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FALL 2016
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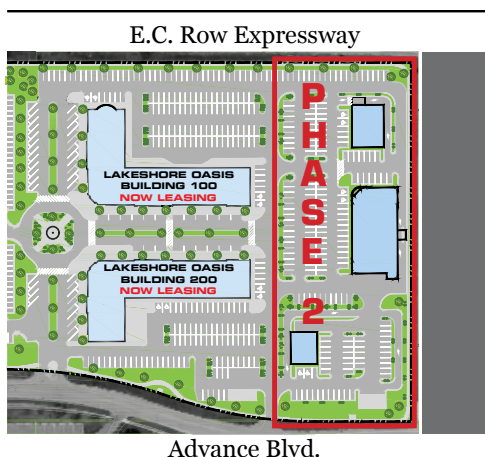


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by Jesse Ziter
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THE KEYS TO HAPPINESS

Brady Thrasher's 21st Century Work-Life Balance

P

icture this:

It's midsummer, just before dusk, and one of Essex County's busiest Realtors is working on a collaborative effort with some very important associates. Steps from Lake Erie's northern shore, they're running uphill as fast as they can.

You probably already know that the 2016 Windsor-Essex real estate market is pretty crazy. To have any hope of achieving the perfect work-life balance, sometimes you need to get a little creative.

The Realtor in this scene is Brady Thrasher, the 30-year-old Sales Representative at Re/Max Preferred Realty Ltd. whose impressive individual sales achievements have seen him rocket up the ranks of Windsor's largest real estate brokerage. Remarkably, Thrasher only celebrated his fifth anniversary as a full-time licensed Realtor this May. Speaking of quick ascents.

In the time since 2011, Thrasher has amassed a heaping chest of performance-based trophies and national accolades. In recent years, he has been named one of Re/Max's "Top 30 Under 30" in Canada (in 2014 and 2015) and featured in *Real Estate Professionals Magazine's* national list of the most successful Canadian agents under 35 – including all brokerages and companies.

The collaborative effort we spoke of earlier is what amounts to a group training session in the Thrasher household, and those very important people are Thrasher's wife, Jessica, and their two sons, Braxton (two years old) and Barrett (eight months). Right now, Thrasher is fitting in his daily workout, spending some quality time with his boys and wife, grabbing some fresh air in his rambling backyard, and burning off a bit of that night's healthy family dinner. He's multitasking his way to the work-life balance many of his professional peers never quite achieve.

"Time management is important in my line of work," says Thrasher, who would have a hard time fitting a gym routine into his schedule. "My work schedule can be demanding, so I found the most effective way for me to incorporate a healthy active lifestyle and achieve quality family time is to engage in fun activities with my wife and sons. So, when I come home at night, we eat dinner as a family, then head outside to run around and burn off some steam before the bath and bedtime routine."

Thrasher laughs. "That evening circuit is an effort to tire out Braxton."

Thrasher's nightly runs, unconventional as they may be, do their part to keep the aspirational young Realtor looking and feeling healthy. Just as importantly, they're fueled by plenty of real, locally sourced whole foods prepared by Jessica,

with whom Thrasher recently celebrated a third anniversary.

"My wife is constantly prepping very nutritious meals for my kids and myself," notes Thrasher, who points out Jessica's proclivity for digging up interesting niche health foods in every corner of the county. "I do go to restaurants, and I have a lot of good relationships with restaurant owners, but at the end of the day, I'm consuming great, healthy food at home."

"Fitness and nutrition are essential at our home," confirms Jessica, who grew up on a family farm and has always incorporated family-grown gourmet produce in virtually every home-cooked meal. "I take pride in preparing meals and incorporating produce we grow locally."

Of course, things weren't always quite this comfortable.

"When I first entered the industry, it was all work and no play," recalls Thrasher, who directly associated his rate of success with the time and energy he expended building his brand. "I worked day and night, no days off. My phone was always in my hand. That was fine, because an intense level of commitment is needed in order to build a successful business. But at the end of the day, when I got married and I found out we were expecting our first child, I got a lot of good advice about balance."

"I actually had somebody that drew out a pie," Thrasher recollects. "The pieces of the pie represent your highest priorities. One slice represented family, one was work, one was friends/social, and the other was community. I coloured in each piece with the amount of time I contributed to each priority. The person asked me to imagine the pie as a wheel and questioned whether it would be balanced all the way around to run smoothly, or whether it would produce a bumpy ride. I realized at that time, I had great intentions to work hard and build a business, but my time commitments for some priorities varied too much to go unnoticed."

As a result, Thrasher began to make a conscious effort to allocate his time appropriately.

Fortunately, Thrasher no longer has to take on anything alone. About a year ago, he built out his operation into a full-service real estate team, Brady Thrasher & Associates, by adding Debbie Nedin, a full-time sales representative who happens to be his aunt, and Jayne Thrasher, his mother. The elder Thrasher, herself a former Re/Max Preferred Realty Ltd., Realtor with years of industry experience, now keeps the team ticking over as its administrator.

"Debbie has over 32 years in the business, and I have a lifelong relationship with her, so becoming partners was a natural process that allows us to expand our footprint together and position me as a successor to Debbie," Thrasher explains. "It was always important to Debbie to know who will take care of her previous clients if she ever scales down her sales volume or chooses to vacation. We're working together to amalgamate our databases, so we can offer our clients two agents who provide around-the-clock care, county-wide resources, two advertising budgets, and an immense knowledge of the local marketplace."

Even with the welcome support of his two teammates, Thrasher's days are full. "If you're taking a position in the marketplace where you're striving to be a top-producer, you're going to have a huge workload," he promises. "It's definitely eye opening to see what top-producing agents go through in a day. There are the 2am phone calls, the clients you show 200 homes over a two-year period, and the closing day dilemma. At the end of the day, though, helping clients achieve a goal is truly fulfilling."

Needless to say, directing all the moving parts we've already covered can be a challenging problem. So how do you solve it?

"I set my client appointments up, and I also set my family time up as appointments," explains Thrasher. "There's no compromise in that and my clients respect that. Debbie and I enjoy our time with our family, but we are both always 'on,' when we have to be. Debbie and I cover one another for client appointments and even if we vacation, the phone is on the hip for emergencies, client intervention, or a game-plan chat."

Thrasher, who confirms his seven-day workweek as if it were a given, makes sure to be home to help put the kids down to bed every night, therein bookending his day as a family man. During the last few hours before he goes to bed, you'll find Thrasher booking appointments and poring over property listings. "I'm constantly texting clients and looking on Kijiji, Facebook buy-sell pages, and mothers' group pages," he relates. "It's really about scouting the opportunities that aren't on MLS to see if inventory is coming up. We do our best to find what our clients want, even if it's unlisted, by blitzing neighbourhoods and building specific marketing plans that are tailored to our individual clients."

