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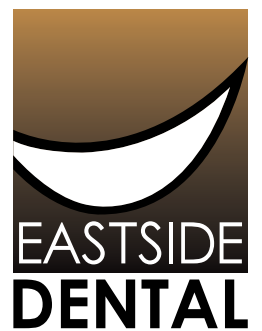
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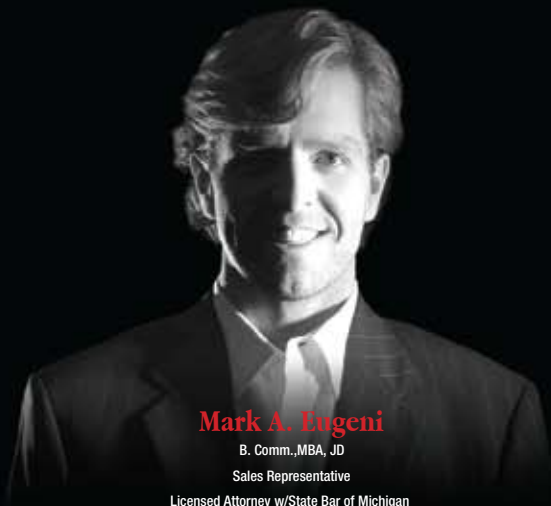
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"We would like to express our deepest gratitude to Tina Pickle and Mark Eugeni for making the buying and selling process totally stress-free. They were knowledgeable, enthusiastic, and professional from start to finish. After months of looking with our family, friends and on our own, we hired Tina and Mark. They found the perfect house for us quickly and in the exact location we wouldn't have found on our own. We were 100% satisfied, now live in our dream house, in a great neighbourhood; we couldn't be happier. Selling our older home was an even easier process with The Legal Edge Team; two days and sold. It was really reassuring to know that we were being represented so competently and professionally. There really is a Legal Edge and would recommend them to all. Thanks again Tina, Mark and Donna."

Kris Kobielski, Nicole McGhee and son Ethan
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RESTORING YOUTH

with Revitalize Medical Laser Centre

Revitalize Medical Laser Centre offers exciting cosmetic and medical procedures in a welcoming, professional, team-based environment. Located at 2425 Tecumseh Road East, Suite 216, Revitalize is focused on providing effective treatments using the latest technology. Revitalize uses only medically proven, state-of-the-art laser technologies that are widely regarded as the industry standard. With the desire to find less invasive, non-surgical procedures that are comparable to real surgical results, Revitalize strives to provide lasting non-surgical rejuvenation.

Each safe, evidence-based procedure at Revitalize is performed (or overseen) by a member of the clinic's team of six accredited physicians: Drs. Greg Hasen, Brad Jasey, Jenna Rawlins, Michelle Suga, John Tomc or Rahi Victory.

"Our mission is simple: best technology, best results," says Dr. John Tomc.

Offering a wide variety of treatments including laser hair removal, an IPL treatment, body sculpting and micro-needling with RF for treatment of C-section scars, stretch marks and severe acne, Revitalize will ensure you are summer ready.

Laser Hair Removal

Laser Hair Removal done by Revitalize is a wonderful option since it's the most powerful laser in the area. Clients can walk out knowing they will have silky smooth skin with minimal treatments. Revitalize's laser hair removal system is the latest, highly effective laser hair removal technology on the market. Diolaze is a long-term solution for both men and women, offering the fastest and largest hair removal procedure with maximum efficiency. The treatment is virtually painless due to its built-in Triple Cooling System (Pre-Cooling, Parallel Cooling, and Post Cooling). With this advanced treatment, unwanted hair vanishes quickly and almost painlessly.

Clients will experience fewer ingrown hairs, smoother, softer skin, and an even skin tone, all without bumps or scarring. The Laser Hair Removal System combines years of experience and innovation to provide patients with any skin type a comfortable and calming hair removal experience. Revitalize is the only clinic in Windsor to offer such a laser.

Clear Skin and IPL by Revitalize Medical Laser Centre

If you have skin imperfections such as sunspots, facial spider veins, rosacea, freckles, or want to look younger, Revitalize can help. For clearer skin, Revitalize features Lumecca, a new IPL technology that uses broad spectrum laser-like intense pulsed light (IPL) and energy to selectively target and treat a variety of skin conditions. This procedure results in a consistently brighter, rejuvenated, and more radiant skin for a glow that takes years off your face and body. Lumecca is optimized for everyone and can treat all skin types. The treatment is precision-focused to provide the ultimate prestige solution to photo-damaged skin, pigmented spots, melasma, rosacea, active acne, large pores, dull skin-tone and/or visible blood vessels.

Forma Skin Tightening for Face, Abdomen and Thighs

The Forma Skin Tightening treatment is one of the newest, most advanced and effective techniques for tightening and lifting skin. Often referred to as a "Red Carpet Mini-Facelift," a Forma treatment is known for its ability to deliver an immediate revived and naturally lifted appearance without any downtime. Forma will astonishingly remove (or reduce) the appearance of the nasolabial folds, a lax neck, jowls, double chins and loose necklines. It is suitable for all skin types and is appropriate for individuals seeking a non-invasive way to treat skin texture irregularities while maintaining a natural look. Patients have reported that their skin feels smoother and more defined with an obvious reduction in wrinkles. Forma can be used on both the face and body; this is the technology being used throughout Hollywood.

Fractora Device

Revitalize also offers Fractora; A fractional radio-frequency micro-needle device that allows you to receive the ultimate skin rejuvenation without surgery. Fractora is a skin resurfacing and subdermal tissue coagulation device that bridges the gap between fractional lasers and surgical procedures. Put simply, the treatment delivers radio-frequency energy beneath the skin in order to put collagen and elastin production into overdrive as well as shrink the skin's oil glands.



*Forma Skin Tightening Before & After images above.
The lasers used by Revitalize Medical Laser
Centre have been featured on Dr. Oz and The Doctors.*



This device helps clients see an improvement in texture and tone, reduction in acne and acne scarring, reduction in wrinkles, tissue tightening and an overall youthful appearance. Fractora can be used by all, including clients who struggle with active cystic acne and acne scars.

