

YOUR LOCAL HEALTH, FITNESS & WELLNESS MAGAZINE

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body WINDSOR

PUBLISHER
Tony Catalano

ART DIRECTOR
Jayson Pynn

EDITOR-IN-CHIEF
Lina Stoyanova

SALES EXECUTIVES
Tony Catalano
Jo-Anne Lauzon
Dave Fazekas

CONTRIBUTING WRITERS
Lina Stoyanova, Sarah Dale & Vanessa Steele

DESIGN & LAYOUT
Jayson Pynn

AD DESIGN
Jayson Pynn, Adam Patterson, Erwin Parungo

ON THE COVER
Dr. Christopher & Cate Cole
of The Cole Clinic and Medi Spa

COVER PHOTOGRAPHY
Pat Scandale of livetech Photo/Video

GENERAL INQUIRIES
Email: jpynn@mediaduo.com
Phone: 519.969.3608
Website: www.windsorbody.com

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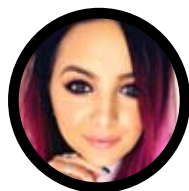
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Restore your Confidence with the Cole Clinic & Cole Clinic Medi Spa



By Lina Stoyanova
Editor-in-Chief



It's simple. When you look good, you feel good. That's why when patients visit the Cole Clinic & Cole Clinic Medi Spa, they restore more than just their hairline; they restore their confidence. Dr. Cole and his team of hair restoration and skin rejuvenation specialists offer the latest technology to restore fuller, natural looking hair with a youthful glow.

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

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

The Cole Clinic & Medi Spa have one main goal and that goal is to assist you in making the right choices in achieving beautiful results. That's why the Cole Clinic is known for both *hair restoration* and *skin rejuvenation*.

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

This husband and wife duo alongside their meticulous staff, help clients achieve the results they are looking for whether it be for hair restoration, skin rejuvenation, Botox, injectable fillers or laser therapies.

The Cole Clinic offers the latest technology in hair restoration surgery, including a state-of-the-art ARTAS Robotic Follicular Unit Extraction Hair Transplant surgery, Dr. Cole and his team train globally in the latest surgical techniques.

"Our goal is to restore not only our patient's hair but more importantly their confidence," says Dr. Cole. "I've been doing this for over 25 years and being a part of the transformation that's occurring both on the outside and the inside is so rewarding."

Dr. Cole and his team know hair loss is not exclusive to men. Millions of women suffer from hair loss which is why the Cole Clinic is your complete centre for hair restoration including both surgical and non-surgical options; everything from low light laser therapies to restorative topicals and shampoos.

The Cole Clinic is your centre for Hair Restoration surgery performing both the Follicular Unit Transplant (FUT) and the Follicular Unit Extraction (FUE) Transplant. These surgical procedures restore your own hair, with natural thicker looking results.

Depending on several factors including the extent of the hair loss, age, donor area, the patient's goals and a number of other important variables one method may be preferable to another. The Cole Clinic is patient care and results focused, both the FUE Artas Robotic procedure and the FUT procedures are minimally invasive, outpatient surgeries and come with a quick recovery period.

"The best part," says Cate, "...is no one will know. They'll say, 'Wow you look great what's your secret?'"

Whether it be hair restoration, Botox and filler or skin rejuvenation the Cole Clinic & Cole Clinic Medi Spa are your look and feel good secret.

The husband and wife duo believe in ensuring clients are educated and well informed about each procedure and product. The Cole Clinic provides a personalized consultation so that patients can choose the right procedure and product in order to be knowledgeable regarding their choice for hair restoration/transplantation, skin rejuvenation, Botox and Injectable Filler, laser therapy or any anti-aging treatments.

Why go anywhere else? Let the Cole Clinic and Cole Clinic Medi Spa restore your confidence today!



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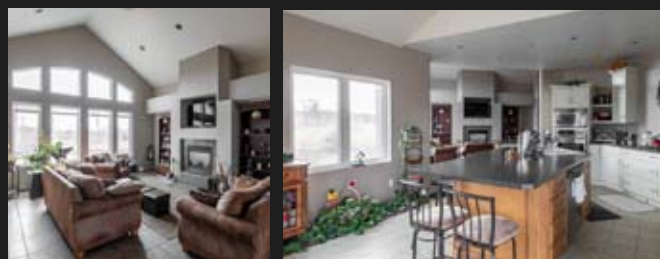
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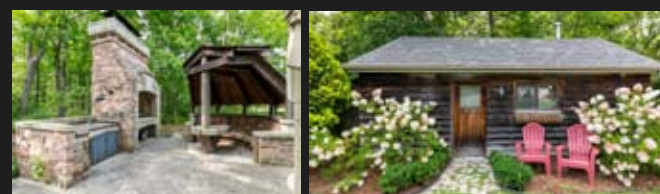
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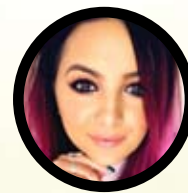
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bye, anxiety



By Lina Stoyanova
Editor-in-Chief

Sometimes it can be unclear what makes us anxious, while other times, we can pinpoint the exact causes. If you are feeling anxious, here are some pointers to help you fret less.

