

What We Do

MVP[Mission/Vission/Position]Our Mission:We are dedicated to improving cellular health and well being through the creation of a global health alliance which serve to create the safe haven of Wellness at Home and work.

Our Vision:Taking the Wellness Message Worldwide, to serve and empower humanity to be well & free. Our Position:To work with individuals of like mind who have a sense of responsibility. To help individuals and corporations achieve wellness, improve quality of life and transform themselves to reach their full potential physically, mentally and spiritually. We are looking for people to join our wellness team who share our mission, vision and position. What we do Worldwide: Wellness Seminars : Corporations & Non-Profit Organizations and for the public at large. See the Lunch & Learn section for details on seminars/Team/Previous & existing clients."An investment in knowledge pays the best interest". ~Benjamin Franklin
Wellness Books: 1.The all in One Guide to Natural Remedies & Supplements[1996] \$19.95 Dr. G.Grant, Ph.D., Dr. E. Ali, N.D., Dr. A.Pettele, M.D., and Dr. G. Ko. M.D. 2.The all in One Guide to ADD/ADHD/Autism[1997] \$19.95 Drs. Levenson, M.D., M. Lyon, M.D., F.Hui, M.D., and G. Grant, Ph.D. 3.The All in One Guide to Tea Tree Oil, [1997]\$19.95 Dr. G. Grant, Ph.D., and E. Ali, N.D. 4.The All in One Guide to Heart Ease CD [1998]\$19.95 Dr. Grant 5.The All in One Guide to Weight Management CD[1999] \$19.95 Dr. Grant 6.The All in One Guide to Stress Management CD [1999]\$19.95 Dr. Grant 7.The All in One Guide to a Healthy Home CD, [1999]\$19.95 Dr. Grant 8.101 Great Ways to Improve your Life, [2001]\$19.95 Mark Victor Hansen [The author of Chicken Soup for the Soul], Ken Blanchard, Les Brown and Dr. George Grant + 99 Best selling Authors. 9.Your Cure for Cancer, Dr. Charles McWilliams, and Dr. George Grant, [2001]Payments: We accept cheques, money orders andpaypal: www.paypal.com [Email: drgrant@rogers.com]ClickBank: www.clickbank.com [drgrant] The suggestions referred to in this website are designed to improve your Wellness[Balance], reduce your stress which leads to Illness[Imbalance], and to improve cellular nutrition. They are not intended to treat, diagnose, cure, mitigate, or prevent any disease or substitute for a physician's care. However, scientific research has established a connection between nutrition and many disease conditions. Our intention is that when you give the body what the body needs it will do what it was designed to do in the first place, which is to express health. We recommend taking all supplements along with prescription medications until your physician recommend reducing or stopping all your medications.Dr. George F. Grant, Ph.D.Note on Swine Flu: Use the following recommendations: We have a new Natural Formula called Natural Immune Rx to protect the immune system and prevent any virus.1. Frequent hand-washing (well highlighted in all official communications) using Tea Tree Oil.

2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).

3. *Gargle twice a day with warm salt water or Tea Tree Oil mouth wash. *H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

4. Similar to 3 above, *clean your nostrils at least once every day with warm salt water. *Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but *blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.*

5. *Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

6. *Drink as much of warm liquids (Water + Lemon) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

Update on the swine Flu H1N1: <http://www.yourhealthbase.com/ihn200sg> At The International Academy of Wellness, we understand and respect the fact that our bodies have an incredibly powerful ability to heal themselves as long as we focus on proper nutrition and a preventative lifestyle. Dr. George GrantNatural Medicine SpecialistTel: 905.737.1788 Mobile: 416.562.3140

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