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M A G A Z I N E

**THE BENEFITS OF  
PLANT-BASED DIETS**

**VACATION FITNESS**

TO ALL THE SUMMER SUNSHINE  
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# ALL ABOUT BALANCE

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WORK-LIFE  
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# body

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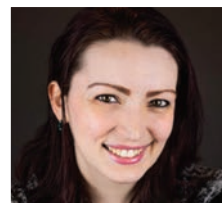


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By Jessie Gurniak



PEOPLE. PROPERTY. PASSION.

# ALL ABOUT BALANCE

## THE HASAN'S & THE HASAN GROUPS WORK-LIFE BALANCE IS THE KEY TO SUCCESS

"The era of merely erecting a 'for sale' sign and hoping for the best is a thing of the past," remarks Shan Hasan, a seasoned real estate broker who considers adaptation to our ever-changing world an absolute necessity. To remain at the forefront of the real estate industry, Hasan emphasizes that fostering creative innovation is the cornerstone of growth and expansion. Notably, The Hasan Group recently inaugurated a real estate boutique in Tecumseh, a testament to the collaborative spirit among diverse real estate professionals who share core values of trust, loyalty, dedication, and passion.

For Hasan, true leadership transcends mere task oversight or delegation; it's about cultivating an environment where each individual can flourish and prosper. He takes pride in mentoring, guiding, and empowering his team of realtors, ensuring they possess the necessary tools and support for success. He deeply values respect and love, seeking to embody these principles in all interactions within his team.

To accomplish this, Hasan recognizes the significance of maintaining a healthy work-life balance and its profound impact on mental well-being. Each team member has their unique approach to achieving this equilibrium, blending life's pleasures with career success. We had the privilege of sitting down with The Hasan Group to discover how each member strikes the essential balance crucial for both achievement and happiness.



### Brie Bento

"Managing a career in real estate and owning a business can be difficult at times but I time manage both, making sure I give both equal love. I set time aside to support local businesses,

wineries and restaurants in the Windsor-Essex area with friends and family, with also living a healthy balanced lifestyle."



### Saada Chams

"Having a to-do list makes it easier to organize everything that you want to accomplish in the day so that you can start fresh the next. I personally find it very essential in helping me organize my time

and allowing me to finish my tasks more efficiently, giving me more free time. Taking time to care for yourself is vital to maintain your health, happiness, and productivity. 'Me time' looks different to everyone, but for me you can find me resetting with a good book, out for a walk, or incorporating meditation into my everyday routine."



### Crystal Eskharia

"I workout every morning. I like to dedicate the mornings to myself because I know I don't have calls at that time so I get to take care of myself then. I think it's important to dedicate time to things I

like, such as concerts and weekend getaways. It's good to prioritize myself when I can."



### Elton Fero

"To me, an exhilarating career is bound to upend one's life, so I embrace the imbalance. Maintaining close friendships fosters future rewarding business relationships. Correspondingly,

treating clients in a first-rate manner leads to lifetime bonds. Hence, the lines between work and life can be successfully blurred to mutual benefit."



### Shan Hasan

"When people focus on their own well-being, they tend to find greater satisfaction in their work. From day one, I've made it a tradition to reserve Saturdays for family time. They really are my balance, my

wife Natalie, daughter, & son remind me step away to regroup. It's my way of emphasizing the importance of family, as they are a cherished part of my life. I've noticed that clients appreciate this dedication to my family, which strengthens our professional relationships."

I have also committed my self to a consistent workout schedule. Four times a week I enter the doors of Evolution Intensity Training, push as hard as I can then attack the rest of my day. Finally, Meditation and quieting the mind. Playing the orchestrator in this company can come with a lot of wandering thoughts. Is crucial to be able to quiet the noise."



### Jay Khawaja

"One of the challenges relators face is having an unpredictable work schedule which can disrupt family and leisure time. I've found that striking a balance between work and family life is all about finding my own rhythm. I make

sure to manage my time wisely and keep an open line of communication with my loved ones to adapt to unexpected changes. However, it is important I set aside quality time for my kids and partner, so I can relax and fully enjoy those moments without worrying about work. It's all about finding that sweet spot where work/life can peacefully coexist."



### Zain Khawaja

"It's hard as a realtor but it's good to put time aside. I recently went to Canada's Wonderland for a short trip and I felt like a kid again. It's good to have a routine so you can prioritize what's important."



### Brittney Miles

"Managing a real estate career with the responsibility of raising a toddler requires effective time management, careful planning, and a commitment to self care. By setting clear boundaries and incorporating fitness

into my routine, it helps me successfully manage both work and home life while nurturing a healthy overall balanced lifestyle."



### Ayad Saddy

"As realtor, entrepreneur, husband and father, life can get overwhelming at times. What keeps me grounded is my faith in God and mindset. I spend time every morning reflecting and working on myself. I enjoy serving others

with good energy and helping them overcome challenges. I make it a priority to create moments and great experiences with my family."



