



Constantly maxing out on
SICK DAYS?



Feeling
FATIGUED, DULL & UNPRODUCTIVE?

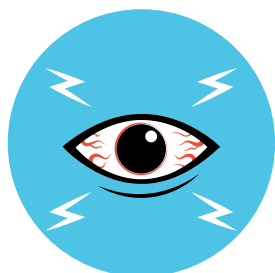


Trouble managing
STRESS & work-life balance?



COMMUNITY HEALTH & WELLNESS PROPOSAL

Practical & inspiring solutions to help everyone get healthier together.



SLEEPLESS NIGHTS
driving you insane?



Fast-paced lifestyle feeding your
GROWING WAISTLINE?



CHRONIC PAIN
dragging you down?

COMMUNITY HEALTH & WELLNESS PROMOTION

INTERESTED IN TRANSFORMING THE HEALTH OF YOUR COMMUNITY?

It is becoming more apparent that the effects of workplace and family stress, unhealthy food culture and lifestyle habits, obesity, and chronic health conditions have a negative impact on the health and wellbeing of many people in our community! Dr. Freda Tam wants to inspire health transformations in her community, and she is excited to offer health education through a variety of **complimentary health talks**. This initiative is designed to offer a supportive community approach to achieving a healthy lifestyle, where people get better together by learning to optimize their health.

Dr. Tam is a licensed Naturopathic Doctor, and a passionate wellness speaker in Bradford and the Greater Toronto Area. She firmly believes that health awareness is the greatest agent for inspiring sustained positive change.

Dr. Tam has shared dynamic health seminars and workshops with numerous corporate and community organizations in Bradford and the GTA.

Be proactive and help create a culture of wellness where everyone gets healthier together!

For more information or to book a presentation, please contact Dr. Tam directly.

(416) 723-3336
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www.FredaTamND.com



COMMUNITY HEALTH TALKS

Health talks are a fantastic way to help the community learn exciting and pertinent health information, develop practical skills, and establish habits for a lifetime of healthy living.

Choose from a variety of **“commonly requested topics”** (see pg. 2), or work with Dr. Tam to design an individualized presentation to address the needs of the community.

All health talks are approximately 1 hour long and will include 10-15 minutes for questions.

A **speaking series** can also be developed, where each presentation builds upon the success and concepts of earlier topics.

Pricing:

Dr. Tam is happy to offer these presentations **free of charge**. However, she encourages participants to contribute towards a chosen charitable organization as a way to give back to the community.

Satisfied Clients:

RBC • BMO • York Support Services • Rotary Club of York
Cole Engineering Group • SOCAN • Kraft Canada
Mondelez International • The Running Room
Anytime Fitness • Community churches & fellowships
Community centres • Public schools
York Region District School Board (YRDSB) • And others



COMMONLY REQUESTED TOPICS



HOW TO SUPPORT YOUR BODY THROUGH THE STRESS-HURRICANE OF LIFE

Are you feeling stressed or burned out from work or the busyness of life?

We all know that stress can wreck havoc on our health and productivity. We can't necessarily eliminate the stress in our lives, but we can learn to recognize the early warning signs and better support our body to prevent burnout!

Learn how your Adrenal (stress) glands are integral to healthy stress management, and what you can do to help restore a sense of balance and zest in your life!

DETOXIFICATION 101: YOU ARE WHAT YOU EAT... AND ALSO WHAT YOU CAN'T ELIMINATE

***Do you feel sluggish, foggy-minded, bloated and unwell?
Do you have difficulty losing weight?***

Well, your body may be a toxic waste dump! Toxins that accumulate in your body over time can cause you to hang on to your weight and even develop chronic health concerns. While it may be true that you are what you eat, drink and breathe, research now suggests that you are also what you can't remove from your body!

So who can benefit from detoxification? And with so many detox options available, how do you know what is safe and appropriate for you?

Learn how you can kick-start your body's natural detox pathways and clean up the toxic waste in your body.



HOW TO TACKLE THE ROOT OF YOUR SEASONAL ALLERGIES

Are you plagued with seasonal allergies in the spring and fall?

While allergy symptoms can be temporarily suppressed with over counter anti-histamines, the underlying root causes must be addressed in order to prevent the annual recurrence of your symptoms.

Did you know that seasonal allergies are directly related to poor digestive health, imbalances in your immune system, and poor stress response?

Learn how to tackle the roots of the problem and resolve your allergies for good!



