



WINDSOR BODY MAGAZINE

ISSUE 72
January 2018
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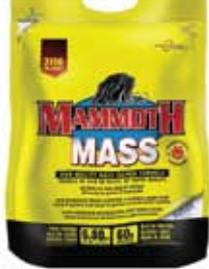


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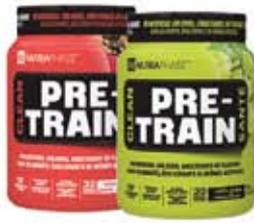
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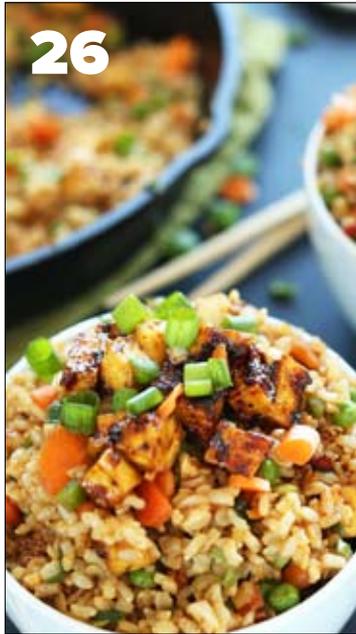
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by Lina Stoyanova
Editor

THE RENEW

WITH THE COLE CLINIC HAIR
RESTORATION & MEDISPA



We only have one face, so why not let Dr. Cole and his expert team at the Cole Clinic take care of yours? Men and women alike love to look and feel good. However, choosing to get a procedure done or figuring out what products will work for you can be a very daunting task.

Dr. Christopher Cole is both a medical doctor and an artist that can make the whole process easier. He focuses on providing the highest level of patient care and believes in helping you achieve your personal appearance goals to ensure you look as young as you feel.

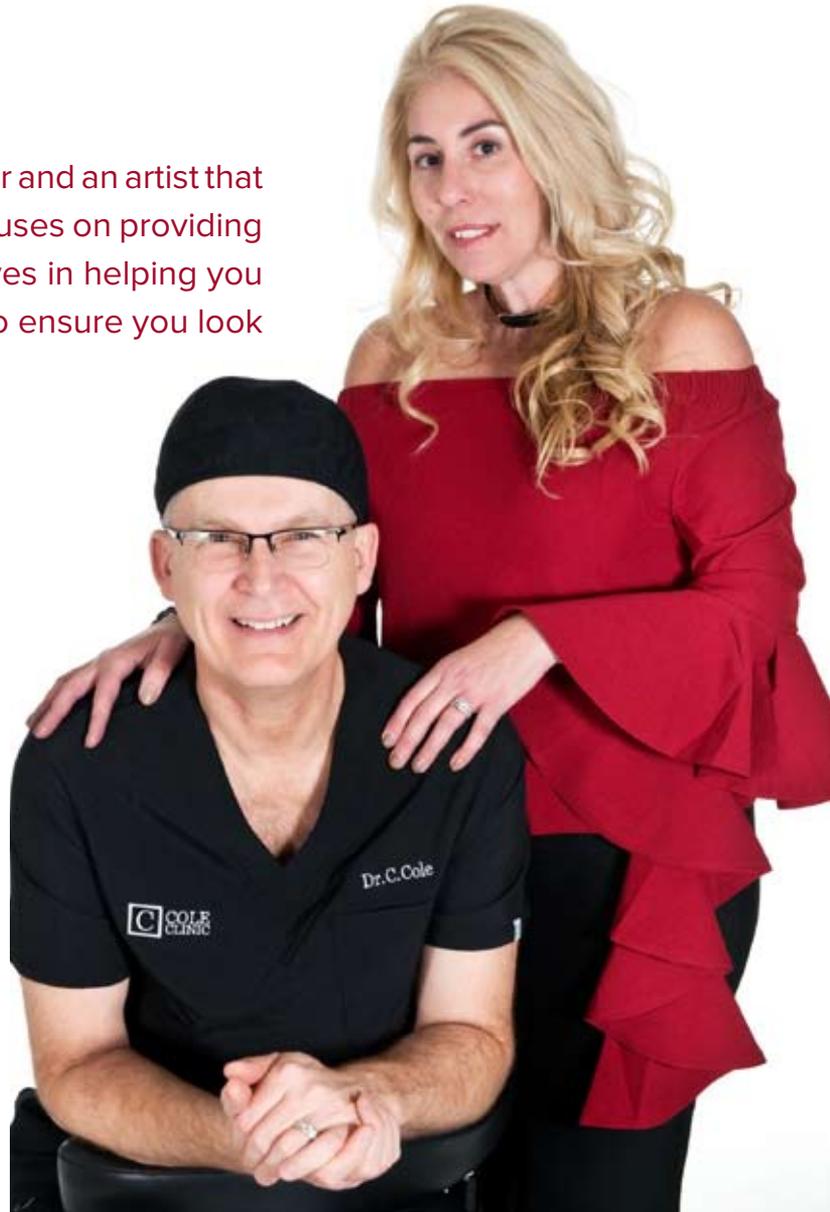
Dr. Cole and his wife, Cate Cole, are a dynamic duo that love to help people look and feel their best. They care about professional quality and patient care which makes trusting them a whole lot easier. This dynamic duo has ensured that the Cole Clinic & MediSpa becomes your one-stop-shop for everything cosmetic while receiving friendly, knowledgeable help. The dynamic duo wants everyone to look as young as they feel.

Dr. Cole believes in ensuring you are well informed and educated about each procedure and product that is available. The Cole Clinic provides a personalized consultation that will assist you in choosing the right procedure and product so you can be knowledgeable and comfortable with your choice for hair restoration/transplantation, skin rejuvenation, Botox and Injectable Filler, laser therapy or any anti-aging treatments you may choose.

“We want people to feel comfortable and make the best possible choice for them,” said Dr. Cole. “Natural looking results and exemplary patient care is our mantra at the Cole Clinic.”

Dr. Cole uses a refreshing approach with an emphasis on patient education. The Cole Clinic offers a personalized consultation that will assist you and the process begins with just a phone call. The highly knowledgeable staff of medical professionals assist Dr. Cole in achieving outstanding, natural looking results.

Cosmetic and aesthetic medicine offers many choices that are both surgical and non-surgical. The Cole Clinic & MediSpa have one main goal and that goal is to assist you in making the right choices in achieving natural, beautiful looking results. That is why the Cole Clinic is known for both hair restoration and skin rejuvenation.



