

# Our Services

## Nutritional Consulting

The Professional Team at QHC II will help to guide you toward better health with their commitment, knowledge and caring. It's your health; trust the team that has the experience and delivers results.

## Weight Management Therapy Program

### Want to Lose Weight or Prevent Chronic Illness?

The National Institute of Health recommends:

**First Line Therapy Program** – an easy-to-follow meal plan to assist in healthy lifestyle changes. By following FLT you could reduce the risk of the following conditions:

- Heart Disease
- Stroke
- Diabetes
- Cancer
- Arthritis
- Osteoporosis
- Alzheimer's Disease

Lifestyle choices are also the key to many symptoms that are not classified as conditions:

- Fatigue
- Stress-related symptoms
- Hormone imbalance
- And many others

## Energetic Support

### Are your muscles tired for no good reason?

### Are you stressed?

### Do you experience sleep problems?

The Tennant Biomodulator may help. The Biomodulator is an FDA approved type 2 biofeedback device for muscle relaxation and re-education. Many physicians and home users report muscle relaxation and re-education related to the following illnesses: Backache, Chronic Fatigue, Chronic Pain, Depression, Diabetes, Digestion, Emotional Disorders, Endocrine Function, Exhaustion, Fibromyalgia, Heart Condition, Joint Pain, Migraine, Muscle Pain, Weak Immune System, and others.

*(These uses have not been fully evaluated by the FDA)*

## Energetic Detox *(also called Energy Detox)*

The B.E.S.T.™ (Bio-Electric Stimulating Technique) unit works through the most basic and plentiful substance in your body--water. This allows the body to absorb energy on a cellular level; when cells have sufficient energy, they are able to function optimally.

## A Younger and Healthier You...

### Unlock the healing power of your body with the Bio-Hologram

The Bio-Hologram carries information to restore and balance body systems - energy, stamina, sleep, mental fatigue, emotional state, and wellbeing in general.

**Queen's**  
HEALTH CENTER II

707 Rt. 113, Souderton, PA, 18964

Telephone: 215-721-8828  
Fax: 215-721-8836  
Email: [info@drriand.com](mailto:info@drriand.com)  
Web Site: [www.drriand.com](http://www.drriand.com)

**HOURS**  
Monday 9:30 AM – 8:00 PM  
Tuesday 9:30 AM – 8:00 PM  
Wednesday 9:30 AM – 8:00 PM  
Thursday 9:30 AM – 8:00 PM  
Friday 9:30 AM – 6:00 PM  
Saturday 9:00 AM – 2:00 PM  
Sunday – closed

**EDUCATIONAL SEMINARS  
AND CLASSES**  
For schedule and list of topics  
please call QHC II: 215-721-8828

**WALK-INS WELCOME! However,  
Appointments Are Recommended.**

**Queen's**  
HEALTH CENTER II

Premier Wellness Center  
For The Whole Family

Because you deserve the best

Our mission is to be  
"The Premier Wellness Center"  
that provides education regarding  
the use of natural, effective, and safe  
techniques and remedies that heal,  
inspire and empower individuals to  
lead the lives they most desire.

Management and Staff  
Queen's Health Center II



Nutritional Consulting



Weight Management



Energetic Modalities



CoRe Evaluation System



Health Education

## About Us

### Director of Queen's Health Center II

#### Ria M. Gilday N.D., C.N.

Dr. Gilday received her undergraduate degree in Biology from Muhlenberg College. She then continued with graduate studies in the field of Immunology at the University of Penn. Dr. Gilday is a Licensed Certified Nutritionist and a Naturopathic Doctor.

Her work experience in the area of nutrition is quite extensive. It includes research at the world renowned Fox Chase Cancer Institute in Philadelphia, Pennsylvania, where she conducted nutritionally-related cancer research.

She is an author, lecturer and the host of her own radio talk show "LET'S TALK HEALTH WITH DR. RIA GILDAY" on WNPV, 1440 AM. Dr. Gilday is a member of the American Association of Nutritional Consultants (AANC), and the American Association of University Women (AAUW), an organization which focuses on the issues of children. Dr. Gilday has been a member of "Who's Who in America" since 1998.



### General Manager and Nutritional Consultant Shana Burns, C.N., C.M.T.

- Certified Nutritionist
- Certified Massage therapist
- Certified in First Line Therapy Program
- Member of American Association of Certified Consultants



### Certified Nutritionist Holly Ann Thompson, C.N.

- Member of American Association of Nutritional Consultants



### Registered Nurse Maggie Argue, R.N.

- Licensed Registered Nurse
- Certified in First Line Therapy Program

## Supporting Professionals

**Dr. Marc E. Jaffe, D.O.** – Board Certified in Family Practice from American Osteopathic College Board of Family Practice.