This sort of ambitious forward thinking is very much in keeping with Thrasher's general entrepreneurial bent. "I always think I have a million-dollar idea," he admits with a laugh. "I've pursued and exhausted passions on different concepts and ventures in the past and had tons of fun learning invaluable lessons first-hand. Those experiences shaped me into the man I am today. I get approached with new opportunities, but I love what I do, so I will stick to what I know. At the end of the day, there's no such thing as an easy way to money."

It's an important lesson. Thrasher counts his father-in-law, Ollie Mastronardi, who runs a hugely successful multi-generational greenhouse vegetable company, as his foremost business advisor. "He is the hardest working man I've ever met in my life," Thrasher insists. "Just seeing what he has built and overcome in his life and learning directly from him has opened my eyes to how anything is possible. When I sit with him, he always cuts to the chase right away. A lot of people approach me with good intentions and great ideas, and some of them might have huge upside potential, but it's important to stick to what you're good at and work at becoming the best you can be, day in and day out. My father-in-law has taught me a different way to think and approach business. I'm forever grateful for the lessons I have learned through him and those he keeps in his company."

As a means of channeling this gratitude, Thrasher is similarly generous with his time when it comes to positive causes in his community. The former founder of a charitable clothing line, Thrasher sits on the board of directors of the Neighbourhood Charitable Alliance, a philanthropic community group in Kingsville.

The organization bypasses the time-intensive administration of other charities to raise money directly for area residents in need. The board's role is to determine the most advantageous allocation of available funds, generate new donation streams, and educate the public.

One wonders: Five years ago, could Brady Thrasher have imagined himself in such a position?

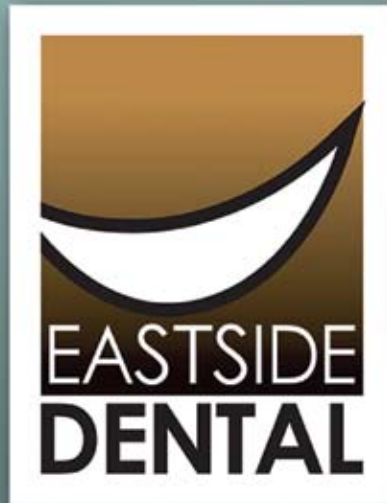
He smiles: "I'm in a very happy place, but I'm constantly striving to improve."

To touch base with Brady Thrasher, phone (519) 736-1766 (office) or (519) 819-5965 (direct) today. For more information and up-to-date listings, see www.bradythrasher.com.

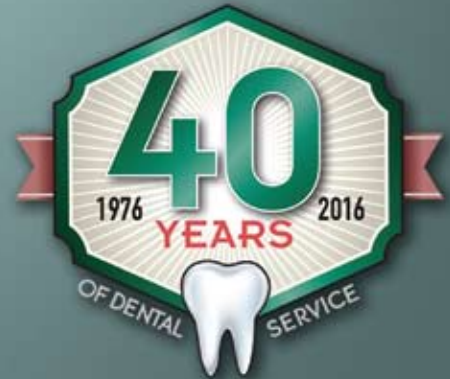


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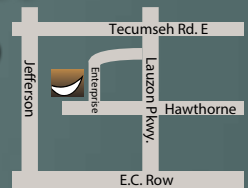
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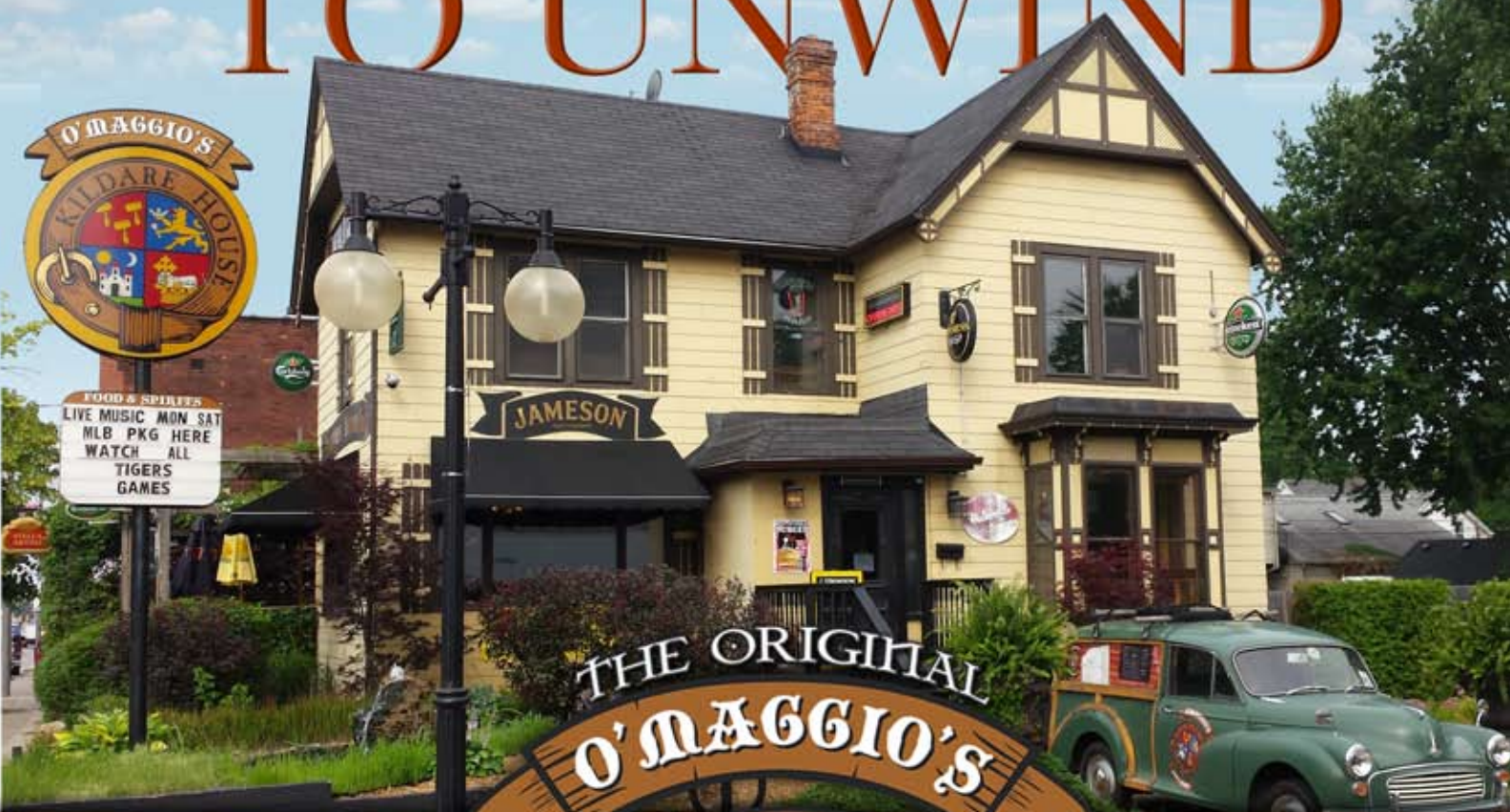


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Chances are you've heard your fair share about yoga or know someone who has raved about a class. Maybe you've even been intrigued and want to give it a try but have no idea where to start.