“COLE CLINIC & MEDISPA WANT PEOPLE TO LEAVE WITH A NATURAL LOOKING RESULT WHICH TAKES YEARS OFF WITHOUT TURNING YOU INTO A COMPLETELY DIFFERENT PERSON.”



The Cole Clinic Hair Restoration focuses on helping you restore your self-confidence as well as restoring and improving your hairline. Dr. Cole and his team of specialists will assist you in achieving thicker, fuller hair. Offering the latest technology in hair restoration surgery includes the state of the art ARTAS Robotic Follicular Unit Extraction Hair Transplant surgery. The Cole Clinic Hair Restoration centers are surgical centers that offer the latest in hair restoration innovation; everything from robotic surgeries to Low Level Laser Light Therapy, Hair Loss Medications and Topical Treatments. The Cole Clinic is your one-stop-shop for all of your hair restoration needs helping you make hair loss a thing of the past.

The Cole Clinic MediSpa helps you turn back the hands of time. The luxurious MediSpa offers the latest advancements in anti-aging treatments (both surgical and non-surgical). World class Laser Therapy Centre offers a safe, effective therapy for wrinkle reduction, laser hair removal, Botox and Injectable Fillers, Belkyra, Latisse, Ultrasonic Face-lifting, Skin Rejuvenation and so much more!

The MediSpa is a medicated beauty boutique specializing in medical-grade skincare and beauty products to help you look and feel your best. Patients can choose from restorative Silk Peel Microdermabrasion, Chemical Peels and even Spa Facials. There's also Cate's Collection, Glo Minerals, Latisse, Vivier Skincare and Skin TX Treatments to choose from. Cate's Collection in particular is a revolutionary line of skincare products that help revitalize the skin restoring a youthful glow.





There is no shortage of news stories these days of Botox gone bad and unnatural looking results. Dr. Cole and Aline Duval RN, the Injectable Gurus of the Cole Clinic MediSpa, ensure that each patient has an individualized treatment plan to achieve a youthful, natural looking result. Dr. Cole and Aline attend extensive training in aesthetic medicine to ensure that they are up to date with the latest technologies.

You can trust Dr. Cole as he is fully involved in the patient process; both he and his missus share one focus: restoring confidence.

“We are both very similar in that we love people and we understand how hard it is for people to actually decide to do something for themselves,” said Cate Cole. “Seeing patients achieve the look they want and watching their confidence grow is the absolute best.”

The doctor and the missus want patients to experience a younger, natural looking result. When it comes to the injectable side of the business, Mrs. Cole states that producing natural looking results is key. The team at the Cole Clinic & MediSpa want people to leave with a natural looking result which takes years off without turning you into a completely different person. Patients can rest assured that Botox and Juvederm Cosmetic Injections take just a few minutes and the results are seen within days. Natural looking results are possible!

Botox is often used to soften frown lines, horizontal forehead lines, crow’s feet, soften jaw lines and mouth turn down lines. This is all accomplished in several minutes and the natural looking results can last for months.

This safe, simple, non-surgical cosmetic procedure will reduce the look of fine lines and wrinkles and help restore a youthful looking appearance. Rejuvenate and restore your youthful look with Botox and Juvederm Cosmetic Injections.

Everyone can agree that the Cole Clinic & MediSpa team are a thoughtful, caring and engaged group with meticulous attention to detail. Every member of the Cole Clinic team has been carefully selected and trained by Dr. Cole and are committed to providing the highest level of patient care.

Why go anywhere else? Let the Cole Clinic & MediSpa help you to turn back the hands of time and Look as Young as You Feel.



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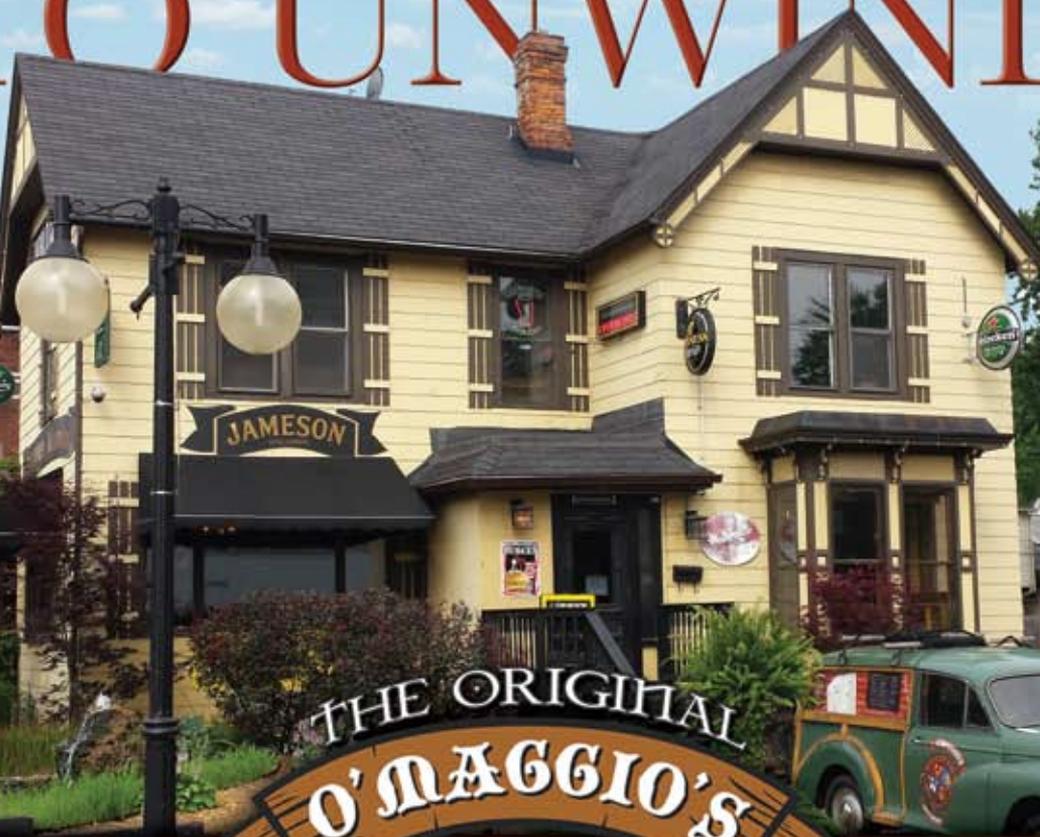