If skincare is a concern, but you would like to do something less elaborate, Revitalize still has something for you. They offer AlumierMD skin care products which is an exclusive and unique skincare line for facials and chemical peels.

AlumierMD

AlumierMD was created by a team of experienced PhD biochemists, physicians and skin care specialists. Their products were developed by using innovative ingredients all while being free of parabens, sulfates, petrolatum, mineral oils and dyes. This formulation enhanced Revitalize's ability to provide customized, professional treatments fully integrated with home care solutions for optimal skin health results.

Interested in getting a treatment done? Revitalize has many different packages to choose from and clients are able to book a free consultation to discuss all options. This summer, Revitalize has decided to extend their popular one-year laser hair removal package so don't miss out on this exciting promotion.

"We are excited to truly bring state-of-the-art, Hollywood type skin care solutions to Windsor," explains Dr. Tomc. "Our goal is to find and offer the best technology in the nicest atmosphere. With the addition of neuromodulators including Botox™, Dysport™ and Xeomin™ over the coming weeks, we want to be sure everyone has access to the best treatments available."

Revitalize Medical Laser Centre strives to cover any and all skin needs. With the right technology, non-invasive solutions can now replace about 85 percent of the procedures that would have been done surgically in the past. Whether it's acne treatment, scar reduction, laser hair removal, skin rejuvenation, IPL treatment, cellulite treatment, micro-needling, body contouring or skin tightening, Revitalize can help treat any of your concerns.

They are bringing the best technology with the best results to Windsor so book your free consultation today. For more information, contact them at (519) 254-1444 or visit www.rmlc.ca.

"We are excited to truly bring state-of-the-art, Hollywood type skin care solutions to Windsor," explains Dr. Tomc. "Our goal is to find and offer the best technology in the nicest atmosphere."



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A HEALTHY AND FIT MIND: FROM 0 – 95

LIVING YOUR BEST LIFE AT EVERY AGE, BODY, MIND, AND SOUL

There’s an age-old question that even the brightest of scholars have yet to figure out: “How do we stay young forever?” Well, as it turns out, you can’t. Unfortunately, there is not enough diet, exercise, plastic surgery, or even hair color dye in the world to prevent the inevitable from happening. But maybe we’re asking the wrong question. Maybe the question shouldn’t be how to stay young forever, but rather, how can we feel whatever age we want regardless of real time maturity?

The secret is taking age out of the equation altogether. Think about how many times you’ve heard someone (or even yourself) say, “I’m too old for that,” or “I can’t do that at my age.” The limiting beliefs we put on ourselves because of our numerical age is unbelievable. Even worse, forcing ourselves into age boxes that determine what we can wear, eat, say, or do only supports aging of the body and soul faster.

I’m not here to offer cliché inspirations like, “Age is just a number,” or “You’re as young as you feel,” but what if you really did have the power to control how you felt whether you are 25 or 95?

The power of the mind is pretty awesome, and the research surrounding how a healthy mind impacts overall well-being is gaining ground every year.

From the conversations you have with those around you, to how you speak to yourself on a daily basis, to the thoughts we choose to spend our time on can greatly impact our outlook on all areas of life.

Spending less time on negative or limiting thoughts and turnings our words into kindness and positivity at every turn helps us to shape a world that is better, happier, and yes, even mentally younger! Leave little mantras for yourself around the house and notice how the power of words can change your mood in an instant. Something as simple as a sticky note on your mirror that says, “You look great,” or one in the fridge that says “Eat without guilt” could change your whole day. As author Joyce Meyer says, “You cannot have a positive life and a negative mind!”

FEEDING YOUR BODY
MEANS FEEDING YOUR
SOUL, AND THERE'S NO
DENYING THE IMPORTANCE
OF MENTAL HEALTH
ESPECIALLY AS WE AGE.
THE POSITIVE RESULTS
OF MINDFULNESS,
MEDITATION, AND YOGA ON
THE BODY AND SOUL ARE
BENEFICIAL AT EVERY AGE,
IMPROVING ALERTNESS,
MEMORY, SLEEP, AND
EVEN SERENITY.

Giving yourself permission to live the life you want can't come from anyone but yourself. It means allowing yourself a cheat day without actually calling it a cheat day, but rather an "I can eat whatever I want because it's my life" day. That's not to say that if you eat a bag of chips every night you're not going to end up with a bad case of heartburn, or worse, but it means that everything we do in moderation (and more importantly, without guilt) is a win-win for our body and our mind.

Exercise and diet are an important component of good health but having a healthy body does not necessarily mean having a 'ripped' body. The success of taking on a fad diet or exercise regimen that brings you agony is not only going to prevent overall health, but actually contradicts your efforts because of the negative impact on your mental state.

Find an exercise routine that works for you, even if that means taking long walks around your neighborhood or using the stairs rather than an escalator at the mall. Splurge when it makes you happy (and without guilt!) but find ways to get in your greens with vegetable pastas as an example (like zucchini or sweet potato), or in a morning smoothie with avocado for texture and flavour.

Feeding your body means feeding your soul, and there's no denying the importance of mental health especially as we age. The positive results of mindfulness, meditation, and yoga on the body and soul are beneficial at every age, improving alertness, memory, sleep, and even serenity. Social media channels are a great platform for finding guided meditations that could take as little as five minutes out of your day, and surrounding yourself with friends and family who bring joy to your soul is a must. Have conversations that make you chuckle because the laugh lines are worth the exercise that it does for your heart.

Being healthy is really the same for anyone at any age. It means changing your thoughts to ones that lift you up, eating foods that make you feel good (and sometimes ones that taste good, too!), and making decisions that work for you. Maybe it's not about staying forever young after all, but about living your best life and feeling whatever age you want; from 0 to 95!



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Jillian Strong
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~Michelle Gillis



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Spirulina

the king of superfoods

by Lina Stoyanova



Spirulina is incredibly healthy. At the end of this article, you will be able to see why it's one of the few "superfoods" that is actually worthy of the term.

WHAT IS SPIRULINA?

Spirulina is a natural "algae" (cyanobacteria) powder that is incredibly high in protein and a good source of antioxidants, B-vitamins and other nutrients. When harvested correctly (from non-contaminated ponds and bodies of water), it is one of the most potent nutrient sources available. Spirulina grows naturally in a few alkaline lakes around the world and has been harvested for thousands of years. The Aztecs and Mayans harvested it from lakes in the Central and South American regions. It is still grown and harvested in the wild in Chad (Central Africa).

