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WEIGHT LOSS

The foundation of any weight loss routine should be rooted in proper diet and a healthy dose of exercise. However, sometimes people need that extra kick to either get their weight loss started, or to break through a plateau. This is where weight loss supplements come in. It’s important to understand that there is no magic pill and understanding how and why a product works will help you make the right decision. Some products focus on energy, while others may help suppress appetite, increase mood, or help prevent the absorption of fats or carbohydrates. Recognizing what area you need the most help in is vital to picking the best product for you. Garcinia Cambogia helps suppress appetite, while Shapesmart reduces the absorption of carbohydrates. A product like CLA helps prevent dietary fat from entering into the fat cells where it would normally be stored. L-Carnitine is a fat mobilizer that helps carry fat in the blood stream to muscle so it can be burned off as energy. Combination products such as Ripped Freak, Amino Cuts, BRN and Rapidcuts all provide a blend of ingredients each targeted at doing something slightly different. All of these products also add caffeine to increase fat burning along with energy.

**Chris’s Tips**
Remember when choosing a product, don’t just pick the one with the best claim, it’s more important to understand and choose the one that is best for your individual needs.

**Sevy’s Tips**
Pay attention to all of your sources of caffeine including coffee, preworkout products, and other supplements. Too much caffeine can cause adrenal fatigue and other side effects.

Sevy Mavrantzas
BSc, RMT, CPT Bikini Winner of the 2013 Fouad Open
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For over four decades, the Bardgett name has been associated with Canada’s highest standards for denture care. Today, Bardgett Total Care is Windsor’s most patient-friendly, comprehensive oral health facility — whether you wear dentures or not.

Bardgett Total Care is an integrated oral health operation that features dental care, dental hygiene services, and denture care all in the same state-of-the-art setting. “We offer everything as it pertains to dentistry and oral health, all in one place,” says owner and denturist Tom Bardgett proudly. “My new dentist colleagues do general dentistry for everybody, young and old. We want to welcome the people who know us, and encourage them to tell their friends and family members to come.”

Bardgett Total Care’s new 5,000-square-foot facility is located right next door to his former office in the 600 Building at the corner of Howard Avenue and Tecumseh Road. As an added bonus, the new location offers convenient exterior access.

In addition to Bardgett and the denturist Charles Lim, the Total Care team now includes Dr. Hesham Sherghin and Dr. Michael Rondinelli, dentists, Dr. David Doerksen, anesthesiologist, and a dental hygienist.

Dr. Sherghin and Dr. Rondinelli are both young, highly qualified professionals who studied at the University of Detroit Mercy School of Dentistry. Together, they offer a wide range of dental services, including cleanings, crowns and bridges, extractions, fillings, implants, orthodontics, pediatric dentistry, root canals, and sleep sedation.

“There’s really nothing that we don’t offer in terms of dentistry,” assures Dr. Sherghin. “From basic services to restorative dentistry and bigger surgical cases, we’re very competent and very excited to provide comprehensive dental care to the entire Windsor community.”

Both Dr. Sherghin and Dr. Rondinelli are excited to be practising alongside Bardgett, a highly respected figure in the local oral health community. “Like Tom Bardgett, we’re driven by patient-focused care,” promises Dr. Rondinelli. “For me, it’s perfect: you’ve got youth with energy and hometown connections pairing up with somebody who’s been in the community for 40 years in Windsor.”

Importantly, Bardgett Total Care includes an onsite laboratory, in which Bardgett and his associates can fabricate prosthetic teeth and dental implants without leaving the building. Furthermore, a dedicated surgical suite enables Total Care team dentists to perform several sophisticated procedures in house. Because the facility can also accommodate an anesthesiologist, patients can receive professionally administered sedation when necessary.

Of course, existing Bardgett patients can still expect the same high level of denture care they’ve always received from Tom Bardgett and his team. Bardgett has been practicing denturism in Windsor since 1974, when he was the youngest person in Ontario to hold a Registered Dental Technician (RDT) licence and a Diploma of Denturism (DD). Today, Bardgett treats his patients to the world’s most trusted denture systems, including complete, partial, and flexible removable and permanent dental prosthetics and implants. His practice has come to be known for consistently excellent results – just ask the more than 20,000 Southwestern Ontario men and women he’s already helped start smiling again.

Whatever your needs, call Bardgett Total Care to schedule a free consultation today. If you currently wear dentures, you’re invited to stop by for a complimentary cleaning.
TRAIN STATION FITNESS
WHERE 2 WORLDS COLLIDE

THE PERFECT STORM

Five-star-rated Train Station Fitness has been taking care of Windsor’s senior population since May 1, 2015. In that time, Train Station has produced unprecedented results with regard to weight loss and management, joint pain and replacements, and cardiac rehab.

Train Station’s professional team of Medical Exercise Specialists has also addressed a host of other ailments, including fibromyalgia, arthritis, and over 80 other diseases. In every case, the Train Station team works attentively to train and motivate its clients every day and every step of the way in order to ensure their success and increased quality of life going forward.

Enter Hurricane Training: Personal trainer and boot camp icon Andy Hamade, owner of Hurricane Training, has just joined forces with Master Trainer Jamie Bertrand, owner of Train Station Fitness. Now that Train Station Fitness includes Windsor’s premier fitness centre, Express Weight Loss (which needs no introduction), and Windsor’s number-one boot camp facility all under the same roof, well, fitness destinations just don’t get any better.

Andy, a master trainer himself, has been running boot camps in different locations around the city for over 6 of his 12 years as a personal trainer. “I wanted to team up with Train Station for two main reasons,” he says. “Number one, I wanted my clients to have access to the best equipment in the city. And number two, I needed an area big enough to design and implement Tough Mudder Training, which Train Station has in its back acreage.”

Train Station Fitness welcomes Andy and all of his clients with open arms. Andy and the Train Station team look forward to a long and healthy life together. Andy’s personal training schedule is filling up fast, but he still has a few slots open. When Andy is not at Train Station or spending time with his wife and children, he is buried in his Medical Exercise Specialist course; like all trainers, he’s required to complete it to work at Train Station.

Train Station Fitness is located at 10700 Tecumseh Road East between Clover and Banwell. Whether you are are a senior looking for a better quality of life, a high school student looking to make the team, an aspiring firefighter or police officer looking for help passing a physical qualifying exam, or just an average Joe looking to get in the best shape of his life, the Train Station team can help you in countless ways. Stop by for a tour and allow Train Station the privilege of earning your business and making you a part of Windsor’s best fitness family. Call Train Station today at (519) 979-6622 and be sure to Like the club on Facebook.
Quality Without Question:
The Train Station Fitness Medical Exercise Specialist Dream Team
by Dan Qaqish, Trainer, IFA certificate, CCF MES certified

On a regular basis, I see and hear people talking about how they can’t exercise due to their physical conditions or age. When suffering from certain conditions and restrictions, it can become an increasingly daunting idea to try getting in shape. What’s worse, as the years go by, that dream only seems to become more impossible to achieve.

Fortunately, my fellow trainers and I at Train Station Fitness are here to tell you that age is just a number! Almost any physical condition can be overcome with hard work, determination, and the right support behind you. I have personally worked with clients with multiple physical conditions and limitations; as the sessions went by, these clients noticed their everyday living was becoming much easier.

There is a common misconception out there that exercise will only make your physical ailments worse, but the truth is actually the reverse. We as humans require physical stimulation for our bodies to continue to function efficiently and effectively, especially as we start to grow in years. With the right programming and pace, those of you in your 40s and 50s and beyond can make major steps forward for your overall fitness and health – even if you suffer from physical limitations and conditions.

This isn’t to say it won’t be challenging; it will most definitely be a battle. That said, it’s one worth fighting, and the harder you fight, the easier it becomes. The key to succeeding at becoming a healthier, fitter individual is consistency. If you come to our gym and work with us regularly, you will have no option but to become a healthier, stronger, and happier you.

Those of you reading this article who are still unconvinced due to the severity of your physical state, let me ease your mind. Each and every trainer at Train Station Fitness is Medical Exercise Specialist (MES) certified.

“There is a common misconception out there that exercise will only make your physical ailments worse, but the truth is actually the reverse.”

This means that we are all qualified to not only train you and increase your overall fitness, but also to help manage and promote recovery following procedures like total knee, shoulder, and hip replacements – to name just a few. Our training methods will help bring forth increased functionality, stability, and ranges of motion in the body you thought were long gone.