### Cheyenne Truax

"I like to paint and hike and hangout with my cats. I make an effort to have a hiking trip with my husband every other month. And I live by the lake so I like to spend time sitting by the lake and relaxing before coming to work."



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## “The three pillars to this group are people, property, and passion.”

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### Amy Willms

“Keeping a balance between work and homelife is essential to maintaining a productive and healthy presence in both aspects of my life. By designating my time, I have the energy and drive to excel at the tasks at hand, and ensure I can give 100%. Recognizing when the scales are tipped gives me the perspective to regroup, refocus, and realign my time so that I can put forth my best efforts in all that I do.”

Hasan says that “the three pillars to this group are people, property, and passion” and in the rapidly evolving world of real estate, working with a team with unwavering commitment to their clients is crucial to making your home-buying experience as stress-free as possible.

The Hasan Group’s team of dedicated professionals is ready to guide their clients every step of the way. They are poised to create lasting impressions, forge lifelong relationships, and make a meaningful impact on the lives of those they serve.

As the grand opening of the new boutique approaches—the date of which will be announced via social media soon—the excitement within The Hasan Group continues to build.

Their commitment to serving the Windsor-Essex County community remains stronger than ever, and they are determined to go above and beyond to exceed expectations. With their expanded presence and all-in-one real estate solutions, they are poised to elevate the real estate experience for clients, ensuring that each transaction is seamless, rewarding, and memorable.

Inside of their new location of 12137 Tecumseh Rd. East—inside of the former The Job Shoppe Headquarters—The Hasan Group has been diligently working away to prepare for their grand opening. Shan Hasan and his full team are excited to continue making their mark in Windsor-Essex County and cannot wait to serve their community with more expertise than ever before. For more information on The Hasan Group, visit them online at [www.thehasangroup.ca](http://www.thehasangroup.ca) or give them a call at 226-788-9966.





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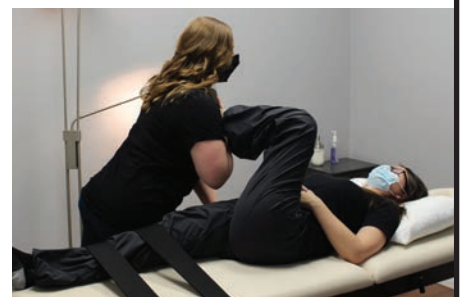
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From L to R: Taylor Fitzgerald, Lisa Eugeni and Nicole Goethen



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# ANIMAL CHIROPRACTIC

Unlocking the Healing Potential for Our ClientTAILS



By Sarah Dale, DC  
Community  
Chiropractic Centre





When we think of chiropractic care, we often envision human patients receiving adjustments to alleviate pain and improve mobility. However, chiropractic therapy is not limited to humans; it has gained popularity in the animal world too. Animal chiropractic, a holistic and non-invasive approach to healthcare, has been steadily gaining recognition as a valuable treatment option for our beloved pets and animal companions.

### Understanding Animal Chiropractic

Animal chiropractic is a specialized form of manual therapy that focuses on diagnosing and treating musculoskeletal conditions in animals. It involves the precise application of gentle adjustments to the spine and other joints, aimed at correcting misalignments or subluxations. The primary goal of animal chiropractic is to achieve more normal nervous system function by restoring proper biomechanics, relieve pain, and improve overall health and mobility.

In Ontario, licensed chiropractors can become certified in animal chiropractic. Animal chiropractors undergo rigorous training to understand the unique anatomical and physiological differences between various animal species. They work alongside traditional veterinarians, ensuring a multidisciplinary approach to animal care.

### Benefits of Animal Chiropractic

- 1. Pain Relief:** Animals, like humans, can suffer from musculoskeletal issues, which can lead to pain and discomfort. Chiropractic adjustments can provide relief from such pain by realigning the spine and promoting healing.
- 2. Improved Mobility:** Age, injuries, and daily wear and tear can affect an animal's mobility, leading to stiffness and decreased range of motion. Animal chiropractic helps in restoring flexibility and improving movement.
- 3. Enhanced Performance:** For working animals, such as agility dogs or performance horses, chiropractic care can optimize their physical abilities, leading to improved performance and reduced risk of injuries.
- 4. Faster Healing:** Chiropractic adjustments can stimulate blood flow and nerve function, supporting the body's natural healing process, thus expediting recovery from injuries.
- 5. Complementary Treatment:** Animal chiropractic can work well alongside conventional veterinary medicine and other alternative therapies, providing a comprehensive and integrated approach to animal healthcare.