To make it simple, yoga involves three things: your body, your mind, and your spiritual self. Looking to tap into the best version of you and wonder if yoga is the way to get there? Then here is all you need to know:

You have to be flexible to practise yoga. FALSE! This statement makes about as much sense as saying you have to be full to eat! Contrary to popular belief, yoga is so much more than just touching your toes, but it sure can help you get there! The complementing practice can greatly improve flexibility of the muscles and mobility of the joints. Whether you run, bike, or lift weights, students find that with consistent practice and patience, tightness begins to mobilize and fewer injuries can occur.

If you can't do a handstand, don't come to class. FALSE! As with everything, skill comes with time. The more you practise, the easier it will be to take on inversions and challenging poses. Checking your ego at the door is one of the most challenging aspects of yoga, but it leads to such a rich and fulfilled practice.

Every yoga class is exactly the same. FALSE! Just as dance is a combination of movements that can be interpreted in many forms (like tap, ballet, or contemporary), yoga too is offered in a number of variations. Finding the right style of yoga is like finding the perfect pair of shoes, so don't give up on your first try!

True or False: Yoga is for everyone. SO TRUE! Regardless of age, weight, shape, or flexibility, yoga is truly a practice for everybody. Period.

Now that you have the information, all you need to do is hop online, search for a yoga studio in your area (and thankfully, we have loads of great spaces in Windsor-Essex) and stop by Rain Fitness before you go to grab a new yoga mat, towel, water bottle, and all your other fitness needs!

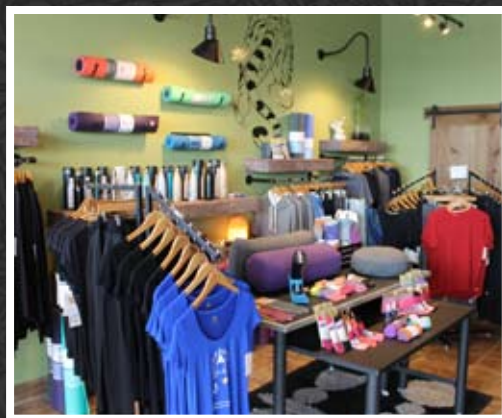
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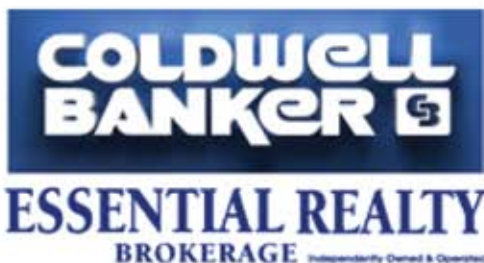


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by Jesse Ziter

Rush to Judgment: The Sugar High Is a Lie

Ask any parent you know: All it takes is that extra half a can of Coke or a handful of surreptitious sweets from grandpa for your eagle scout to make the Gremlin-like transition into a rowdy, raucous version of themselves – a boy or girl-shaped demon ready to not so much bounce off the walls as slingshot through them.

It's just one more undeniable reality of parenthood. Or so it would seem.

The belief that sugary snacks have a significant stimulating effect on behaviour is an entirely normal one. Sugar-laden food and beverages – ice cream, fizzy drinks, handful after handful of candy – have been associated with hyperactivity in children for the better part of half a century, and familiar terms like “sugar rush” and “sugar high” have become common cultural currency.

Many will be surprised to learn that this phenomenon is entirely unproven. The truth is, as far as we can tell, the much-ballyhooed, frequently feared condition is, in a matter of speaking, not really a thing. Essentially, the sugar rush story is received wisdom. It's folklore. It's nothing to worry about.

We should start at the beginning.

In the early 1970s, which is well over four decades ago now, something called the Feingold Diet grasped America's attention. An “elimination diet,” it advocated for the removal of food additives in children's meals. Dr. Benjamin Feingold, its originator, was an allergist who was particularly suspicious of dyes and artificial flavours.

While sugar was not one of Feingold's original additives, adherents to the diet quickly began to add it to their list of forbidden substances. Sugar, the consensus crowed, made kids go crazy.

The thing is, this diet itself has been largely disavowed for some time. Reputable publications that have specifically identified it as an outmoded, ineffective, or unrealistic treatment modality include *The Journal of Learning Disabilities*, *The Journal of Clinical Investigation*, and *The Royal College of Psychiatrists*.

Of course, the story doesn't end there. Over the last few decades, the scientific community has conducted multiple double-blind, randomized studies in ongoing attempts to test the hypothesized link between sugar and hyperactivity in children. These studies, published in credible peer-reviewed journals like *Critical Reviews in Food Science and Nutrition*, consistently suggest that children who are fed sugary treats exhibit similar energy levels to children who are fed sugar-free placebos.

In particular, in late 1995, *The Journal of the American Medical Association* published a broad meta-analysis of the best, most rigorous studies that had been performed on the subject. It concluded that sugar has no discernable effect on children's behaviour.

We should take a step back to note that randomized double-blind studies are incredibly effective, important tools for helping us learn more about how the world really works. When conducting such a study, researchers randomly divide a group of test subjects, in this

case children, into two equally sized groups. The first group, known as the “treatment” or “experimentation” group, is treated with the substance being evaluated. In this case, it's lucky enough to be sugary treats rather than, say, penicillin. The second cohort, the “control” group, gets a placebo. Here, that means a similar looking and tasting snack that doesn't actually contain any sugar at all. Very importantly, none of the subjects knows which group is which. Neither do their parents.

That said, it's not entirely unreasonable to conclude that children really do get a little crazy when they're in the presence of serious amounts of sugar. But why? Perhaps it has something to do with the way that we condition our children to conceptualize super-sugary foods and beverages. They're forbidden fruit.

Here's an interesting way to look at it: Think of the last time you observed children – yours or otherwise – in the manic throws of a sugar high. What were they doing besides eating sugar? Odds are, the scene was something a little out of the ordinary. Birthday parties, sleepovers, county fairs, or even just special treats – perhaps as a reward for good behaviour. The point is, we're not talking about the status quo.

Last spring, the British professor of psychology David Benton spoke to *The Telegraph* about just this. It may very well be the case that parents misattribute the “symptoms” associated with childhood euphoria – that is, the naturally high-spiritedness that comes with, say, group activity, permission, and novelty – to that demon sugar.



