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Welcome to Trinity Health Clinic (THC)

Similar to the relationship between land, water and sky, the interdependence of the mind, body and spirit are essential for total wellness. At THC, we provide a holistic approach to Naturopathic Medicine that encompasses life's most important trinity – the mind, body and spirit.

Join us on the journey as we explore your past to maximize your present state of well-being and aim for the healthiest possible future.

Cold & Flu Season: How to Boost Your Immune System

It's that time of year again! To stay healthy this season, we advise you to stock up on natural anti-virals, anti-bacterials, immune boosters and get your B-12 shots, which are all available at Trinity Health Clinic.

For more information view our very own Kavita Sharma, ND on YouTube, talking about naturopathic medicine and common flu shot misconceptions at:

<http://www.youtube.com/watch?v=k9pyfLVD3Us>



You can also contact one of our Naturopathic Doctors at 416.519.5527

Services

- Naturopathic Medical Services
- Individual & Family Counseling
- Registered Massage Therapy
- Sports Medicine & Weight Management
- Stress & Wellness Management
- Mind & Body Energetic Therapies
- Lifestyle & Nutritional Coaching

Products

- Vitamins/Minerals
- Botanical/Herbal Medicine
- Probiotics
- Essential Fatty Acids
- Homeopathic Remedies
- Organic Hygiene Products
- Organic Baby Essentials

Check out our newly updated website at www.trinityhealthclinic.com

Please feel free to forward our link to your family and friends.

For more information or to book an appointment call us at 416.519.5527