Spirulina contains all of the essential amino acids and essential fats, along with complex carbohydrates, fibre, a wide range of vitamins and minerals including antioxidants, carotenoids (especially lutein) and nucleic acids. Spirulina contains Gamma Linolenic Acid (GLA), Omega 3s (3, 6 and 9) which is why it's viewed as anti-inflammatory. Spirulina is also one of the few foods to have a natural GLA content.

According to the National Institutes of Health (NIH), Spirulina is promoted as a treatment for a range of metabolism and heart health issues, including weight loss, diabetes and high cholesterol. It also aids in relieving various mental and emotional disorders, including anxiety, stress, depression and attention deficit-hyperactivity disorder (ADHD). Spirulina also helps a range of eclectic health problems, including premenstrual symptoms and amyotrophic lateral sclerosis (Lou Gehrig's disease).

PROTEIN, PROTEIN

One of the most phenomenal things about this superfood is its ability to efficiently synthesize concentrated amounts of protein in relatively short periods of time, taking in sunlight energy and converting it into a green super fuel for the body.



Arthrospira platensis, when dried, contains an average total protein content of 60%, but can range anywhere between 50-70% depending on the quality. It is one of the highest protein-rich foods, and as mentioned, includes all the essential amino acids (compounds that are the building blocks of proteins). This makes Spirulina a complete protein source and optimal for good health. Each gram of Spirulina has four times more absorbable protein than the same gram of protein found in red meat. In addition, the Arthrospira species do not have cellulose walls which make its protein content and other nutrients more digestible (and bioavailable) when consumed.

WHAT ARE THE BENEFITS OF SPIRULINA?

Spirulina is the most nutrient dense food on the planet. No, really, it is. The concentration of protein and vitamins in Spirulina are astounding when compared to any other food gram for gram. These benefits come with only 20 calories and 1.7 grams of digestible carbohydrate.

TO NAME A FEW BENEFITS:

- Protein
- Vitamin B1
- Iron
- Calcium: 26 times higher in calcium than in milk*
- Vitamin A, C, D, and E
- Potassium
- Chromium
- Copper
- Magnesium
- Phosphorus
- Selenium
- Sodium
- Zinc

A single tablespoon (7 grams) of dried Spirulina powder contains a breakdown as follows:

Protein: 4 grams

Vitamin B1 (Thiamin): 11% of the RDA

Vitamin B2 (Riboflavin): 15% of the RDA

Vitamin B3 (Niacin): 4% of the RDA

Copper: 21% of the RDA

Iron: 11% of the RDA

To put this in perspective, it means by comparable weight, Spirulina has 3900% more beta carotene than carrots, 375% more protein than tofu, 300% more calcium than bovine (cow's) milk, and lastly, 2300% more iron than spinach.

SOME RESEARCH

With access to the internet, you can also conduct your own research and even look up ways to incorporate Spirulina into your daily life, should you wish. My personal favorite is to make a Spirulina latte and/or a smoothie (depending on the weather). According to research and different studies compiled, here are some important takeaways:

• **Spirulina is extremely high in many nutrients;** it's a type of blue-green algae that grows in both salty and fresh water. It's considered by many to be the single most nutrient-dense food on the planet.

• **Spirulina has powerful antioxidants and anti-inflammatory properties;** Phycocyanin is the main active compound (powerful antioxidant and anti-inflammatory).

• **Spirulina can lower LDL and Triglyceride Levels;** Spirulina also protects LDL Cholesterol from becoming oxidized (fatty structures in the body can become oxidized which drives the progression of many diseases—the antioxidants in Spirulina can prevent that from happening).

• **Has Anti-Cancer Properties;** Research conducted shows it can reduce cancer occurrence and tumour size. Spirulina has particularly been studied with regard to oral cancer.

• **Reduces Blood Pressure;** Doses of 4.5 grams per day have been shown to reduce blood pressure in individuals. This is thought to be driven by an increased production of nitric oxide, a molecule that helps the blood vessels relax and dilate.

• **Improves Allergies;** Helps with environmental allergens, pollen, animal hair and even wheat dust. Many studies show Spirulina supplements are very effective against allergic rhinitis, helping reduce many symptoms.

• **Helps Improve Muscle Strength and Endurance;** According to research, Spirulina has been shown to be very beneficial in improving muscle strength and endurance. Research also shows it also helps prevent damage to muscles through exercise.

In conclusion, Spirulina's health benefits are undeniable. Upon doing your own research, should you wish to try Spirulina, check out recipes online to see how you can enhance your smoothie or even your next latte.

Researchers have found that Spirulina intake reduces blood cholesterol and inflammation, and also helps detoxify the body naturally by removing heavy metals from the body. Over 200 studies have been done on Spirulina to demonstrate various health benefits. Here's a few helpful resources:

*It contains strong synergistic antioxidants: Potent free radical scavenger, Pinero et al, 2001

*It protects the liver: Hepatoprotective (Liver), Vadiraja et al, 1998; Gorban et al, 2000

*It protects the kidneys: Protection against renal damage (kidney), Farooq et al 2005

*It protects the brain: Reduced ischemic brain damage & improved post-stroke locomotor activity, (Wang et al 2005)

*It is anti-viral: Inhibits penetration of virus into host cells, Hayashi et al 1996a. Antiviral properties against herpes simplex 1 and HIV-1, Hayashi et al 1996

*It stimulates the immune system: Potentially useful botanical or pharmaceutical to improve immune function, Pasco et al, 2006

*It is anti-inflammatory: Reduced age related brain degradation and reduced pro-inflammatory cytokines, (Gemma et al, 2002)



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Cilantro Lime Grilled Salmon

Serves 4

4 (6-oz.) salmon fillets
Kosher salt
Freshly ground black pepper
4 tbsp. butter
1/2 cup lime juice
1/4 cup honey
2 garlic cloves, minced
2 tbsp. Chopped cilantro

DIRECTIONS

Season salmon with salt and pepper. Heat grill and place salmon on grill flesh side down.

Cook for 8 minutes then flip and cook on other side until salmon is cooked through, 6 minutes more. Let rest 5 minutes.

