

Ecclesiological Approach

Here at St. Michael's Holistic Natural Health Center, we are proud to view our clients as "whole beings". A true holistic practitioner acknowledges the importance of the "spiritual being" in order for healing to take place.

Learn how diet, vitamins and herbs facilitate certain spiritual aspects of the individual. Learn how the wrong foods, improper energy, poor energizing practices affect our well-being. And why these wrong practices may be responsible for some of the spiritual deviations of today. Not every food is healthy for everyone. Even healthy foods!