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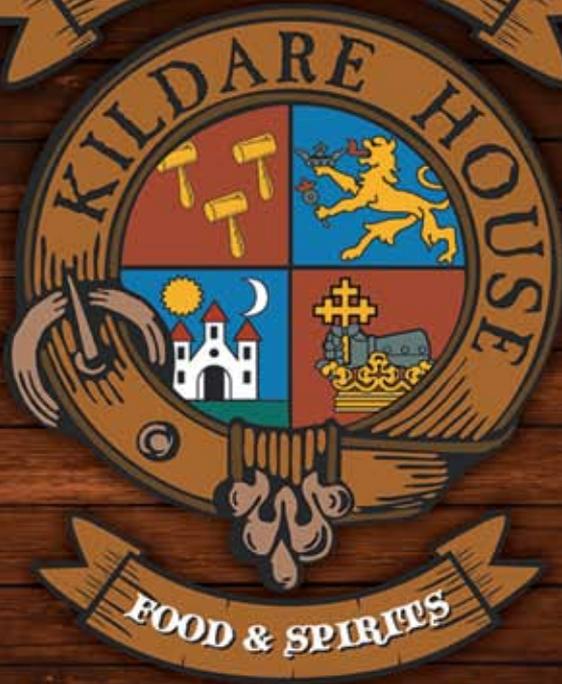
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Dedicated to providing its Members with an intimate space to network and socialize, the Club is immersed within the historic Distillery District. Enjoy the unparalleled waterside view as you build long-lasting business and personal relationships with Members. The Windsor Club has been inspiring social and professional networking since 1903 and when you walk through their doors, expect to be greeted by a group of like-minded people.



Our Home

The Club boasts indoor and outdoor spaces for social functions and networking. Picture your next social event in our **Dining Room**, complemented by live music and exquisite food that will leave your guests talking. The formal setting is perfect for the seasoned professional looking to foster existing relationships.

Spark new connections by stepping into our **Map Room** for a networking event, or relish in the fresh air of our **Waterfront Terrace** for a casual brunch with business partners. Member only events welcome you, spouses, and personal guests to enjoy a guilt-free socializing experience. Find out what you have in common with other Members, and grow your inner circle.



For the individual professional, corporate team or even the hard-working social butterfly.

Change up the pace and turn your next team-building meeting into a catered lunch in the **Private Boardroom** offered up to you by Chef Jeremy Fowler. Whether you're a traditional Dinner diner, a quick in-and-out Lunch eater, or a Brunch-loving foodie, his hard-working team has you covered.

Use the Club as an escape from your office, where you can talk face-to-face with your clients in a private yet inspiring atmosphere. Bring your work with you and check things off of that to-do list, or stop by for a quick handcrafted cocktail in our **Club Bar** – everything seems simpler with a glass of local or imported wine or a Wisers in your hand.



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Our skilled culinary team seeks out every opportunity to craft menu items that are specifically catered towards dietary requirements, or simply to fulfill our Members' every foodie wish. The little details are our gift to our Members, because we know that every bite should be memorable, and awaken the fine-diner in you.



The Windsor Club has Membership options for the social and business professional.

Junior Membership

\$250 Initiation Fee
\$50 Monthly Fee
Age: 19-29
Includes Spouse

Geared to, and accessible to any young professional who is just starting out or has recently graduated, the Junior Membership is the best way to begin to grow your network.

Individual Membership

\$500 Initiation Fee
\$150 Monthly Fee
Age: 30-64
Includes Spouse

Connect with a family of like-minded people and spend your days collaborating and socializing. Enjoy exclusive Member-only events or let The Club become your second office. Whether you use the Individual Membership for professional or social reasons, it's an opportunity for all to find their community.

Corporate Membership

\$500 Initiation Fee
\$250 Monthly Fee
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Plus Spouses

Move into your second office and make yourself at home. The Corporate Membership allows your business to be mobile. Come in to utilize the boardroom, host your next work gathering in the bar, or take us up on our Member sponsorship opportunities. The Windsor Club is committed to helping you grow your business.

Still contemplating whether joining The Windsor Club is right for you? Ask about our 3-month Trial Memberships.

When you join The Windsor Club you enter a world of meaningful connections. Our Membership is made up of unique individuals from a cross-section of ages, industries, and professions to help you grow your network.

IT'S SO MUCH MORE THAN A Waterpark

The Windsor International Aquatic and Training Centre (WIATC), presented by WFCU Credit Union, has played host to a number of world-class events including the International Children's Games, FINA/NVC Diving World Series (four years), Ontario Synchronized Swimming Championships and Masters Swimming Canada National Championships.

This amazing facility hosted Olympians from all over the world as they trained for the FINA World Championships in 2016. It is the site of annual WECSSAA, SWOSSAA and OFSSAA High School Championships and is the home training facility for two local competitive swim teams and the local diving club.

What you might not realize is that the "family aquatic centre" as many affectionately refer to it, also provides a vast array of affordable programming options that include swim lessons for babies to adults, aqua fit classes, recreational swimming and a learn-to-snorkel program.

The WIATC is also home to Adventure Bay Water Park. In the park, you will find one of only four FlowRiders in Canada. This amazing attraction simulates a 7-foot wave which is suitable for knee boarding or stand-up surfing. Lessons are available in a group format from qualified instructors four times a week. Call 519-974-2782 or check out adventurebay.ca for all the details.

The WIATC also has a fitness centre with cardio equipment including arc trainers, treadmills and stationary bikes. There are Cybex weight and resistance machines, or if free weights are your thing, we have that too, along with medicine balls, stability balls and mats for floor workouts. Offering flexible membership opportunities and special parking options to our annual membership holders, this facility has it all – at really reasonable prices! The WIATC offers fitness members 1-month, 3-month, 6-month and annual membership options. The fitness memberships include the fitness centre and access to our state-of-the-art, Olympic style pool.



What's so great about working out in a pool? Let us help you with your New Year's Resolution by providing you with answers for all your excuses not to get fit in 2018...

I GET BORED WORKING OUT

That's why we include the gym AND the pool. Break out of the boredom and hop in the water every now and then. This will help you stay energized and keep your regular routine from becoming, well, routine. Need to shake it up even more? Our membership is accepted at WFCU Centre, Adie Knox Herman Recreation Complex, Windsor Water World and Gino & Liz Marcus Community Complex if you really want a change of scenery.