### Conditions Treated with Animal Chiropractic

Animal chiropractic can be beneficial for various conditions, including:

- **Back and Neck Pain**
- **Hip Dysplasia**
- **Arthritis**
- **Disc Problems**
- **Lameness**
- **Muscle Tension and Spasms**
- **Postural Issues**

### Safety Considerations

Animal chiropractic, when performed by a licensed professional, is considered safe for most animals. However, there are some crucial safety considerations to keep in mind:

- 1. Licensed Practitioners:** Only seek animal chiropractic care from licensed and certified practitioners who have undergone proper training in both animal chiropractic and veterinary sciences.
- 2. Veterinary Collaboration:** Animal chiropractors should work in conjunction with Traditional veterinarians to ensure a comprehensive evaluation and treatment plan for the animal's overall health.
- 3. Proper Diagnosis:** Chiropractic adjustments should be based on a thorough examination and diagnosis of the animal's condition to ensure appropriate treatment.
- 4. Gentle Techniques:** Animal chiropractors use gentle techniques specifically tailored for each animal to avoid causing any additional stress or pain.

**5. Informed Consent:** Owners must provide informed consent for animal chiropractic treatment, and practitioners should be transparent about the expected outcomes and potential risks.

Dr. Dale has a Bachelor of Science degree from the University of Guelph. She then graduated from Canadian Memorial Chiropractic College in 1997. For 26 years Dr. Dale has worked on human patients at Community Chiropractic Centre in Tecumseh.

At the age of 50 when her own kids were grown up, she decided to return to horseback riding which was something she loved to do as a child. She happened to see a horse get adjusted for the first time and was absolutely amazed at the horse's response to the adjustment. She knew that was something she wanted to do! So Dr. Dale took the animal chiropractic certification course from the VCLC in Brantford, ON and graduated from the program in early 2023.

Adding animal chiropractic to her practice has been a joy for Dr. Dale and the whole staff at CCC who love welcoming dogs into their office. Visits from furry clients adds a lot of fun and smiles to everyone's day. To adjust horses, Dr. Dale usually combines trips to barns in the county with her own riding days at Windsor-Essex Equestrian Centre where she leases a stunning and talented gelding named Earl.

The field of animal chiropractic continues to grow and evolve. It's wonderful to see animals receiving this compassionate and effective treatment helping them lead healthier and happier lives.





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## REALTY ONE GROUP ICONIC: WHERE FITNESS, CULTURE, AND REAL ESTATE EXCELLENCE COLLIDE

In the bustling world of real estate, there is a new player on the horizon, and they are making waves with their unique blend of fitness, culture, and business success. Realty ONE Group Iconic, backed by the power of the global Realty ONE Group brand, is redefining what it means to be a real estate brokerage in Windsor & Essex County. With a strong emphasis on the importance of health, attitude, overall well-being, and their vibrant company culture, Realty ONE Group Iconic is taking the industry by storm.

At the heart of Realty ONE Group Iconic's philosophy is the belief that physical fitness and a positive mindset are essential for personal and professional success. Vu Ngo, a personal trainer and real estate agent, echoes this sentiment, emphasizing the benefits of exercise and keeping fit. He asserts, "Exercise not only improves our physical health but also enhances our mental clarity, boosts our energy levels, and instills a sense of discipline. When we take care of our bodies, we are better equipped to tackle challenges and excel in our careers."

The driving force behind Realty ONE Group Iconic's commitment to fitness and well-being are its broker owners, Rob Mathers and Chris Macleod. Both individuals firmly believe that a healthy body and mind are essential for personal and professional success. They recognized the profound impact that physical fitness can have on agents' performance and overall well-being, and this belief inspired them to make fitness a central component of their company's culture.

As part of their innovative approach, Mathers and Macleod made a strategic decision to include a gym within their downtown office space. This addition was a significant part of their plan for the new office, reflecting their dedication to creating a holistic environment for their agents.

The inclusion of a gym within the office sends a powerful message about the value that Realty ONE Group Iconic places on health and wellness. It demonstrates their commitment to providing agents with the tools they need to succeed, not only in the realm of real estate but also in their personal lives.

The gym serves as a constant reminder that physical well-being is a priority and encourages agents to make time for exercise, even during busy workdays.

Rob Mathers shares his thoughts on the gym, stating, "we wanted to create an office environment that encourages agents to prioritize their health and well-being. By incorporating a gym within our office space, we are sending a clear message that fitness is an integral part of our company's culture. We believe that when our agents take care of themselves, they are better equipped to serve their clients and achieve their business goals."

Chris Macleod adds, "the gym is not just a place to exercise; it's a place where agents can connect, support each other, and foster a sense of camaraderie. We wanted to create an environment where our agents feel motivated, inspired, and part of a community that values their overall well-being."

Realty ONE Group Iconic recognizes the connection between a positive attitude, business success, and overall well-being. By fostering a culture that embraces positivity, collaboration, and personal growth, they create an environment where agents can thrive both professionally and personally. This focus on holistic development translates into exceptional service and outcomes for their clients.

The values of Realty ONE Group Iconic align perfectly with the fitness-focused approach that Vu Ngo advocates. He highlights the positive impact that exercise has on one's attitude, stating, "regular physical activity releases endorphins, the 'feel-good' hormones, which naturally elevate our mood and outlook. When we approach our work with a positive mindset, we attract success and create a harmonious environment for ourselves and our clients."