Some Tea Please

Chamomile tea is great for calming nerves. Chamomile tea has compounds that bind to the same brain receptors as drugs like Valium. If you don't enjoy the taste, you can always add in agave, honey or some sugar. Have several cups throughout the day to alleviate your anxiety.

Limit that Cup of Java

If you have anxiety, you need to be very mindful of caffeine. Limit (or eliminate altogether) your caffeine intake as having too much can cause jitters and decrease your ability to handle anxiety. It can also cause your body to act as though it's under stress, boosting your heartbeat and increasing your blood pressure.

Get Moving

Now, though I will make recommendations to get rest, you also need to get exercise. Exercise is good for the brain and a powerful antidote to depression and anxiety, both immediately and in the long run. Exercise will not only make you feel better about yourself, but it will flood your body with feel-good endorphins. Researchers believe that increasing your body heat (which happens when you exercise), may alter neural circuits controlling cognitive function and mood, including those that affect the neurotransmitter serotonin. This boosts your mood, increases relaxation and alleviates symptoms of anxiety disorders.

Bonus: If you go to a gym to exercise, visit the sauna to get an added boost (due to the heat aspect).

Get some Zzz's

There is plenty of research showing that lack of sleep can amplify anxiety by stimulating regions in the brain that are associated with emotional processing. Though it may be hard, try to get seven to nine hours of sleep per night in order to reduce stress, balance your hormones, prevent moodiness and reduce fatigue.

If you struggle with sleep, here are some tips:

- Go to sleep and wake up at the same time each day
- Avoid taking naps
- Avoid bright screens one to two hours before bed
- Make sure you get daily exercise
- Ensure you stay hydrated

Meditation

Meditation, originally a Buddhist practice, has proven itself to be a therapy that is effective in treating anxiety. Research finds that mindful meditation has a beneficial effect on anxiety symptoms by helping reduce cortisol levels, improve sleep quality, and boost productivity. There are plenty of resources online (YouTube) that provide guided meditations.

Yoga

Yoga uses a combination of breathing techniques, meditation and stretching through both moving and stationary postures. According to the Anxiety and Depression Association of America (ADAA), yoga is one of the top 10 alternative practices used to treat a variety of disorders, including anxiety and depression. Try signing up for a class or private lessons to help ensure you move through the poses correctly in order to avoid injury. Again, visit YouTube for further assistance.

Magnesium

Magnesium plays an important role by being vital for the GABA function and for regulating certain hormones that are crucial for calming the brain and promoting relaxation. Magnesium helps relax the muscles and calm the nervous system which is why it's commonly used to combat anxiety, poor digestion and muscle aches, just to name a few. Most people are deficient in magnesium so try supplementing in order to alleviate anxiety. Make sure to look for magnesium citrate, glycinate and chloride, which are forms the body absorbs better.

Lavender Oil

Lavender oil is an essential oil that has been shown to reduce anxiety and help relax the body. Research shows that using lavender oil topically can help to induce calmness and relieve symptoms of anxiety, headaches and muscle pain. A good way to start if you aren't familiar with essential oils is to do some research. Ensure the lavender oil you are buying is 100 percent pure otherwise it won't be as effective. Put three drops of lavender oil in your palm and rub it onto your neck, wrists and temples. You can also put some more on your palms and do some deep breathing as you inhale. Another way to get the benefit of lavender oil is to put a few drops into a diffuser, in your bath, or if you are also struggling with sleep, on your pillow.



Breathe

When feeling particularly anxious, make a mental note to take deep breaths. Breathing techniques can help keep you calm. Try sitting down with your back straight and breathe deeply, inhaling through your nose from your abdomen and try to get as much air into your lungs as possible. This will help bring more oxygen into your body, which will help you feel less tense and anxious. Once your lungs are full, slowly exhale through your mouth and repeat as needed.

“Worry never
robs tomorrow
of its sorrow,
it only saps
today of its joy.”
-Leo Buscaglia

Acupuncture

Acupuncture is a traditional Chinese treatment for anxiety, depression and many other health conditions. During acupuncture, a practitioner sticks thin, sharp needles into the upper layers of skin at points of the body that correspond with different organs. It's thought that acupuncture works by activating natural painkilling chemicals in the brain, and for some people, it's effective for eliminating anxiety. Conduct your own research and even try it out to see if it can be an effective remedy for you.

Bye, Anxiety

In the end, we are all different. So, what may work for you, may not work for your friend. Bearing that in mind, choose the recommendations you feel may work for you best. If you can't get into yoga, just try a different recommendation. If you are really struggling with anxiety or a case of the blues, even try them all. Lastly, and as always, conduct your own research.



