

## “Let It Heal” – The Pain Alternative on Trade

Amber Korobkina, owner of Let It Heal, a detox and pain clinic in Burlington, Ontario was in constant pain caused by sciatica at the young age of 28. Although she made several visits to the chiropractor, physiotherapist, massage therapist and acupuncturist, nothing seemed to help her condition. Sciatica is pain along the large sciatic nerve that runs from the lower back down the back of each leg, and is a relatively common form of lower back and leg pain. This pain along the sciatic nerve can be caused when a root that helps form the sciatic nerve is pinched or irritated. Sciatica is usually caused by pressure on the sciatic nerve from a herniated disc (also referred to as a ruptured disc, pinched nerve, slipped disk, etc.)

After an MRI and a visit with her family doctor, Amber was advised that her last resort was back surgery. As luck would have it, an associate was made aware of her problem and not only told her about Bowen Therapy but claimed that it would cure her. Before her surgery, Amber found a Bowen practitioner and gave it a try. “The practitioner barely touched me, kept on leaving the room and gave me some very simple guidelines that I had to follow to allow the Bowen to work. The only reason I followed his instructions was in hopes of proving him wrong, but after only two visits and a month of healthy living, my pain was gone. Within a period of about six weeks, my life had completely changed. I could get out of bed on my own, sit down and stand up again, laugh, cough and sneeze with no discomfort, and I felt energized and healthy. It was then that I decided to learn Tom Bowen's technique so that I could make the same difference in someone else's life. It is with pride and excitement that I share this new healing modality with others.” says Amber.

Named after its creator, Tom Bowen, The Bowen Technique is now practiced in 31 countries and provides solutions to many physical ailments. Mr. Bowen originally developed the technique in Australia in the 1950's as a solution to his wife's severe asthma. Bowen Therapy is a subtle and precise muscle, nerve, and connective tissue technique that is said to be the most exciting healing modality in the world today. The technique is non-invasive, gentle and can be performed through clothing on patients of different ages from the very young to elderly. Bowen is used to treat ailments such as back pain, leg length discrepancies, shin splints, hernia, arthritic pain, migraine and sporting injuries.

While it can help speed up recovery time, the Bowen Technique is not meant to replace medical treatment. However, due to its high rate of success, more and more members of the medical profession continue to be amazed at its effectiveness and have begun to add the Bowen Technique to their practices.

Amber also offers Ion Spa treatments, which are a safe way to rid Your Body of Harmful Toxins, and a way to cleanse the body without being committed to a restrictive diet and costly herbs! Our bodies are constantly exposed to chemicals and heavy metal residues, tissue acid wastes and stress. The IonSpa footbath is designed to visibly remove toxins and waste products from your body.



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Some observable results from IonSpa® Treatments include; Helps clear up bad skin, Inactivates viruses, bacteria, yeast, and fungus, positive effects on weight loss, headache relief, heavy metal and toxin removal, improved sleep and body flexibility, and increased energy.

Michelle McCabe, broker for Tradebank Halton and Let it Heal is also one of Ambers Bowen and Ion Spa clients. “My boyfriend and I were very comfortable as soon as we walked in the front door. The clinic has a lot of character and it is relaxing and charming. To start out with, we had a separate room with a TV and and a choice of television shows to choose from. During the 30 minute cleanse, Amber came in and explained exactly what was going to happen with the Ion Spa treatment. The process was pain free and Amber continued to check on us frequently to explain what was happening and to answer any questions we may have. The toxins were obvious in the foot bath water and Amber was able to tell by colour what many of the toxins were.” In addition to the Ion Spa, Michelle has also tried Bowen with Amber. “Although I don’t have any obvious injuries, Bowen was extremely relaxing. Every movement was brief, with breaks in between where my body just tingled. It was relaxing, pain free and I could feel my body resetting itself.” she explains.

Amber and staff at Let It Heal perform other treatments and techniques not mentioned in this article. The clinic is located at Fortino’s Plaza, Unit # 172, 2025 Guelph Line, Burlington, Ontario L7P 4M8. For more information on Bowen, IonSpa, and other services, call (905) 592 - 2142. Email [info@letitheal.com](mailto:info@letitheal.com) or check the website at [www.letitheal.com](http://www.letitheal.com). Contact Amber directly or call your broker for more information