I DON'T WANT TO INVEST IN A BUNCH OF EQUIPMENT

No equipment necessary – the water itself provides the resistance for cardio and strength training. Just grab your suit and a towel to get moving. If you find that a pair of goggles would be helpful, you can pick those up right at our front desk. We have a variety of styles and colours to choose from.

THE WEATHER IS TERRIBLE

It's always great weather inside the WIATC. Our thermal bulkhead allows for a temperature differential in separate sections of our pool. If you choose the cooler section, your body has to work harder to maintain your body temperature, so you actually burn more calories when swimming compared to other exercises on land. Or, if it is the middle of January, you can choose the warmer end of the pool for a relaxing escape from the winter weather and it will feel more like a tropical vacation than exercise.

THE THOUGHT OF EXERCISING STRESSES ME OUT

The movement of water feels soothing, especially if you have sore muscles or joints. The water also massages, which can have a calming effect that can decrease and eliminate stress, aches and pains. Swimming pools are especially beneficial for seniors who are prone to arthritis.

I HAVE AN INJURY

For those diehards that don't want to miss a day of working out but have sustained an injury, the pool might be the best place for you. Instead of sitting around waiting to heal, try a workout in the pool where you can gently exercise without adding any pressure or impact to the injured area.

I PUT ON SOME EXTRA WEIGHT AND IT'S HARD GETTING STARTED AGAIN

If you're carrying excess weight and just getting started on an exercise program, pool workouts are a fantastic way to start because your body doesn't feel as heavy. This will allow you to start slowly and build up your activity over time.

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by Griffin Handsor

HIIT THE SPOT

HIIT is all the hype lately. In fact, it is steadily becoming the ultimate regime for those looking to tone, trim and transform into their ideal body shape. So, what is this type of training all about? What is HIIT?

HIIT, or high-intensity interval training, is a training technique in which you give an all-out, one hundred percent effort through quick, intense bursts of exercise. Once this quick technique is accomplished it is followed by a short, sometimes active, recovery period. This type of training gets and keeps your heart rate up and burns more fat in less time. How you ask? A high-intensity workout increases the body's need for oxygen during the high-intensity effort given. This then creates an oxygen shortage causing your body to ask for more oxygen during recovery. This effect is referred to as excess post-exercise oxygen consumption and is the main reason why intense exercise will help burn more fat and calories versus regular aerobic and steady-state workouts.

Okay, I know what you are thinking. How come we have been stuck on traditional exercise methods for decades and decades, yet high-intensity interval training comes around and makes it all seem easy?

The traditional methods do work to burn fat, however, we are steadily evolving with new and greater ways to get to where we want to be, faster. For some, getting in a full workout is a huge task. Let's face it, "time" is normally the reason why we push workouts to the side. HIIT makes it that much simpler and effective since it requires a fraction of the time. For the busy individual, it just got simpler.

In fact, many studies show this. In particular, a study from Tremblay et al states that, "The high intensity interval training produced a greater fat reduction effect compared to steady state intensity. Despite exercising half the time, HIIT subjects in the present study lost 11.2% of total fat mass with steady state subjects experiencing no fat loss. Collectively, these results demonstrate that intermittent sprinting compared to steady state is a more effective and efficient way of controlling body composition."

So, what are the best ways to get the most out of your high-intensity training intervals? Here are just a few quick and effective ways to get you started.

OUTDOOR TRACK SPRINTS

Begin by sprinting 200 meters (start on the turn), and then walk around the rest of the track to the starting line. Your walk will be 200 meters and should take about two to three minutes. That should be enough recovery time before you begin your next sprint immediately upon returning to the starting line. Complete for six repetitions.

RECOVERY

After your workout, walk for approximately one to two laps to help build your muscles and rid themselves of lactic acid build-up. Also, make sure that you are taking a least one to two days of recovery between sprint sessions.

HEAVY ROPE TRAINING

Heavy rope training was originally developed for specific combat sports such as Football and Mixed Martial Arts; it is now becoming very popular for conditioning work and HIIT cardio. If you're looking for a new twist to your fitness routine or if you've thought HIIT cardio was too demanding on your legs (especially the day after a leg session), then this is what you're looking for. Along with increasing your strength, power and endurance, the constant motion of rope battling will give you one heck of a workout. Some common movements include waves, slams, throws, spirals and whips. These all involve swinging your arms up and down (or side to side) for timed intervals. With each of these exercises, you want to create a solid base by planting your feet shoulder width apart and stabilizing your core. You'll quickly discover that these exercises engage not just your arms and shoulders, but your whole body.

Begin with moderate jump rope as a five-minute warm up. Once warmed up, complete three to five sets of 10 to 30 second intervals (waves, slams, throws, spirals, whips) and 45 to 60 seconds of rest in between intervals.

RECOVERY

After your workout, complete five minutes of moderate jump rope to cool down.

Now, it's important to understand the pros and cons of doing HIIT cardio workouts. They should be used as a tool and are not to be overused. I wouldn't recommend more than three to four HIIT cardio workouts a week. I would also definitely steer away from doing HIIT after a high intensity leg workout day.

You're probably wondering why you are to complete these methods in such short intervals? This is because you have to build your tolerance and get conditioned for these types of workouts.



The more frequently you do it and push yourself, the more you will improve. Keeping that in mind, we are all different and respond differently to certain things. So, experiment with HIIT and see what you like and what works best for you. Start with 10 second intervals and see if you can eventually get to 30 seconds.

Now that you have a few HIIT training intervals to utilize, see for yourself how beneficial HIIT can be during your workout.