So, if you or anyone you know is sitting around thinking there’s nothing that can be done, remember that age truly is just a number. You are only as limited as you allow yourself to be.
It happens to everyone. Around the age of 45, suddenly the menu at your favourite restaurant seems impossible to read. As you hold the menu farther away and angle it to increase the light, you realize the years have caught up with you. It’s called “presbyopia,” or the natural loss of focusing-muscle strength.

Despite all the exercise and eating well you’ve done to stay looking young, despite the Botox and face creams, once the readers go on, you feel your age—and everyone else can tell your age, too.

You may have worn glasses since you were a child or had eagle vision your entire life, but by your early 50s, it’s readers or bifocals. Some of us are mildly nearsighted and simply take off our glasses to read, but then put them on to drive, and back and forth it goes. There’s no escaping the inevitable.

LASIK has become the gold standard for eliminating glasses and contacts for great distance vision, and the procedure has helped tens of millions of people see better over the past two decades. The only reading option to date has been monovision, with LASIK or contact lenses, where one eye is set for distance vision and the other for near vision. Monovision works great for some patients, but for many others, it’s a compromise that is worse than the problem of presbyopia, and leaves people feeling off-balance and compromising their night vision.

Like the solutions to most problems, good things come to those who wait. In 2015, new vision procedures were introduced, 25 years after laser vision correction first began in Canada. New laser and implant technology can help people see long distances, intermediate distances, and close up without glasses.

To understand how these techniques work, we need first to understand how the focusing elements of the eye function. Similar to what is found on a camera, there’s a focusing system at the front of the eye and the film—or retina—is at the back of our eyes. The focusing system consists of two components: the cornea and the natural crystalline lens. LASIK reshapes the cornea using laser technology, essentially taking the curve from our glasses or contact lenses and placing it on the eye, allowing us to see without visual aids. The crystalline lens provides our visual fine-tuning and reading ability. As we age and develop presbyopia, our lens becomes stiffer and less flexible, making reading increasingly more difficult. This explains why, even if LASIK patients see amazingly well at a distance, they still need reading glasses.

The next stage of aging results in the lens of the eye becoming darker, more yellow and brown, and more hazy—actually blocking vision and preventing or distorting light rays from reaching the retina. This is known as cataract formation, and again, it will develop in all of us, usually in our 60s and 70s, although it can occur far earlier and, in some lucky people, later.

The solution to both these aging lens issues is to replace the natural lens of the eye with an intraocular lens implant—something we’ve been doing for far longer than LASIK and in far more people. About 600,000 LASIK procedures are performed each year, compared to about 4 million cataract and lens replacement surgeries annually.

Cataract surgery is the most commonly performed nonelective surgery in North America. There have been significant improvements in the safety and success of cataract surgery over the past decade, such as small, rapidly healing sutureless incisions and the use of high-frequency ultrasound or phacoemulsification to break up the cataracts. All of this is done in an outpatient procedure, performed under topical anesthesia and light sedation. In the past couple of years, femtosecond lasers—which have significantly improved the safety and accuracy of LASIK surgeries over the last decade—have been introduced to lens surgery. Femtosecond lasers in cataract surgery have the ability to create the lens and corneal openings; perform lens fragmentation, even in very dense cataracts; and treat astigmatism.

With these tremendous advancements, lens surgery—or refractive lens exchange (RLE), as it is commonly referred to—is being performed at the earliest signs of an aging lens, to help reverse the symptoms of presbyopia and eliminate the early visual symptoms associated with age-related lens irregularities and visual aberrations. One key benefit is that once an RLE procedure is performed, cataract surgery will never be needed and the results will last a lifetime. Perhaps the most important benefit stems from the advancements in lens implant selection, allowing surgeons to treat astigmatism, improve visual quality, and provide more functional full-range vision.

Developed and performed in Europe over several years, these new vision correction options represent exciting medical breakthroughs. In the past, most implants only provided distance and near vision, but no intermediate vision, and many significantly impacted a patient’s night vision. Now, a new class of Intraocular Lens implants are available, known as Externder Range of Focus implants.

The most notable of these implants is the Symfony implant, which has been approved in Canada and certainly represents the most exciting innovation in both cataract and refractive lens exchange procedures. Combined with femtosecond second-laser technology, a virtually painless 10-minute procedure can provide high-quality, functional, and continuous distance to near vision. In patients desiring even sharper reading vision, the Symfony can be combined with Low Add Tecnis Multifocal Lenses for superior visual performance at all distances. New trifocal lenses, such as the FlexVision implant, are also predicted to be available in Canada in 2016. Compared to multifocal—or, perhaps better termed, bifocal—lens implants providing distance and near vision, this new generation of more full-range implants is achieving far greater functional vision and significantly improved patient satisfaction.

So it seems, with these latest innovations, we can reclaim our youth, eliminate reading glasses and bifocals, and not follow in the footsteps of our parents.

Dr. Fouad Tayfour
Windsor Laser Eye Institute
2224 Walker Road, Suite 198, Windsor, ON

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ESTATE PLANNING SEMINAR: 5PM - 6PM
INCLUDING AN OVERVIEW OF THE NEW PROBATE PROCESS IN ONTARIO.

Estate planning is essential for individuals wanting to transfer assets to family members, charitable causes, or others in an orderly fashion. The legislation dealing with the probate process was amended in 2011. In January 2015, Ontario introduced its new Estate Information Return, which estate trustees (i.e. executors) will need to file.

Estate plans should be revisited to ensure that they remain appropriate. This session will cover the new probate process and highlight planning opportunities, including probate bypass techniques.

CASH FLOW SEMINAR: 7PM - 8PM

DOES THIS DESCRIBE YOU?

You feel like you make good money, and feel like you should be keeping more of it.

No one has shown you an effective way to manage the money you currently earn.

You have investments and savings with your bank or investment professional, but no written structure how to retire your debt before you do.

You don’t know exactly when you will be debt free including lines of credit, and how much interest you will pay until then.

No one has sat down with you and helped you organize your debts, shown you how to save thousands in interest, and how to harness those savings to fund your dreams.

If you feel this way, then you need a Cash Flow Plan!

Seminars will take place on March 23, 2016 at the Caboto Club
Please RSVP for seminars to info@Godfroyfinancialgroup.com or call 519.258.1995 by Monday, March 21st, 2016
Fitness fashion from the studio to the street

You shouldn’t feel like you’ve contorted your body into uncomfortable positions before you’ve even laid down your yoga mat.

That fact is, poorly made mass-market active wear can look and feel restrictive, unflattering, or downright embarrassing. Even more uncomfortable: looking exactly the same as everybody else at the gym. If mall-shopping for active wear has you all bent out of shape, you need to know that there’s a better way.

Tecumseh-Lakeshore’s Rain Fitness Yoga & Lifestyle Boutique is an eco-conscious, quality-driven fashion retailer that stocks premium apparel and accessories for active lifestyles. That means unique designer yoga wear that’s breathable and light enough to run or lift weights in, and comfortable and attractive enough to wear no matter what your day has in store.

Conveniently located in the St. Clair Shores Shopping Centre, the boutique opened this October after nearly a full year of intensive planning. The one-of-a-kind shop belongs to Reena Kainth, a health-conscious Lakeshore native who’s been teaching yoga in the area for six years.

“It’s something I’ve always thought about because fashion and yoga are two things I really have a passion for,” says Kainth, who studied fashion at the postsecondary level. “As somebody who practices yoga, works out, and is active, I know that it’s difficult to find quality workout clothing. I really wanted to bring in superior quality products that fit the moral and ethical profile that I like to follow.”

To stock her shelves, Kainth scoured the continent to source fashion-forward, planet-friendly designers with full hearts and small footprints. She spent hours flipping through lookbooks, browsing blogs, and connecting with her contacts in the yoga community. “I did the research to find brands that fit our brand,” emphasizes Kainth. “Our goal is to introduce you to the best designers in active wear.”

Critically – and remarkably – every piece of clothing Rain stocks is ethically made in North America. “Our suppliers are environmentally conscious, sustainable resources and socially responsible business practices,” promises Kainth. “I’m a huge supporter of supporting local manufacturing and being as environmentally friendly as possible.”

If you’re anything like us, you spend as much time in your active wear on your couch, in your car, or at your favourite table at the coffee shop as you do on your yoga mat. With this in mind, Rain’s showroom has been carefully curated to feature pieces designed to transition effortlessly from downward dog to downtown. With a little creativity, your favourite outfit from Rain will carry you from studio to the street.

“‘It’s not just workout clothing,’ explains Kainth. ‘Pretty much everything in our store is ‘fitness fashion’ – something you can also wear socially, from day to night.’”