By embracing the fitness culture within their own office, Mathers and Macleod have created a powerful synergy between health, attitude, overall well-being, and business success. This approach aligns perfectly with the values of Realty ONE Group Iconic, reinforcing their commitment to providing exceptional service to clients while prioritizing the growth and fulfillment of their agents.

As Realty ONE Group Iconic forges its path in the real estate industry, its unique blend of fitness, culture, and business excellence sets it apart. The company understands that by prioritizing the health and well-being of its agents, it can achieve remarkable results. By promoting a fitness-oriented mindset, fostering a positive work environment, and encouraging personal growth, Realty ONE Group Iconic is redefining the boundaries of success in real estate.



Vu Ngo, Personal Trainer & Sales Representative  
with the fitness-focused Realty ONE Group Iconic.

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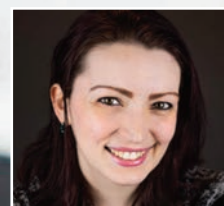
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By Jessie Gurniak

# THE BENEFITS OF PLANT-BASED DIETS





**Plant-based meat alternatives have begun revolutionizing the food industry and challenging what it means to have a satisfying meal. Gone are the days where vegetarian or vegan options are limited to bland salads or uninspired tofu dishes.**



Today, plant-based meat alternatives offer a wide array of delicious and nutritious options that closely mimic the taste and texture of meat.

The growing demand for plant-based meat alternatives can be attributed to various factors. Concerns about the environmental impact of the livestock industry, which contributes to deforestation, greenhouse gas emissions, and water pollution, have prompted consumers to seek sustainable alternatives.

Additionally, the ethical treatment of animals has become a significant concern for many, driving them to explore meat-free options.

Plus, the health benefits associated with plant-based meat alternatives have also contributed to their growing popularity. Traditional meat products, especially red and processed meats, are often high in saturated fat and cholesterol. Excessive consumption of these foods has been linked to an increased risk of heart disease, obesity, and other chronic health conditions.

Plant-based alternatives, on the other hand, are typically low in saturated fat and contain no cholesterol. By incorporating plant-based meat alternatives into their diets, individuals can reduce their intake of harmful saturated fats while increasing their consumption of beneficial nutrients.

If you are a health-conscious individual who recognizes the importance of diet as part of your well-being, you may wish to consider trying out some plant-based alternatives and learning how to incorporate them into your diet.

Luckily, the surge in popularity means that it has become easier than ever to find recipes that are easy to cook and delicious to eat. Many food blogs online are dedicated to vegan, vegetarian, and alternative recipes.

With increased demand, major food companies have invested in the research and development of plant-based options, leading to a wider variety of products to choose from. This accessibility ensures that individuals can find plant-based alternatives that suit their tastes and dietary preferences.

The plentiful variety of plant-based food products means that you can enjoy the same foods as before—such as hearty burgers and flavourful tacos—without having to sacrifice the taste and texture of traditional meat! These alternatives can be seasoned, marinated, and cooked in various ways, offering endless possibilities for creating delicious and satisfying meals.

The positive impact of plant-based meat alternatives extends beyond personal health. As more people choose these alternatives, the demand for animal agriculture decreases. The reduced reliance on the livestock industry can help alleviate pressure on natural resources, including land, water, and feed. It can also contribute to addressing some of the pressing challenges associated with climate change, such as deforestation and greenhouse gas emissions.

It is important to speak with a professional before making lifestyle changes. If you are considering changing your diet, talk to your doctor to see if a plant-based diet is right for you!





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# TO ALL THE SUMMER SUNSHINE LOVERS, LET'S TALK SPF!



By Vanessa Steele  
Owner/Medical Aesthetician  
Steele Beauty Clinic

True or false: sunscreen is only a product that is needed during the summer months. FALSE. Yes, that's right! Sunscreen is one of the key ingredients to a proper skincare regime that should be applied all year round. As we live in a world that is consistently evolving with the latest product trends, our cosmetic industry has created sunscreen to be almost impossible to skip within our daily routine. From the regular squeeze tube bottle, to being already added into our daily moisturizers, there is even the option of makeup brands that have formulated foundations with SPF included. As said, it's almost impossible to go without!

As owner and operator of Steele Beauty Clinic, located in the heart of Walkerville, I am passionate in educating my clients on how to prevent and protect the skin they are in with their daily skin habits.

Having the opportunity to work with a variety of skin types, there is always the right sunscreen, aside from skincare, that I may suggest to my clients with the brand I personally love and will continue to carry in-clinic. Colorescience is created using EnviroScreen™ technology, which is an exclusive blend of ingredients and patented active ingredients that creates a healthy shield for the skin, preventing free radical damage and full protection with its broad spectrum (UVA/UVB) properties. The brand is mineral-based, while free from all parabens, phthalates, synthetic fragrance, animal-testing, talc, dyes, mineral oils, drying alcohols, and chemicals. Knowing what your sunscreens are formulated with is the true importance of knowing how protected your skin will truly be before stepping outside. Healthy products, healthier and safer skin.