SAUCE

In a medium saucepan over medium heat, add butter, lime juice, honey, and garlic.

Stir until butter is melted and all ingredients are combined. Turn off heat and add cilantro.

Pour sauce over salmon and serve.



Chickpea "Tuna" Salad

Serves 4

1 cup raw almonds, soaked for a few hours or overnight in water
1 cup sunflower seeds, soaked for a few hours or overnight in water
1/3 cup minced celery
1/4 cup minced red onion
1/3 cup pickles, diced
2 tablespoons minced dill
1 tablespoon minced oregano
3 tablespoons lemon juice
1 tablespoon agave
2 tablespoons kelp granules (optional)
1/2 teaspoon sea salt
Freshly ground black pepper, to taste
Dijon mustard
4 pieces whole grain rye bread, toasted
4 to 6 butter lettuce leaves
1 vine-ripened tomato, sliced

Blend the soaked almonds and sunflower seeds in a food processor until finely minced (the finer the better).

Transfer into a bowl.



Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt, and pepper to nut/seed mixture and stir thoroughly.

Set aside.

Spread Dijon mustard on rye bread. Add butter, lettuce, and tomato.

Using an ice cream scoop or large spoon, scoop a generous helping of "tuna" on each slice of bread.

Finish with more black pepper, lettuce, and tomato.

Check us out every issue for new recipes that add more exciting and healthy options to your meals.

Amazing Summer BBQ Recipes

Here are some great summer dishes to spice up your grill this summer. These are a must try!

Spicy Red Thai Curry Cauliflower Wings

Cuisine: Gluten-Free, Vegan, Thai-Inspired, Indian-Inspired

Serves 6

INGREDIENTS

BATTER:

3/4 cup (120 g) brown rice flour or chickpea flour*
Healthy pinch sea salt
1/2 tsp curry powder
2 tsp tandoori masala spice
1/2 cup (120 ml) unsweetened plain almond or rice milk
6-8 Tbsp (90-120 ml) water

CAULIFLOWER:

1 head cauliflower, large stalk removed, cut/torn into bite-size pieces

SAUCE:

1/4 cup (80 g) red curry paste (ensure vegan friendly - Thai True + Thai Kitchen are best)
2 tsp melted coconut oil
2-3 tsp maple syrup (to taste)
Water to thin (2-3 Tbsp or 30-45 ml)

FOR SERVING:

Preheat oven to 450 F (232 C) and line a baking sheet with parchment paper (important or the wings will stick).

Next, prepare batter. Mix dry ingredients together, and then add almond milk and 6 Tbsp water to start. Stir with a whisk or fork until well combined. You want the batter thick but pourable so it can adhere to the cauliflower - too runny and it won't stick. Add only enough water until you reach the right consistency. Add more brown rice flour if it becomes too thin.

Once the oven is preheated, add the cauliflower to the batter to coat. Shake off excess and place on baking sheet. Give each piece 1 inch of room to prevent sogginess. Depending on the size of your cauliflower this may require cooking on two baking sheets or in two batches.

Bake for 25 minutes. In the meantime prepare the sauce by whisking together curry paste, coconut oil, and maple syrup. Add just a bit of water to thin so it resembles a glaze consistency.

Once the cauliflower has finished baking, remove from oven and dip/toss in the glaze 1-2 pieces at a time. Shake off excess, then place back on baking sheet and bake for another 20-25 minutes, or until browned on the edges and the glaze has caramelized.

While baking, prepare chutney (optional), by adding all ingredients to a blender and blending until creamy and smooth. Taste and adjust seasonings as needed, adding more garlic for zing, salt for saltiness, maple syrup for sweetness, or water to thin.

Let cauliflower cool slightly and then serve immediately. Best when fresh. The wings can be frozen (either at the glazed stage or the glazed and baked stage) and then reheated in a 350-degree F (176 C) oven until warmed through.



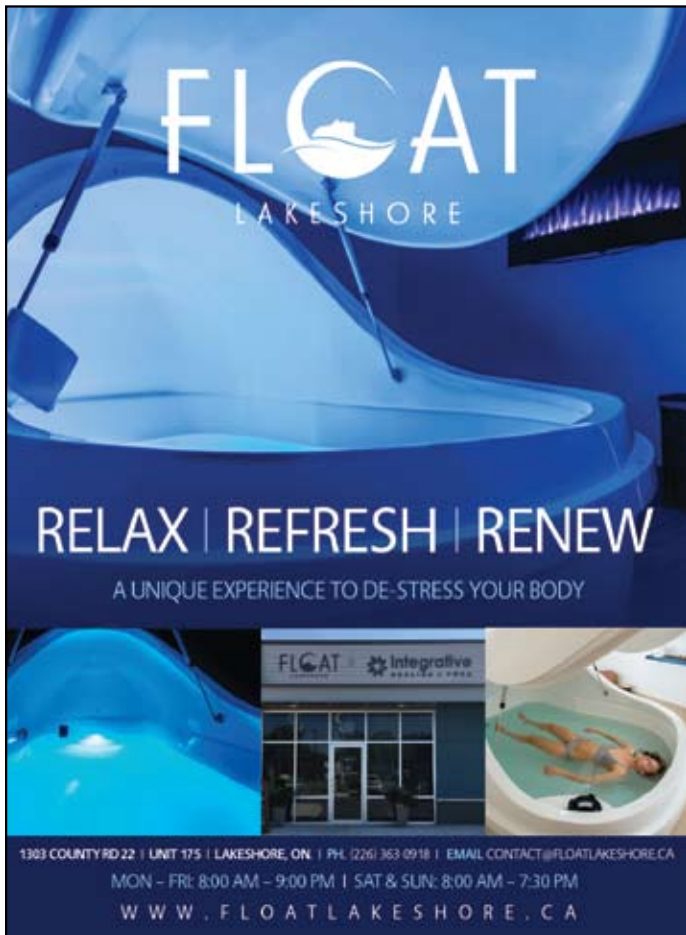


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CREATING A HEALTHY HOME

Create a healthy and happy home that supports your family's lifestyle goals. Our surroundings affect our emotions and our mental state. Most well-designed homes share common elements—pleasing colors, views of the outdoors, uncluttered surfaces and interesting accessories that convey something about the personality of their owner.