To start, Rain is a proud stockist of YogaSmoga, the young American label whose unprecedented level of quality control is increasingly drawing customers away from worldwide staples like Lululemon. The ethical, eco-friendly brand sells a full active wear line, including premium leggings, yoga tops, and built-in-bra tank tops.

Rain also works closely with the Los Angeles designer Nina B Roze, known for her signature Heart Butt compression leggings. Available in solid black or seasonal prints, they feature flat seams and heart-shaped stitching for a perfect fit that lifts and tones exactly where you want. “I dealt directly with Nina,” shares Kainth. “It’s so nice to have that small business bond and support somebody who is starting out as well.”

Other suppliers include Lily Lotus, Onzie, Phat Buddha, Public Myth, and Solow. Rain even carries two versatile men’s lines. Like women’s yoga wear, yoga clothes for men are lightweight, moisture wicking, and anti-pilling. They’re designed to move with you while calling comfortable attention to your best physical features.

Rain also stocks all the accessories you need for your serious yoga practice or active lifestyle, starting with mats from Manduka, the consensus number-one yoga mat manufacturer in the world. Rain also offers high performance towels, blocks, and straps, plus ToeSox and premium eco-friendly water bottles from S’well and Takeya.

The globally conscious outfit WeWOOD supplies Rain with Italian-designed reclaimed wood watches made with world-class Japanese movement.

Starting this winter, Rain opens its doors for occasional pop-up community classes. Currently, the donation-based, walk-in classes happen on the second Wednesday of every month, but you can connect with Rain on social media for up-to-date listings. It’s just one more thing that makes Rain one of a kind.

“The nice thing about boutique shopping is the individuality of it,” stresses Kainth. “When you buy local you support individuals on an individual level, but you also get something unique. When you purchase something at Rain, chances are you’re one of five or six people in the city that’s going to have it.”

However you stay active, Windsor Body encourages you to take a closer look at Rain Fitness Yoga & Lifestyle Boutique. We’re more than comfortable with the endorsement.
WHAT WE TALK ABOUT WHEN We Talk About Homeopathy!

To the uninitiated, homeopathy is a thing that is easy to root for. What we refer to as “homeopathic remedies” are often placed in opposition to what people with other preferences call “traditional” or “Western” medicine. And they are. But in the same way that not all means of non-automotive transportation are unicycles, not all “natural” or “alternative” medications are homeopathic.

Many of us assume that homeopathic remedies are a positive, gentle correction or counterbalance to the harsh chemical constitution of big-money modern medicine. We can sympathize with these assumptions because home is good. Home is comfortable, and it only becomes more so when compared to a hospital or a doctor’s office. Home is familiar; home is safe.

Because our homes are very much not pharmacies or sterile office suites or hospital waiting rooms, it’s easy to read “homeopathy” as a catchall term for nontraditional medicine or alternative healing. For this reason especially, we want homeopathy to work. In music and vacations and Chinese takeout, there’s an undeniable appeal to the idea that the best version of something is the one that only you and your friends know about. Why not the same for medicine?

In actual fact, “homeopathy” really does mean something. It’s the word for a very particular, very specific practice. What you think of it is ultimately up to you, but it’s important to understand what you’re subscribing to when you express an opinion about it. If you’ll indulge us, we’d like to tell you what it means.

Homeopathy was invented in the late eighteenth century, which seems like and indeed is a long time ago. We tend to give the benefit of the doubt to practices that have endured for centuries, and that’s fine; it’s not unreasonable to assume that older things are more credible. Just remember, then, that what we might call mainstream medicine was invented in prehistory. Even if we insist on the Hippocratic Oath as a starting point, it was first taken in the fifth century BCE.

Samuel Hahnemann, a German physician who practiced in the late 1700s, is the father of homeopathy. While we ought not punish him for having lived centuries ago, we can now see that his methods do not stand up to serious scientific scrutiny. To a neutral observer in our present century, Hahnemann’s hypothesis was that, as a general rule of medicine, we might be able to cure other illnesses by administering patients small doses of substances that we know to cause those same illnesses. Hahnemann called this belief the “principle of similars”; we now generally refer to it as “like cure like,” and it is the first of two fundamental rules of homeopathy that we ought to discuss. The second is the “law of minimum dose.”

Hahnemann’s second law postulates that, contrary to how we normally understand the universe, the less of a curative substance you take, the greater its effect will be.

As any fastidious homeowner knows, a traditional therapy for a fresh red wine stain on the carpet is a judicious splash of white wine and some elbow grease. To the homeopath, an eyedropper further of the original Merlot would be preferable. In different terms, it’s analogous to treating a gunshot wound with a piece of shrapnel.

In order to achieve the most minimal of minimum doses, homeopaths engage in a process they call “dynamisation” or “potentisation.” It involves diluting the “active” medicinal ingredient in distilled water or alcohol within some vessel, vigorously shaking that container, further diluting that solution, and then several times more diluting that solution. And so on.

As a result of this process, which is meant to activate some “vital energy” in the original substance capable of surviving an indefinite number of dilutions, many homeopathic remedies contain only trace amounts of...
what they purport to be their active ingredients. Far from a scandal, this is precisely the point. In fact, in actual practice, plenty of retail homeopathic remedies contain absolutely no traceable or observable molecules of their supposed “active” ingredient. For all intents and purposes, these “medicines” are bottled distilled water.

Perhaps you like to cook. If you purchased a rare truffle oil that was shown to contain less than 0.001% actual truffle, you would likely be incensed. Not so for the homeopath.

While Hahnemann’s reasoning was ultimately flawed, the authorized mainstream medical treatment of the day was often bloodletting. We don’t blame him for assuming there had to be a better way. He just chose the wrong one.

Today in Canada, certain homeopathic remedies fall under official government Natural Health Product Regulations. However, because homeopathic products are not prescription drugs, they are regulated for safety but not effectiveness. Not unlike plain distilled water, they pose no active threat to people who take them, and so they are permitted to keep their place on store shelves.

While it’s difficult to accidentally purchase homeopathic goods for adults, this is not true for children’s medication. Homeopaths believe in the efficacy of endlessly diluted solutions they call “nosodes,” which are often marketed and used as alternatives to vaccines. We have no evidence that suggests this is appropriate. What’s more, homeopathic products are often indicated for cough, cold, and flu relief for children, particularly those too young to take the over-the-counter medications used by their parents.

It should go without saying that the healthcare community does not exactly endorse these products. The Canadian Medial Association (CMA), the Canadian Pediatric Society, and the Canadian Institutes of Health Research – among literally dozens, if not hundreds, of other official bodies – have all recently released statements criticizing the practice. “Homeopathic vaccines hurt people and hurt our society,” says Dr. Chris Simpson, president of the CMA. We tend to agree.

This year, the Government of Canada has decided to do something about it. Going forward, it will refuse to approve homeopathic claims on products for children under 12 that are not supported by the same burden of scientific evidence that applies to conventional medicines. While homeopaths are free to sell their goods to the public, they are not legally allowed, in so many words, to claim that they bring about any actual effects.

Manufacturers of homeopathic products have until July of this year to comply with the new labeling regulations. As you might imagine, Canadian homeopaths are urging the federal government to reconsider.

In the end, selling homeopathic remedies to treat minor maladies or perk one up beyond his or her baseline level of perceived health is probably unethical. Willfully selling homeopathic solutions as serious alternatives to children’s medicine is deluded at best. At worst, it’s immoral on its face.

Writing about homeopathy – even against homeopathy – is fraught with difficulty because it almost tacitly suggests that one is choosing sides in a debate between two credible positions. I do not want to suggest that there is a debate. There is no feasible scientific case for homeopathy.

Homeopathy is, in a very real sense, a version of religion. It is a belief in a magical sort of reality that cannot be proven by any manner of conventional evidence. The justification for taking and administering homeopathic medication is faith. There can be no other.

When it comes to the behaviours of consenting adults, we tend err on the side of permitting personal freedoms. Let it be so for homeopathy.

By all means take your chances. Just know what it is you’re taking.

As always, this magazine’s healthcare advice is provided in good faith but is ultimately offered for general information and entertainment purposes only. If you have serious concerns about your health, we encourage you to seek the counsel of a serious medical professional in a recognized field.

Certain products must also bear a warning label. It reads: “This product is neither a vaccine nor an alternative to vaccination. This product has not been proven to prevent infection. Health Canada does not recommend its use in children and advises that your child receive all routine vaccinations.”

