

MY MISSION

My name is Trish Leclair. I am a Natural Health Practitioner, but I specialize in holistic nutrition. Although I have my diploma in Holistic Nutrition, I am also certified in:

- Herbalism
- Live Blood & Dry Blood Analysis
- Touch for Health – levels 1 to 4 - (based on Applied Kinesiology)
- SIPS Kinesiology – level 1
- Agape Quest – Applied Physiology – levels 1 & 2
- Brain Gym

I love to learn new things and keep up to date with new research. I am also very interested in understanding how everything is “connected” so that I can understand how to balance the biochemistry and energy flow of the body. My goal as a practitioner is to teach clients how they can “Take Control of their Health”. I have done tremendous amounts of research to understand the many sides of natural or holistic therapies in addition to modern day medicine. Some perspectives of Chinese Medicine are incorporated in many of the courses I’ve taken, which has given me great insight into the energetic aspect of the body. This includes herbalism, emotional healing and balancing the meridians of the body. The meridians are simply energetic circuits around the body that flow in different directions. In general, each meridian is associated with the function of an organ or organ system.

In today’s society, many of us are programmed to think that “treating symptoms” and “early detection” are the keys to “prevention”. In my opinion, this is a “backwards” way of thinking. Our goal is to help people understand that prevention is all about taking charge of your health through: diet, exercise, basic supplementation, avoiding chemicals as much as possible, positive thinking and releasing negative or toxic emotions (done through emotional healing, visualization and various energetic therapies).

When I provide information to people about health issues, it’s because I care deeply about the wellbeing of humanity. My purpose is to inform people of alternative methods or techniques they can learn in order to improve their health or to help people who are close to them.

Prior to becoming a Natural Health Practitioner, I had suffered from several health issues. I finally learned how to switch my thinking and needed to quit being a “victim of my health”. I had to learn that I am in charge of my health and so I began a journey of health improvement. I am now very passionate about sharing the knowledge I’ve gained, but it is only because I came to realize that there is “hope” of growing old and feeling energetic and healthy at the same time. I plan on spending my entire life feeling energized and happy!!

We are all biochemically unique

“Your genetic dispositions are only your “possibilities”. It is your lifestyle, diet, emotions and exercise regime that determines if you actually get any form of “disease symptoms”.

I heard a woman say the above at a presentation I went to and it really made an impression for me. It put into words the exact thing I’ve been trying to teach people when they come to see me as a client. With the new science of [Epigenetics](#) and the work of [Bruce Lipton](#), author of “The Biology of Belief”, we are on the brink of understanding environmental factors on gene expressions. Environmental factors can be things like: diet, chemicals, thoughts, emotions and whether you exercise or not. Every disease is a manifestation of energy blockages from: unhealed emotions, nutritional deficiencies, injuries or toxic overload. As they say in the new biology: “Energy cannot be created or destroyed; it simply manifests into different forms.” You may want to watch a great documentary called “[Ghost in Your Genes](#)” to further understand these concepts.

Each of us is very unique because we are all affected by various pre-dispositions through our genes and unique biochemistry. One of the biggest pre-dispositions that I see a pattern is through our “Metabolic Type”. Please read about the [Metabolic Type Diet](#) to learn more about it.

You may also want to read the article I wrote called “[Determining the Perfect Diet](#)” where I discuss that there are many different types of diets due to each person’s unique biochemistry. There is no “one size fits all” when it comes to which diet is best suited for each person.

- Some people are more dominated by their blood sugar levels so they are “Oxidative Dominant” and other people are more controlled by the actions of neurotransmitters in the nervous system, making them “Autonomic Dominant”.

- Each Metabolic type benefits from a certain diet and certain types of exercises.
- Each Metabolic type requires different types of methods of deep relaxation or meditation to help deal with stress.
- Each Metabolic type triggers certain chemical reactions in our body that helps us deal with stress.
- If we don't deal with stress effectively, these chemical reactions can trigger a chain reaction of imbalances. The imbalances vary from "hormonal imbalances" to "Structural issues" to "Diabetes" to "Cancer" to "Neurological Disorders" and there are many more.
- Each Metabolic type seems to be more prone to certain illnesses or "symptoms of disease".

Other Contributors to Disease

I hear many people say that Breast Cancer or Diabetes or Heart Disease "runs in my family". Although this may be true, they need to understand that they can take steps to prevent this from happening. I learned in the very beginning that "One man's food is another man's poison." - Lucretius. Through the patterns that I've seen in my clients and the people I know, I can testify that this is very true. This is because we have genetic tendencies of not having certain enzymes to break down the proteins or alkaloids found in certain foods.

Many food intolerances can lead to the development of various diseases, but if a person were to eliminate the "problem food" their symptoms will disappear and the disease will not "manifest". An example of food intolerances is seen in the common sensitivity to wheat or gluten. Many people are familiar with the symptoms that occur from these sensitivities. Another example is a sensitivity to the vegetables from the Nightshade family. This vegetable family has alkaloids that some people do not have the enzymes to break down. Over time, the alkaloids will cause Calcium to be leached from the bones and deposit in the joints, calcifying them. This calcification of the joints causes stiffness, swelling and pain.

Another cause of disease can be due to nutritional deficiencies. Due to modern day agricultural practices and the stripping of nutrients from our food through food processing, we do not get the essential vitamins, minerals and phytonutrients that our body needs to manufacture healthy new cells. All enzymes are made up of proteins but they also use vitamins and minerals as co-factors to function effectively. Enzymes are catalysts or the "spark of life" so they are the reason chemical reactions are able to

occur. Enzymes are like the “spark plugs” that transfer electrons to “make things happen” in our body, which creates every bodily process.....every metabolic process....

