

YOUR LOCAL HEALTH, FITNESS & WELLNESS MAGAZINE

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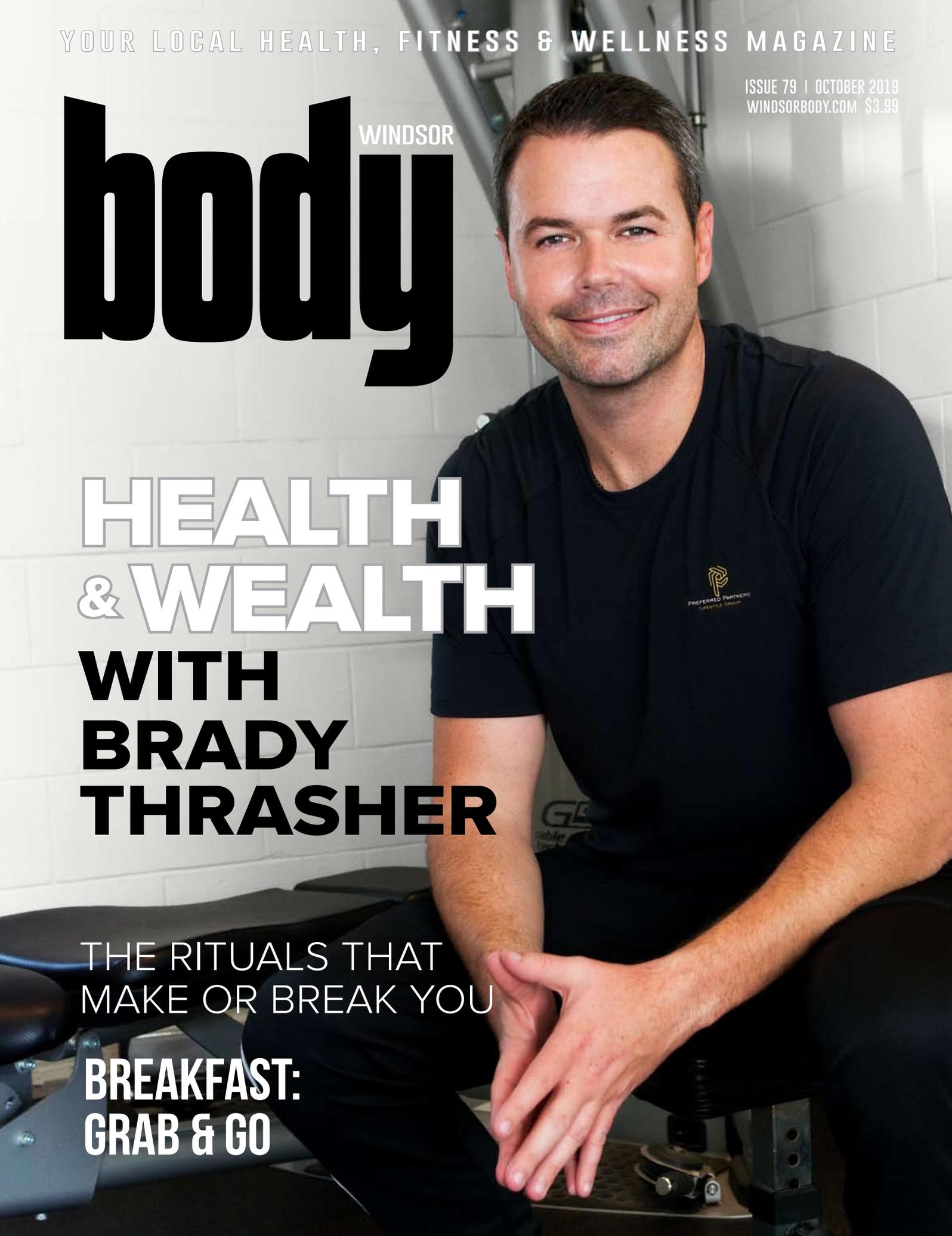
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By Lina Stoyanova,
Editor-in-Chief

HEALTH & WEALTH WITH BRADY THRASHER



Brady Thrasher is a Broker with RE/MAX Preferred Realty Ltd., who prides himself on quality, relationship-based client experiences versus managing large quantities of listings. Believing information and relationships are key, Thrasher offers well-informed, passionate representation in all aspects of real estate investment and development across Windsor-Essex county. Handling a variety of clients in Windsor along with two real estate brokerages in south Florida, Thrasher believes inner balance and great, positive energy is key.

Q: Why Did You Become A Real Estate Agent?

