



# What Sets Us Apart?

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*Addiction treatment models in Canada have changed very little in the past 40 years and they have a dismal success rate of less than 20 percent after one year.*  
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Through research and working with leading experts in the field, it is clear that the traditional psychological model and 12-step based programs simply don't work for a large percentage of people as they do not address the biochemical imbalances, nutritional deficiencies and underlying physiological conditions required for successful rehabilitation.

A healthy body has less cravings, fewer mood swings, more self-control, less physical and emotional pain, and normalized neurotransmitter function. Lasting recovery depends in part on accurately determining the biochemical needs of the individual to facilitate a reduction in cravings and support emotional healing.

**We believe that change is possible - even the most habitual behavior can be changed.** We consider addiction and recovery to be neuro-plastic events. The brain can be rewired and new neuropathways can be developed and lives can be transformed.

Canadian Health Recovery Centre has built a specialized team of professionals to promote recovery on several levels: biochemical, emotional, physical, nutritional and spiritual. Utilizing the latest in scientific research, proven effective treatment modalities, and innovative, holistic therapeutic methods, we provide our clients unparalleled support.

## Where healing begins



## Who We Treat

**Canadian Health Recovery Centre specializes in treating clients who have previous failed attempts at treatment and sobriety.**

Our program is designed exclusively to treat the needs of recovering men and their families. Gender-separate treatment philosophy is based on professional experience and clinical data that demonstrates that the separation of males and females can substantially improve outcomes.

We treat all forms of alcohol and chemical dependency including concurrent mental health issues such as anxiety and depression without prescribing psychotropic drugs.

**Unlike 12-step programs, we treat the underlying causes of addiction.**

Statistics report that 1 in 4 treated alcoholics die from suicide. The lack of lasting results following standard treatment can be demoralizing and disastrous and many simply give up. Canadian Health Recovery Centre programs are designed to provide life-saving, life-changing, effective treatment solutions.



*Spend a little time with us...  
and change your life.*

Call the Canadian Health Recovery Centre.  
Toll free:  
**1-844-539-2225**

[www.canadianhealthrecoverycentre.ca](http://www.canadianhealthrecoverycentre.ca)

*Transforming lives for good*

# Why Bio-Individual Orthomolecular Treatment?

**At Canadian Health Recovery Centre, we treat the whole person, not just the addiction.**

Abuse of alcohol and drugs adversely affects the body in many ways on a biochemical level. Deficiencies and imbalances are common, even in recovery, causing a lifetime of residual cravings, poor health, and reduced life expectancy.

High relapse rates for those in recovery are often attributed to continued cravings and ongoing periods of anxiety and depression, making life a constant struggle to remain sober.

Our Orthomolecular treatment program addresses the underlying causes of these issues. We utilize laboratory data, nutritional supplementation and a specialized diet to balance the body's biochemistry, target cravings and facilitate mental-emotional health.



## Residential Program

**Canadian Health Recovery Centre offers excellent staff-to-client ratios above industry norms and this is key to providing a gold-standard of service.**

We provide a safe and nurturing environment where men are able to focus on issues such as drug and alcohol dependency, guilt, self-esteem, codependency, anxiety, depression, trauma, relapse prevention and relationship resolution. Our health practitioners and counseling staff deal specifically with the complexities of restoring the mind, body and spirit.

**We recognize the importance of group and individual counseling for personal recovery.** We believe that fostering a confidential, secure, and therapeutic treatment plan developed collaboratively between client and counselor, with frequent, ongoing sessions is paramount in the healing process.

Our treatment program is personalized and based on individual need. We recommend a 6-week program, however, length of stay may vary between 30 to 90 days.



## Care & Comfort

Situated on 14 wooded acres on the outskirts of Peterborough, Ontario, in the Kawartha's, bordering an 18-hole golf course, our 22,000 square-foot facility has been specifically designed and decorated to create a relaxing, healing and uplifting environment. Spacious well-appointed bedrooms boast an adjacent sitting/lounge area and views of the woodlands. Every attention to detail has been considered to provide the best possible experience and outcome for our guests.

- > Fully-equipped fitness room with showers
- > Games room with snack bar
- > Theatre room
- > Swim spa and hot tub
- > Sauna
- > Dining room and lounge
- > Yoga and meditation room
- > Oversized kitchen designed for cooking classes and nutritional instruction
- > Golf
- > Beach volleyball
- > Badminton
- > Hiking and running path
- > Vegetable and herb garden



# Change Your Life

Our experienced and compassionate team are fully invested in making life better for those who enter our doors.

**Addiction is not a choice – but recovery is.** No one ever plans or chooses to become an addict...but you can choose to recover and we have the treatment plan that will transform your life and the lives of those around you.

**New research is challenging the notion that addiction is based on an individual's "poor choices."** According to the American Society of Addiction Medicine (2011), addiction is more than a behavioral issue; it is a primary neurological disorder affecting brain reward, motivation, memory and related circuitry.

Addiction is progressive and if left untreated, it can lead to premature death. Each year, more deaths are attributed to addiction related problems than vehicle related deaths.

Reaching out and asking for help is the first step toward lasting sobriety.



## Features

Canadian Health Recovery Centre residential treatment program services include:

- > Multi-disciplinary assessment and treatment program
- > Psychological services - group and individual therapy
- > Orthomolecular treatment and support
- > Biochemical restoration
- > Osteopathic assessment and treatment
- > Detox program
- > Family services
- > Private rooms available
- > Spiritual care and guidance
- > Introduction to 12-step programs available
- > Life skills training and wellness activities
- > Smoking cessation program
- > Relapse prevention
- > Personalized aftercare plan and continuing support
- > Nutritional oversight by Registered Orthomolecular Nutritionist
- > Nutritional education and resources for our guests and their families
- > Full-time certified fitness Instructor
- > Yoga, art therapy and pet therapy
- > Concierge service
- > 24-hour care, 7 days a week