What's more, many of us are guilty of explicitly telling children that they are or will soon be under the influence of a sugar high, tacitly giving them permission to remove the handbrake from their natural enthusiasm. "The child knows they can let themselves go," said Benton, who works at Swansea University, "so they do."

As it so happens, in controlled studies in which children have been given sugary drinks in school classrooms – just about the furthest place from a birthday party – subjects have tended to concentrate *better* and achieve higher test scores.

Yale Scientific is the United States' oldest college science publication. It tackled the topic at length in 2010. It notes that, according to experimentation, parents who believe that sugar is linked to hyperactivity tend to see one in cases where science says one doesn't exist. The perception of sugar highs is an enduring, difficult-to-defeat psychological phenomenon.

We know well that our perceptions of phenomena out in the world are significantly influenced by our preconceptions and expectations. Interestingly, in controlled, supervised studies, researchers have been able to identify an association between food additives and hyperactivity only as perceived by parents.

Basically, children don't act any differently after ingesting sugar, but their parents think they do.

One interesting 1994 study followed 35 boys between the ages of five and seven, all of whom were particularly prone to "sugar-sensitive" behaviour according to their mothers. In this randomized, double-blind trial, one group of mothers were told that their children had been given sugar, and a second group were told that their boys had ingested a placebo. In actual fact, all of the boys drank a drink that contained an artificial sweetener. There was no sugar in the house.

Intriguingly, the mothers who thought that their boys had consumed sugar testified that their boys were behaving significantly more hyperactively than normal. This was not true of the mothers in what appeared to be the control group.

What we're saying is, don't be scared of the sugar high.

That said, while subscribing to the sketchy-at-best sugar rush theory is largely harmless, it's important not to let your preconceptions blind you to real conditions that might result in hyperactivity in your son or daughter. Symptoms of hyperactivity can result from traumas and other emotional disturbances, specific recognized learning disorders, sleep problems, or even food allergies.

Furthermore, none of this is to suggest that we ought to start shovelling sugar into schoolchildren's stomachs. Our best science still suggests in no uncertain terms that sugar is bad for your children's health. There are still many very compelling reasons to preach caution when it comes to high-sugar drinks and snacks, chief among them the legitimately scary twin spectres of obesity and diabetes.

And that's before we get the dentists involved.

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

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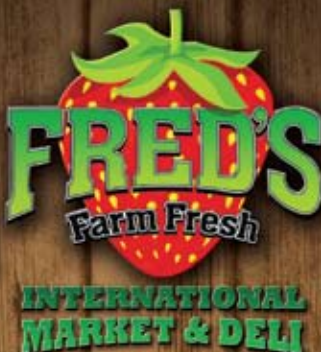
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by Jesse Ziter

Healing Touch

Revitalize Medical Laser Centre Uncovers a Medical Marvel for Post-Menopausal Women

It's okay to talk about it.

As any post-menopausal woman knows, hormonal changes are an unavoidable part of life. Predictable, entirely common changes occur in aging bodies, and menopause specifically comes with a normal associated decline in estrogen production. In some cases, the resultant lack of estrogen can bring about undesirable vaginal symptoms with serious implications for day-to-day comfort and sexual health and functionality.

If you're one of millions of Canadian women who experience hormonal-related symptoms like pain during intercourse or vaginal dryness, itching, and burning, why suffer in silence?

On behalf of Revitalize Medical Laser Centre (formerly Medical Laser Associates of Windsor), Windsor's Dr. Greg Hasen is happy to speak to *Windsor Body* about MonaLisa Touch, a revolutionary new treatment option for women experiencing changes in vaginal health after menopause.

With this remarkable medical laser device, affected women can regain their confidence and improve their day-to-day quality of life without resorting to invasive surgery, whole-body hormone therapy, or unproven "alternative" therapies.

In his practice, Dr. Hasen routinely observes and treats otherwise healthy women who suffer from vaginal atrophy, a condition in which one's vaginal walls become thinner and drier. A fellow of the Royal College of Surgeons of Canada and the Society of Obstetricians and Gynecologists of Canada, Dr. Hasen has worked with Windsor-area women since 1985.

Our best estimates tell us that vaginal atrophy affects anywhere between 20 and 45 percent of women at some point. Often caused by hormone changes associated with menopause, it may also occur in younger women who experience low estrogen production due to premature menopause induced by chemotherapy treatment for cancer. This group also includes BRCA generic carriers who have had their ovaries removed prophylactically for ovarian cancer risk.

According to Dr. Hasen, many primary care physicians fail to sufficiently address a number of important topics pertaining to sexual health. Because patients are often uncomfortable bringing sensitive issues to the table, many common, improvable conditions – like vaginal atrophy – are ultimately left untreated. "With the Baby Boomer generation aging, we're seeing increasing numbers of patients who are young, healthy, and frustrated with current sexual treatments," he explains.

The first intravaginal laser treatment available to the public, MonaLisa Touch is a unique alternative for affected women. The remarkable medical breakthrough has been well covered by several North American journals and newspapers plus a number of widely read websites like *The Daily Beast* and *Refinery 29*. A revolutionary treatment modality, it's the only device currently approved by both Health Canada and the FDA to treat the vaginal changes associated with menopause.

"We investigated this technology as an alternative form of therapy for our cancer patients," explains Dr. Hasen, "as many of them develop menopausal changes at a much earlier age due to chemotherapy treatments."

Before MonaLisa Touch, the only mainstream treatment option was local hormone therapy. Unfortunately, many physicians and patients have been reluctant to go down this route.

"There's a stigma associated with hormone use, especially for patients who've had estrogen-related breast cancer," clarifies Dr. Hasen. "We don't have any evidence that estrogen definitely increases the risk of occurrence, but that's the concern, and a lot of patients have the same fear."

MonaLisa Touch is an innovative laser therapy designed to address vaginal atrophy, genitourinary syndrome of menopause (GSM), and many further hormonal-related symptoms such as recurrent urinary infections and hematuria.

Minimally invasive, the Italian-built MonaLisa Touch employs a specially designed CO2 fractional laser to stimulate collagen production beneath the surface of the vaginal wall and create new hyaluronic acid and elastin among other structural substances. This has the effect of rehydrating the vaginal walls, increasing blood flow, and restoring the natural functionality of typical younger healthy tissue.

Importantly, the treatment is virtually painless.

"It helps to regenerate healthy tissue that has thinned out," says Dr. Hasen. "It's functional. You've gone from atrophic skin to normal, healthy, young, vaginal mucosa."

