

Who are We!



J's Natural Haven (JNH) is a professional service that provides affordable Natural Healing Services, located in Kanata. JNH specializes in providing natural health care to members of the community. The main focus of JNH is with children who suffer from Cerebral Palsy and other special needs.

Our belief states that by controlling the entire healing process, and not just the physical aspect, you are better able to effect changes.

We are dedicated to the improvement in the quality of life for children with Cerebral Palsy. Our programs are designed to help these children develop motor skills to a level that may, otherwise, never be or more slowly achieved with other forms of therapy.

About JNH



This business is an outgrowth of my passion for the love of children and natural healing. Over the years, I've seen or heard of children suffering in pain or dealing with sickness that modern medicine could not help alleviate. Given my experiences and exposure to natural healing since childhood, I decided that I wanted to help people deal with sickness and pain more naturally. I have, over the years, helped friends and family deal with their various illnesses by using natural medicine. It was after seeing the results, that I decided that it was time to help others.

Whenever I was sick, I tried finding more natural ways of healing, but found it next to impossible. That is when I decided to learn more about natural healing and practice it on myself. As the years passed, my interests expanded and I found myself more and more intrigued with the relationship between illness and natural healing. To help in understanding more about Natural Medicine, I attended the International Academy of Natural Health Sciences. Over the course of years, I acquired several diplomas and certifications in the field.

Helping The Special Needs Child!

Cerebral Palsy, or Scoliosis!



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Special Needs Child!



A young child's brain is remarkably responsive to relevant kinesthetic, motor, and sensory information. J's Natural Haven has devised programs with very gentle and safe methods to bring about remarkable results for children from a few days old to teenagers

If they can move, they can learn, if they can learn, they can move. By repeating tasks and integrating intentional movement with learning, the brain creates alternate pathways to send messages to muscle groups creating the desired movements.

Does your child suffer from Cerebral Palsy, Autism, Developmental Delays, Attention Deficit Disorder or Scoliosis?

As a parent, grandparent, or caretaker of a special need's child, would you like to see greater improvement in your child's functioning?

What We Do



We will guide you in the applying of natural remedies that will help your child overcome the stresses and ailments of everyday life.

Our regular program will help them adjust to their environment and foster improvement.

Program Highlights:

Herbal Circulation Treatment.
Motor Skills and Coordination.
Ortho-bionomy®
Quantum Touch

Part of the program will be to teach the parent the importance of a daily routine.

The daily routine is a method of providing a constant learning environment for the child, while encouraging a better immune system and improvement in overall.

Treatment



A typical day includes: 30-60 minutes of Therapy time includes herbal circulation foot bath, bodywork, stretching exercises and physio-therapy. The programs have been very successful in improving fine and gross motor skills, balance, mobility and independence. These concentrated sessions provide time for the child to learn new skills and to repeat/reinforce these skills on a daily basis.

Following are the levels of frequency of the Cerebral Palsy programs that Natural Haven will offer.

- Five days /week:
- Three days /week:
- Two days /week:
- Optional Treatments:

All programs are five hours per day for three weeks.

Being a private clinic, we can offer creativity and flexibility in meeting your child's needs. This allows for more holistic treatment and a broader approach to the Client's needs.