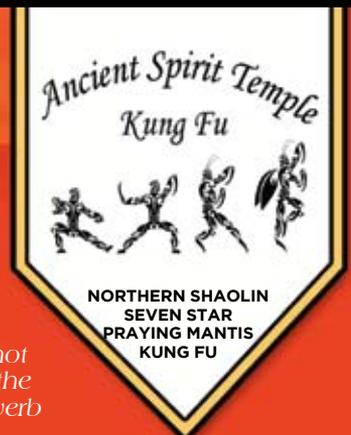
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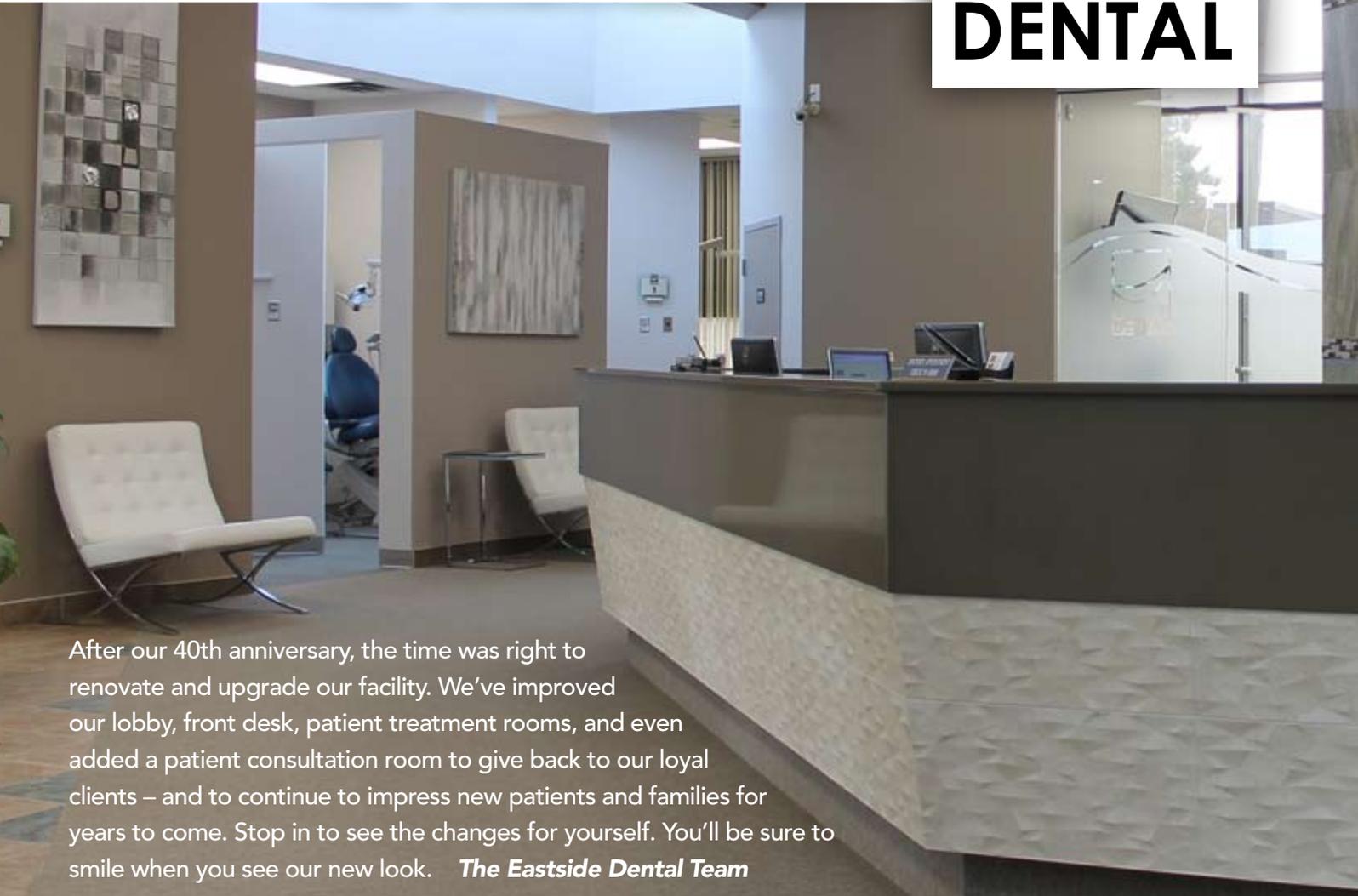
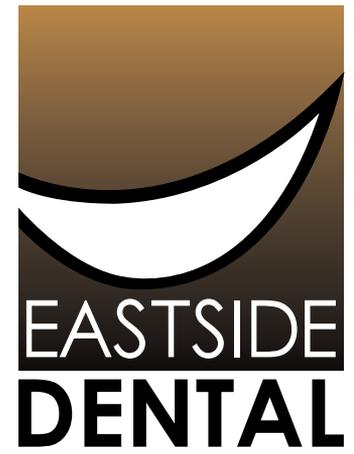
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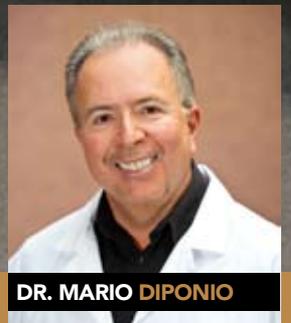
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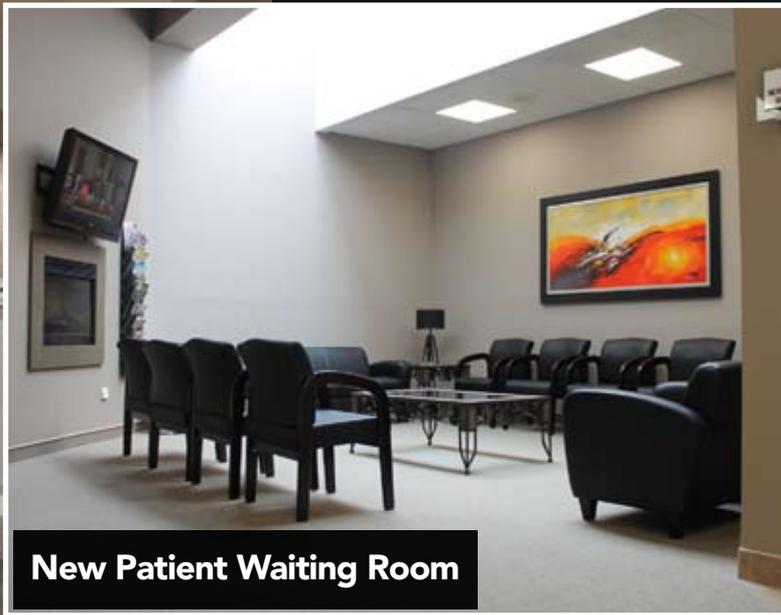