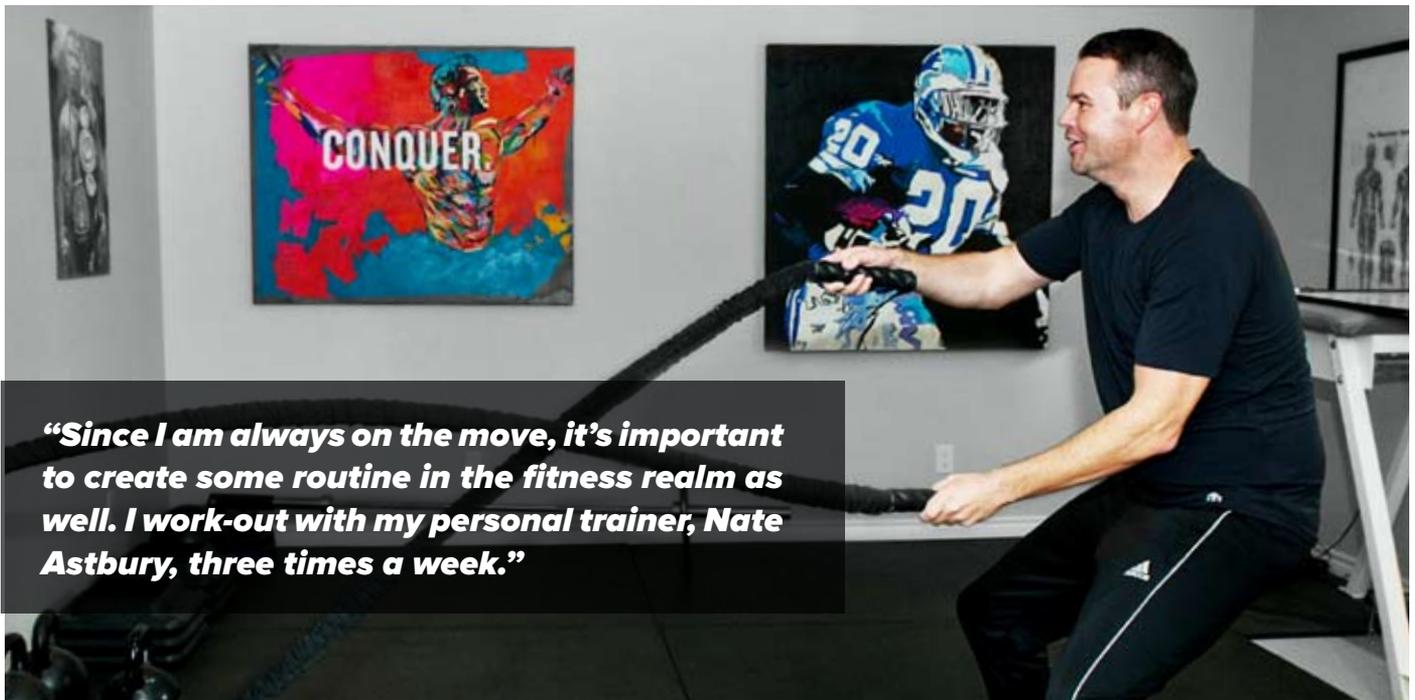
A: I love helping position clients get closer to their dreams and adding capabilities they weren't even aware of, it's very rewarding! To me, it's all about understanding who you are working with and knowing where they want to be with both their short and long-term goals. It's about helping them long-term and providing quality service. It's not just about the sale and then we are done. I work with a lot of clients who want something specific. I'm not interested in just putting a "For Sale" sign on the property and waiting for calls. I approach the business aggressively and take on clients that desire something specific, even if it's not on the market or listed. I knock on doors and find creative ways to create opportunities.

Q: How Do You Keep Up?

A: With the industry evolving, me and my team are looking at finding ways to better service clients and help them plan for wealth, and even giving them options to get involved in different marketplaces and invest through outlets we are investing in. I'm definitely intrigued by different investment vehicle options, development and planning, and just fascinated with always trying to go to the next level. I never want to stand still and once I reach an accomplishment, I want to keep moving on to the next. I also have a huge obsession with finding new ways to improve myself daily. I constantly try to learn new ways to balance work and spend more quality time with my family. I also find it very important to focus on my health because health is wealth!

Q: How Do You Balance Work & Home Life?

A: It's hard sometimes because I'm available 24/7, clients can call or text me at 2 a.m., it's not always ideal but it happens, especially since we help clients who live and work in different time zones. I try my best to create balance in my life and I'm very lucky to have a supportive wife. I communicate well with her and having a good partner is truly essential if you're always go-go-go like me. When I come home from work she normally gives me 10 minutes to settle in and get on my feet. I try to leave work and any stressful experiences that may have occurred during the day, at my front door—as soon as I walk in my house, I try to give attention and good energy to my family. I try to disconnect before getting home as well, so I do try to listen to a podcast, music, Bloomberg, or just drive in the quiet and reflect, visualize things I have to work on or accomplish—I think mental and physical balance is very important. I do focus on hobbies as well like learning about things outside of real estate that stimulate me, currently that's economics, travel and wine. I believe in order to have the life you want you have to work really hard daily to make sure that happens. I don't think you can have the perfect balance at all times but if you work on improving yourself at home and at work, you can get closer to something that's ideal for you and your family. With having kids there's challenges balancing especially when they have everchanging routines. My kids are very active, they're in hockey, soccer, karate, swimming, school and a ton of other things, so we work really hard to get a routine that works for us. I do ensure to always get quality time with my wife and kids which makes working so hard fulfilling—knowing I've earned the moments to slow down and take it all in.



“Since I am always on the move, it’s important to create some routine in the fitness realm as well. I work-out with my personal trainer, Nate Astbury, three times a week.”

Q: How Do You Create Healthy Habits?

A: I’m very conscious about intake and fuel and looking at my body as a machine to function at its highest level. I do believe mental and physical health is very important. I try to meditate when I can, mostly in my car even if it’s for five minutes, I find doing breathing exercises helps me relax and think clearer. I surround myself with good energy, I like to say, *“Surround yourself with level uppers, not one uppers.”* I am fascinated with visualization, I visualize and play out scenarios a million times throughout the day in my head, I avoid procrastination because let’s be honest, it can bury you, and I try to be as honest and upfront as I can be. I think when you’re honest you remove the effort and time (which adds a lot of mental strain), into maintaining a certain situation. Don’t put time into curve balling people or being indecisive. Learn to say yes, and learn to say no when appropriate, because the mental clarity that it gives you is priceless. I invest a lot into good relationships, ensuring I surround myself with good people and that goes hand-in-hand with creating healthier habits. I believe in being very proactive, reactive, and I always operate on a go-getter thought process. If someone is being toxic or negative, don’t engage, because at the end of the day it’ll affect you personally and even professionally.

Q: How Do You Stay Active?