# "KNOWING WHAT YOUR SUNSCREENS ARE FORMULATED WITH IS THE TRUE IMPORTANCE OF KNOWING HOW PROTECTED YOUR SKIN WILL TRULY BE BEFORE STEPPING OUTSIDE."

Some may wonder what is the difference between having a mineral based sunscreen such as Colorescience (considered a physical formula) compared to one that is chemical-based. Here is your answer: chemical-based sunscreens are often waterproof formulas which make them more useful for those outdoors, often swimming, running, or any activity that makes you sweat.

The active ingredients in chemical sunscreens allow for quicker absorption into the skin, which allows the natural UV rays the skin takes in to turn into heat that the body absorbs and then releases.

Whereas physical-based sunscreens sit more topically on the skin, the mineral formulation of titanium dioxide and zinc allows for UV absorption to essentially bounce off of the skin instead (tending to be less irritating for those sensitive skin types). What I love most about Colorescience's brand is that not only is it a physical block available in SPF 30 and 50, as most dermatologists would recommend, it is also formulated as water-resistant, so no sweat or water may alter the benefits.

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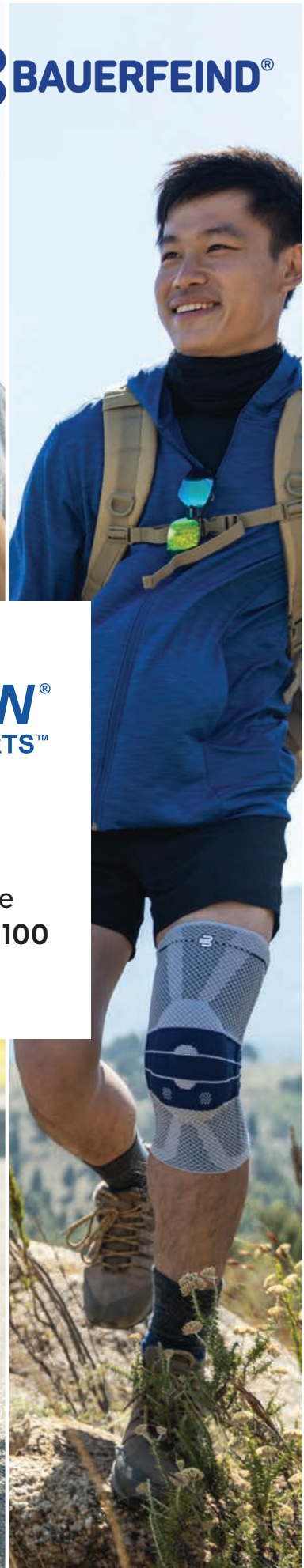
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*"Maintaining your health and fitness routine during summer vacations doesn't have to be a daunting task. By choosing active destinations, setting realistic goals, and incorporating physical activities into your daily itinerary, you can ensure your well-being remains a priority while making the most of your vacation."*



*By Jono Macri*

# VACATION FITNESS:

HOW TO MAINTAIN  
YOUR HEALTH AND  
FITNESS ROUTINE  
ON GETAWAYS.

**Vacations are a time to relax, explore new destinations, and create lifelong memories with the people you love the most. However, for fitness enthusiasts, it can be challenging to stay on track with health and fitness routines while away from usual surroundings and gym facilities. But, don't fret, with some planning and dedication, you can maintain your well-being and stay fit while touring this glorious planet. In this article, we will explore some practical tips on how to keep up with your health and fitness goals during your summer holidays.**



### 1. Choose Active Destinations:

When planning your vacation, opt for destinations that offer plenty of physical activities and opportunities to stay active. Beach locations, mountain resorts, and places with hiking trails or water sports can be great choices. Such destinations provide a natural setting to incorporate exercise into your daily routine, making it easier to stay fit without feeling like you're sacrificing your vacation experience.

### 2. Set Realistic Fitness Goals:

Understand that your vacation might not be the ideal time for intense training or setting personal best records. Instead, set realistic fitness goals that align with your holiday plans. Aim to maintain your current fitness level, get all your steps in everyday, improve endurance through casual activities, or focus on stretching and flexibility exercises.

### 3. Utilize Bodyweight Workouts:

One of the best aspects of bodyweight exercises is that they require no special equipment, allowing you to work out anytime, anywhere. Create a simple workout routine consisting of exercises like push-ups, squats, lunges, planks, and burpees.

Dedicate 20-30 minutes each day to these exercises, and you'll keep your muscles engaged and your metabolism active. Don't be afraid to also pack a few resistance bands in your luggage if you'll be abroad for more than a few weeks.

### 4. Explore Through Physical Activities:

Say sayonara to the tour bus for exploring your holiday destinations. Instead, opt for active ways to sightsee, such as walking tours, bike rides, or kayaking. Exploring the area on foot or by bike not only helps you stay fit but also allows you to experience the local culture and scenery up close.