In the end, selling homeopathic remedies to treat minor maladies or perk one up beyond his or her baseline level of perceived health is probably unethical. Willfully selling homeopathic solutions as serious alternatives to children’s medicine is deluded at best. At worst, it’s immoral on its face.
Within her first two years as a full-time Realtor, Layla Di Meo is well on her way to finishing 2016 as a multi-million-dollar producer. The well-connected Realtor is already reaping the benefits of a personal and professional network of contacts that spans the entirety of Windsor and Essex County.

As founder of one of Windsor’s most prominent restaurant chains, Layla has over a quarter century of successful entrepreneurial experience. These days, she’s added the Windsor-Essex real estate market to her portfolio.

Along with her husband, Layla founded the first Gilligan’s eatery in 1990. More than 25 years later, the much-loved concept, which now comprises four locations, is successfully franchised. The stage is set for Layla’s new business venture to take off. “Real Estate is something I’ve always been interested in,” shares the hard-working Royal LePage Binder Sales Representative. “I’m very excited about this new venture! It still allows me to be entrepreneurial while giving me the opportunity to continue to work closely with clients, as I have always done in the past.

“I’m humbled and grateful for the tremendous support and the invaluable friendships that my past ventures have given me,” Layla reminisces. “I can only say that I am eager to work hard in this new career and share with clients and friends what they have grown to expect from me: the passion, excitement, and determination that I bring to all that I do!”

In real estate, Layla’s self-directed spirit expresses itself in her confident, sure-handed approach to marketing and sales. As an entrepreneur with personal experience in lease and contract negotiations and buying and selling in the Windsor-Essex market, Layla has spent years negotiating winning solutions. Today, Layla leans on her extensive business background and years of well-established contacts and relationships to deliver custom-designed real estate sales strategies.

As a devoted mother to Michael and Savanah, Layla tries to keep life balanced with great friends, continued education, physical activity, and always trying to hit the tennis ball over the net.

Back at work, it’s plain to see that 2016 is shaping up to be a very good year, indeed.
NEW LOCALLY MADE HEALTH & WELLNESS BEVERAGES

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Cold pressed raw juice made from fresh, organic fruits and vegetables. made fresh in London Ontario!
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WE HAVE NEW ITEMS ARRIVING EVERY WEEK. MANY GLUTEN-FREE AND VEGAN CHOICES AVAILABLE. SPECIAL REQUESTS WELCOME!
One of the most important things to look out for on nutritional information labels isn’t technically a nutrient at all.

While experts continue to grapple over the relative merits of fats, carbohydrates, and sodium content in our day-to-day diet, it’s easy to overlook fibre. As it turns out, dietary fibre (we use the –re in Canada) has many surprising benefits, but we don’t seem to be eating enough of it.

Fibre prevents constipation, yes, but it also may lower cholesterol, help control body weight, and guard against Type 2 Diabetes. According to a very recent, very significant study, fibre intake can even be linked, in a good way, to breast cancer rates. In addition to issues with constipation, insufficient dietary fibre intake can lead to uncontrollable peaks and valleys in blood sugar and appetite.

First, the scary news: fibre is a type of carbohydrate. Unlike most carbohydrates, though, which are broken down into sugar molecules, humans cannot digest fibre. Instead, it passes straight through the body, relatively unencumbered.

Making a conscious effort to add more fibre to your diet, without modifying any other variable, can be a surprisingly effective weight-loss strategy. While it won’t burn fat away on its own, dietary fibre has the important effect of filling you up without adding extra calories to your diet. By literally filling the empty space in your stomach, dietary fibre sends signals to your brain that effectively warn you to stop eating. In most cases, you’ll listen. Because none of that stomach-filling matter will actually be absorbed or digested, you’ll end up consuming fewer calories than if you’d used, say, fats or processed sugars to fill that same space.

Dietary fibre, sometimes euphemized as “roughage,” comprises parts of plant matter that can be eaten safely but cannot be digested or absorbed into the small intestine. It follows, then, that foods of “animal origin” like meat and dairy products contain none of it.

As a general rule, whole fruits and vegetables, whole grains, nuts, and beans are all excellent sources. Normally, darker-coloured vegetables have higher fibre contents; Swiss chard beats out iceberg. You probably don’t need us to tell you this, but brown rice and whole grain products are preferable to conventional pastas and white bread and rice. Processed foods, across the board, tend to not have very much of it at all.

One of the worst ways to unknowingly eradicate fibre from your diet is to embrace juicing instead of simply eating whole fruits. Juicing, whether it happens in your kitchen or in an industrial food-processing facility, effectively strips fruits and vegetables of fibre content while concentrating sugars. You know what pulp is? Basically fibre. At the very least, stick to smoothies.
We normally divide sources of dietary fibre into two categories: soluble and insoluble. The former dissolves in water to form a gel like material, while the latter does not. Both are good, and most plant-based foods contain both in some measure, but there are some trenchant distinctions to be made.

Nuts, beans, lentils, oatmeal, and certain fruits contain soluble fibre, which helps to lower both glucose levels and blood cholesterol. It brings about this effect by slowing digestion.

Insoluble fibre has the effect of helping food move through your digestive system by adding bulk and softness, which has the natural effect of keeping your regular. Foods rich in insoluble fibre include various wheat products, brown rice, and many vegetables.

At press time, fibre is in the news. A large-scale public health study out of Harvard has very recently suggested that higher fibre intake reduces the risk of breast cancer in women. Specifically, significant consumption of dietary fibre in adolescence and early adulthood may help to ward off the disease later in life.

Several credible studies have linked dietary fibre intake to a lower risk of heart disease. One Harvard study tracked 40,000 male healthcare professionals. It discovered a relationship between high total dietary fibre intake and a 40 percent lower risk of coronary heart disease. We have reason to believe women reap similar benefits.

In 2013, a Leeds University meta-review found that a seven-gram increase in daily dietary fibre (of any variety) reduced the risk of a first-time stroke by seven percent. For every further seven-gram increase, the same risk reduction applied.

Because fibre helps to regulate blood sugar, diets low in fibre and high in foods that cause spikes in blood sugar probably increase one’s risk of developing Type 2 Diabetes – possibly by more than double.

Last spring, a Cambridge University paper attempted to relate total fibre intake alone to the likelihood of being diagnosed with Type 2 Diabetes. The 11-year study demonstrated that individuals who consumed more than 26 grams of daily dietary fibre had an 18 percent lower risk of developing Type 2 diabetes than those whose diets contained less than 19 grams.

A fibre-rich diet may also help to prevent metabolic syndrome, a hydra-headed combination of health factors that increases one’s risk of developing heart disease and diabetes. People with metabolic syndrome generally suffer from hypertension (high blood pressure) and high levels of insulin and triglycerides. They also tend to carry excess weight around the abdomen. Studies have also demonstrated that ingesting dietary fibre – particularly of the insoluble variety – greatly cuts one’s risk of diverticulitis, an inflammation of the intestine.

While a relationship between fibre intake and colon cancer would seem to be plausible, science has not borne this out. To this point, studies have failed to provide any significant association in any direction.

Unfortunately, the average North American should take in about twice as much fibre as he or she currently does. Our best guess is that most of us get about 15 grams a day. According to Eat Right Ontario, adult women under the age of 50 are recommended to ingest about 25 grams of dietary fibre per day. After 51, that number falls to 21 grams, which is still significantly less than even most younger people are getting. Men under 50 should aim for about 38 grams of fibre daily. After 51, 30 grams should be sufficient.

The point is, dietary fibre is one more cluster of words and numbers on the back of your cereal box to worry about. At least this time, more is better. Time to fill up.
A healthy handful of high-fibre foods

All values approximate.

**Lentils**: 15.6 grams per cup

**Black beans**: 15 grams per cup

**Artichokes**: About 10 grams each

**Green peas**: 8.8 grams per cup

**Raspberries**: 8 grams per cup

**Avocados**: 6.7 grams per half

**Pears**: 5 grams each

**Broccoli**: 5 grams per cup

**Popcorn**: 3.6 grams per 3 cups

**Almonds**: 3.5 grams per ounce

This magazine’s nutritional advice is responsible, as far as we can tell; it is provided in good faith, free of commercial consideration. That said, it is ultimately offered for general information and entertainment purposes only. If you have serious concerns about your health, we encourage you to seek the counsel of a serious medical professional in a recognized field.
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SPRING 2016 23
When it comes to health and medicine, we live in a prescription-based world. **You have high blood pressure? You get a prescription. You have high blood sugar? You get a prescription.** Science and medicine work this way, and it is all evidence based. That’s why drug companies fund clinical trials to come up with evidence for better ways of healing and preventing disease.

