

What Sets Us Apart?

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At CHRC, we focus on the underlying issues and root causes that drive addiction, including the neurological and biochemical imbalances that counselling alone cannot heal.
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Our approach to recovery is vastly different from traditional recovery models. We are not a 12-step program. We treat the whole person, not just the addiction.

Our team of skilled clinicians and specialists deal expressly with the complexities of restoring the mind, body and spirit with a program that promotes recovery on pivotal levels: biochemical, neurological, psychological, emotional, physical, nutritional and spiritual.

The Canadian Health Recovery Centre is a private care facility designed exclusively to treat the needs of recovering **men** dealing with substance abuse problems, process addictions such as gambling and sex addictions, and concurrent mental health issues such as anxiety, depression and emotional trauma.

CHRC programs are designed to provide the most progressive and effective treatment solutions with a health and wellness focus. We utilize the latest in scientific research, proven effective, evidence-based treatment modalities, and innovative, holistic therapeutic methods to provide our clients with unparalleled support.

Residential Program

A residential program provides the crucial stabilization period necessary to begin the recovery process.

Multi-disciplinary team. Our multi-disciplinary team is an integral part of what makes us unique. CHRC offers an integrated treatment approach that ensures our guests receive the most effective evidence-based interventions combined with holistic and experiential therapies to support their full recovery. By combining the latest in neuroscience and psychotherapeutic approaches with a dedicated group of health care professionals, we provide our guests with the most qualified, competent and comfortable level of care available.

Male only. Gender-specific treatment philosophy is based on professional experience and clinical data that demonstrates that the separation of males and females can substantially improve outcomes.

Compassionate care. Empowering program. We provide a safe and nurturing environment where men are able to focus on issues such as substance abuse, guilt, self-esteem, anxiety, depression, trauma, codependency, relationships, emotional regulation and relapse prevention. Guests also receive education and support in health and nutrition, interpersonal skills such as communication, boundary setting, life skills, finding purpose and long-term aspirations.

Healing. Not medicating. We treat drug and alcohol dependency, including concurrent mental health issues, **without** prescribing psychotropic drugs. (Existing medications as prescribed by a guest's doctor that are effective and helping will be administered as prescribed.)

Personalized treatment. Length of stay is determined by the specific needs of each guest. The addicted brain can change and heal over time, but months or years of substance abuse cannot be undone in a few weeks. It takes time to form new habits. CHRC residential (inpatient) program length is between 35-91 days.



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

Canadian Health Recovery Centre

www.canadianhealthrecoverycentre.ca

Toll free: 1-844-539-2225

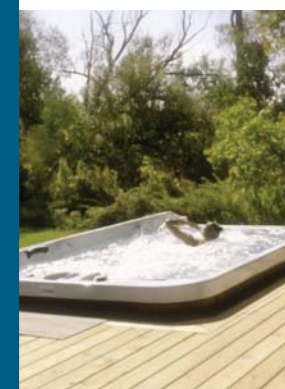
Call to find out more about how we can help
or book a tour of our facility.

THE EVOLUTION OF ADDICTION
TREATMENT IS HERE
Premier Private Care for Men



Canadian Health Recovery Centre

where healing begins



Why Orthomolecular Treatment?

The biochemistry that drives addictive behaviour and the physiological damage caused by the abuse must be treated as part of a complete program of healing and recovery.

Abuse of alcohol and drugs adversely affects the body in many ways on a biochemical level. Nutritional 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 clean and sober.

Our orthomolecular treatment program utilizes laboratory data, nutritional supplementation and a specialized diet to address biochemical imbalances, nutritional deficiencies and neurological conditions that can underlie addiction. A personalized orthomolecular protocol is developed for each guest to address their unique health concerns. We use targeted supplementation and dietary solutions to:

- alleviate compulsions and cravings
- optimize neurotransmitter function
- balance blood sugar levels
- improve weight and digestion
- promote deep detoxification
- improve energy and vitality
- reduce chronic inflammation

The result is a marked improvement in overall health, including areas of mood and mental health, impulse control, processing and memory. This whole-person approach ensures a more stable and solid recovery foundation.

Orthomolecular treatment is defined as the practice of providing the brain and body with the best possible biochemical environment so they can function at an optimal level. Emphasis is on the nutrients used by the body naturally, such as vitamins, minerals, amino acids and other essential molecules.

Biochemical repair and restoration help to re-balance body and brain chemistry, providing a key component to lasting recovery that goes hand-in-hand with the psychological, emotional and spiritual healing supported by our intensive counselling program.