### 5. Stay Hydrated and Mindful of Nutrition:

While it's tempting to indulge in eating everything under the sun during your vacation, remember to strike a balance between enjoying treats and maintaining a healthy diet. Hydration is also crucial, especially in hot summer climates. Carry a reusable water bottle and aim to drink plenty of water throughout the day to stay refreshed and energized. Disclaimer: Hydrated does not mean bottomless mimosas or Aperol Spritz's during happy hour in Santorini.



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### 6. Involve Your Travel Companions:

Fitness is more enjoyable when shared with others. Encourage your travel companions to join you in staying active. Whether it's a beach volleyball match, morning yoga sessions, or a paddle boarding adventure, having company can make fitness routines actually fun.

### 7. Embrace Resort Fitness Facilities:

If you're staying at a resort, take advantage of their fitness facilities. Many resorts offer gyms, fitness classes, and recreational sports. Attend a morning yoga class by the beach or join a group workout session led by resort trainers is a great way to start your day.

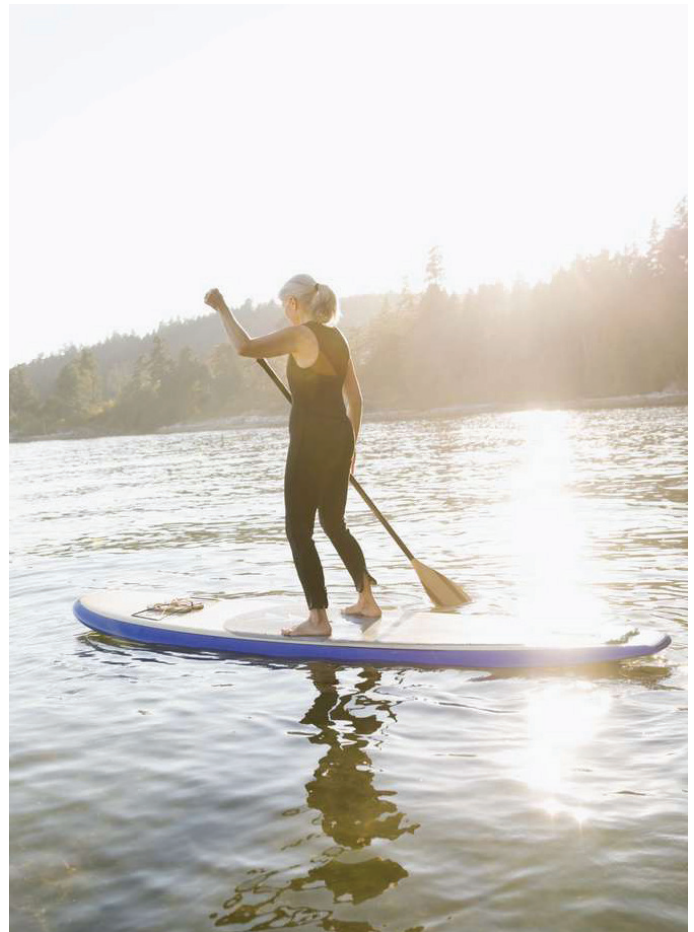
### 8. Active Rest and Recovery:

Vacations are also about relaxation and rejuvenation. While you stay active, remember to incorporate active rest and recovery days into your schedule.

Enjoy the pool or beach, sprawl out under a cabana with a good book and don't feel guilty for 2 seconds. You work hard all year! Enjoy yourself.

Maintaining your health and fitness routine during summer vacations doesn't have to be a daunting task. By choosing active destinations, setting realistic goals, and incorporating physical activities into your daily itinerary, you can ensure your well-being remains a priority while making the most of your vacation. Embrace the opportunity to explore new activities and involve your travel companions, turning your fitness routines into enjoyable experiences. With a mindful approach to nutrition and hydration, you'll return from your summer holiday feeling refreshed, rejuvenated, and proud of maintaining your health and fitness goals. Make sure on your time off you visit the 6 best doctors on the planet; sunshine, water, rest, air, exercise, and a healthy diet.

Bon Voyage



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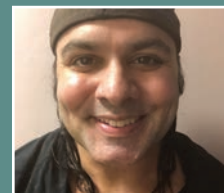
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# ANTS IN MY PANTS?



By Danny Gautama  
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*I WANT ANTS (AUTOMATIC NEGATIVE THOUGHTS) OUT OF MY MIND, INSTEAD.*

***According to Brain Facts, every day our brain processes 70,000 thoughts. Wow! That is a lot of thinking. But in those thoughts, if we get caught up in the majority of the ones that make us feel anxious or sad, then we prepare for a hard day ahead of us.***

When we have a thought and we put importance to this thought, then everything in our reality will change according to the thought. We can have a good or a bad day. That is the power of our minds.

However, that does not mean all thoughts are true and we have to believe them. You see, our thoughts can either hold us back or move us forward. Our thoughts create our feelings, our feelings create our behaviors, and our behaviors strengthen our thoughts. So, let's take a look at negative thoughts for a second. When I think of negative thoughts, I see some small little bugs make their way into our minds and if we allow them, they will start to crawl all over and eat all the positive thoughts away. Not a pretty picture to imagine, eh?