You take x, you get y. There is no doubt that all this scientific evidence has helped save and improve many people’s lives.

If that’s the whole story, though, then why are there so many people who are unhealthy or dying before their time? Just look at the number of funeral homes popping up. As a society, we are getting older, but we are also getting unhealthier. The healthcare system is in shambles; hospitals are laying off nurses, and doctors and pharmacists are overworked. The system is overloaded. If you are serious – I mean **really serious** – about your health, it’s up to you to make it your number-one priority. But where do you start?

I recently went skiing in Whistler with my friends. While at the airport waiting for our return flight, I picked up Dr. Michael Roizen’s latest book, *This Is Your Do-Over: The 7 Secrets to Losing Weight, Living Longer and Getting a Second Chance at the Life You Want*. That’s right: a second chance! It’s never too late. I highly recommend you go buy the book; it will be well worth it.

Before I get into Dr. Roizen’s recommendations, I want to point out the importance of letting your family doctor know about your health and wellness goals. This way, he or she can monitor your progress and keep an eye on any dosage adjustments to your medication, especially as your body starts to get healthier. With that out of the way, here’s a brief overview of Dr. Roizen’s suggestions.

Dr. Roizen recommends you have a “buddy” system. Improving your quality of life is easier when you have someone to share your successes and help hold you accountable. This person could be your spouse, a friend, or a personal trainer or coach. My buddy is my wife. She keeps me in check.

He also recommends you walk 10,000 steps a day. The science has shown that this walking formula not only helps you burn calories, but it also changes your body’s chemistry to reverse some of the damage you’ve done throughout your life. His book provides a list of comparable activities to get you to your 10,000 steps. Start off slowly and work your way from there. For some people, it can take over two years to get to their goal. In any case, try to do a little more than before every day. I’m going out and getting my Fitbit, but a cheap pedometer will work just as well to help you keep track.

Dr. Roizen also recommends you stay away from what he calls the “five food felons”:

1. Saturated fats (found in red meats)
2. Trans fats (processed foods)
3. Simple sugars (juices and packaged foods)
4. Simple carbs (foods made with white flour)
5. Added syrups (processed foods)

Instead, enjoy eating a mostly plant-based diet with lean protein in the form of fish, skinless chicken and turkey, beans, and nuts. Get your unsaturated fat from olives, olive oil, avocados, walnuts, chia, flaxseed, and wild salmon, ocean trout, or anchovies. Eat 100-percent-whole grains.
Dr. Roizen also advises that you take vitamins when necessary. Here are some of his recommendations:

- Take Vitamin D: It protects you against cancer, helps reverse diabetes, guards against erectile dysfunction, and helps safeguard your arteries from the effects of aging.
- Take a multivitamin: Most of us are deficient in vitamins and minerals.
- Take calcium citrate: It helps build bone strength. Take no more than 600mg per day, and take it with magnesium to help avoid bloating and constipation.
- Take 900mg of Omega-3 fatty acids daily. This helps with brain function.
- Take two baby Aspirin tablets (162mg total) daily. Aspirin (acetylsalicylic acid) protects against nine different cancers as well as cardiovascular-related conditions such as stroke, heart attack, impotence, and deep vein thrombosis. The benefits exceed the risks for a typical man over 35 and woman over 45. Of course, since there are risks, check with your doctor first.
- Take 420mg of Omega-7 fatty acids daily. They decrease inflammation and insulin resistance. They are found in macadamia nuts and anchovies.
- Take probiotics. Probiotics help repopulate good bacteria in your gut and get rid of bad bacteria that can increase your risk of arterial aging.
- Take 200mg per day of Coenzyme Q10. It may decrease side effects of statin drugs that people take to lower their LDL cholesterol. It may also help in reducing diabetes risk and hypertension.

Roizen also provides good tips on breaking addictions and substituting good habits for addictive behaviours. He also has some clever ways of managing stress and emphasizes the importance of having better sex.

Probably the two most important do-overs are the ones that are most overlooked: finding your life’s purpose and discovering your life’s passion. This is why good health can be so hard to attain. It’s easy to be a couch potato, but it’s not that easy to follow all those steps above. That’s how so many people get into bad health situations. It’s easier to sit back than move forward. When you think about it, you realize the real secret isn’t someone telling you what to do. It’s you finding what makes it easier and more fun for you to want to make healthy choices. It really comes down to those two factors: what is your life’s purpose, and what is your life’s passion?

In my case, my father had his first heart attack at age 56. That’s not too far away for me! Several years ago, I took a Neuroscience Leadership course in Denver, Colorado. (No, there was no marijuana involved!) Towards the end of the course, we did a meditation exercise that had a profound effect on my life. The exercise involved me having a conversation with my older self 20 years into the future. Hey, I’m an older guy (50) with young kids (5 and 2). In 20 years from now, I will be 70. What will life be like for me then? I first think of my children and where they will be in their lives. I then think of my wife and myself and where we be in the future. Are we going to be old, unhealthy, and dependent on medications, or are we going to be living a healthy, active lifestyle and having fun as we watch our children grow? I choose the latter.

Last month, I celebrated the Chinese New Year with the community. The emcee for the night, a prominent Windsor physician, said a prayer before our meal. He asked God to bless us with good health so that we could continue on with fulfilling our lives’ passions and purposes. So true: It all starts with good health. Are you ready for your do-over?
Do you have poor posture? Do you need better sleep?
The daily habits, impacts and stresses you have experienced all lead up to your current health position and the alignment of your spine. Your posture is a window to your spine and your spine is a window to your health. Therefore, it makes sense that you should pay daily attention to your posture.

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- Daily strengthening exercises to help correct posture
- About the best ways to sit, stand and carry
- How to properly get into your vehicle
- About new sleeping pillows to get the best sleep ever!
- and Much, much more!

Workshops are $10 each and located at Solid Foundation Chiropractic on the following dates:
Tuesday March 29 at 6:30 PM
Thursday April 21 at 6:30 PM
Monday May 16th at 6:30 PM

Register online at www.solidfoundation.ca/register.
“Although I had my doubts about it working I was desperate to try something so I purchased a package of nine treatments. I was measured before I started treatment and I lost 9 1/2 inches in my first treatment. After 4 treatments, I was measured again and I knew I had lost inches because I could get into pants that I couldn’t do up prior to starting the treatments. I was amazed at how much I had lost! Thank you Joanne, Amy and Sam for your kindness, discretion and help through this. You are all great!!!”

Thank you, Donna R.
(Side note from the Owner...Donna has continued since these treatments & now is down 30 inches & counting...)

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So. Your heels and feet hurt. Then the rest of your body actually starts to hurt. Pain throughout the day, after sleep, after watching TV. You can’t avoid it. Work, play, and home life now becomes slightly annoying. Your patience wears thin, and you develop a shorter fuse. Why? All because your feet hurt.

WHAT’S THE NEXT STEP? Visit to the doctors. You explain to your doctor that your arch hurts, heel pain is bad, and the first few steps out of bed are killer, but the pain seems to go away then comes back strong as the day goes on. Changing shoes doesn’t help. You’ve tried heel pads and over-the-counter insoles, and they actually gave you some relief - for about 10 days! The doctor has you stand and takes a look at your feet. The doctor grabs and pushes into the bottom of your foot and asks if that hurts as you wince and try not to scream. The doctor takes out his prescription pad and says that you have fallen arches or, more specific, plantar fasciitis. The doctor also recommends rest, ice, stretching, proper shoes, anti-inflammatory medication (maybe), and possibly custom foot orthotics.

You leave the office with some good advice for a diagnosis you are not even sure you are pronouncing right. First, before heading out to seek relief, you Google plantar fasciitis. You come across this: Plantar fasciitis (PLAN-tur fas-e-I-tis) is one of the most common causes of heel pain. It involves pain and inflammation of a thick band of tissue, called the plantar fascia, that runs across the bottom of your foot and connects your heel bone to your toes.

WHAT IS PLANTAR FASCIITIS?

Plantar fasciitis or inflammation of the plantar fascia comes about when the ligament suffers very small tears where it inserts into the heel bone, or along its length. With poor foot mechanics, too much use, or the presence of other triggers, the pressure on the plantar fascia during the process of walking, standing, or running can tear the fascia from where it joins to the heel, causing develop microscopic tears.

You can begin tackling the problem right away with multiple techniques. These may involve icing, taping, specific stretches, massage, resting splints, insoles or custom foot orthotics and proper footwear.

Using a combination of treatments will shorten the recovery time and get you back to pain-free activities sooner. You might decide that it is time to get Custom Foot Orthotics. Custom-made foot orthotics can be an amazing way to relieve foot pain and other lower extremity conditions. They work by improving gait (the way we walk) to alleviate pain and discomfort from abnormal foot structure or function.