1. **Lighten up.** To promote a feeling of calm in any room, try a soft palette of whites, pastels and neutrals.
2. **Blend textures.** Combining a variety of textures in a room is a designer's trick to add subtle visual interest.
3. **See the light.** Consider installing dimmers to overhead fixtures to alter light levels for various needs and moods.
4. **Less is more.** The most peaceful rooms are often minimalist and open, giving the eye and spirit a place to rest.
5. **Green it.** Adding plants to interior spaces can eliminate toxins from the air, increase oxygen levels and raise indoor humidity.
6. **Dine in.** It doesn't get more wholesome and nourishing than eating a home-cooked meal surrounded by our loved ones.
7. **Give yourself a break.** Finally, remember to take a moment to appreciate your home and the life you create inside it. "Be grateful for the home you have, knowing that at this moment, all you have is all you need,"



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Flotation Therapy:

A NEW WAY TO RELIEVE YOUR STRESS

by Lina Stoyanova

If you can't seem to put down your electronics, are overwhelmed with the constant 'go, go, go' mentality, or simply would just like to take a break, flotation therapy will be a great option for you.

WHAT IS FLOAT THERAPY?

If you're anything like me, right about now you're probably wondering, "What is Float Therapy?" Well, let me tell you. Flotation Therapy is essentially a way of achieving deep relaxation by spending an hour (or more) lying quietly in darkness, suspended in a warm solution of Epsom salt. Float tanks are also known as isolation tanks, sensory deprivation tanks, and/or REST (Restricted Environmental Stimulation Therapy) chambers.

The concept of Float Therapy is based on the theory that up to 90 percent of the brain's normal workload is estimated to be caused by routine environmental stimulation such as gravity, temperature, touch, light, sound, etc. Float Therapy allows the senses to be released from all distractions, so your body is weightless; this allows your mind and body to reach a deep level of relaxation/meditation. Research on Float Therapy suggests it may benefit those with muscular pains, anxiety, depression, insomnia, addiction, fatigue and even those who have trouble with concentration.

A LITTLE HISTORY

Floating/Float Tanks (or pods) are not a new trend. In fact, John C. Lilly, a medical practitioner and neuro-psychiatrist, first developed flotation tanks in the 1950s. Through his research into the effects of sensory deprivation on consciousness and the brain, Lilly found many therapeutic benefits of floating (and sensory deprivation). Fast forwarding a bit, Peter Suedfeld and Roderick Borrie of the University of British Columbia began experimenting on the therapeutic benefits of flotation tank usage in the late 1970s; they named their technique "Restricted Environmental Stimulation Therapy" (REST). Discovery of these experiments showed a relaxed state as well as the healing of a variety of conditions including stress, anxiety, pain, swelling and insomnia.

THE BENEFITS OF FLOAT THERAPY

The effects of gravity on your bones, joints and muscles are completely removed while you're floating. This vastly improves your circulation and allows your body to rejuvenate and heal itself. Research shows that floating measurably reduces your blood pressure and heart rate while at the same time lowering stress levels. So, what are some of the benefits?

- Improves Sleep
- Helps Treat Fibromyalgia
- Helps with Pain Relief
- Relieves Stress, Anxiety, and even Depression
- Reduces Chronic Fatigue
- Stimulates Creativity
- Accelerates Mental Clarity and Learning
- Helps with Chronic Pain from Arthritis, Back Pain, Neck Pain, Inflammation, Tendonitis, and as mentioned, Fibromyalgia
- Improves Athletic Performance
- Improves Skin
- Restores Hair
- Decreases Muscular Tension
- Improves Circulation and Reduces Blood Pressure
- Helps Increase Magnesium
- Accelerates Healing
- Strengthens the Immune System



HOW DOES IT WORK AND WHAT'S THE TANK LIKE?

So, you've read about what it is and the benefits; let me explain how it works. The weightlessness combined with the benefits of Epsom salt creates an ideal environment for injury recovery as well as providing relief from muscular pain and tension. Since you'll be free of any external stimulation, your body can achieve a state of deep relaxation that will be extremely beneficial to the mind and body.

Once you are inside, you will lay back and get comfortable. There is a headrest/neck pillow on the inside of the tank in case you need help relaxing your head/neck. Generally, there will be meditation music playing when you enter the tank; you can use the volume knob to your right to adjust. The music will generally play for about 10-12 minutes at the beginning. Once the 10 minutes are up, the music will fade out and you will be left in silence. It's important to note that the music will come on at the end (in addition to the water changing—bubbling/moving sensation) and that will be your cue your session is done. Before you think you won't feel the water change, or hear the music, let me assure you—you will. Once you have thoroughly showered (after your session is complete), you can go back to the waiting area and relax a bit; it's also encouraged to drink water at that point (either provided by a staff member or your own).

WHAT THE FLOAT SESSION IS LIKE: MY EXPERIENCE

Since I had done so much research on the effects of Float Therapy (all positive may I add), I already had an idea what to expect.

Well, let me tell you, reading about it is one thing and doing it—is another. I'll try my best to formulate my experience to you; though I will say, I do think everyone should try this. If you are claustrophobic, I also think you can try this. Why? You can keep the tank 'door' open (or even halfway if you're feeling comfortable). Everyone's experience may differ; however, I do think it's worth trying at least once.

PRE-FLOAT

Full transparency, I walked into my session pretty anxious. Though I'm not claustrophobic (really, aside snakes, nothing really scares me), I felt a bit nervous to try this out. I was fully hydrated, and I had eaten so I wouldn't have to worry about thinking about food my whole session (though, if that's what happens with you, no worries, there are worse things). I had already watched the educational video and signed a waiver before the day of my session, so once I got there, my only instruction was to use the bathroom. Once I used the bathroom, the staff member took me into my private room. There she essentially repeated everything that was on the video. She explained how to enter and leave the tank, what products to use and when (you have to use conditioner after your second shower but not prior to entering the tank), in addition to answering any questions I had. So, in summation, the process looks like this: waiver, video, go in for the session, use the bathroom, shower in the private room, float in the tank, come out of the tank, have a final shower, relax a bit in the general area, pay, and then leave.