A: Since I am always on the move, it’s important to create some routine in the fitness realm as well. I work-out with my personal trainer, Nate Astbury, three times a week, and when I eat out, I try to grab healthy options like The Meal Prep Company. I structure my day in a very organized manner, so I maintain seeing my trainer. If I do see an opportunity to work-out more or play with my kids, I do. Stamina is important and when I work-out and eat better I notice positive changes: I feel lighter, focused and clear. The motivation to continue feeling my best is a huge driving force because the better I feel, the more I can give of myself to my family and clients. I want to be able to play with my kids and keep up with them, and I also want to be able to give the best version of myself to my clients, no matter how long of a day I’ve had. Working out and eating better definitely helps me achieve that.





“When I eat out, I try to grab healthy options like The Meal Prep Company. Stamina is important and when I work-out and eat better I notice positive changes: I feel lighter, focused and clear.”

Q: Do You Take Any Supplements?

A: I try to be as healthy as I can with such a hectic lifestyle, but I do think every once in a while we all need a little help and can supplement. We have a holistic doctor that provides us with natural immunity boosters. I also take several different vitamins like vitamin C, magnesium, zinc, probiotics, and ever since I learned about the positive impact of cold showers, I do them every morning. My wife is very conscious about our health, our family relies on her, her knowledge and passion, to ensure we are stocked at home with local natural products like local bee pollen, honey, fermented pickles, farm raised free run eggs and chicken. I would be super unhealthy if it wasn't for the help of my wife who encouraged me to see a trainer and consume better foods, since I'm by no means a poster boy for fitness. I love sweets, coffee, steak dinners and wine, but substituting and earning meals has helped me control my energy. I have recently been intermittent fasting (I eat from 12 p.m. – 5 p.m.), and it's amazing, I feel much more energetic. The immunity boosters have also helped me avoid getting sick. My clients and family need me so I can't afford to be out sick for a week. I take the little vile and put it under my tongue and it dissolves—it's super simple to take.

I've been on it for about six months and this immunity booster in particular combats colds and flus. I'm looking to always be at a constant peak— at the top of every mountain is the bottom of another mountain to climb. I'm not a regress mind-thinker, I very much want to conquer all my goals.

Q: What Are Your Personal Tips For Busy Professionals?

A: When it comes to the workforce, I think it's important to trust your employees and coworkers. Always try to be over-prepared, work hard, let the little stuff go, always try to find new opportunities, be honest—avoid sugar coating things, and never feel bad about saying no to something. My minutes matter—energy and time are one of the biggest assets we have next to good health. If we don't have good health, we have nothing. So do everything it takes to protect your mental and physical health so you can have more freedom and energy in your personal life, and more stamina and focus in your work life. When it comes to health, I would say finding some sort of balance or routine is very important. Try to meditate, run, go for walks, even just stretching (I'm really trying to incorporate stretching into my routine right now for blood flow, since I drive so much). Do little tasks each day and try to look at your body as a machine—my body is the vehicle and my brain is the engine, and I just want to do what I can to make sure everything runs properly. The better you feel, the more positive impacts you'll see in your personal and work life, so make sure you always take care of yourself, no matter how busy you are.

*The Meal Prep Company is located at 3850 Dougall, Windsor, ON
Phone: 226-221-9797 Website: thempco.ca*

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MEET 5 OF THE TOP 100 AGENTS IN ~~WINDSOR~~ CANADA.



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MEET CHIEF OF DIAGNOSTIC IMAGING: DR. DELJIT DHANOA

Windsor Regional Hospital is launching many new and exciting initiatives which will positively affect our community and the health of locals. Recently launching their PET scanner and using a new CT scanner at the Metropolitan site, I sat down with Chief of Diagnostic Imaging, Dr. Deljit Dhanoa, to learn more about what's to come.

1. Please Tell Our Readers About Yourself.

A: I am an Interventional Radiologist and the Chief of Diagnostic Imaging at Windsor Regional Hospital. Interventional Radiology is a subspecialty practice where physicians use imaging like ultrasound and CT scans to address patient's medical needs. Image guided procedures like biopsies, angioplasty and directed chemotherapy are examples of the procedures we perform to serve our patient population. Some of my hobbies are drawing and tinkering with computers. I was also in the Canadian Armed Forces for a few years as a medic, and if I could, I would like to go back; it was extremely exciting representing our country on an international level. Prior to becoming a Radiologist, I worked for a few years as an Emergency Physician; during that time I completed my Master of Business Administration and was involved in health administration. I went back to retrain to become an Interventional Radiologist and am loving every minute of my new career. I started as Chief of Diagnostic Imaging in June of 2019, and it has been a great experience, the community has welcomed me very warmly.

2. How Do You Balance Work & Home Life?

A: I have managed to play on my strengths in managing my work and home life balance, one of which is my organizational skills. I have been an apt user of "To Do" lists which keeps my activities organized and prioritized. Managing my time has allowed me to set specific work hours and charting out personal time for myself, and most importantly, for my family. When I am with my family I have also learned to make every minute count and spend enriched time with my wife and kids doing interesting family-oriented activities that we all love to do.

3. What Are Some Tips For A Healthy Lifestyle?

A: Having a full-time career as well as a growing family makes it a challenge to develop a healthy lifestyle. I have found that clearly defining boundaries is key, in addition to having healthy dietary choices, an exercise routine, and good sleep hygiene. In the digital age, mobile apps also make it easier to organize and plan one's healthy lifestyle. But mostly, having a life partner who is also interested in maintaining a healthy lifestyle is the most motivating force and source of inspiration.