So if you have heel pain (or any other foot pain) and would like to explore the idea of using a custom-made foot orthotic, make an appointment with a specialist or visit your doctor to find out if this is a viable option for you.

You can also call us (Kinetic Konnection, 519-258-4795) and make an appointment with Melissa. She is a doctor of Podiatric medicine and practices as a licensed Chiropodist. No referral is necessary.
A GUIDE FOR TREATING PLANTAR FASCIITIS

REST & ICING - Treating the first symptoms of plantar fasciitis with rest and ice can help prevent your heel pain from becoming long-lasting (chronic). Icing two to four times a day is good.

It’s generally best to apply ice later in the day. This could include your lunch break and another session in the evening. While morning heel pain typically resolves after you’ve had a chance to walk around a bit, the pain frequently returns as the day progresses and the plantar fascia ligament bears the weight of your activity. You may experience a great deal of discomfort by day’s end, and this is a great time to utilize ice for its anti-inflammatory and numbing effects.

STRETCHING - The first few steps out of bed in the morning can be the worst of the day. Those first few steps can be enough to aggravate your condition, putting you into a cycle of inflammation and pain. The best way to help prevent aggravation is to stretch your calf before getting out of bed. When the muscles in your calf are tight, they pull on the heel bone, making your plantar fascia very taut and prone to injury.

To help loosen those muscles, take a towel or belt and loop it around the ball of your foot. Keeping your leg straight, gently pull towards your body until you feel a stretch in the lower part of your leg. Hold that for 30 seconds and repeat up to 5 times before taking your first step out of bed.

RESTING SPLINTS - Damage to the plantar fascia usually occurs over a period of time while the tissue is being stretched too much, causing micro tears. When we rest or while we sleep the micro tears begin to heal but in a shortened relaxed position. When we rise and become weight bearing, we can cause the plantar fascia to stretch again and consequently tear what was trying to heal. A night or resting splint will keep the foot in a neutral position (90 degrees), allowing the tissue to heal at a normal length. This will minimize the pain.

MASSAGE - Deep tissue massage works because it physically breaks down the adhesions that are formed by muscle tissues in the muscles caused by overexertion or strain.

• Massage releases the muscle tension, break scar tissue, and lead to its elimination.

• It loosens the muscle tissues, removes muscle toxins, and ensures proper circulation of blood and oxygen which had been affected by plantar fasciitis. Addaday massage tools stimulate the nervous system to create a reflex relaxation of the muscles, much the same way acupressure works.

COMPRESSİON & TAPİNG - The FS6 Compression Foot Sleeve has six zones of graduated compression to support the foot and ankle while boosting circulation. The correct areas of your foot and ankle will enjoy the benefits of the compression sleeve. Foot compression technology relieves the pain and symptoms of plantar fasciitis.

K-Tape will support the muscle and reduces the feeling of pain and fatigue. Kinesiology tape improves blood and lymphatic circulation and reduces inflammation and excess chemical buildup in the tissue.

FOOTWEAR - Proper footwear during work, play, and leisure is the most basic treatment option for plantar fasciitis. Proper shoes or sandals that cushion and support the foot - can prevent further injury and allow the foot pain to subside. Replacing your shoes often, wearing supportive sandals or slippers, and making sure you buy quality footwear should be your option for treating plantar fasciitis.

CUSTOM FOOT ORTHOTICS / SHOE INSERTS - Orthotic insoles (custom or pre-made) are a device placed inside your shoes with the purpose of correcting faulty foot function and providing pain relief for plantar fasciitis. The most common cause of plantar fasciitis is over-pronation. Over-pronation is a condition whereby the arches are lowered and the feet and ankles roll inwards excessively during walking and running. By controlling over-pronation orthotics re-align the feet and ankle bones to their neutral position, restoring our natural foot function. Therefore, orthotics not only help alleviate plantar fasciitis but also in other parts of the body such as the knees and lower back.

TREATMENT OPTIONS FOR PLANTAR FASCIITIS AVAILABLE AT KINETIC KONNECTION

RESTING SPLINTS

FOOTWEAR

FOOT INSOLES & CUSTOM ORTHOTICS

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Dr. David W. Chorney and his friendly, knowledgeable, and long-serving staff at Chorney Vision Centre have been taking great care of glasses, sunglasses, contact lenses, and the people who wear them for over 10 years.

For 2016, Chorney Vision Centre has added the Daytona ultra-widefield retinal imaging device, a cutting-edge piece of medical machinery that allows Dr. Chorney to more accurately diagnose systemic diseases and conditions of the eye.

More comprehensive than competing technologies, the Daytona is capable of generating remarkably high-resolution panoramic images of the retina in less than one second. Just as importantly, its ergonomic, attractive design encourages comfortable, neutral body posture and simple eye-positioning.

Whatever your needs, Chorney Vision Centre features a carefully curated selection of attractive eyewear from world-class labels like Rayban, Bollé, Michael Kors, Gucci, D&G, and Burberry – to name a few. Because the office contains an onsite lab, Dr. Chorney and his staff can fabricate highly functional lenses with first-quality workmanship and quick turnaround times.

Significantly, Chorney Vision Centre now uses CHOICE BluSelect lenses, which offer greater than 90% protection from the potentially hazardous high-energy blue wavelengths generated by computers, smartphones, and the other omnipresent screens you use every day. Conventional lenses only filter out approximately 25 to 30% of these dangerous rays, which can accelerate the development of retinal problems later in life.

Your eyes offer a window into your health. It’s time to take a look.
LaSalle Fitness is more than just LaSalle’s premier fitness facility. As no-frills big-box gyms continue to unpack themselves across Essex County, LaSalle Fitness keeps carving out a niche for itself as an independent neighbourhood fitness facility with a personality all its own. A fixture in the community for well over a decade, the family-friendly gym is looking better than ever in 2016. If you live in South or West Windsor, there’s a good chance you’re only five to ten minutes away.

Located in the heart of LaSalle’s Malden Square Plaza, LaSalle Fitness is open 24 hours a day Monday through Friday and starting at 7am on weekends. A proudly inclusive facility, the clean, safe, and friendly gym features convenient elevator access and accessible washroom facilities.

Starting with a fresh coat of paint throughout, the new LaSalle Fitness team put in the work necessary to get the familiar facility in the best shape of its life. Most impressively, the gym’s fully renovated men’s and women’s locker rooms now feature brand new flooring throughout and luxurious quartz countertops that pair perfectly with attractive mosaic-tile backslashes. Both rooms also include updated private showers and ensuite saunas.

The gym also recently debuted an overhauled free-weight area. It features newly installed soundproof, shock-absorbent flooring made in Canada from recycled materials. Elsewhere, equipment across the gym floor was updated where necessary.

Soon, LaSalle Fitness’ lower level women-only workout room will receive an even greater helping of TLC. Its “extreme renovation” begins this spring. The judgment-free space already features a separate entrance and is well stocked with Nautilus Equipment weight machines specially designed and calibrated for female bodies. It also includes a women-only cardio theatre and free weight area.

Some things never change: LaSalle Fitness’ experienced, professional team still includes two staff personal trainers dedicated to improving people’s lives through health and fitness. Tommy and Colleen welcome both nervous newcomers and full-time fitness buffs. In either case, your trainer will help you decide an appropriate personal fitness goal, then help you do what you need to do to achieve it.

LaSalle Fitness’ well-stocked gym floor gives you plenty of options for getting where you’re going. The main co-ed workout area features everything you need for a full-body workout, from free weights to TRX suspension training equipment to a dedicated ab area. Impressively, LaSalle Fitness is well stocked with specialized Italian-designed rehabilitation equipment from TECA Fitness, high-impact performance training equipment from Hammer Strength, and two fully featured Universal machines.

Nearby, the gym’s cardio annex features plenty of treadmills, EFX machines, StairMasters, exercise bikes, and low-impact Jacobs Ladder machines.

LaSalle Fitness also features a dedicated aerobics room, which has recently been overhauled with fresh aesthetics and all-new parquet flooring. This beginners-welcome space hosts a regular series of communal workshops and classes for members of all ages, including Zumba, yoga, Pilates, group body sculpt sessions, kettle bell circuit training, and boot camps. Zumba is even open to non-members!

Downstairs, you’ll find a hot tub and heated saltwater pool, plus a purpose-designed spin studio that houses dozens of bikes. Group spin classes led by certified cycling instructors are included in regular membership fees.