While the MonaLisa Touch is most commonly used to treat the interior of the vagina, it can also have a positive effect for atrophied vulvar area in conditions such as Lichen Sclerosus. "This is an uncommon inflammatory condition that results in extremely inflamed and thin skin," explains Dr. Hasen. "And that can occur at any age. Recent and current studies suggest a remarkable improved effect on this condition as well."

At Revitalize, the MonaLisa Touch procedure is always performed onsite by a board-certified gynecologist. Currently, the Revitalize team includes six accredited physicians: Drs. Hasen, Brad Jasey, Jenna Rawlins, Michelle Suga, John Tomc, and Rahi Victory.

"We've received an overwhelmingly positive response from our patients that have undergone treatment with MonaLisa Touch," stresses Dr. Hasen. "Patient satisfaction and the histological studies that have been done would suggest it's just as effective as estrogen therapy."

While some women report significant improvement after only one initial treatment, three sessions, spread over 12 weeks, are recommended for significant desired effects. Most patients will very likely require a "top-up" treatment after 18 to 24 months to maintain the effect.

Currently, Revitalize is the only Ontario clinic to offer MonaLisa Touch south of the Greater Toronto Area. Each course of treatment takes only five minutes – or about as long as a pap smear. Referrals are not necessary, and new patients can schedule an initial consultation in one or two weeks. Often, treatment can start that day.

To book your appointment for MonaLisa Touch, see www.revitalizelasercentre.ca.



Dr. John Tomc



Dr. Greg Hasen



Dr. Michelle Suga



Dr. Rahi Victory



Dr. Jenna Rawlins



Dr. Brad Jasey

At press time, Revitalize is retooling to offer a second remarkable Cynosure Laser product.

Approved for use in the United States and Canada only months ago, SculpSure is a body-contouring laser that destroys fat cells *permanently* in one painless 25-minute treatment.

Specifically, SculpSure is the world's first Health Canada and FDA-cleared laser treatment system for non-invasive lipolysis. It is a safe and effective light-based treatment for patients looking to reduce the appearance of stubborn fat in areas such as the abdomen and "love handles." Lifestyle friendly, it permanently destroys up to 24 percent of treated fat cells without surgery.

"It's a big game changer in non-invasive fat-burning technology," says Dr. Tomc. "There are other 'fat-burning' treatments in the market that do circumferential body shrinking, but they're relatively temporary. There's nothing else even close to it."

Significantly, SculpSure catalyzes skin tightening and "feathering" of fat deposits. It produces more even, aesthetically appealing results than competing devices, which can have the conspicuous effect of removing fat in a very linear, sharp line. What's worse, these devices require more and significantly longer treatments, and they can even result in nerve pain. It was recently seen on both *Dr. Oz* and *The Doctors*.

Best of all, the no-downtime treatment can even be squeezed into a lunch hour. Results begin to appear as early as six weeks following treatment, although optimal changes are usually seen at 12 weeks.

For further information from Cynosure, the Massachusetts-based firm behind both incredible technologies, see www.revitalizelasercentre.ca.

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by Frank Murgic,
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ASK THE Pharmacist



Prevention Is Key? Yeah Right!



We've all heard that expression, but do we adhere to it? You would think that we would learn from our mistakes, and most of the time we do. For example, years ago it was chic that everyone smoked and no one thought of the health repercussions of smoking until years later people started getting diagnosed with lung cancer. Today, there is not a public place in this country where you can have a smoke, and rightfully so; smoking is very bad for you and the people around you.

There are numerous examples of preventatives. I remember as a boy, my brother and I rolling around in the back seat of my dad's big Ford LTD. Now, every province and state has very strict laws on seat belt use, so everyone wears one. This past week, I took the training wheels off my son's bicycle. He was ready to start learning how to ride on two wheels. First, we had to put his elbow pads on, then his knee pads, and finally his cool-looking shark helmet. You know, just like when we were kids. Sunscreen is another one. I remember back in the '80s, going away on those spring break trips to Florida. We were using Hawaiian Tropic oil.

It probably had an SPF of 1 if we were lucky. You know what I'm talking about. You came home looking nice and golden brown only to have your skin peel for the next few weeks. Now when I go away, I don't use anything less than a 50 SPF.

Ultimately, you want to live a very healthy life full of joy and happiness. Healthy physically, mentally, spiritually, and emotionally.

We are very blessed that we live in this information age. Everyone pretty much has a smartphone and/or a tablet that provides us with instant information on almost anything we could possibly need.

These smartphones and tablets (iPad, etc.) get their data through Wi-Fi. The iPhone has been around now since 2007 and has totally revolutionized our society. Everything is evolving at a very fast pace. There is pretty much no place that doesn't have Wi-Fi readily available. But there is another side to this story that no-one talks about. What could possibly be the ill effects of all this technology on our health? What effects will there be on our health years from now, particularly our children? Are we today's society of smokers past? Health Canada has implemented Safety Code 6 to ensure that it continues to provide protection against all known adverse human health effects of radio frequency fields.

Health Canada dispels all the myths out there and quite clearly writes that continuous exposure from multiple sources of RF energy, does not cause adverse effects. Please visit www.hc-sc.gc.ca for more details. That being said, Safety Code 6 is based on an ongoing review of published scientific studies. Health Canada also has this to say on its website.

Given that cell phones are used frequently and in close proximity to the body, Health Canada provides additional guidance to concerned cell phone users so that they may take practical measures to reduce their exposure to RF energy. These measures include limiting the length of cell phone calls, using hands-free devices, and replacing cell phone calls with texting.

While there is no evidence that children and teenagers are at increased risk, Health Canada encourages parents to limit their children's use of cell phones, as children are often at increased risk from a variety of environmental factors. I don't know about you, but our kids wake up wanting to go on the iPad or iPhone and those devices are pretty close to their bodies.

We both decided to limit the exposure and the distance of the devices from them. These are the preventative measures we have initiated in our household in regards to cell phone and iPad use. One thing for sure is that we don't bring those devices into our bedrooms while sleeping.

Better to be safe than sorry. I wanted to bring this to your attention so that you can do your own research and come to your own conclusion on what you think is safe and not.

Here's another one that will get everyone steamed up! In our city, the powers that be decided to eliminate fluoride in our drinking water against professional advice from dentists. As Larry David would say, *How's that working out for you?* A recent study out of Alberta clearly shows an increase in tooth decay in Calgary school children since the municipality there stopped adding fluoride to drinking water in 2011.

This one hits close to home. What about all the individuals diagnosed with high cholesterol who decide not to take the medication their doctor prescribed because of the side-effects that they heard from their friend. *How's that working out for them?* What about the person who refuses to take their high blood pressure medication because they are in denial? *How's that working out for them?* How about the patient who has been diagnosed with high blood sugar and refuses to take their medication and follow a diet and exercise plan. *How's that working out for them?*

I think you get the picture. I could continue on and on. The choice is ours. The big word here is choice. We as adults have a choice. Children do not have a choice. As an adult, if you decide not to take any preventative measures for yourself, that's your choice, but I beg of you: If you have children please try to take the appropriate preventative steps to ensure their safety for today and for their future.