**Dr. Phillip Getson, D.O.** – Board Certified Family Physician with specialty in Thermography.

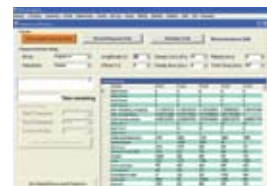
# The Future of Medicine is Now at QHC II

## Experience Health On A New Level!

**The Intergetix CoRe system** is a program that evaluates your physical, emotional, and mental states and balances them, bringing the body to a healthy state.

## How does Inergetix-CoRe system work?

**The Intergetix CoRe system** is, first, an energetic therapeutic system that can apply sound, electric, magnetic and light therapies with client-specific feedback technology.



Second, it is a sophisticated informational therapeutic device that can reproduce and evaluate a client's physical, emotional, mental, and energetic situation.

The CoRe, rather than working with actual body parts, works with a mathematical matrix representative of every body part. By calculating this matrix, CoRe can actually balance the particular body part in the same way that information we receive through communication on other levels affects our bodies and our lives.



## Testimonials

*It has been 17 years since I first met Dr. Ria Gilday. This followed a diagnosis of breast cancer. (Years previously, I was diagnosed with Lupus Erythematosus.) How could I possibly have known the impact that Dr. Ria, as a person, and her expertise, would have on my life? She has contributed enormously to my physical, emotional, and spiritual journey toward wellness.* — Julie W.

*A year ago I was about to go on insulin for my diabetes. Now my diabetes, cholesterol, and hypertension are all under control and I use much less medication. I lost 40 pounds, and have more energy than I did 10 years ago.*

— Frank S.

## Cardio-Screening

Know your chance of heart attack or stroke in just three minutes

- Measures 8 different cardiovascular areas
- A medical doctor approved, certified technician will review results with you immediately
- You will know the condition of your cardiovascular system when you leave and can take your own pro-active approach to avoid a heart attack or stroke



## Other Services

### Facelift & Facial in One

This non-invasive method of stimulating, firming, soothing, cleansing and nourishing your face delivers remarkable results in just a few sessions.

### Additional Services include:

**Chi-The Ultimate Massager • Cranial-Sacral Massage  
Ear Candling/ Reflexology • Shiatsu Massage**

### Feel the Energy

#### Bio-Frequency Balancing

The GB 4000 is a non-invasive device for supporting and balancing body frequencies.

- Have more energy
- Strengthen the immune system
- Raise the body's defenses against germs

### Feel the Harmony

#### Harmonize your body with the Light Analyzer

The Advanced Bio-Photon Analyzer is a non-invasive device for supporting and balancing body energetics.

- Enhances well-being and promotes the harmony and balance of the body's bio-field
- Neutralizes the harmful effects of toxins and chemicals in household cleaning agents and the harmful energies in your living area, including "sick building" syndrome
- Reduces the stress on your body's energetic system

*For many years I had allergic reactions when I ate any foods. I had digestive problems, sleep problems, migraines and cholesterol issues, to name a few. I had visited many doctors to no avail. Finally, with much skepticism, I made an appointment with Shana Burns, C.N., at Queen's Health Center II. At this point I am indebted to Shana for helping me to restore my health and for helping me to lose 20 pounds. I feel great and recommend Queen's Health Center II to all my friends and family.* — Janis S.

*For going on ten years, I have been working with Dr. Ria Gilday; it is to her that I owe my present state of good - and continually improving - health. At 62, I am in better health than I was in my 40's.* — J.L.



## Preventive Tests to Optimize Your Health

**1. Mineral Test** – provides guidance for possible mineral deficiency; it's safe and easy.

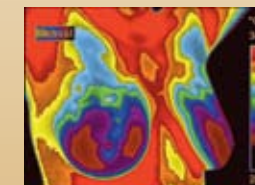
**2. MEAD** (Meridian Energy Analysis Device) – analyzes the body's energy flow. When the body is under stress, the energy flow is blocked. Although NOT a diagnostic device, insufficient energy flow in the tissue or organ can develop into health challenges over time.

**3. BIA** (Bio-Impedance Assessment) – perhaps the most accurate way to determine:

- Hydration or dehydration on the cellular level.
- Fat percentage compared to lean muscle mass.
- How many calories you need to lose, to gain or to maintain weight
- Health of your cells



**4. Thermography** – a screening tool superior to other methods in the early stages of detection of tissue abnormality. Many people choose thermography over mammography. The test is performed under the direction of Dr. Phillip Getson, D.O. Thermography is a safe,



non-invasive, non-radiologic, painless test with no known adverse effects and no contraindications. Dr. Getson personally interprets all thermal images and provides a report to your family practitioner.

Breast thermography has the ability to warn women up to 10 years before any other procedure that a cancer may be forming.

Note: Some insurances will reimburse all or part of thermography. (Please check with your insurance carrier.)