To fuel your workout, LaSalle Fitness’ body-friendly nutrition and hydration station offers a full menu of protein shakes, sports drinks, and locally made low-glycemic energy bars by Daryl’s Hi-N-R-G Bars. For nutritional aid you take with you, customized meal planning services and nutritional guidance and counselling are available.

Children six months of age and older are also permitted to participate in the LaSalle Fitness experience. An affordable members-only daycare service provides quality, supervised childcare for up to two hours at a time. The colourful, open-concept, and highly accessible space offers children fun and creative activities in a safe, controlled setting, letting your focus on your workout.

If you need to take care of yourself, Rainbow Massage Therapy and Acupuncture, located within LaSalle Fitness, performs a number of body healing and rejuvenating procedures for gym members.

If you’re thinking about becoming a member, know that guests are always welcome. LaSalle Fitness will even offer you a guided facility tour and a complimentary workout. Be sure to check online or call the gym today to learn about ongoing promotions. Special corporate rates and discounts for students and seniors are always available. If you’re an existing member, ask about the ongoing referral program. The new LaSalle Fitness is only a short drive away.

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Before 1901, it was known that the beating of the heart produced electrical currents, but the instruments of the time could not measure them. Today, medical professionals, scientists, and researchers are studying “biofield” science in an effort to gain a better understanding of how energy therapies promote health and wellbeing.

Thankfully, we now have compelling evidence of the benefits of energy healing therapies on our health. Our recent findings corroborate what ancient healers knew and have passed along for centuries.

Many of us see our bodies as “solid” – made up of blood, tissue, and bone. In actual fact, everything is made up of particles in constant motion; our bodies contain many forms of energy that are constantly vibrating and flowing. The three main energy systems in our body are the biofield, the meridians, and the chakras. The energy that permeates all our cells and surrounds our bodies is often referred to as our biofield or aura. Energy travels through pathways in the body, which are described as meridians. The concentrated areas or vortexes are our chakras. The energy body, the subtle counterpart to your physical body, holds the blueprint of your energetic health. This is why illness shows up in your energy field before it displays physical symptoms.

Our bodies are in a constant flux between energy balance and imbalance. Illness, disharmonious thoughts, and emotional states cause shifts in our chakras and blockages in the flow of energy in and around the body. How can we support and mend our mind, body, and spirit when we find ourselves out of balance?

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Healing Touch® was developed by the Registered Nurse Janet Mentgen in the United States during the 1980s. Today, the Healing Touch program is taught and practiced worldwide.

The ability of Quantum Touch® to create positive changes in the body, mind, and spirit is based on the scientific principles of resonance and entrainment. Quantum Touch® practitioners learn to hold a very high vibration to create a powerful field of healing energy, which profoundly enhances a client’s innate healing processes. Dr. Norman Sheally, MD, founder of the American Holistic Medical Association, was so impressed after testing Quantum Touch® on his most difficult chronic pain patients that he included it in a course he was teaching at Greenwich University.

Those who are ready to experience a more holistic and preventative approach to health and wellbeing will find these modalities to be a wonderful standalone or complementary option. You can find experienced practitioners who offer Healing Touch®, Quantum Touch®, Integrated Energy Therapy®, and other energy healing therapies throughout North America – including in Windsor and Essex County.

Please keep in mind the distinction between healing and treatment: Treatment originates from outside, whereas healing comes from within.” - Andrew Weil, MD
WHY VACCINES MATTER

A QUICK PRIMER ON HERD IMMUNITY

I’m sorry I have to do this, but I’m going to talk about vaccines. I will try to be brief.

First, vaccines obviously do not cause autism. That said, I can’t envision a person who believes otherwise who would be persuaded to abandon their convictions having read an article in this magazine. This argument, then, is not for them. That’s okay. The profoundly and actively skeptical – the much-discussed “anti-vaxxers” – are a dangerous many, but they are not that many. This argument is for the passively skeptical, the risk adverse but capable of accepting influence. It is for those who think vaccines are probably safe, but figure “why take the chance?”

Vaccination is a public health technology that requires the will and cooperation of the populous to function effectively. When we vaccinate, we are protecting more than just ourselves. Vaccines prevent us, on an individual level, from contracting infectious diseases. Critically, and just as importantly, they also stop us from passing along or transmitting those same diseases to others.

In plain language, the prevalence of vaccinated people in a society creates what we might call a protective shield. It offers indirect protection to the unprotected. Many people, for very legitimate reasons, are unprotected.

Imagine a city that had been historically girded off from measles, for whatever reason. Nobody living in the city had ever had contact with the disease, and nobody was vaccinated against it. One day, an outsider who is infected with the measles virus passes through the city walls. Measles is a very contagious illness. Contagious diseases spread from person to person through various forms of direct and indirect physical contact. In our imaginary city, it spreads like wildfire from non-vaccinated person to non-vaccinated person, encountering very little resistance.

Now imagine a second city, a few kilometres down the road. This time, virtually everybody in the population is immune to measles. Some have had the disease and survived, perhaps, thereby developing natural antibodies, and most have been vaccinated. The more people in a community who are immune to a disease, the more difficult it is for the disease to spread. It’s an obvious point that people who are vaccinated, in almost all cases, cannot be infected.

In the same measles-infected person appears in our second imaginary city, a measles outbreak won’t occur.

Here’s the thing, though: Even in our second city, there are a few people who are not immune to measles. Because they are few, the disease still effectively has “nowhere to go.” Through no effort of their own, they are much less likely to be infected.

By blocking the spread of a disease, vaccinated people do not only protect themselves. They effectively form walls around the vulnerable members of their community, protecting them too.

This effect is known as “herd immunity” or “community immunity.” Significantly, it relies on a “critical mass” of people getting vaccinations. At this point, past a certain threshold of collective immunization, the “chain of infection” is broken. This threshold varies for each vaccine-preventable illness. Logically, more strongly contagious diseases have higher thresholds for community immunity. If a community fails to reach the threshold for vaccination, the disease will begin to spread more freely, possibly resulting in an outbreak.

As an example, a community is effectively immune to measles when its vaccination rate reaches 95 percent. In a community of 10,000 people, if only 300 are vulnerable to measles, as is the case if the community has a 97 percent vaccination rate, it becomes incredibly unlikely that one of those vulnerable person will ever come into contact with measles. In this case, the disease will not spread. At this point, we can safely call the community immune to measles. If one of the unvaccinated people managed to contract measles, he or she is extremely unlikely to a) come into contact with another unvaccinated person, and b) effectively communicate the disease.

If vaccination rates are high enough, the infectious organism is essentially “removed from circulation.” It’s possible to vaccinate, in some cases, 90 percent of the population, but still receive (statistically) 100 percent protection.
Unfortunately, due to several real-world factors, unvaccinated communities tend to “cluster.” Imagine a community with 10 schools and 100 children of a certain age at each school. If that community, which we know contains 1,000 total students, has a total vaccination rate against measles of 95 percent, we can infer that 50 students are unvaccinated. If the vaccination rate was consistent across the entire community, that would mean five students at each school would not be vaccinated. Statistically, this wouldn’t be a problem; it would be incredibly unlikely that any of the unvaccinated people would be infected. Unfortunately, in the world we live in, we’re much likely to see, say, nine schools with two unvaccinated students each, and one school with 32 unprotected students. Perhaps the problem school is located in a low-socioeconomic-status, isolated part of the community, or perhaps it contains a particularly vociferous anti-vaxxer on its parent-teacher association. There will probably be an outbreak at this school.

The reason that it’s important for able-bodied people to vaccinate is that vulnerable people in society depend almost exclusively on herd immunity for protection.

Some people cannot or have not been vaccinated, and these people are vulnerable. No community of a certain size will ever reach a perfect, 100 percent vaccination rate. Examples of vulnerable people in normal populations include newborn babies (who are too young to be safely vaccinated), the elderly, and people of all ages with illnesses whose health does not allow them to be vaccinated.

For example, people with weak or compromised immune systems can often not safely receive vaccinations. This includes people taking chemotherapy treatment, people without working spleens, and people living with HIV. Indeed, it includes all people who take medication that lowers their defences. It also includes people who are allergic to ingredients contained in particular vaccines.

Another important point to consider is that vaccines are not 100 percent effective. They’re very close – as close as we can make them right now – but they’re not perfect. It is possible, albeit extremely unlikely, to be vaccinated against a disease and still contract it. The reason we don’t see this happen more often than we do is herd immunity.