4. Please Tell Our Readers About The New 3D Digital Mammography Machine.

A: 3D digital mammography, or breast tomography, is a breast imaging test. It combines multiple x-rays taken from different angles which create a three-dimensional picture of the breast. The purpose of 3D mammography is to increase the detection of breast cancer and using 3D mammography in conjunction with regular mammograms helps enhance this detection. One of the advantages of 3D digital mammography is that it reduces the need to call a patient back for additional tests. Radiologists are keenly aware that each time they need to call a patient back for more images, it adds extra stress for that patient and the patient may need to take more time off work. 3D digital mammography is designed to minimize the number of call backs thereby minimizing additional stress and disruption to a patient's life. Radiologists can provide a diagnosis in a shorter amount of time with less radiation for patients. Patients with more dense breasts also have a higher breast cancer detection rate with 3D mammography as dense breast tissue can mask some cancers. By evaluating the breast at multiple angles, sometimes "hidden" cancers can be more easily detected with 3D mammography. I think the community will benefit immensely with this new technology and I look forward to using it!

5. Please Tell Our Readers About The Upcoming Fundraiser.

A: Over the last few months, the Windsor Regional Hospital Foundation has been spearheading fundraising efforts to bring this new technology to the Windsor region. The fundraising kicked off in June with Sail Into Summer (a fundraising dinner with 150 guests held at the Windsor Yacht Club). The event was chaired by donor and volunteer Carol Parent. Next, the India Canada Association held their annual gala in early September and graciously donated proceeds toward the 3D Digital Mammography Machine. Coming up, Shoppers Drug Mart locations across Windsor have selected this project as their Growing Women's Health campaign recipient. Through the month of October, shoppers are able to make donations at the cash register to help the stores "grow their tree," by purchasing a leaf for \$1, butterfly for \$5, apple for \$10, or bird for \$50. In Amherstburg, Alison Baldwin has launched a campaign called Kickin' Cancer To The Curb One Boot a Time. She is declaring October Breast Cancer Awareness month in the Town of Amherstburg, and on October 19th, she and a team of volunteers will be going door-to-door asking people to fill up boots with donations to support the purchase of this vital technology for our region.



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THE RITUALS THAT MAKE OR BREAK YOU



By Kathy Judson
Fitness and Nutrition Coach,
SweatBank

When it comes to fitness and nutrition programs, why is it that some succeed, and others fail? After 16 years of coaching in the industry, it has become crystal clear! It all comes down to a person's rituals. We all have them, and the results that you desire, whatever those results may be, are only possible by those who have the ability to embrace new rituals, and let other less-helpful ones go.



Every single one of us have daily and weekly patterns that we follow, whether for better, or for worse. These patterns or rituals weave the fabric of either success or failure in our health and in our lives. The key to success is so simple, yet unfortunately, not easily obtained. It lies in identifying which rituals are hurting you, which ones are great for you, and how to rid ourselves of the bad ones, once and for all.

As a coach, it's my top priority to provide support in helping to ingrain new rituals that you will keep and foster throughout your life. New good habits in your day-to-day routine means less time for bad ones. Breaking old patterns is by far the hardest part of the process. Keeping an open mind about trying new things, and about how great your life will be without these bad rituals, is important to enjoying the process of change. You'd be surprised if you knew how many people came to me saying that they were desperate for change and wanted it so badly, but didn't want to live without x, y or z. Whether it be junk food, couch time, screen time or even making room for more sleep, the rituals you have play a role in who you are and the results that you will get out of your fitness efforts. Embracing change and releasing the things that aren't serving you can unburden a person from the control that those rituals have, not only yielding you results and a step closer to your goals, but freeing you of the burden of having to uphold that bad habit any longer. Upholding unhelpful rituals can be exhausting!

Habits are an inevitable part of life, good or bad, so helping you find ones that free you and bring you to a better state of health is the ultimate objective of every good coach, myself included. Living in balance, eating, drinking and being merry is crucial to a healthy, happy life. But, knowing the daily things that you do that do not serve you, and ridding yourself of them in favour of new rituals is the ultimate key to success. The first step in the right direction is knowing what they are.



Kathy is a fitness and nutrition coach at Sweatbank. If you have questions you can contact her at kathy@sweat-bank.com.

Kathy Judson



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By Sarah Dale, DC
Community Chiropractic Center

THANKS TO SPINAL DECOMPRESSION, YOU COULD HAVE RELIEF FROM PAIN

If you suffer with low back pain or neck pain, even if it's been years and you've tried all available "conventional" treatments, you may find relief from your pain with non-surgical Spinal Decompression. Since 2010, Dr. Sarah Dale and Dr. Todd Small at Community Chiropractic Center, have helped countless individuals decrease their pain and get back to a more active lifestyle that may have been interrupted by pain.

WHAT IS SPINAL DECOMPRESSION?

Spinal decompression is a non-invasive, non-surgical, drug-free approach to healing low back pain and neck pain caused by injured or damaged spinal discs. The innovative technology at the core of the treatment allows the chiropractor to target the specific disc requiring care, and design patient-specific decompression forces to act upon the disc. Gentle pressure creates an environment within the body so the disc can begin to heal. Treatment is safe. There are practically no side effects.

HOW NON-SURGICAL DECOMPRESSION WORKS

Specifically calculated decompression forces act on the two vertebrae on either side of the disc requiring care. As the vertebrae are gently and safely pulled in opposing directions, negative pressure is created in the disc. This allows water and nutrients to draw back into the disc. The disc can regain its height and simultaneously retract and heal disc bulges and herniations.

As the rehydration and disc healing take place, pressure on adjacent nerves is reduced and nerve healing begins.

Each spinal decompression session is programmed to target the specific spinal disc requiring care. Decompression force is calculated specifically for each patient. The on-board computer monitors the decompression forces continuously and adjusts them as needed based on the body's response to treatment. This ensures accurate and pain-free sessions while healing takes place.

Patients undergoing spinal decompression care lie fully clothed on a comfortable padded bed. During their session they can close their eyes and relax.