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by Jesse Ziter

WINDSOR'S PREMIER PRIVATE ACADEMY:



Introducing the Académie Ste-Cécile Family of Schools



On the road to success, it helps that you start in the right place. That place is right here in Windsor, but it's probably the best-kept secret in North America.

The Académie Ste-Cécile (ASC) Family of Schools has been serving the Windsor-Essex community since 1979. In the nearly four decades since, its Founder and Director, Thérèse H. Gadoury, has built a robust and collaborative network of full-fledged private academies and complementary educational services.

The ambitious, multifaceted project started with the inauguration of Académie Ste-Cécile Academy of Music, an inclusive centre for private music and dance education in Tecumseh. Within a year, the Ste-Cécile Child Enrichment Centre was up and running as an accredited and unique bilingual nursery with an emphasis on arts. It did not stop there.

Today, the ASC Family of Schools is housed in three campuses in Windsor and nearby Tecumseh. The main Cousineau Campus, just east of Highway 3 and the new Rt. Hon. Herb Gray Parkway in South Windsor, is home to **Académie Ste-Cécile International School (ASCIS)**, a private, co-educational elementary and secondary school. ASCIS proudly educates students from preschool to Grade 12.

Also located on the main campus is the Ste-Cecile Child Enrichment Centre/Preparatory School, which is designed for students from two and a half to five years old. A second location is located at the Tecumseh campus. Both nursery schools promote skills, dignity, self-respect, and self-esteem through music and movement.

The Cousineau campus of ASCIS is currently home to more than 300 students, roughly equally divided between the Elementary (Preparatory-8) and Upper (9-12) schools. While ASCIS does proudly accept boarders, the vast majority of the school's pupils live with their families in Windsor-Essex. Outside of dedicated language classes, instruction is in English.

Holy Family Achievement School of Académie Ste-Cécile, located on Grand Marais Road West, immediately east of Huron Church, delivers special educational programming for elementary and secondary students with certain learning exceptionalities. (Prior to admission, all students must be assessed professionally in order to determine whether or not the school will be able to assist them properly.)

The full ASC family also includes the **Académie Ste-Cécile Academy of Music**, located in Tecumseh and the **Académie Ste-Cécile Cultural Centre**, located at the Cousineau campus. Both locations offer music and dance lessons at various levels.

Another ASC facility, **A+ Tutorial Services**, offers patient and thorough homework assistance, preparation for standardized tests, and private and group tutoring. Lessons are available to both elementary and secondary school students in various subjects.

While each of the ASC Family of Schools serves a different function for its students, all of its facilities share a common theme – an education filled with a robust list of shared values, long-term commitments, and foundational principles.

ASC classrooms are safe and intellectually challenging learning environments that empower students to become innovative thinkers, creative problem solvers, and inspired lifelong learners. To achieve its ambitious goals, ASC schools employ modern, dynamic, and varied instructional methods that include innovative technological tools when appropriate.

Perhaps most importantly, every ASC facility is staffed by knowledgeable teachers who have chosen to teach at a premier educational facility with small class sizes. ASC faculty are committed to ongoing professional development and encouraged to collaborate creatively and productively with colleagues. Every ASC teacher is supported with the necessary resources to interpret student performance data and design skill-boosting assessments that are proven to work.

Like its class sizes, ASC's administrative bureaucracy is perfectly petite. Because its schools operate independently, change is able to happen incredibly quickly when it needs to. ASC parents have come to expect an unusually high level of across-the-board care – as they should. If it's broken, it gets fixed right away. That includes the curriculum.

ASC teaching equips students with the critical and creative thinking skills needed to effectively solve present and future problems. ASC students readily pose questions, examine possibilities, and apply their technical skills to find solutions to authentic issues. At the same time, they also communicate meaningfully by composing across genres in written, visual, and aural media.

What's more, empowered by a shared curriculum that promotes ownership, engagement, and shared responsibility, ASC students make positive choices in and outside the classroom as they develop into thought leaders and productive citizens. In time, ASC alumni make significant contributions to their local and global communities.

ASC's commitment to excellence also extends to the parents of its students.

About Académie Ste-Cécile's Facilities

ASC's main Cousineau Road building was built in 1957 as Holy Redeemer College, a teaching seminary for a cloistered community of Redemptorist priests. ASC purchased the building in 1993, and it now houses the ASCIS Upper School program and Boarding School.

Seated in the centre of a 31-acre park-like campus, the remarkable six-part structure is significantly bigger and more impressive than it appears to be from the road. Noteworthy for its unique pinwheel layout and inspiring bell tower, the Mid-Century Modernist heritage building was originally designed by a Francis Barry Byrne, a prominent Prairie School architect at one time affiliated with Frank Lloyd Wright.

Starting with its limestone front steps and fully modern key fob-activated security system, ASCIS strikes the perfect balance between midcentury dignity and the educational state-of-the-art – just as its curriculum does.

Inside, you'll find original exposed brick and stone, naturally finished wood accents, colourful stained glass, and a breathtaking chapel the design of which creates the illusion of sky-high ceilings. Underneath the chapel, the lower-level art room, just to give one example of the building's finery, features 24 private studio cubicles with original Italian marble altars.

ASCIS reinvests in its facilities on an ongoing basis. Throughout, the already-impressive campus is currently being renewed, renovated, and expanded.

In 2014, ASCIS added a FieldTurf soccer pitch built to FIFA specifications and an eight-lane Olympic-sized running track. Inside, the school's new gym and athletic wing features a further elevated running track that gazes down on an NBA-standard basketball court with floating hardwood and retractable bleachers. A nearby weight room and cardio studio is available for supervised students.

Further up-to-date amenities include a well-appointed dance studio and a recently overhauled state-of-the-art chemistry lab. At press time, a new music school and auditorium are under construction.

Of course, ASCIS represents much more than a place or a past. Today, the ASCIS curriculum conforms to Ontario Ministry of Education standards, and the school is affiliated with the International Baccalaureate organization. In ASCIS's private setting, students have unique access to instruction and preparation for IB examinations in their senior years of the IB Diploma Programme. As an IB World School, ASCIS is a candidate school seeking additional authorization to offer its younger students the IB Middle Years Programme. A designated SAT Examination Centre, ASCIS also offers instruction to students preparing for their AP examinations.

Students in Grades Five to Eight enjoy a full-time rotary curriculum, just like students of the Upper School. In plain language, this means ASCIS pupils are taught in dedicated, subject-specific classrooms by knowledgeable and interested instructors with relevant academic credentials.