FLOAT

Once I got in the tank I settled in and tried my best to relax. I initially grabbed the headrest I was provided, however, I am happy later on in the session I took it off. At first the meditation music was nice but then I thought it would be better to be in complete silence. Through the intercom in the tank I was able to ask the front desk to turn the music off. I decided to turn the lights off, and though I had my eyes closed anyway, when I pressed the button to turn the lights off, a feeling of fear came over me. Being in complete silence, fairly still, and in an enclosed tank,

didn't affect me; but being in pitch dark gave me some anxiety. I'm not too sure why because I've never had any issues being in the dark before, but I decided to press the button and turn the lights on. Essentially the beginning (15 minutes or so) of the session was spent with me laying on my back, clicking the light button on and off. I finally decided to just suck it up and be in the complete dark. At first, I found it very uncomfortable. I was naked and vulnerable, I felt emotions rise up to the surface and I didn't know how to deal. So, I decided to just let my thoughts be and focus on my breath. Once I realized I was okay and that nothing bad would happen, I decided to remove my little headrest to see if I can enhance my experience even more. Well, I did. I ended up falling into such a deep relaxation a part of me thought I'd fall asleep. I floated and relaxed, focused on my breath, and anytime I felt hot or that my heart was racing, I'd just bring my attention back to my breath. I ended up fully relaxing and when I felt the water move (that's their way of letting you know your session is up), I knew I had to come back again and try this more.

POST FLOAT

Once the water started moving under me, I knew that was my cue to leave the tank. However, I had reached such a state of relaxation near the end that when this happened, I felt a bit startled. I panicked thinking I went over my time and thought, "Oh no, they're going to come in here, lift my tank and see me naked." In retrospect, I now know that wouldn't be the case. I jolted up and I felt like a truck had hit my body. So, most important tip (or one of): DON'T rush out of the tank.

Take a few minutes to breathe and slowly get up. I struggled to get up (my body felt heavy and I felt woozy) and a little bit of water from my hair poured on my face. Unfortunately, due to this, a bit of water got in my right eye. Very painful, however, there's a cloth and spray bottle on the handle IN the tank, so I was able to alleviate my discomfort. I lifted the tank through the handle, closed it, and began to take my final shower. During my shower, I tried to breathe slowly (I still had my earplugs in by the way) and focus on the experience. I took out my earplugs and I will say, I recommend finishing with your shower before you do this. Why? The moment I took the earplugs out, the shower sounded so loud it really threw me off. So essentially, upon finishing your float, come out gently and slowly, take a gentle shower, and once done, then take out the earplugs, dry off and get ready. I think that will maximize the experience and I intend to do that little step next time. Once I finished and I went up to the counter; I noticed the staff member was talking to me, but I felt very woozy. I drank some water and I told her I felt very out of it—almost like I couldn't focus on what she was saying. In retrospect, again, it's probably because I 'rushed' the end process and I wasn't giving my body enough time to ease back in. Once I left, I got in my car and turned on the music. No more than a minute went by when I decided to shut off my radio (very rare for me). I found this odd as I had just spent an hour in complete silence.

I felt very comfortable driving in silence and I felt very, very relaxed. I noticed when someone cut me off, I didn't even get the slightest bit irritated. I ate dinner when I got home, enjoyed feeling relaxed, and then about 9 p.m. or so I got a spurt of energy. This part was a bit frustrating because though normal (as it can happen to some), I was trying to wind down. I finally managed to relax and fall asleep; I woke up the following morning feeling really energized. Though I don't think this process went "perfect," mainly because it was my first time, I do see the benefits I reaped.



photo courtesy of Lakeshore Float

photo courtesy of Lakeshore Float



Due to this, I will be enjoying floating several more times (now that I'm an expert on the process).

FINAL THOUGHTS: I 100% will do this again since I have never gotten to such a relaxed state before—not through Yoga or meditation. As a highly stressed and anxious person, I assure you, if I can get to a relaxed state, so will you. I will let the front desk know ahead of time that I don't want any meditation music, I'll make sure to take off my jewelry at home (saves time) and I will do it naked again. If you're feeling weird about being naked in a tank you can have a bathing suit on. I think the reason it's recommended to be nude is because it gives your mind one less thing to focus on; keep in mind your brain will try to focus on various things since your senses are being deprived, so not having a suit on gives it one less thing to worry about. I will not use the headrest next time and I will try to be in the dark for the full session. Final takeaway? Go try this!

In conclusion, Float Therapy is highly beneficial. Floating around in a pod/tank is also quite the experience. Even if you don't have anxiety or any chronic illnesses, I still recommend you give this a go! After all, who couldn't use a little relaxation?

Lina's Tips

If you're doing this for the first time, know that it's okay to feel nervous or even intimidated. It seems simple and though you will have to sign a waiver and watch a video, it can feel overwhelming—and a bit scary. The most important takeaways I can give you are these:

1. If you have ANY questions (no matter how stupid they may seem) ASK.
2. Make sure you are hydrated the day before and the day of, however, try to stop drinking water an hour or two before your session so you don't feel constant urgency.
3. Don't have a heavy meal right before your session but do ensure you eat so you don't get hungry.
4. Make sure you put in your earplugs BEFORE your shower – so you get a tight seal.
5. Go in the tank naked: Now, this may be touchy, but know you will be completely alone and comfortable. Your mind is going to wander to 100 different places—the last thing you want your mind focusing on is how you tied your bathing suit on too tight. To get the most out of it, I highly recommend being nude. After all, if I can do it, trust me, you can too.
6. When you get IN and OUT of the tank move very slowly. Why? So, you avoid getting salt in your eyes and mouth in addition to potentially slipping (especially on your way out).
7. I recommend settling in first before deciding if you want to keep the lights on or off (or music if some is playing).
8. Try your best to focus on your breathing and to remain as calm as you can be—if you need to turn on the lights or sit up—you can. Again, just be very careful with the salt water.
9. Upon leaving the tank, try taking a few minutes to breathe slowly and ease out of it. I shot up too soon and felt hurried—due to the fact, my body felt super heavy and I felt a sense of stress (for that brief moment). Know that you can take several minutes to sit up, breathe and then slowly (and gently) get out as you head towards the shower. Make sure to shower really well so you get all of the salt out of your hair and off your body.
10. Lastly, remember this is your first time so it won't be perfect. Try your best to follow the instructions and relax once you are in your session. Once you go through it, you'll be set to do another session in no time. Trust me.