The principles behind herd immunity even apply to flu shots. Canadian researchers have found strong evidence that vaccinating children against the flu has significant benefits for the larger, older, often unvaccinated community. Viral infections tend to spread more easily between children than they do between adults. Any parent with a child in daycare already knows this. (We believe that children’s propensity for physical, touch-based play explains this phenomenon.) A 2010 study by researchers at McMaster University demonstrated that, in communities where roughly 80 percent of children aged 3 to 15 were given flu shots, the infection rate across the entire community was less than half that of communities in which nobody was vaccinated.

According to a 2013 Stats Canada survey, about 89 percent of two-year-old children had received the recommended number of vaccinations against measles, mumps, and rubella (MMR). Somewhat startlingly, about 77 percent had received the required number of shots for diphtheria, pertussis (whooping cough), and tetanus. Both of these numbers fall short of the thresholds for herd immunity. Since 2013, Canada has seen significant outbreaks of measles and whooping cough.

This past July, a new study showed Canada as a whole is falling short of a key level of community immunization. This is a problem.

We should mention that herd immunity is not a perfect solution in all cases. Herd immunity prevents against most but not all vaccine-preventable diseases. Specifically, it prevents against contagious infectious diseases. Tetanus is an example of a disease that can be prevented by vaccines but cannot be protected against by herd immunity. Because tetanus is caught from bacteria in the environment rather than contagiously from other infected people, your likelihood of catching it does not depend on the number of vaccinated people in your community.

The point is, getting a vaccination is an individual act that has a significant impact for the social collective.

Before vaccines existed, millions and millions and millions of young, innocent children died grisly, ghastly deaths from what are now easily preventable diseases. This happened all over the world, many times, and it might again.

If getting vaccinated ought to be a matter of personal choice, that’s because the idea of an agent of the government physically manipulating one’s body against his or her will sits a bit uneasily. I’m sympathetic to that argument.

Choosing not to vaccinate while otherwise living in and contributing to society, though, does not seem to be a valid personal choice on moral grounds.

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I am pleased to announce that I’ve recently completed a special certificate program in luxury home marketing, which makes me a Certified Luxury Home Marketing Specialist® (CLHMS). I’m proud to have finished this unique course, which was held through the Re/Max University program and administered by the Institute for Luxury Home Marketing. Now, let me tell you what it all means.

The CLHMS program covers important topics like demographics, lifestyle segmentation, trends, and amenities as they relate to modern luxury residences and the people who own them. Specifically, the course is designed to help ambitious real estate professionals like me create effective marketing plans for multimillion-dollar properties. It was developed by Laurie Moore-Moore, Founder of the Dallas-based Institute for Luxury Home Marketing and the author of Rich Buyer, Rich Seller! The Real Estate Agents’ Guide to Marketing Luxury Homes.

My new CLHMS designation is an internationally recognized title. It’s awarded only to savvy sales professionals who’ve met specific performance standards in the upper-tier residential market. As a certified specialist in this in-demand field, I’ve set myself apart as a sales associate who has the skills and competencies necessary to provide exceptional service in the fine homes and estates marketplace. As my career continues to evolve, I promise to keep honing and developing these important, best-in-class abilities.

My CLHMS training provided me with new insight into the upper-tier market, helped me polish my skills, and connected me to valuable networking contacts: other high-achieving agents across the country who specialize in luxury properties. What’s more, I discovered new, creative tools for promoting luxury homes and estates and new resources for finding prospective buyers. Ultimately, homebuyers and sellers in Windsor-Essex and beyond will benefit from my new knowledge.

Since 2005, I’ve been working in Windsor and Essex County’s real estate market. Over the last ten-plus years, I’ve gained recognition as an award-winning Re/Max sales professional as I’ve watched our region rapidly change and garner attention from homebuyers and investors throughout Canada. Today, in addition to my professional real estate practice, I sit as a Director of the Windsor-Essex County Association of Realtors.

Away from work, I make it a point to be a substantial contributor to my local community. It’s important to stress that I pride myself on my commitments to family, community, and professionalism.

As for the local market, business is good. According to the Conference Board of Canada in January 2016, Windsor Essex Listings are up 18.46% across the board. Home sales are up 16.49% and average sale prices are up 18.69%. These are exciting conditions that we haven’t seen in a really long time! It’s definitely a seller’s market out there, and Lakeshore in particular is booming!

If you are considering a move in 2016, now is the ideal time to starting getting your ducks in a row if you want to gain an upper hand on the market. Of course, everyone’s unique situation is a little bit different. For current information on the luxury market, and to learn how I can help you and your family, please contact me today at Re/Max Preferred Realty Ltd., or email me directly at info@tinaroy.com.

Let’s talk!

"Tina Roy is now a member of The Institute for Luxury Home Marketing and has been awarded the CLHMS designation. We look forward to having her on our prestigious list of Certified Luxury Home Marketing Specialists." – Laurie Moore-Moore, Founder
t shouldn’t take a doctor or scientist to prove that keeping our brains healthy, as we do the rest of our body, is an important prerequisite for a good quality of life. This holds true no matter what age you are. Although you probably already know how important it is, you may not have all the information you need to take steps to actively improve your brain health. An article in The Scientific American, backed up by a statement made by the SCL and Planck Institute, mentions that a key factor for maintaining brain health is physical activity, such as exercising. “After all,” it reads, “your brain is flesh and blood, so what’s good for your body is also good for your brain.”

Other important considerations include a nutritious diet with plenty of water, personalized supplements, a good night’s sleep, medication, psychological and spiritual awareness, an active social life, and continuous engagement in life through education and skill development.

When talking about improving mental function in a young, developing brain, some additional methods should be considered. In particular: stop the video games. Research involving MRI studies shows that playing video games decreases the overall amount of gray matter (the thinking part of the brain). Rather than play video games, we recommend that young people engage in activities that stimulate sensory motor integration as well as primitive reflex integration.

These can include different therapies, including occupational and vision therapy. Finally, along with a nutritious diet, don’t forget to breathe! Glucose and oxygen are the energy fuel of the brain.

Managing a lifestyle that promotes a healthy brain allows us to let our brain do what it does best: think and learn! So, does it mean our brain isn’t healthy when we are having trouble learning?

A common diagnosis for learning difficulties in many cases has been Attention-Deficit/Hyperactivity Disorder (ADHD), sometimes referred to as simply ADD.

This disorder displays many behavioural symptoms, such as impulsivity, hyperactivity or low energy, sensitivity to sensory stimulus, restlessness, and distractibility. Individuals who are diagnosed with ADHD also exhibit visual symptoms, including uncoordinated eye movements, convergence and accommodation insufficiency, visual memory problems, and visual-perceptual processing problems.

A recent study by researchers at the Children’s Eye Center, University of San Diego, uncovered a relationship between a common vision disorder, convergence insufficiency, and ADHD. The study demonstrated that children with convergence insufficiency are in fact three times as likely as children without the condition to be diagnosed with ADHD by a physician. According to Dr. David Granet of the Children’s Eye Center, “We don’t know if convergence insufficiency makes ADHD worse or if convergence insufficiency is misdiagnosed as ADHD. What we do know is that more research must be done on this subject and that patients diagnosed with ADHD should also be evaluated for convergence insufficiency and treated accordingly.”

This new research supports what behavioural optometrists have known for some time: a significant percentage of children with learning disabilities have some type of vision problem. According to the College of Optometrists in Vision Development, one study found that 13% of children between 9 and 13 years of age suffer from moderate to marked convergence insufficiency, and as many as a quarter of school-age children may have a vision problem that can affect their learning.
Physicians typically recommend that ADHD be treated symptomatically with stimulant medication, special education, and counselling. Although these approaches sometimes yield positive benefits, they can potentially mask the symptoms of ADHD rather than address their underlying causes. Remarkably, more than 80% of our learning comes from our vision. For these purposes, vision refers to our ability to efficiently and accurately retrieve visual information and process it in the centres of the brain that affect attention and visual memory.

Research shows that the majority of the behaviours symptomatic of ADHD are triggered with visual tasks, such as reading a book; the connection between vision and learning problems is clear. Fortunately, volumes of research studies have illustrated that these visual deficits can be managed successfully by vision training. Including vision training on our list of ways to make our brains healthier will allow us to live improved lives, at both young and old ages!

In many cases, by following the recommendations mentioned above, we can build a healthy brain. Boys, girls, men, and women suffering from vision problems that affect their learning and the health of their brains should strongly consider vision training. Some physicians do add nutrition, sleep evaluation, and vision to their holistic approach for encouraging healthy brain function, as do dedicated centres for visual and bodily exercises. The new revelations in science, mentioned above, certainly support this.
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