I have been dealing with chronic to severe lower back pain for over 20 years, and was diagnosed with Degenerative Disc Disease (DDD). I have been receiving Chiropractic care over the years with varying degrees of relief. Most recently, I was advised of "Decompression Therapy" as a possible alternative to assist. With that said, and after a consultation with the Chiropractic team at the Community Chiropractic Center (CCC), in Tecumseh, I have thus far received only five - half hour sessions with much success. My back has not felt this good in over 20 years. I personally recommend this therapy as a possible alternative. I'm hoping that this is my long-term solution, adjacent with altering a healthier lifestyle. And, should one day I still require surgery? At least I have prolonged it." - R.P.

CONDITIONS TREATED BY SPINAL DECOMPRESSION

Non-surgical spinal decompression is a highly effective treatment for relief of low back pain and neck pain due to:

- Degenerative Disc Disease
- Degenerative Joint Disease
- Sciatica
- Spinal Arthritis
- Spinal Stenosis
- Facet Syndrome

How much does Spinal Decompression cost?

At Community Chiropractic the patient is always in the driver's seat. Patients considering care for disc related problems have their consultation and examination fee waived. The costs for care (as recommended by Dr. Dale or Dr. Small), are determined by what specific care patients need and how many treatments are necessary. Patients are always in control regarding which choices they make for care and how they pay.

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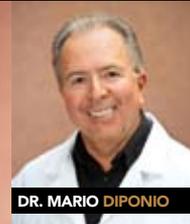
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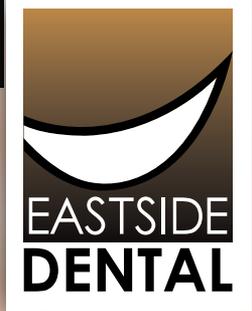
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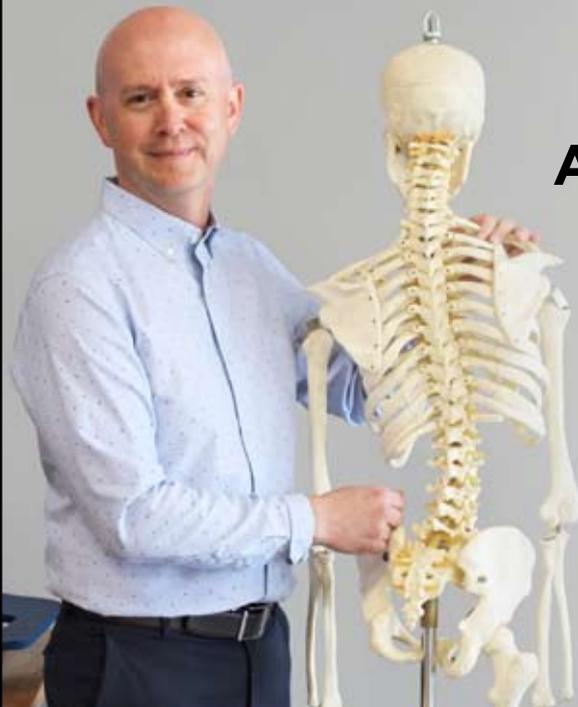
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By Vanessa Steele
 Manager & Medical Aesthetician
 at Image Clinic

FALL BACK IN LOVE WITH YOUR SKIN



It has officially become that time of year, when we wake up with coffee in our hands to a colder morning breeze, while the sun still remains to shine through the rainiest of days. That seasonal change that we all prepare for, swapping our favourite summer sandals for our latest trending pair of closed toe shoes. The time of year where we notice the changes that our skin takes as the summer months fade away, leaving us feeling a bit drier, sun damaged, and at times, looking dull.

This is the exact time of year that I myself love educating my clients on how to give their skin a “post summer” clean up and prepare for the winter months to come. As Manager and Medical Aesthetician at Image Clinic in South Windsor, voted Top Choice Clinic 2018 & 2019, I take incredible pride in achieving the most optimal results for my clients from not only in-clinic treatments, but guiding them with a customized skincare regime to take care of themselves regularly at home.

Now, my first reminder to every reader before we go forward: it is never too late to love the skin you’re in! I cannot express this enough to every woman and man, of all ages, that I sit down with during consultations. It is never too late to create a routine to treat and reverse whatever you do not want to see when looking in the mirror. Customizing the right treatment plan to each individual is what I find the most important for clients so they see the changes happening on a daily basis. Understanding that with a little patience and dedication, skin will always respond to what you want to achieve with it. The exact same way we train our bodies at the gym, is the exact same type of dedication we can do to our skin with just a little expert advice along the way.



One of the first suggestions I will make in order to prove that what you are investing your time and money in with your skin is working, is to take pictures. As we see ourselves in the mirror daily, staring at those tiny imperfections, or what we feel them to be, we have a difficult time believing that change will actually occur. I have many clients that come in skeptical at first, thinking that what they want to achieve is impossible, but once they are educated thoroughly, customized with the proper game plan for their skin, they see it's possible and with pictures, it proves that change is actually happening. During this time of year, I have a few suggested treatments leading into the fall and winter months that are my ideal go-to's for most clients dealing with the aftermath of summer.

