

Metro Moncton is healing hub of Maritimes

■ Holistic Fair set for Aug. 20 in Riverview

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Stephen and Kim Clayton of Clayhut Healing Centre, Riverview, are organizing a holistic fair for Saturday, Aug. 20, at the Coverdale Recreation Centre on Runnymede Road.

It's a healing fest, with 35 skilled holistic therapists from Metro Moncton and beyond coming together to offer the public an insight into non-invasive healing and feel-good and wellness practices.

The Claytons are naturopaths who founded Clayhut in 2008 to offer heart-based holistic care to people and animals. Stephen Clayton is a master of chios, which is a comprehensive energy healing modality. Physical, mental and emotional ailments start at the energetic level and can best be treated at that level, he explained.

Most of the clients are adults suffering stress-related ailments or accident or sports injuries. Stress is the number one concern because if untreated, it can impact the body and mind and lead to other problems.

The healing treatment is like a tune-up for the body, he said. There



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Steve Clayton is a naturopath, chios master teacher and reiki master. Here, he works on Kristina Cornell of Riverview at the Riverview Market.

will also be some crafts including therapeutic teas.

Even animals sometimes need treatment. Animals can become stressed, can sense and take on their owner's stress.

Some of the other healing fields include angel therapy, crystal healing and crystal readings, emotional freedom technique, past-life healing, reiki and sound healing. These have different approaches but all work with the energy emanating from a person.

The couple organized a similar fair in March with about 250 people attending.

The Moncton region has a great number of holistic people and has become the healing and holistic hub of the Maritimes with the number of clients growing, he said.

The fair will be open from 10 a.m. to 5 p.m. with a \$4 entry free. Children under 12 will be admitted free. Part of the proceeds will be donated to the Riverview Boys and Girls Club.