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DREAM IT; **BEDNAREK** JEWELLERY CAN CREATE IT

Bednarek Jewellery emphasizes quality over quantity and has over 35 years of experience. Piotr Bednarek, master jeweller and gemologist, alongside partner Lauren Bering, president of the company, ensure every aspect of a Bednarek custom piece measures up to rigorous professional standards and is the finest in quality and craftsmanship.

Lauren Bering, president of the company, is a Windsor native, graduating from the University of Windsor in 2012. Always fascinated in the production of art and jewellery, Piotr has refined her knowledge of jewellery manufacturing and identifying stones which adds to her long experience in customer service.

Piotr Bednarek, master jeweller and gemologist, was born in Gdansk, Poland, where he began as an apprentice moving to an undergrad and finally acquiring his Master's Diploma of Jeweller and Gemologist, totaling 10 years of education. He has worked on a jewellery bench ever since and found home in Windsor in 1995, presently fulfilling his life-long dream of creating a business of his own.

Bednarek Jewellery will be open to the public Tuesday, July 3rd and will have its official grand opening on Saturday, July 7th, 2018. Located on 2405 Dougall Ave. Unit #2, customers will notice the plaza has been completely redone and are invited to check out this new boutique. The duo started Bednarek Jewellery because they believe in bringing integrity and the finest quality craftsmanship to the Windsor-Essex area. As the duo often state, they believe their business is passion married with integrity. Bednarek and Bering are 50/50 partners that are mutually exclusive, meaning you cannot have one without the other. Bering is proud of her personal and prompt customer service including a friendly rapport with diamond and jewellery companies while Bednarek is vital for his talent, design and experience. They are a true partnership ready to take on jewellery dreams and challenges.

"We are going to be offering custom made and showcase ready engagement rings, anniversary rings, family rings, pendants, and ring sets, along with other unique items," explains president Lauren Bering. "We'll be carrying La Vie engagement rings, Pierre Laurent and Bulova watches, amongst more. We are proud to showcase our own Bednarek line which will include one-of-a-kind rings, pendants, and other fine jewellery including men's rings or chains. We are able to manufacture custom made fine jewellery for our clients, making their ideas into a finished piece."

"I can create jewellery so that it's special for that specific client. Everything I do comes from my heart and I use my talent to create a trusting relationship with the customer to give them the greatest design," explains master jeweller and gemologist Piotr Bednarek. "It's very important to me to be honest and to make our customers very happy with the finished product."

Being in the industry for over 35 years, Bednarek can create, fix, and restore anything. A client can choose their diamonds or gemstones depending on their taste; from there Bednarek turns their dream into a reality. Everything is done on-site and Bednarek treats every job with the same passion and respect; whether it's \$50 or \$10,000.

"If you have a photo or idea for a ring, we have the full ability to create it in its entirety, we always put our customers' intentions first," explains Bering. "Our customers will be involved throughout the whole process, step-by-step. We don't send any jewellery out ensuring all work is done under our roof, and that is very important to us. Once we get a customer's inspiration for the design we take it from there. Piotr carves a wax mold by hand and in house, he then casts it, set the stones, adds texture or engraving. Piotr then finishes by polishing and cleaning what was once an idea, now brought to life," she adds.



Bednarek can create custom fine jewellery, and though projects may vary, once a customer decides the diamond(s) they want, they can expect to have it done within two weeks. If customers need claws retipped, if a stone falls out, if a ring needs cleaning, polishing, or rhodium plating, Bednarek can do it all. Bednarek Jewellery focuses on customizable options for customers, as well as a variety of repairs, like handling sentimental jewellery with the utmost special care and attention.

"Customer service is key. Being able to listen to what they want and then be able to create that piece for them is the most important part," says Bednarek. "Happy customers are the reason I decided to get into this business. I treat them the best and I want to give them the best. I am very thorough, by giving my heart into hard work. I want to make sure when customers leave our store they feel great about the service and experience."

"I am proud to say many of my customers come with an 'impossible job' that I am able to make right for them; I can make it better than you thought possible. I strive to make everything the best. I really take my time, so the customer has their desired result," adds Bednarek. "I even do hand engraving, it's not done by a laser."

The duo offers expert jewellery repair along with their manufacturing, as well as selling jewellery and watches from well established companies. To learn more, check them out on Facebook, Instagram or their website at bednarekboutique.com

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DO YOU NEED A



Detox may sound like the newest trend, but it's absolutely necessary for improved health. The body has a natural ability to detoxify toxins and heavy metals but in today's toxic ridden world, the more you can do for your health, the better. Overexposure to toxins and high stress levels results in weakened digestive function, which allows toxins to find their way into your fat cells and brain tissue. Detox programs can be done in many different ways (water fasts, intermittent fasting, juice cleanses), so do your research to find out how long you want to do a detox for and which program you'd want to try. In this article, I'll provide you with tips and tricks to get you going; the rest is up to you.

Should you Do a Detox?

Detox programs (and cleanses) support and stimulate the liver which is a major detoxification organ. Detoxes allow the body time to rest and rejuvenate without the task of constant digestion. Detoxes also provide the body with a high amount of key nutrients for optimal health.

Detox Through your Diet

1. Start with Water

This one is simple: drink more water. Again, drink more water—not coffee, not sports drinks, not pop, simply, water. Keep yourself hydrated to make sure you are flushing out all of the toxins through your body. Aim to have one to two liters daily. Water is the most valuable tool for detoxifying your body since your body needs to remove waste and toxins, so drink up. If you struggle drinking water, try adding some lemon, lime, cucumber or berries for added flavor.

SIGNS YOU NEED A DETOX:

This is a pretty comprehensive list, so if you have a ton of these, you may want to consider doing a detox.