Services & Features

- Multi-disciplinary team and assessment
- Gender-specific treatment
- Evidence-based integrative therapies
- Psychological services - group and individual counselling
- Blood chemistry analysis and treatment by Orthomolecular Nutritionist
- Biochemical rebalancing
- Auricular acupuncture
- Full body detoxification
- Family workshops and services
- Spiritual care and guidance
- Certified fitness instructors
- Life skills training and wellness activities
- Smoking cessation program
- Relapse prevention
- Personalized aftercare plan and continuing support
- Alumni group meetings for life
- Nutritional oversight by team of registered nutritionists
- Nutritional education and resources for our guests and their families
- Personalized nutrition program including supplements
- Yoga and meditation classes
- Creative art therapy
- Introduction to 12-step programs (optional)
- Equine assisted therapy available (additional fee)
- Massage therapy available (additional fee)
- Concierge service
- 24-hour care, 7 days a week

5 Reasons Why This Is The Best Decision You'll Ever Make

1. **Regain control of your life**
2. **Improve your cognitive function, focus and productivity**
3. **Improve your self-worth, relationships and outlook**
4. **Improve your quality of life – mentally, emotionally and physically**
5. **Improve your health, well-being and vitality**



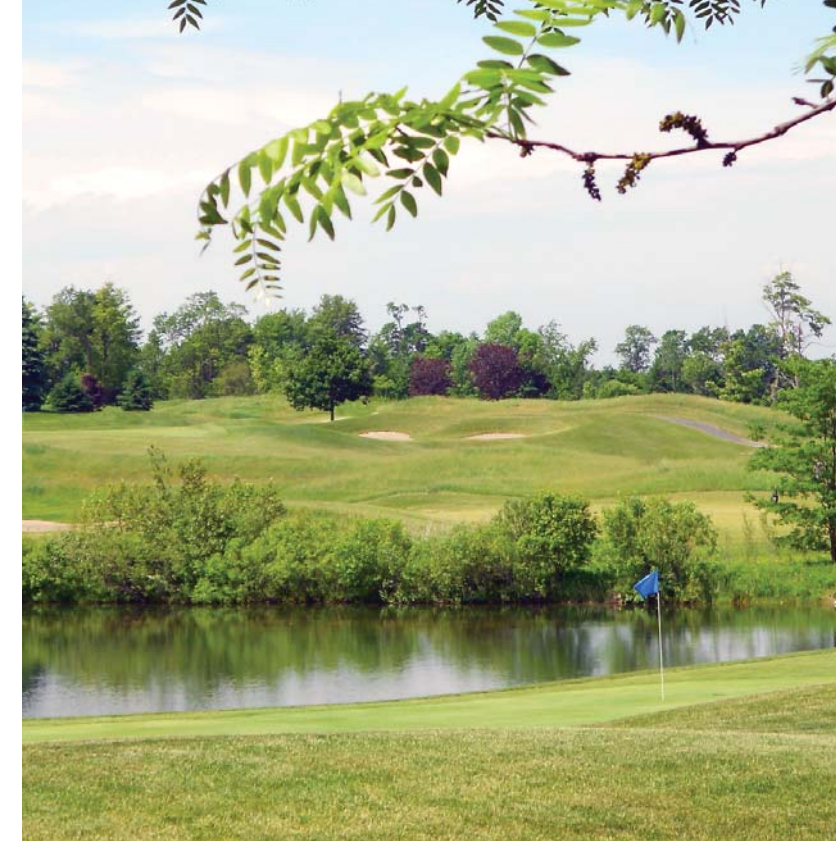
Care & Comfort

Our 22,000 square-foot facility is situated in the Kawarthas on 14 wooded acres on the outskirts of Peterborough, Ontario, bordering an 18-hole golf course. It has been designed and decorated to create an inviting, calming environment, with a host of amenities to promote healing and recovery. Spacious well-appointed bedrooms feature an adjacent sitting/lounge area and views of the woodlands. Every detail has been considered to provide the best possible experience and outcome for our guests.

- Professionally - equipped gym
- Games room and theatre room
- Swim spa - hot tub
- Near-infrared sauna
- Dining room and lounge
- Yoga and meditation room
- Commercial kitchen designed for cooking classes and nutritional instruction
- Semi-private rooms with ensuite washroom and lounge
- Private rooms available (additional fee)
- Weekly outings: golfing, bowling, axe-throwing, museums and more (additional fee)
- Outdoor recreation: volleyball, badminton, basketball, horseshoes, road hockey

Why Choose CHRC?

- Cutting-edge, evidence-based, holistic treatment
- Beautiful, first-class setting – surroundings do matter
- Gender-specific treatment for improved outcomes
- Personalized care and one-on-one counselling
- Not a 12-step program. We focus on the underlying issues and root causes that drive addiction.
- The only residential addiction centre in Canada offering a comprehensive treatment program that includes orthomolecular therapy and biochemical rebalancing.



Change Your Life

Recovery is a choice. Addiction does not need to be a life sentence.

With the right tools, support and commitment, we can help you transform your life and the lives of those around you.

CHRC provides hope to those who thought there was nothing left to try. Traditional treatment models have changed very little in the past 40 years and sadly, they don't work for a large percentage of people as they do not address the biochemical imbalances, nutritional deficiencies and underlying physiological and psychological conditions required for successful rehabilitation.

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.

Change is possible - even the most habitual behavior can be changed. The brain can be rewired and new neuropathways can be developed – and lives can be transformed.

Reaching out and asking for help is the first step toward lasting sobriety and a new lease on life.