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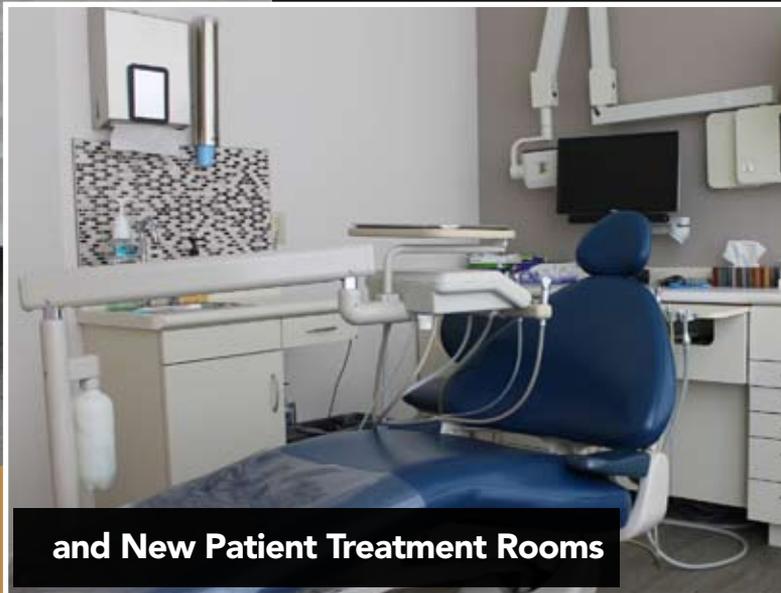
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Let's break it down. Over the last 50 or so years, a lot of research has been conducted. I think one thing we can ALL agree on is that food is meant to heal our bodies and help us stay in optimal health. Who doesn't want to look and feel their best? If you want to try something that is proven to be healthy for your body, do wonders for your skin, and yes, even help you shed those unwanted pounds then keep reading.

BACKSTORY:

Not too long ago, and ironically enough on Thanksgiving, I was waiting for dinner to be prepared when I decided to watch a documentary (I had been on a documentary kick for about two weeks because let's be honest, Netflix). I loaded up a documentary called "Earthlings," not knowing anything about it (I normally don't watch trailers as I like to be surprised—well, I was surprised, let me tell you). The documentary essentially shows you how your meat is made. That means how several different types of animals are killed, how your meat is cleaned (I use that term very lightly), and also, how different things are added to make it look and taste better (hormones, colorants to make fish appear pinker, etc.). Now, this documentary made Ellen go vegan, and that day, it made Lina go vegan as well. Not knowing anything about veganism (or even vegetarianism), I was angry, distraught and disgusted as to what I had been putting in my body and what I was supporting. I became vegan in under 24-hours. Now don't get me wrong, it wasn't the easiest of starts—I didn't know what to eat, what was happening with my body and my skin, and most of all, how to stay full. I definitely couldn't eat salads all day long, so lucky for you, I'll provide some important information in this article to help things go easier for you, should you wish to try.

WHAT'S A VEGAN?

A vegan is someone who does not eat meat (this includes fish), dairy or eggs. Normally, most vegans apply this outside of the diet realm and don't wear fur, leather or any other items that may have animal on them. Most also buy cruelty-free items and try to avoid using products with animals or animal by-products (i.e.- a blush which has crushed beetle in it, yeah that's a thing). Someone who refers to themselves as plant-based means they eat a vegan diet but it ends there. They may or may not wear furs, leather or buy cosmetics with animal by-products. According to the dictionary, a vegan is: "a person who does not eat or use animal products."

WHAT DO I EAT WHEN I GO VEGAN?

The approach I would recommend you take is to start off by trying to reduce your intake of meat and dairy (unless you're like me and just want to go all in). Focus on adding more whole, plant-based foods (rice, potatoes, fruits, veggies) and reducing your meat, dairy and eggs. Removing (or reducing dairy) is one of the top recommendations most people give for better health. Dairy is high in saturated fat (which can lead to stroke and heart attacks), it's an amatory (the root cause of many chronic diseases), and the growth hormones in dairy can stimulate malignant cell growth and proliferation. When you give up dairy in particular, you will notice your skin glowing and acne reducing (seriously, try it). Know that dairy lurks in every food (chicken, tomato soup, salsa, iced-tea and many other not-so-obvious sources), so make sure you read the labels carefully.

I highly recommend picking up *The China Study* by Colin Campbell, PhD and Thomas M. Campbell II. It is one of America's best-selling books about nutrition and it encompasses the most

comprehensive study ever done (really, ever, in the world) as to why everyone should ditch dairy, meat, eggs, poultry and fish. The China Study examines the relationship between the consumption of animal products (including dairy) and chronic illnesses such as coronary heart disease, diabetes, breast cancer, prostate cancer and bowel cancer. It concludes that people who eat a predominantly whole-food, plant-based diet—avoiding animal products as a main source of nutrition, including beef, pork, poultry, fish, eggs, cheese and milk, and reducing their intake of processed foods and refined carbohydrates—will escape, reduce, and even reverse the development of numerous diseases.

Disclaimer: When you become vegan, and eat this way, know that there are some side effects. Almost everyone loses weight eating this way (I myself lost 50 pounds), your nails and skin will improve, your energy will be through the roof, your bowel functions will increase as you will become more regular (fiber, baby), stronger and shinier hair and much, much more. However, when you initially go vegan the first few weeks can be a bit rough. You may experience the whole 'bad before better' thing that can occur for some. You may get bloated (beans, baby), your skin may break out (all the gunk has to surface somewhere as bacteria busts out, and sadly, at the beginning, it may be your skin), and you may experience some headaches.

The reason this occurs is because your body essentially goes into withdrawal mode. You are removing dairy (which has opiates—ever wonder why you feel 'addicted' to cheese?) and meat, which have a ton of sodium, sugar, colorants, hormones, opiates like I mentioned, and other gunk I don't even have the time to list. So obviously due to all of this, your body might be out of balance the first few weeks, but don't worry, you will balance out and experience the benefits mentioned in the above in no time. Trust me, breakouts for one week are a small price to pay vs. clear skin moving forward. Not to mention, improved focus, energy and weight-loss.

I will list some resources at the end of this article which will provide you with jam-packed information as to why going vegan is so healthy for your body, how your health can improve, and obviously, how that helps in weight-loss and overall health. In the below, I will list some sample meal options should you wish to try eating one vegan meal a day or one vegan meal a week.

WHAT ABOUT PROTEIN?

I'm glad you asked. Protein is necessary for building, maintaining and repairing tissues in the body including our muscles, bones, skin and blood. It also regulates hormones and enzymes, fights infections and heals wounds. There are twenty amino acids which are the building blocks of protein. Our bodies can make eleven of those and nine are called "essential amino acids," which must come from the food we eat. A variety of plant-based foods provides all nine of these essential amino acids so don't worry—plenty of protein to go around.