One of the most popular treatments I love to recommend to individuals dealing with post summer sun damage, age spots, unwanted freckles, broken capillaries, or overall dullness, is the IPL Photorejuvenation treatment combined with our Fotona Erbium Laser (it has gentle skin resurfacing properties). This treatment is very much like a PhotoFractional Facial when both laser machines are combined. It is this exact time of year that I have clients pointing out the sudden spots that appeared on not only their faces but their décollete, arms, as well as the back of their hands. Also, clients that want to see an overall tighter complexion and softer facial lines. An IPL Photorejuvenation or PhotoFractional treatment is an easy, affordable, minimal downtime treatment that improves the overall appearance in just the first treatment. A series of three to six is always recommended for the most rejuvenated and satisfied results. Aside from working with laser treatments through the fall, my easy go-to treatment for even myself, created for any skin type is the Vivier or Jessner Peels from Vivier, found at Image Clinic. An excellent, gentle exfoliating, chemical peel that combines a cocktail of acids, one main ingredient being lactic acid, which helps restore the moisture levels in the skin that most of us need during seasonal changes, for even the most sensitive of skin types. Absolutely anyone can benefit from a treatment that leaves their skin looking healthy, less pigmented and glowing again.

Aside from treatments, there is nothing more important than the skincare routine we do for ourselves at home. Just like our healthy eating habits after we check in at a gym, treating skincare like our healthy food habits gives the exact same type of outcome. The most results come from the time you spend every day dedicated to your skin. A few of my top favourite suggestions this season to add to your home-care regime are the Vivier Vitamin C Serums I carry at Image Clinic, as well as the Hyperpigmentation Program Kits for clients wanting a major skin transformation in as little as one month. Vivier has been known for its most absorbing and stabilized L-Ascorbic Acid Serums and they come in a variety of options based on what the overall results you are wanting to achieve. A deep absorbing product line that protects you from all the environmental damage, smooths skin texture rapidly, and clears complexion for a brighter overall tone. I also remind my clients to always protect their necks, décollete, and never forget to spread some skincare love to the back of the hands where signs of aging and age spots eventually appear.

As this summer officially comes to an end, and we embrace a new season beginning, why not consider embracing the skin you are in and make a healthy change to restore the youthful skin found within? Whether it be adjusting a skincare regime by finding a new customized product plan with your trusting aesthetician, to a new treatment plan for monthly maintenance, it is never too late to work on a newer, confident version of yourself for this coming season and all the exciting festivities ahead of us. Happy Fall Season Everyone!

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It's certainly not for a lack of trying, and here's why.

When you go into a gym for the first time - or a second, third or fourth time, you don't quite know what to do. You jump on some machines, because it seems straightforward and that's what most people do. You get some initial successful results because you haven't exercised in a long time, if ever.

Then it stops. You stop getting results and you wonder why. You get discouraged and stop going, or just quit altogether. Here's what happened.

Your body adapted to the new demands (machines/ cardio in this case) and ended up taking the path of least resistance to perform activities. Then you stopped seeing results due to the lack of progress.

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Somewhere in between, we will put you through a full body diagnostic with our state-of-the-art In Body 270 Scanner that give us over 12 diagnostic tools to chart progress and design programs. Finally, we take you for a full movement/postural assessment and workout. Once we gather all this information, we invite you back to review your personal road map and go over a nutritional assessment.

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LIST WITH KRIS RAMOTAR

By Lina Stoyanova, Editor-in-Chief

Whether you're buying or selling, it's ultimately about realizing a dream. This high esteemed Real Estate Sales Representative in Windsor-Essex is known for his extensive market knowledge, cutting edge technology and unmatched devotion to his clients. With success based on almost exclusively positive referrals, Kris Ramotar earns the respect of his clients by working tirelessly on their behalf and by always offering them candid advice. Serving Windsor-Essex and the surrounding area, this top sales producer with LC Platinum Realty Inc. knows what it takes to get the job done.

"Living in Windsor Essex, and as a seasoned real estate professional, I recognize and value the trust my clients place in me and I strive to exceed their expectations every day," explains Kris Ramotar. "What's most important to me is how I commit myself to market knowledge, my clients and available listing inventory. As a Realtor®, time management, communication, honesty, trust and integrity are very important to me and my clients."

"There may be a lot of Realtors® in the Windsor-Essex area, but I choose collaboration over competition; we are fortunate to have many experienced professionals representing the Windsor Essex Association of Realtors®," adds Ramotar. "When you work with me, you will experience excellent customer service and a commitment to hard work, listening to wants and needs, and most of all, follow through. I provide quality service to build relationships with clients, and more importantly, maintain those relationships by communicating effectively. I'm very passionate about what I do, and I love being a Realtor®."



Ramotar was born in Guyana, South America, a third world country. His family was poor, and they only had the basic necessities of life—electricity and drinking water were a luxury. His parents were very honest, hard-working people, which was instilled in Ramotar and his siblings as well.



In coming to Canada, Ramotar and his family continued to work hard, and over the years, their hard work began to pay off. Ramotar's background is a driving force for his good nature and he always ensures to take people's needs and wants into consideration.

Ramotar is passionate about giving back to the local community and is actively involved in many charities. Currently residing in Lakeshore with his wife Melanie and their children, Alexandra, Gabrielle and Zara, he looks forward to what comes next.

"My plan is to build a team that will focus on our clients' needs first and foremost and focusing on building relationships that will last a lifetime. No one knows how long the economic boom will last, but housing conditions should remain strong if wages rise, unemployment low, and companies should continue to expand. The real estate market should remain healthy for the next couple of years, as low interest rates and pent-up demand lead to a more dynamic housing market," explains Ramotar.

If you're planning to buy or sell a home, you want the process to go successfully. If you're selling, success means getting your property sold quickly and for the highest price possible. If you're buying, it means finding your next dream home and getting into it affordably. On top of that, clients also want everything to go smoothly with as little stress as possible. Knowing buying and selling a home can be a stressful time, Ramotar can make the process seamless. Work with a real estate agent who truly puts you first.

To stay up to date with the ever changing market, be sure follow www.facebook.com/KrisRamotarSalesperson/ or visit KrisRamotar.com for more information.