These types of insects are called no other than, ANTS (Automatic Negative Thoughts.) They are negative insects that pop out of nowhere, triggered by a negative event and are mostly inaccurate.

Let me give you an example. I recently went through all my papers to throw out and I saw a diary of mine with phone numbers from years ago. As I looked through it, I came across a gentleman who used to visit our business on Howard Avenue. He was in his 70's back then and he used to bring me lunch. I even have a picture with him.

So, I decided to call that number and when I heard him say, "hello," I knew it was him. I remembered his voice. Long story short, he could not remember who I was, as it was 16 long years ago. So, he could very well be in his 90's today.

I wished him well and moved on. I could have been down that he forgot about me, but I wasn't. I was more focused on him and his well being. I was hoping he was doing well. If I would have felt down, negative thoughts would have popped in. But I looked at the situation in a different, positive, and rational way.

This is why it is important to not let negative thinking (ANTS) find you.

With that being said, there are several types of Automatic Negative Thoughts. Let us identify them and I will give you examples with healthier and more rational thoughts that you can use.



**1) Overgeneralizing** - This is where you draw your own conclusions based on a past event. You tend to use words like “never” and “always.” You will take that bad experience from the past and you will generalize it to future experiences.

*Irrational thoughts by Mike:* “I did not make the basketball team. There is no point in trying out again. I will never be good at anything. I always mess up.”

*Healthy thought by Mike:* “Michael Jordan was cut from the basketball team, but he never gave up. And today, he is known as one of the greatest basketball players. If I keep practicing and never give up like my hero, then I can be a great basketball player too.”

**2) Catastrophizing or Magnifying and Minimizing** - This is where you take a bad situation and make it like it is the end of the world and the worst thing ever. You make a mountain out of a molehill and you keep dwelling on it weeks after it has passed. You exaggerate the negative event, or if it even is a negative event.

*Irrational thought by Sarah:* “Oh my God, I just tripped at a party and I’m completely mortified. People must think I’m so clumsy and stupid. They will probably not want anything to do with me. I am going to go home and cry.”

*Healthy thought by Sarah:* “In one month is this really going to matter. People are more absorbed in their life and would probably forget. Plus if they want nothing to do with me because I tripped, then something is wrong with them, not me.”

**3) Mental Filtering** - This is where you pick out every negative detail or tiny mistakes and exclude any positive.

*Irrational thought by Bret:* “I got 99 percent on my test. I did not get 100 percent. I can’t believe it. I worked so hard. I can never get perfect on anything. What a failure.”



*Healthy Thought by Bret:* “Although I did not get perfect, 99 percent on my test is beyond excellent. My teacher said I got the highest top marks.”

**4) Jumping to Conclusions** - There are two types of jumping to conclusions. First one is Mind Reading. This is where you know what someone else is thinking without any evidence whatsoever.

*Irrational thought by Jessica:* “I sent a text to my best friend and she never responded back to me. She must not want to be friends with me. Maybe she thinks I’m a loser and I’m so pathetic. Maybe she thinks I’m not good enough. Forget her. She is so arrogant and such a narcissist.”

*Healthy thought by Jessica:* “My friend did not respond to my text. I wonder if she is okay. Maybe I will give her a call to find out. I have never done anything wrong that would question our friendship. So, why should I worry?”

The second type of Jumping to Conclusions is Fortune- telling. This is where you foresee a negative future for yourself.

You have predictions that something bad is going to happen and you think that what you are predicting is based on facts. But in reality, they are irrational and not realistic.

*Irrational thought by Brian:* “I just know I will never get this job. I will probably find someone else. Maybe I’m not good enough for them. Or maybe that person is better than me. I have nothing to offer them anyway. Why try and hand in the resume here?”

*Healthy thought by Brian:* “I’m a very hard worker and I know in order for me to get this job I must be confident. But most importantly, I must have self confidence in my abilities. I am a worthy person and I know I am worthy of this job. I will be myself and share with them the many attributes that I have and why I believe I’m good enough for this job. If I don’t get this job, my worth does not decrease one bit. It just means that I was not fit for this job. But out of so many jobs out there, someone will say YES to me. Never give up.”

**5) Emotional Reasoning** - This is where you think that just because you feel something to be real or true, that it is. Especially if it is negative.

*Irrational thought by Joanna:* “I just feel like I’m a failure or I feel like I’m stupid and worthless. Therefore I am.”

*Healthy thought by Joanna:* “When I feel this way, this is my negative mind talking to me. I’m separate from the lies of negative thoughts. My negative thoughts distort my reality. I’m not a failure. I have accomplished so much and I’m not worthless to other people. They value me.”

**6) Labeling** - This is where you tend to use negative words to describe yourself, such as “LOSER,” “FAILURE,” “IDIOT,” etc.

*Irrational thought by Peter:* “I lost my wallet. I’m such an “idiot.” How can I be so careless and stupid?” “I hate the way I am.”