Women typically need around forty-six grams of protein per day and men require roughly fifty-six grams. It's simple to gauge your individual needs by multiplying your weight (in pounds) by .36 to determine daily protein needs in grams. Remember, even kale and broccoli contain protein. A resource I initially enjoyed using was checking out www.nutritiondata.com to find out how much protein each food contains. It definitely simplifies things.

tofu fried rice



quinoa stuffed bell pepper



vegan pasta caprese



I've also compiled a short list of protein rich foods, and remember, most, if not all, mock-meats and dairy alternatives have protein.

Protein Sources: Lentils (9 grams per half cup along with 15 grams of fiber), Seitan, Tofu, Tempeh, Black Beans, Quinoa, Amaranth, Soy Milk, Flax Milk, Hemp Milk (almost all of the milks, really), Green Peas, Artichokes, Hemp Seeds, Oatmeal, Pumpkin Seeds, Chia Seeds, Edamame, Spinach, Black Eyed Peas, Broccoli, Asparagus, Green Beans, Almonds, Spirulina, Tahini, Nutritional Yeast, Chickpeas, Peanut Butter and obviously, vegan protein powders.

One of the biggest bonuses when becoming vegan (aside eating a variety of foods and becoming more creative in the kitchen) is that you experience an abundance of minerals and vitamins. As an example, the majority of plant-based foods that have protein have an added bonus such as a high content of fiber and are mineral and vitamin rich.

B12:

Vitamin B12 is crucial for normal brain and nervous system functions and for the formation of healthy blood cells. It also plays a central role in DNA synthesis and cell metabolism.

Vitamin B12 is the only nutrient essential to human health that cannot be obtained by plants or sunlight. B12 is not produced by plants OR animals. I repeat, while it is true that plants do not produce vitamin B12, neither do animals. Vitamin B12 is produced by bacteria that lives in the soil (and in the intestines of animals, including humans). When it comes to humans and other animals, it is generally manufactured too far down the intestinal tract (in the colon, in our case) to be absorbed and is instead excreted in feces where it is abundant. When it comes to nature, we scrub our fruits and veggies so all bacteria and dirt is removed, so either way you look at it, whether you eat meat or not, everyone needs to have B12 in their diet.

Vitamin B12 is required in smaller amounts than any other vitamin. Due to this, 100 micrograms of B12 per day (or 1000 mcg twice a week) prove to be sufficient. If you don't like taking vitamins, you can buy nutritional yeast which is loaded with B12. Nutritional yeast can be put in smoothies, on top of your salad, in a stew, or you can use it to make a vegan mac and cheese (google, my friend). If you don't want to take a vitamin B12, stick to nutritional yeast and try increasing your intake of mock-meats, non-dairy alternatives and breakfast cereals (as they are B12 heavy, normally).

RESOURCES, TIPS AND TRICKS

Build your plant-based diet on a firm foundation and on real nutritional information. Remember, no one can take better care of your health than wise, capable, strong YOU.

I will list some books and documentaries so you can gather a TON of information since this article is an introduction. I own all of the books I am recommending (and have obviously read them) and for the documentaries, know I've seen them all and am recommending the best of the best. For the documentaries in particular, health means they are scientifically, research founded and focus on health specifically. Environmental documentaries speak to how going vegan will help the environment, and obviously, the ethical documentaries are those that may have some squeamish scenes. The health documentaries in particular do not—so don't be afraid to watch them and learn about ways to improve your health.

DOCUMENTARIES TO WATCH

All can be found online for free and the majority are even on Netflix

- *Health: What the Health*
- *Forks Over Knives*
- *Simply Raw: Reversing Diabetes in 30 Days*
- *Fat, Sick and Nearly Dead*
- *Crazy, Sexy, Cancer*
- *Get the Facts on Milk*
- *Ethics: Earthlings*
- *Blackfish*
- *The Cove*
- *Environment: Cowspiracy The Sustainability Secret*

SOME BOOKS TO READ:

- *The China Study: The Most Comprehensive Study on Nutrition Ever Conducted* by T. Colin Campbell, PhD and Thomas M. Campbell II
- *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease* by Michael Greger M.D., FACIM with Gene Stone
- *Prevent and Reverse Heart Disease: by Caldwell B. Esselstyn, Jr., M.D.*
- *The Kind Diet: by Alicia Silverstone*
- *Skinny Bitch: by Rory Freedman & Kim Barnouin*



RECIPE BOOKS:

There's a ton but the two most used and beneficial I've found to be are The Oh She Glows Cookbook by Angela Liddon and Thug Kitchen by Matt Holloway and Michelle Davis.

After reading this article feel free to conduct your own research and gather your own facts, after all, the internet is here to be utilized. If you take one thing away from this article its that I want you to know you can have a healthy and happy life that enables you to feel and look good. Don't feel that you have to go vegan cold to-furkey. You can try eating one vegan meal a day or even one vegan meal a week. Do your best and know the health you desire is within your reach.

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THE HEALTHY WAY RECIPE

Pasta Carbonara

with Shiitake Bacon

SHIITAKE BACON

1-pound shiitake mushrooms,
trimmed and thinly sliced
(about ¼ inch thick)
¼ cup olive oil
1¼ teaspoons sea salt
½ teaspoon freshly ground black pepper

PASTA CARBONARA

1-pound long pasta (spaghetti, linguine, fettuccine)
(or gluten-free pasta)
2 tablespoons olive oil
1 large onion, chopped
3 garlic cloves, minced
14 ounces soft tofu
½ cup water
2 tablespoons lemon juice
2½ teaspoons sea salt
Freshly ground black pepper
Chopped fresh Italian parsley for garnish

PROCEDURE:

For the shiitake bacon:
Preheat the oven to 375°F.

On a large rimmed baking sheet, toss mushrooms with oil, salt, and pepper. Bake for about 30 minutes, turning frequently with a spatula, until lightly browned and crisp.

FOR THE PASTA:

Bring a large pot of salted water to a boil. Add pasta and cook according to package directions. Drain and return to the pot. Meanwhile, heat oil in a medium skillet over medium heat. Add onion and let cook until soft. Add garlic and let cook a few more minutes. Remove from heat. In a blender, combine onion, garlic, tofu, water, lemon juice, and salt. Process on high until very smooth, about 2 minutes. Add sauce to pasta and toss to coat. Season with pepper and add more salt to taste. Let pasta sit for about 5 minutes to allow sauce to thicken slightly. Top with shiitake bacon, parsley and serve. **NOTE:** If sauce thickens too much as it sits, reconstitute the pasta by adding a little water or nondairy milk. Stir over medium heat until smooth. Adjust seasoning again to taste.