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By Lina Stoyanova
Editor-in-Chief

ST. JOHN'S WORT

A N O V E R V I E W

The weather is changing, and let's be honest, so is our mood. With the gloomier, colder weather months, and especially with winter around the corner, you might be interested in trying a new supplement that can help boost your mood. With scientific evidence showing that St. John's wort helps with depression, anxiety and menopausal symptoms, to name a few, here is an overview of what you should know.

Disclaimer: St. John's wort can be effective for treating mild to moderate depression. However, the supplement interacts with many medications and can cause serious side effects. Don't use St. John's wort during pregnancy or while breast-feeding and always consult your doctor before trying something new!

St. John's wort: What is it?

St. John's wort (*Hypericum perforatum*) is a plant with yellow, star-shaped flowers and five petals that grows in Europe, North and South America, Australia, New Zealand and Eastern Asia. The plant grows in sunny, well-drained areas and it grows to be 50-100 cm tall. St. John's wort gets its name from the fact that it often blooms on the birthday of the biblical John the Baptist.

Currently, St. John's wort is most often used as a dietary supplement for depression. People also use it as a dietary supplement for other conditions, including menopausal symptoms, attention-deficit hyperactivity disorder (ADHD), and obsessive-compulsive disorder. It's also used topically for wound healing.

The flowers and leaves of St. John's wort contain active ingredients such as hyperforin. The flowering tops of St. John's wort are used to prepare teas, tablets, capsules and liquid extracts. Topical preparations are also available.

Health Benefits

Historically, St. John's wort has been used for a variety of conditions, including kidney and lung ailments, insomnia, depression, menopause (hot flashes especially), mood changes and aiding in wound healing.

St. John's wort is most commonly used for "the blues" or depression, and symptoms related to mood. There is some strong scientific evidence that it is effective for mild to moderate depression. Since it's natural (herbal supplement), it doesn't require a prescription and you can buy it at a health food store. As always, like I mentioned, consult a doctor and do your own research.

St. John's wort can help alleviate issues with mood like nervousness, tiredness, poor appetite and trouble sleeping. It can also help with anxiety and depression. St. John's wort can also help treat skin wounds when applied topically.

Safety & Side Effects

St. John's wort is generally considered safe when used orally in appropriate doses. However, it can cause:

- Agitation
- Anxiety
- Burning or prickling sensation
- Dizziness
- Diarrhea
- Dry mouth
- Fatigue
- Headache
- Increased sensitivity to sunlight
- Insomnia
- Irritability
- Low blood sugar levels
- Restlessness
- Stomach discomfort
- Vivid dreams

St. John's wort can be found at many drugstores and local health food stores. Before adding this particular supplement to your diet, consult with a nutritionist and/or doctor. To learn more about scientific studies conducted and how this can help benefit you, conduct further research.



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AS SUMMER FADES AWAY

HERE'S WHY YOUR TAN SHOULD STAY!

By: John Kraus
Sunsetters Premiere Tanning

Many people see fall as the start of new; vacations are done, students are back to school, clothing changes and our appearance fades away as we lose our tanned look. There are many things that we can't control about the changing of seasons, but some things we can, and we should for the right reasons. Regular exposure, not overexposure, to UV light is one the things that can be a true benefit to many, for different reasons as follows:

1. HEALTH BENEFITS OF VITAMIN "D"

In a recent article titled "Vitamin D casts cancer prevention in new light," the article starts off by saying, "For decades, researchers have been puzzled by rich northern countries that have cancer rates many times higher than those in developing countries." It goes on to speak of a four year clinical trial involving 1,200 women that found those taking the vitamin had about a 60% reduction in cancer incidence compared to those who didn't. Vitamin D can be received into our bodies through vitamin supplements or through certain foods containing vitamin D, and also through exposure to UV light. Add into this mix that Health Canada acknowledges that Tanning Beds which emit UVB rays, produce vitamin D for the body through our skin.

2. KEEPING THAT "SUMMER LOOK" GOING

For many people having a tan is important, because for them looking their best often translates into feeling their best. People don't stop wearing nice clothes or stop applying make-up when fall comes. Therefore, if you enjoy having a tan, many professional tanning salons have excellent equipment that make it easy for all to maintain a tan. In fact with today's technology, one or two visits of five to twelve minutes each week, will keep up your golden look.



3. REST & RELAXATION

Whether it's laying outside under the warm sun or feeling the soothing warm breeze inside a Tanning Bed, there is something wonderful that happens to our well being. Perhaps the summer vacations are over, but many come to Tanning Salons year round because it is like a mini vacation.

In conclusion, just because summer is near the end, you don't have to wait until your southern winter vacation or until Summer 2020 to look and feel your best. Consider taking a mini vacation on a weekly basis at a professional tanning salon.

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BREAKFAST: GRAB & GO!



By Lina Stoyanova
Editor-in-Chief



Are you too busy for breakfast? Well, not anymore! Though there's endless breakfast ideas like tofu scramble, pancakes, avocado toast, to name a few, we don't all have the luxury for a sit-down breakfast every single day, let alone the time it requires to make it. This article will give you a few breakfast ideas that are super easy to make, and even made ahead of time. All you have to do in the morning is grab, go and enjoy!

PEANUT BUTTER CHOCOLATE SMOOTHIE

This is my favourite smoothie ever. It's super easy to make, portable, and most of all, delicious.

Ingredients:

- o 2 frozen bananas (frozen is a must for consistency and make sure they're ripe before freezing)
- o 1 ½ cup vanilla almond milk
- o 1 tablespoon cocoa powder
- o 2 tablespoons peanut butter

Note: you can play around with the peanut butter/chocolate ratio to your liking, and if you want to add some protein powder to this to take it up a notch, feel free.

Directions: Place all ingredients in a blender and blend until smooth and creamy. If the shake is too thick, add a little more almond milk.