ASCIS equips its teachers and administrative staff with the ability to implement exciting new ideas and proven best practices both quickly and effectively. Starting with ideal smaller class sizes, the ASCIS pedagogical philosophy empowers teachers to concentrate on teaching, resulting in a motivated faculty of well-trained men and women who are genuinely invested in the school's vision. Critically, each ASCIS teacher is enabled and willing to extend themselves beyond a strict job description.

Due to the school's small class sizes and its students' unique access to motivated teachers, its graduates leave ASCIS with a different, special relationship to their alma mater.

Importantly, ASCIS is an outward-looking institution with diverse classrooms that prepare students for global citizenry in a post-globalization world. It's not uncommon to hear several spoken languages during a short walk through the halls, themselves lined with international flags representing the diverse student body. Remember what we said about getting ready to go anywhere?

Next term, back to school need not be back to basics for your children. Consider trusting Académie Ste-Cécile to push them further.

It's worth talking about.

CONTACT INFORMATION:

www.stcecile.ca | info@stcecile.ca

Académie Ste-Cécile International School
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Holy Family Achievement School
of Académie Ste-Cécile
Grand Marais Campus: (519) 969-1291

Académie Ste-Cécile Academy of Music (All ages)
Tecumseh Campus: (519) 735-7575
Cousineau Campus: (519) 969-1291

The Dance Studio (Ages 4 to adult)
Tecumseh Campus: (519) 735-7575 and (519) 250-6230
Cousineau Campus: (519) 969-1291 and (519) 250-6230

Ste-Cécile Child Enrichment Centre
Nursery/Daycare, Tecumseh Campus: (519) 735-7575
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THE AGENT IN THE CREASE

Whether you're on the market or on the ice, Corey Beaudoin has your back.

An up-and-coming Sales Representative with Vision Realty, Beaudoin has been putting up big numbers during one of the hottest summers for Windsor-Essex real estate in living memory.

This April, he submitted a different type of impressive performance, backstopping a Scandinavian squad of high-level hockey players to a once-in-a-lifetime championship at the 2016 Canadian Adult Recreational Hockey Association (CARHA) Hockey World Cup.

Billed as the Olympics of recreational hockey, the quadrennial competition is the largest international adult recreational hockey tournament in the world. This year's Windsor edition featured 120 teams from 15 countries. For Beaudoin, a veteran goaltender who played varsity hockey for the University of Windsor, it was too good of an opportunity to turn down.

After submitting his name as a free agent in the tournament's "35 and over" division, Beaudoin found himself drafted by a Swedish outfit known as the Trangsund Vets. One week later, and he and his mates were world champions.

"It really was a blast," relates Beaudoin, who typically gets on the ice three or four times a week with local men's leagues. "Juggling the timing of it was challenging. It was during the craziest summer of real estate ever, so I often found myself going to hockey and out to appointments and then back again."

Beaudoin, who idolized Patrick Roy as a youngster, counts himself lucky that he's been able to grow his professional network while playing the game he loves. "I do credit a lot of my business to the hockey community," relates the Montreal Canadiens and Windsor Spitfires fan. "I play for fitness and the love of the game, but I really enjoy helping people in that network buy and sell real estate. It's a major source of referrals and a personal point of pride for me."

When he's not on the ice, Beaudoin handles residential and commercial properties in Windsor and across Essex County. "I've always wanted to be in real estate," relates the personable professional. "In my early 20s, I became exposed to some fix-and-flip projects, and my interest in the property market was immediately piqued. I was very attracted to the idea that it was something I could do locally and immediately. Today, I'm on my feet all the time, but I don't like sitting still anyway. I'm an ambitious person, so I enjoy the hustle and bustle."

While Beaudoin's career is now firmly established, he's still very much an aspirational young professional on his way up. "Being younger yet experienced in this business, I have control over what I do to some degree, but I still have that spark," shares Beaudoin, who spends his free time working with Advocates for the Underdog to rescue and rehabilitate disadvantaged pit bulls. "I'm happy to accommodate anybody who calls me. I'll never say no to an opportunity to help someone."

Beaudoin, who holds a university degree in Anthropology, has perfected a solid and consistent branding package heavy on social media advertising. The formula has been working well.

"This is definitely my best year yet," relates the fifth-year professional. "Business-wise, my numbers have improved every year since the beginning of my career in real estate. With the way the market is, being a bit more established is really awesome timing. The referrals have been huge for me. I try to really build my business on referrals, and I treat each client like they're my only one."

"When you make somebody happy and their friend or relative calls you, it's the biggest compliment you can get."



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by Dr. Christopher Cole,
MD, MPH, Medical Director,
The Cole Clinic of
London and Windsor



COLE'S *corner*

Female Pattern Hair Loss

Hair loss is not exclusive to men.

While we typically associate hair loss with a single sex, the truth is millions of women suffer from a potentially devastating condition called female pattern hair loss (FPHL). Just as it does in men, hair loss in women can adversely affect self-image and emotional wellbeing, resulting in significant long-term problems.

Perhaps surprisingly, approximately 40 percent of women show signs of hair loss by age 50, and less than 45 percent of women reach age 80 without undergoing some hair loss. Of those samples, many women experience noticeable, inconvenient hair loss that requires extra grooming time to conceal – often unconvincingly.

The most common type of hair loss in women is androgenetic alopecia, also known as female pattern alopecia. Typically, female patients present with thinning hair over the entire scalp area, although the front hairline remains. While the effects of androgenetic alopecia are believed to be permanent, the condition rarely progresses to total or near-total baldness in women as it does in men.

The good news is that FPHL can be treated effectively. In recent years, we've noticed a dramatic increase in the number of female patients seeking help for hair loss and thinning. Current treatment options with positive outcomes include medication, hair transplantation, and laser light therapy. Furthermore, effective stress management is an important step in any treatment plan for FPHL.

Medication

Minoxidil (sold commercially under the Rogaine brand name) is a popular hair loss medication that is applied directly to the scalp. Minoxidil can reinvigorate hair follicles to prompt regrowth and thicken remaining hair. Minoxidil was originally developed as an oral antihypertensive medication and first used to treat high blood pressure. Before long, physicians noticed that patients using the medication began to grow new hair in locations in which they had previously lost it.



Eventually, further research indicated that applying minoxidil directly to the scalp could also stimulate hair growth. Today, minoxidil is the only regrowth medication that is indicated for use by women. Generally applied twice daily, it should not be used during pregnancy or while lactating. For motivated patients, topical minoxidil therapy can be an effective component of an FPHL treatment plan.

Hair Transplant Surgery

A rising number of women suffering from hair loss are choosing to explore surgical treatment options. Today, approximately one third of all hair transplants are performed on women. Modern hair transplant surgery is capable of producing denser, natural-looking hair. Importantly, surgical hair restoration is an outpatient procedure that requires no hospital stay. Often, transplantation is the best way for women to restore hair in areas of the scalp that are thinning or balding.