- Headaches
- Increased belly fat, weight loss resistance, water retention
- Cravings and/or blood sugar issues
- Overheating/excess sweating
- Acne, rosacea, itchy skin
- Fatigue
- Moodiness or anger
- Nausea
- Chemical sensitivity (smelling fragrances makes you sick)
- Insomnia
- White or yellow coated tongue (and/or bad breath)
- Congested sinuses
- Abdominal bloating

2. Choose Food Wisely

One of the best things you can do to support your body's detoxification process is to lighten its load and decrease toxins. Choose organic fruits and vegetables while avoiding processed food and fast food. It's important during the detox to eat organic since plenty of foods contain pesticides and toxins.

Some specific foods that aid in detoxification are garlic, lemon, broccoli sprouts, coriander, chlorella and mung beans. Also try to get in beets, carrots, plums and dark leafy greens as they contain tons of antioxidants (essential for proper detoxification as they fight free radical damage). A good rule of thumb for antioxidant rich foods are to choose really dark fruits and vegetables as well as really bright (think beets).

3. Ditch Coffee

Relax, it's not forever. Coffee does have certain health benefits but during a detox it's always advised to eliminate all caffeine. Swap your cup of java for herbal tea instead, water, a smoothie, or a green juice. If you really need a little bit of a hit, at least do green tea as opposed to coffee. Remember, it's only during your detox, so stick to it.

4. Avoid Processed Sugar

Processed sugars are always a no: table sugar, baked goods, candy and soda are just a few of the no's you'll have to abide by during your detox. Processed sugar puts a major toxic burden on the body, so while you are on your detox plan, opt for fruit (which has fiber and vitamins) instead.

5. Alcohol

This one is a no-brainer. The liver plays a huge role in the detoxification process our body undergoes. With that being said, alcohol negatively impacts the liver, so you have to avoid it. Instead of alcohol, again, opt for fresh juice, water and/or herbal tea.

6. Focus on Cruciferous Vegetables

The cruciferous family of vegetables includes broccoli, cauliflower, kale, cabbage and brussels sprouts (among others). Try to have at least three servings per day (one serving meaning one cup cooked or two cups raw). While that may seem high, the body needs cruciferous vegetables in order to detox properly. Remember to chew slowly so things are digested properly.

If you aren't ready to do a full-on detox, here are some quick tips you can use to incorporate into your days to reap some benefits.

Quick Tips to Incorporate:

1. Dry Brush Every Morning
2. Meditate or Do Yoga
3. Drink a glass of spring water daily with one freshly squeezed lemon (flushes out toxins and alkalizes the body)
4. Drink a fresh green juice daily
5. Eat fresh, raw fruits and vegetables
6. Chew slowly (improves digestion and nutrient absorption)
7. Stay hydrated throughout the day
8. Ditch Coffee; drink herbal tea or plain water instead
9. Use a face/body scrub to remove dead skin cells
10. Avoid heavily processed foods

Quick Detox Smoothie:

Detox Darling:

- ½ cup dandelion greens*
- 1 cup baby spinach*
- 1/3 cup sunflower sprouts*
- ½ large or 1 small pear (cored and seeded)*
- 1 frozen banana*
- 1 ½ cups almond milk*

Wash all ingredients and blend until smooth.

Detox Through your Body

Stress, toxins and additional chemicals can cause the body to function poorly. Detoxing through the body is just as important as focusing on what we put into the body. When you decide to detox through the body (in addition through diet), your detox should focus on removing harmful chemicals and toxic metals. This can be done by doing the following:

Use Natural Cleaning Products

While doing a detox, it's very important to use natural cleaning products. Breathing in chemicals as you clean isn't ideal since your body is trying to get rid of toxins and chemicals—so opt for some green choices.

Dry Brush Every Morning

Dry brushing is great but especially so during a detox. Dry brushing is done by brushing the skin towards the heart starting at the feet and hands while brushing towards the chest. Dry brushing is great because it stimulates the lymph flow within the body and helps detoxify. Aside lymphatic support, dry brushing is also great for exfoliation, cleaning pores, reducing cellulite and increasing energy—all amazing benefits, especially during a detox. Dry brush every morning before you get in the shower (since your body needs to be dry), and experience the benefits.

Hit the Sauna

Getting your sweat on while relaxing in the sauna is ideal during your detox. Sweating helps release toxins through the skin and many studies have found trace amounts of arsenic, cadmium, lead and even mercury, in sweat. By going to a sauna, you are able to sweat everything out. Just remember, drink a ton of water after.

Exercise

As mentioned in the above, sweating is essential, especially during a detox. To ensure you get your sweat on (say you aren't into saunas), try exercising. Do something that gets your heart rate up and something that will get you sweating (running, lifting, whatever your vice). Exercise is important to your detox as it will help you sweat and also relieve any stress you may be feeling.

Purify the Air

While we can't control the whole environment, we can control our exposure and the air in our home or office. Two great tips to purify the air to help rid toxins are with a Pink Himalayan Salt Lamp and/or an Air Purification Device. If neither are in your budget, try using tons of house plants instead; they're natural, pretty and they'll help filter the air and remove toxins.

Doing a detox isn't about depriving yourself, it's about making better choices and taking better care of your health and body. Try using some of these tips, or if you're daring, all of them, to see the benefits; your body will thank you.



essex

COLCHESTER Family Fun Event

July 28
12 noon - 10:30 PM
Colchester Park
FREE admission & parking

BBQ fundraiser by the Harrow Kinsmen

Heritage Events	Musical Events
HERITAGE PLAQUE Unveiling at 12:15 PM	OH CHAYS 6:45 PM
HERITAGE TALK Mike Drexler at 12:30 PM	MAX MARSHALL 4:45 PM
	MUDMEN 8:15 PM
Kids Events	FIREWORKS
BIKE RODEO Bike Windsor Essex Noon to 4	4:45 PM Rafih Auto Group
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WHAT TO DO IN WINDSOR/ESSEX

This Summer



ummer is here, and Windsor Body is now your go-to-spot for fun—all summer long. Whether you are looking for ideas for date night, entertainment, family fun or even some relaxing options, we promise, we've got you covered. We have compiled a comprehensive list to ensure there is something for you to enjoy. The following pages contain a directory of Windsor-Essex County's most exciting, relaxing, and valuable summer ideas for children, adults and families. Whether you want to spend a few hours in the sun, or a whole day enjoying local festivals, Windsor's leading family focused health and lifestyle magazine has you covered, no matter your mood. Expand your summer fun by checking out the following ideas.

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