COMMONLY REQUESTED TOPICS

IMMUNE BOOST: GETTING READY FOR THE COLD & FLU SEASON

Are you getting sick and tired of getting sick during the cold & flu season?

One of the best strategies to avoid getting sick or to reduce the frequency of illness is to strengthen and support the body's natural defenses – our fabulous immune system!

Learn how specific culprits (ie. stress, digestive health, nutrition, etc.) may weaken your immunity, and what you and your family can do to power through the cold & flu season safely and effectively!



HOW SPECIFIC CULPRITS MAY BE CAUSING YOUR WEIGHT LOSS RESISTANCE

Have you tried every diet but can't seem to lose weight and keep it off?

Certain culprits (ie. specific foods, thyroid & hormone health, toxic load, Spleen deficiency, etc.) may cause you to hold on to weight regardless of how many calories you are eating.

Learn why your weight loss resistance is not your fault, and what you can do to kick-start your metabolism!



IS YOUR DIGESTIVE SYSTEM MAKING YOU SICK?

Feeling gassy and bloated? Do you suffer from food sensitivities, indigestion, heartburn, constipation or IBS?

More than 20 million Canadians suffer from digestive disorders, and those who are affected know how devastating this can be on your personal life.

A healthy digestive system is absolutely central to your overall health. Unfortunately, most people do not recognize that untreated digestive problems will predispose you to ever-rising conditions like allergies, arthritis, skin problems, chronic pain, fatigue, mood disorders, and even cancer!

Learn how to identify imbalances in your gut, as well as effective strategies to heal and strengthen your digestive system.





DR. FREDA TAM, BSCH, ND

NATUROPATHIC DOCTOR

Helping people get healthier together!

COMMONLY REQUESTED TOPICS



ARE SLEEPLESS NIGHTS DRIVING YOU INSANE?

***Do you have trouble falling asleep or wake up in the middle of the night?
Do you experience night sweats?***

Sleep is an important time for the body to rejuvenate itself, fight infections, process toxins and restore your nervous system. When you are not sleeping well, this can have a negative impact on your health, including your immunity, weight management, cognitive function, and your stress response!

Learn how factors like the health of your liver and Adrenal (stress) glands, play a huge role in ensuring quality sleep, as well as some effective strategies to help you get a good night's sleep.

STOP PAIN & IMPROVE RECOVERY... NATURALLY!

Do you suffer from chronic pains like arthritis, joint and muscle pains, sciatica, gout and fibromyalgia?

At the root of these painful conditions, ongoing inflammation, tissue degeneration and buildup of harmful toxins and acids are often the major underlying culprits that will continually fuel your pain and prevent recovery.

Learn what you can do to target these underlying culprits to help reduce pain and speed up recovery.



Additional Topics Can Include:

- How to Age Gracefully with Health & Confidence
- Brain Smarts: Improving Focus, Memory and Performance
- Heart Smarts: Managing Cholesterol & Blood Pressure
- Do You Have Food Sensitivities?
- Achieving Optimal Sports & Exercise Nutrition
- How to Sail Smoothly Through Menopause

For more information or to book a presentation, please contact Dr. Tam directly.

To learn more about Naturopathic Medicine, please visit:

www.FredaTamND.com

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VIDA Massage & Wellness

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ABOUT DR. FREDA TAM, ND

I am a licensed naturopathic doctor, speaker and a dedicated promoter of health and wellness in Bradford and the Greater Toronto Area. I believe that when people have their health, they are much more productive in fulfilling their life's purpose and calling. Hence I am passionate about inspiring, engaging and empowering people with the knowledge and tools to better understand their health and its role in achieving a fulfilled and well-balanced life.

As a dedicated speaker, I find great joy in working with corporate and community organizations to develop customized wellness programs, and providing high quality health talks and workshops to equip people to get healthier together.

As a clinician, my practice is grounded in the belief that individualized care based on addressing the root causes of illness is the key to achieving optimal health. In my family practice, I have a strong interest in **allergies, digestive concerns, women's health**, and the management of **chronic diseases** such as pain and autoimmune conditions.

DR. TAM'S TRAINING

Dr. Tam graduated from the University of Guelph with an Honours Bachelor of Science degree in Biomedical Science. Her love for blending modern science with the traditional medical arts lead her to pursue and complete her medical studies at the Canadian College of Naturopathic Medicine (CCNM). She holds professional memberships with the Canadian Association of Naturopathic Doctors (CAND), the Ontario Association of Naturopathic Doctors (OAND), and is licensed in Ontario through the College of Naturopaths of Ontario (CONO).



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