In my practice, I use my skill and artistry to harvest patients' permanently growing hairs and reposition them at precise angles with natural randomness. The transplanted, redistributed hair is your own, meaning its colour and texture is exactly the same as your existing hair. You can wash, cut, style, and colour it just as you always have. Moreover, because transplanted hair is permanent, natural hair, you can engage in any physical activity with confidence. Once your transplanted hair begins to grow, it will continue to do so for a lifetime.

Laser Light Therapy

Also referred to as low-level laser therapy (LLLT), laser light therapy is an effective way to treat the progression of hair loss. In particular, the safe, effective, and clinically proven LaserCap LCPRO device is a non-surgical take-home hair therapy cap

that delivers up to four joules of laser light energy for every square centimetre of the scalp. Each treatment improves cellular respiration, which stimulates the flow of blood and oxygen to the scalp. The resultant better-breathing cells produce healthier hair follicles, which in turn produce thicker, fuller hair. LLLT has been found to arrest and stabilize hair loss, and I recommend it as an effective adjunct treatment for FPHL.



Stress Management

Managing stress effectively can be crucial in the fight against FPHL. Often, during extended episodes of high emotional stress, women's hair falls out and/or becomes thin; the body shuts down hair production during intensely stressful periods. Critically, this lost hair is not replaced with new hair. As a general rule, managing emotional and psychological stressors is a key component to combatting FPHL. At the Cole Clinic, we make stress and anxiety management key cornerstones of any patient journey.

About Dr. Christopher Cole:

Dr. Cole is a practising medical doctor certified by the College of Physicians and Surgeons of Ontario. He has been working in hair restoration and cosmetic medicine for over 20 years. Founder of the Cole Clinic for Hair Restoration and the Cole Clinic MediSpa, he structures his professional practice around an ethical philosophy of rejuvenation and restoration. For more information, consult www.coleclinic.com.

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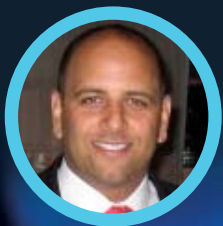


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by Dr BK Wahab, OD MBA
President, SEEN Vision Care

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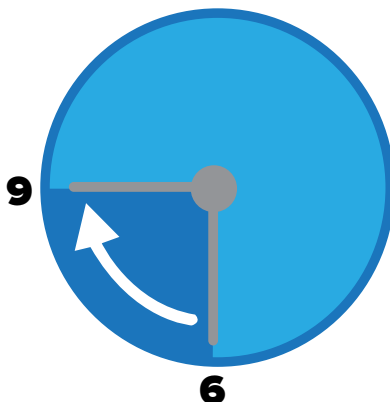
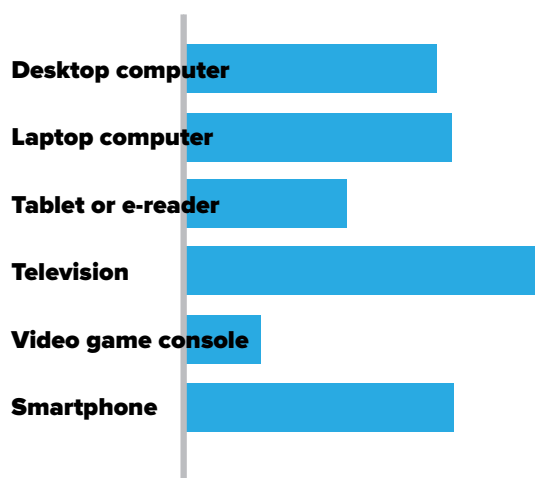
It Could Be the Light

Digital eye strain is the physical discomfort felt by many individuals after two or more hours in front of a digital screen. Symptoms are different for each person, but digital eye strain typically manifests itself as dry, red, or irritated eyes; blurred vision; fatigued eyes; back, neck, and/or shoulder pain; and/or headaches.

For some, the effects of digital eye strain can be painful and, in extreme cases, debilitating. Digital eye strain is not a permanent condition, but it can have a strong and lasting effect on individuals who rely on electronics for education, social interaction, and – most commonly – work. For adults with computer-oriented jobs, digital eye strain can result in painful distractions that lessen productivity. In fact, digital eye strain is now the most common computer-related repetitive strain injury among workers, surpassing carpal tunnel and tendinitis. This comes as no surprise, since many Canadians average six to nine hours a day in front of digital devices.

A recent topic of discussion among eye care specialists has been the effect of blue light on eyesight. Blue light, another name for high-energy visible (heV) light in the blue and violet part of the spectrum, is a particularly intense light wave emitted by modern electronics – including computers, tablets, smartphones, and fluorescent light bulbs. Studies suggest that overexposure to heV light can damage the retina, which is the part of the eye that brings objects into focus. Over time, accumulated damage can increase the likelihood and severity of eye disorders like age-related macular degeneration and cataracts.

Nearly 70% of American adults experience some form of digital eye strain due to prolonged use of electronic devices.



Kids are especially vulnerable to the harmful effects of blue light.

“Adults are most likely to experience digital eye strain in the early evening (6 to 9pm).”

Children are especially vulnerable to the effects of ultraviolet and blue light, because their eyes have not yet developed natural defences against them.

Now that smartphones, computers, and tablets are a regular part of kids' lives, they need blue light protection more than ever.

To combat this strain, SEEN Vision Care's Drs. Chaudry and Wahab recommend glasses designed specifically for digital screens. When used in combination with other therapies, computer glasses can reduce or even prevent digital eye strain symptoms. The lenses recommended are called Bludense lenses and are only available at SEEN Vision Care.

Bludense lenses are made with a blue-light-blocking polymer that is directly incorporated into the lens material. That means the blue-blocking technology won't chip or wear away. By absorbing blue light, this polymer prevents it from passing through the lens to your eye. Further, unlike other "computer" glasses, which have a yellow tint, clear Bludense lenses will not alter colour or change hues. These lenses are designed for all-day wear and protection from blue light for all ages. Better vision starts at SEEN Vision Care.

Isn't it time you trusted your eyes to someone who understands our ever-changing environments and lifestyles? Call SEEN Vision Care today to make an appointment. Stop settling for ordinary, and start seeing extraordinary.



Too much digital screen exposure can cause eye strain, headaches, blurred vision, and permanent eye damage.



Watching TV and using digital devices at night can disrupt your sleep cycle.

SEEN Vision Care is located at 1614 Lesperance Road, Suite #6 Tecumseh, ON | N8N 1Y3
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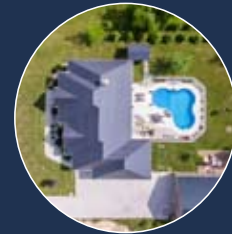
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