Italian Deli – by Shoppers Drug Mart**
- 9. Bayfield St. has many other choices**

Health Food Stores

- 1. 3 blocks away**
- 2. Off Bayfield**

Turner Wellness

Treatment protocol for 1 week (3 days) or 2 week (6 days)

- We practice in the Barrie office on Tues. and Wed. and in the Toronto office on Thursday.
- It is recommended that you arrive in Barrie on the Monday night to be rested and ready for Tuesday morning.
- The initial consultation is done in the Barrie office on the Tuesday at 11:00 am. This consists of reviewing the patient history forms, a consultation with Dr. T and an examination to see what has been missed and if we can help.
- A detailed description of the findings is presented. If we can help, you will be informed after the examination and recommendations will be made.
- The usual protocol, if we can help, is 5 treatments a day for the 3 to 6 days. The purpose of this schedule is to get as many adjustments as possible in the 3/6 days. We have found over the last 22 years that this intensity is what makes the difference. Major corrections can be achieved which usually translate in to desirable results.
- The treatments are usually spaced between 45 minutes to an hour apart.
- It is impossible to predict results as each case is very different. With the special needs children some are more co-operative and some are more severe than others. Therefore, results will vary.
- What we strive to do is get as much correction to the spine and skull as possible in the 3 or 6 day procedure and refer the patient to a C.A.T.S. practitioner close to them for continuing care.
- In the tree days changes are usually noticeable
- In the 6 days considerable correction is possible
- We will make diet, supplementation and exercise recommendations that can be followed at home.
- We are available for telephone or e-mail follow up to ensure the best possible continuing care.
- Call Sharon to arrange details at the office 1-705-735-6999
- drt@turnerwellness.com

Turner Wellness for more information www.turnerwellness.com