*Healthy thought by Peter* - “I lost my wallet. These things happen, so there is no point in belittling myself because that will just make me feel bad about myself. I will just try to remember where I last put it. No point of getting upset. If I can’t find it, it is not the end of the world. I will have to figure out what needs to be done now. First thing is to cancel my credit cards, etc.”

**7) Personalizing** - This is where you think that you are responsible and to be blamed for circumstances that are not in your control.

*Irrational thought by Caroline:* “My husband divorced me because I was not a good wife. It is all my fault, and I don’t blame him for wanting to leave me.”

*Healthy thought by Caroline:* “There have been a lot of factors that played a role in our divorce. But I think it is a bit extreme to say it is my entire fault. I did my best at being a great wife and I will stand by that. We just didn’t share the same feelings anymore.”

**8) All-Or-Nothing thinking** - This is where you go to the extremes. There are no shades of grey. In your mind, you are either a success or a failure. A good person or a bad person.

*Irrational thought by Tim:* “I stole money from the church donations. I’m such an evil person. I’m the worst person in the world and I’m just horrible.”

*Healthy thought by Tim:* “Yes, what I did was wrong and nobody should steal. I have never harmed anyone, so I’m not evil or the worst person in the world. But, I did wrong and I made a bad choice. I feel guilty. And that means I’m a good person. I must return the money to the church and tell them what I have done, sincerely apologize, and face the consequences for my actions.”

So, there you have it my lovelies!

You must practice challenging any types of irrational thoughts that cause you to feel down. They are just thoughts. I have found that CBT therapy was very helpful in alleviating my negative thinking in the past. CBT (Cognitive Behavioral Therapy ) focuses on challenging and helping you change any distortive thoughts and limiting beliefs that you have about yourself and the world, and you turn them into better and healthier thoughts that can alleviate anxiety and make you feel happier.

Please know that we are all here for a short time and we must not focus on the thoughts that make us feel hopeless and helpless.

Instead, we must fight and destroy these thoughts. Changing these thoughts will immensely change your life for the better. So, please take that first courageous step and say that you are not going to give in anymore to these ugly thoughts. Your life is just as valuable and important as you are. Don’t waste a second on these small insignificant ANTS. Let them crawl back out just as they came in.

Sending you all much love. God bless you and never give up.



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# THE **GLUTEN-FREE** REVOLUTION



By Jessie Gurniak

Gluten, a protein found in wheat, rye, and barley, has become the centre of attention for many health-conscious individuals in recent years. Why the sudden surge in gluten-free eating? For one, gluten has taken the blame for some digestive problems and autoimmune disorders, such as celiac disease or gluten sensitivity. But what are some other reasons that people may choose to switch to a gluten-free diet? Let's explore! Many people believe that if they eliminate the amount of gluten they consume it may lead to improved health. Media coverage and celebrity endorsements have contributed to the belief that gluten-free diets can result in weight loss, increased energy levels, and overall well-being. But it is important to remember that while gluten can cause problems for people with specific diseases or conditions, there is limited evidence to suggest that it is beneficial for the general population.



For people with celiac disease, managing a gluten-free diet is essential to maintaining their condition and preventing long-term complications. But individuals without celiac can also have sensitivities to gluten and experience symptoms such as abdominal pain, diarrhea, bloating, and constipation after consuming foods containing gluten.

While gluten may not be the cause of their discomfort, lessening or eliminating gluten from their diet can help alleviate these symptoms. But it is worth noting that more research is needed to understand the effects gluten may have on the body, and create treatment plans accordingly. Talk to your doctor if you believe you may have a gluten sensitivity or celiac disease.

With the increase of attention to gluten, more and more gluten-free products have been hitting the market and offered on restaurant menus. Gluten-free bread, pasta, snacks, and other food items are readily available at many supermarkets, so it is easier than ever to accommodate your dietary needs!

It's not just for diagnosed medical reasons that people may choose to go gluten-free. Some people may choose to eliminate gluten from their diets simply because they like the way it makes them feel, or want to lose weight and see eliminating gluten as a great way to help them achieve their desired look. Others may do it because it is trendy and want to follow the lifestyle choices of celebrities and social media influencers they like.

While the reasons for going gluten-free can vary, it is crucial to approach the trend with a critical mindset and consult healthcare professionals to ensure that it is necessary and suitable for individual needs.

A gluten-free diet should not be undertaken without proper consideration and guidance.

It is essential to differentiate between medically necessary gluten-free diets, such as those for individuals with celiac disease or gluten sensitivity, and those adopted for non-medical reasons.

In conclusion, the surge in gluten-free eating can be attributed to a combination of factors, including the perceived health benefits, increased availability of gluten-free products, social influence, and personal experiences.

While a gluten-free diet is essential for individuals with celiac disease or gluten sensitivity, the same does not apply to the general population. It is important to make informed decisions based on individual needs, scientific evidence, and consultation with healthcare professionals.



.....  
**“With the increase of attention to gluten, more and more gluten-free products have been hitting the market and offered on restaurant menus.”**  
.....





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