As you probably already know, minerals come from rocks. The fungus in the soil secrete an acid to break rock into minerals that the plants can absorb. As humans, we are meant to absorb the minerals from plants. When a person is severely deficient in minerals their body is unable to make certain enzymes that are needed for metabolic process. A good example is a person who has a poor appetite due to a Zinc deficiency. Some people think it may be associated with “anorexic” tendencies because a person is unable to eat since zinc is needed for HCL (stomach acid) production, which is needed for the breakdown of proteins and minerals. Zinc can also lead to the malabsorption of other nutrients, since Zinc is a co-factor in many enzymes that are needed for digestion or other metabolic processes. Zinc, in addition to other minerals, is also needed for glucose metabolism so if a person is unable to metabolize glucose, the body would be resorting to stored sugars in their liver, heart and other muscles....causing the breakdown of these tissues....

Our Emotions Affect Our Health Too

Another great influence on the quality of our health is our “emotional state”. Each type of emotion seems to influence the function and effectiveness of certain organs or body systems. A technique I’ve learned to adopt is to always replace a negative thought or feeling with a more “positive” or “balanced” thought or feeling. It is also important to “release” emotional blockages that can be affecting the function of various organs. Sometimes we are not even aware of the emotional blockages because we may have energetic imprints in our cells. We learned about how emotions affect our health and the function of each organ or meridian (energy circuits for each organ and body system) when we got certified in various types of [Specialized Kinesiology](#) such as [Touch for Health](#) (based on Applied Kinesiology).

My Goal - Supporting the Healing Process

As a nutritionist and by learning about herbs, emotional healing and various energy modalities, I have learned about how to help balance the biochemistry of the body and how to improve the function of our body systems and various organs. I use a combination of tools such as [Metabolic Typing](#), [Food Sensitivity and Allergy Testing](#), Muscle Testing (see our [video](#)), Hair Mineral Analysis, [Nutritional Symptomatology](#), [Live and Dry Blood Analysis](#) and the [ABC+D Approach to Health](#) to help me determine the imbalances of the body.

My goal, as a nutritionist, is to find out the “root causes” and “stressors” on the body that are manifesting as “symptoms” or “diseases”. To do this, I use a combination of the tools mentioned above. I have to be like a detective and take into consideration the unique biochemistry of each person. This includes their genetic tendencies, [epigenetics](#) (environmental influences that affect cell function such as diet, exercise, chemical exposure, thought patterns and emotions).

In the process of trying to determine the “root causes” or “stressors” on the body that are manifesting as symptoms or diseases, I may discover that a person’s health challenges are actually hiding deeper issues. A person may have been suffering for years and the original stressor has led to an accumulation of other symptoms over time. By healing some of the symptoms, other symptoms may begin to appear. Healing is like “peeling an onion”. In order to find out the initial “root cause” or “original stressor” on the body, we need to remove the additional stressors “layer by layer” that have lead to additional symptoms. As more and more symptoms begin to disappear, the client and I will get a clearer picture of what the “original stressor” or “root cause” is that has first contributed to their health challenges. A great example is a person who may have had ear infections as a child. If a doctor doesn’t investigate possible food allergies that are contributing to these ear infections, then several courses of antibiotics may be prescribed over time. The side effects of antibiotics are numerous but the biggest side effect is that they destroy the “bad” AND “good” bacterial flora in the digestive tract. When the integrity of gut is compromised, a person usually ends up with an overgrowth of [Candida](#) (yeast) and will develop a condition now commonly known as [Leaky Gut Syndrome](#). This condition can lead to the development of other allergies since large undigested food particles enter the blood stream and can trigger immune reactions. The liver detoxification processes will also be compromised since the liver has to deal with these added particles. This can lead to chemical sensitivities because the liver cannot perform all its other functions of detoxification when it has to invest so much energy into detoxifying undigested food particles. A person may eventually develop chronic conditions such as blood sugar imbalances, disease symptoms or other things such as joint pain over time from this extra stress on the body. I guess we can say that it “all starts in the gut”. When we remove the stressors, such as allergies, and then we heal the gut, a person’s health and wellbeing improves drastically.

A New Era in Preventative Health

I know that many people have a hard time accepting that it is possible to “take control of your health” but I have faith that soon they will come to understand this concept. It is a

nice thought to grow old while feeling energized, happy and healthy. It really saddens me to hear as I age of more people getting “diagnosed” with one illness or another.

There are so many neurological and hormonal disorders in today’s society due to the amount of chemicals we are exposed to in our food and in the environment. Of course we cannot hide in a hole to prevent being exposed to it all, but by choosing more naturally grown foods and using more natural based air fresheners, cleaning products and cosmetics, we can do a lot to keep our body from deteriorating quickly.

Thanks for taking the time to read my mission,

Sincerely,

Trish Leclair

Here are some of my favourite quotes:

"Knowledge is Power! The more knowledge we have, the more we can be empowered to take control of our health!" Trish Leclair

"We are on the threshold of an exciting new era in preventative medicine."

" Genetics are NOT the MASTER only the *Blue print* !"

"Every disease is a manifestation of energy blockages from: unhealed emotions, nutritional deficiencies, injuries or toxic overload. Energy cannot be created or destroyed; it simply manifests into different forms."

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