



vitality integrative medicine

HOW WE CAN HELP

- ♦ *Thyroid Disorders*
- ♦ *Hormone Balance*
- ♦ *BHRT*
- ♦ *Adrenal Fatigue*
- ♦ *Fibromyalgia*
- ♦ *Stress*
- ♦ *Menopause*
- ♦ *Andropause*
- ♦ *PMS*
- ♦ *Insomnia*
- ♦ *Depression*
- ♦ *Weight Gain*
- ♦ *Food Allergies*
- ♦ *Digestion*
- ♦ *Osteoarthritis*
- ♦ *Chronic Pain*
- ♦ *High Cholesterol*
- ♦ *High Blood Pressure*
- ♦ *Diabetes*
- ♦ *Eczema*
- ♦ *IBS, Leaky Gut*
- ♦ *Detoxification*
- ♦ *Med Reviews*
- ♦ *Nutrient Deficiencies*
- ♦ *Brain Fitness*
- ♦ *Prevention Medicine*

**Personalized &
Comprehensive
Health Consultations**

Specialized Tests

Where we focus on the
true cause of the problem,
not just masking symptoms...

**Board-Certified Clinician,
Advanced Fellow &
Licensed Pharmacist.**

Tara Maltman-Just,
B.Sc.(Pharm.), RPh, ABAAHF, FAARFM



REACH YOUR HEALTH GOALS

Prescription,
Natural Health Product,
Nutrition & Lifestyle Management

Contact Us

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Treating the PERSON, not just the disease...

www.vitalityintegrativemedicine.com