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ADVANCE BUSINESS SYSTEMS ANNUAL EVENT RAISES \$11,000 FOR THE WINDSOR-ESSEX CHILDREN'S AID SOCIETY YOUTH ADVISORY COMMITTEE

by Lina Stoyanova

Every year Advance Business Systems likes to show their communal support by choosing a local charity and raising money in order to help in any way possible. This year, Advance Business Systems continued that path by supporting the Windsor-Essex Children's Aid Society Youth Advisory Committee (YAC). The Windsor-Essex Children's Aid Society YAC is about creating connections for life, networking and supporting each other. "Kids helping Kids!"

On November 23, 2017, the annual Advance Systems American Thanksgiving Football Classic party took place at the Windsor Yacht Club and received a donation in the amount of \$11,000. The 26th Annual Advance Business Systems American Thanksgiving Day Football Classic brought in donations from Advance Business Systems, local businesses and national companies throughout the community in order to support Windsor-Essex Children's Aid Society YAC.



"These are kids that the Children's Aid provides services to that really are great examples of success stories," said Mike Clark, manager of public relations and fund development for the CAS. "What today is doing is showing that people really believe in them and it's giving them an opportunity to aspire to their goals."

For the past 26 years, Advance Business Systems has consistently held this prestigious event as a 'Customer Appreciation' gathering which has quickly become Southwestern Ontario's premier networking event.

The selection of the charitable organization is completed by Jack Jorgensen, president and CEO of Advance Business Systems. Every year, one hundred percent of all incoming donations are collected and distributed to that organization. Past recipients include Windsor Regional Hospital, the Make-A-Wish Foundation, the Downtown Windsor Business Accelerator, Children's First, Family Respite Services and many others. To date, this fun and exciting event has collected over \$100,000 in charitable donations. Advance Business Systems continues to actively participate in supporting various organizations within the community.

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HOW TO MANAGE WORKPLACE STRESS



by Lina Stoyanova
Editor



W

orkplace stress can be, well, stressful. But it can also be very, very annoying. Spending over 40 plus hours in the same seat, in the same place, with the same people, can make situations tense. Here is how you can alleviate some of your stress and focus on what you should be doing most—working.

Person Place or Thing?

The best suggestion I can make would be to tell you to figure out if your stress is coming from a person, place or a thing. Is Nancy from cubicle 11 getting on your nerves, is it your workplace in general, or is it something that affects your mood and how you work? Once you narrow that part down, you can better manage things moving forward.

Person:

A person at work stressing you out is the worst thing. Literally, the worst. Don't even try to argue with me on that one. Why? Because you have to deal with them non-stop. Sadly though, sometimes people don't understand how they are coming off, so the first recommendation I would make is to talk to them.

Talk to Nancy from cubicle 11 and tell her that her behaviour is unacceptable and try to resolve it amongst yourselves. If you want Nancy to treat you with more respect, knock when she comes in your office, not interrupt you in meetings, and so on, and so on, you have to let Nancy know. Nancy might not even be aware that she's doing things that are upsetting you. Have a nice, professional conversation and try to resolve it.

Now, the tricky part comes in when you talk to Nancy and she tells you she doesn't care about your feelings and doesn't wish to change her behaviour (rude, eh?). Well, sometimes we can't jive with everyone and this doesn't change just because we are all working together.

If Nancy can't improve her behaviour and if you can't improve the way you react to Nancy and continue to be stressed, once you've tried speaking with her about it, take it to a supervisor or your boss. Figure out tangible ways the workflow amongst you and Nancy could be bettered.

Disclaimer: Don't take it to a supervisor (or boss) until you really, really have to. How do you know if you've reached that point? You've essentially done everything in your power to change the situation and see no improvement in sight.

Place:

If work itself is stressing you out (as in the area), try to manage the stress of that by sprucing up your space. Bring in family photos, rearrange your desk, add a plant and switch things up in general to refresh your area so you don't feel you've been sitting in the same spot for the last five years. If it's the work itself (you hate using excel) try to manage your stress by finding out ways you can enjoy the work (excel is a time-saver) and look towards the

positive of certain programs you are using or projects you are put on.

Another tip that is helpful is to get more organized. Getting organized will make you feel more in control and when we feel more in control we experience less stress. Try to have a clean area, clean desk and prioritize your meetings, lunches and deadlines so you stay on top of things.

If you constantly feel like you are drowning in work due to a messy work area you will always remain stressed no matter if you have a Nancy in your office, or not. Try to get organized, spruce up your space and see if that helps you manage stress better. Spoiler alert, it should.

Thing:

Now, if you don't have issues with co-workers, if you aren't bothered by your workload or space then maybe you are stressed at work due to outside factors (family and friends as an example, after all, we don't just live to work), so try some of the following.

- Try to figure out what outside forces are causing you to be a stress-ball by the time you get to work and try your best to resolve them.

- Figure out a way that works best for you to separate work and home (this one is extremely hard as most work leaks into our home life and vice versa).

- Try to put stress strategies into place so you feel less stressed at work (and even at home).

- Purchase a book on managing workplace stress and even a self-improvement book. Maybe it's not the thing/situation but perhaps how you are reacting.

- Lastly, if push comes to shove, reach out and talk to somebody. Whether you talk to a counselor, speak with someone from a workplace hotline (those exist), or even vent things out to a friend (or journal), if nothing else works, seeing/talking to someone should better assist you in managing any stress and issues that may arise in the workplace.

Wishing everyone all the best in 2018!

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Your body makes Vitamin D naturally when skin is exposed to UVB, storing the vitamin in fatty tissues. It's the most controlled and reliable source of Vitamin D.

Source - tancanada.org.

Sunbeds and summer sunshine are effective means by which to increase our serum 25(OH) D levels. "The advantage of a tanning bed is that exposure to UV light can be controlled more precisely than casual sun exposure and thus can be safer than advising the public to guess at their own sun exposure from sunlight." *Source - Dr. Reinhold Vieth, Mount Sinai Hospital, T.O.*

Tanners have been scientifically demonstrated to have 90% higher Vitamin D levels than non-tanners.

Source - American Journal of Clinical Nutrition.



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