YOGURT PARFAIT

This one is really simple since you can do it the night before—just grab and go! Choose your favourite non-dairy yogurt, pour some in a mason jar and add toppings you like. You can add granola, mixed fresh (or frozen) berries, and even a little bit of coconut flakes or dark chocolate. It's super easy to assemble, you can tailor it to your taste buds, and lastly, you can eat it at your desk.

MAPLE AND ALMOND CHIA OVERNIGHT OATS

This recipe was found on Kris Carr's website; feel free to amend this to your liking.

Ingredients:

- o 1 cup gluten-free thick-cut oats
- o ¼ cup chia seeds
- o 1 teaspoon cinnamon
- o 2 tablespoons maple syrup
- o 1 ¾ cups almond milk
- o 2 tablespoons almond butter
- o *Optional Toppings: hemp, cacao, almond butter, berries*

Directions:

1. Start by mixing the oats, chia, and cinnamon together in a large bowl.
2. In a separate container, whisk together the maple syrup, almond butter and almond milk. Pour the wet mixture over the dry and stir together.
3. Cover your oats and let them sit overnight in the fridge and get ready for an amazing morning meal! Top with superfoods like hemp, cacao nibs, homemade almond butter, and berries.



CHIA SEED PUDDING

Chia seeds are very good for you! Chia seed puddings are as easy and quick to make as they are to eat! Like the yogurt parfait and overnight oats option, you can really customize this to your taste and it'll still be healthy, quick, and again, you can eat it at your desk. You can prep it the night before, store it in a mason jar and off you go the next morning!

Ingredients:

- o 2 tablespoons of chia seeds
- o ½ cup of almond milk
- o 1 teaspoon honey or agave (or other choice of sweetener)
- o *Handful of any fruit/toppings you like (berries, granola, seeds, nuts, coconut flakes, etc.)*

Directions: Pour the chia seeds, almond milk and sweetener of choice into your jar (mix well). Store it in the fridge for at least two hours, though overnight is best. The next morning just top it with your favourite seeds, nuts, and/or fruit, grab, and go!

BLUEBERRY MUFFINS

Now, this might take a little bit more time to make, but it's perfect for busy mornings since you can grab one or two and enjoy at work with your coffee or tea. *This recipe was found through the Food Network.*

Ingredients:

- o Cooking Spray
- o 2 cups all-purpose flour
- o 2 tsp baking powder
- o ½ tsp kosher salt
- o ¾ cup packed light brown sugar
- o ½ cup plain soy-milk yogurt
- o ⅓ cup unsweetened almond milk
- o ⅓ cup vegetable oil
- o ¼ cup unsweetened smooth applesauce
- o 1 tsp pure vanilla extract
- o 2 cups fresh or frozen blueberries
- o 2 tbsps turbinado sugar

Directions:

1. Preheat the oven to 350°F. Line a 12-muffin tin with paper liners and lightly coat with cooking spray.
2. Whisk the flour, baking powder and salt together in a large bowl. Whisk the brown sugar, yogurt, almond milk, oil, applesauce and vanilla together in a medium bowl.
3. Gently fold the wet mixture into the dry mixture with a rubber spatula. Just before the batter comes together, fold in the blueberries (it's OK if there are some lumps in the batter). Divide the batter evenly among the muffin cups.



Sprinkle the tops of the muffins evenly with the turbinado sugar. Bake until a tester inserted in the center comes out clean, 20 to 24 minutes. Let cool in the pan for a few minutes, then remove and cool completely on a rack. Store in an airtight container at room temperature for up to three days.

Breakfast doesn't have to be complicated and you definitely don't have to skip it! Try some of these recipes and *bon appetit!*

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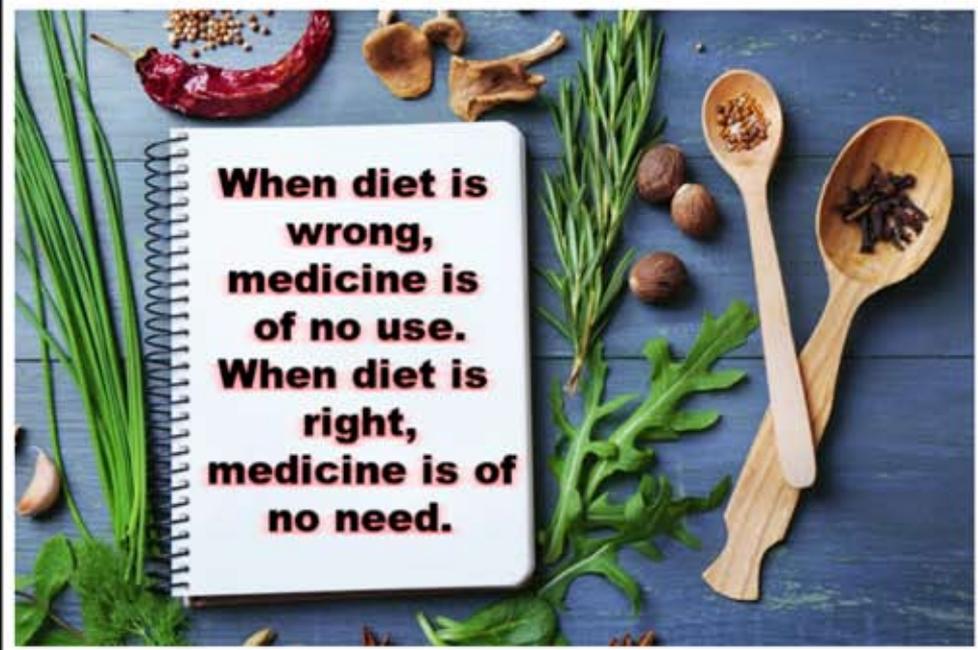
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