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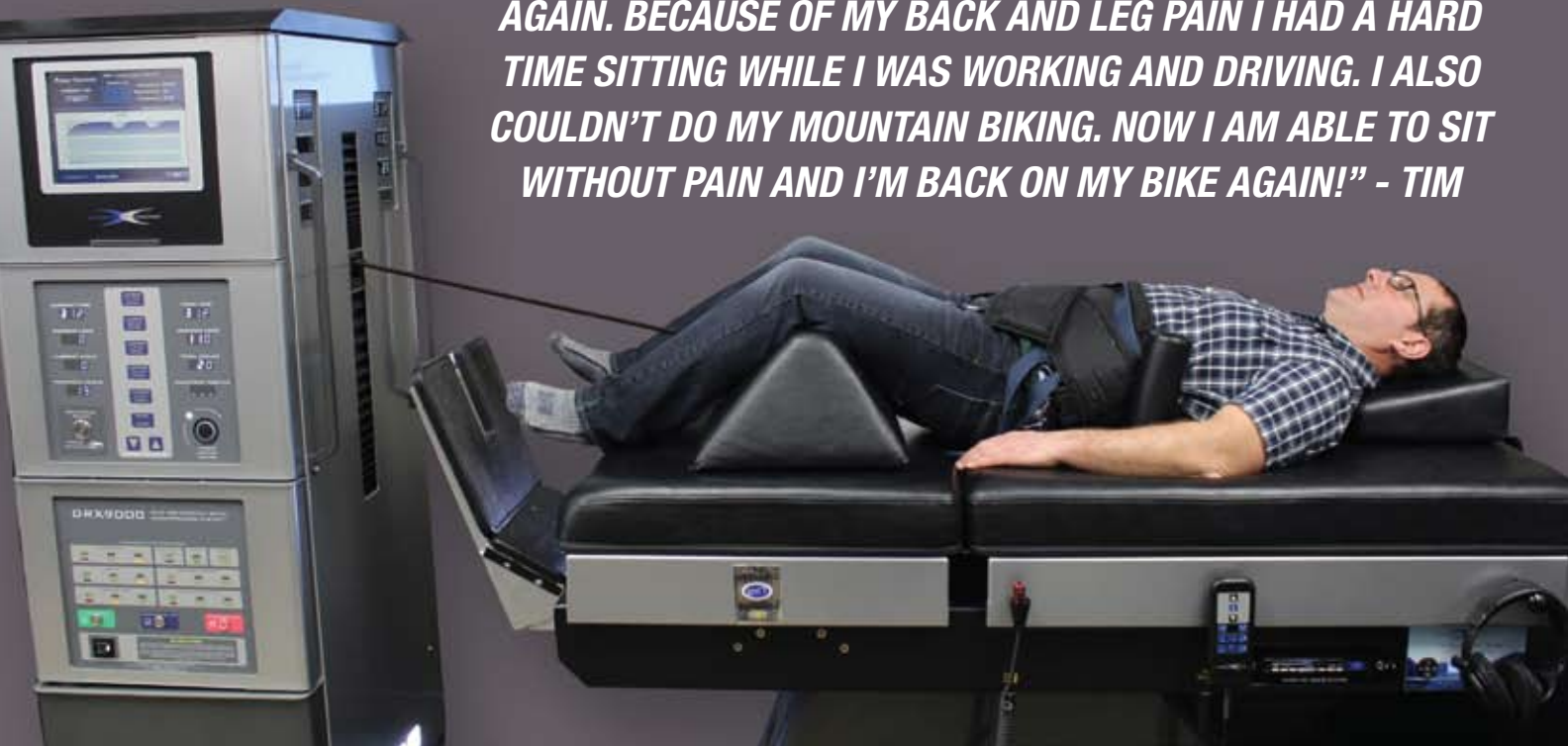
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Thanks to Spinal Decompression, You Could Have Relief from Pain

By Sarah Dale, DC
Community Chiropractic Centre

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 Centre, 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.



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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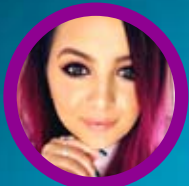
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By Lina Stoyanova
Editor-in-Chief



SAY GOODBYE TO TOXIC COSMETICS

Over the years the process of getting ready has become significantly more time consuming and now involves more beauty products than ever before. It seems there are tons of products that have become necessary and essential in our daily lives. Endless studies have been conducted and have found that the average American woman uses 12 products per day and applies about 168 chemicals on their skin; the average American man uses six products per day, applying 84 chemicals on their skin. Since the largest organ is the skin, we need to be more mindful of what we apply.

Environment California issued *Growing Up Toxic: Chemical Exposures and Increases in Developmental Diseases*, which details chemicals found in consumer products and their potential health impacts as well as reports by the Environmental Working Group (*Skin Deep: A Safety Assessment of Ingredients in Personal Care Products*) and Friends of the Earth (*Shop Till You Drop? Survey of High Street Retailers on Risky Chemicals in Products*) which support the findings that makeup and other personal care products contain many chemical ingredients that lack safety data. Some of these chemicals have been linked to male genital

birth defects, decreased sperm counts and altered pregnancy outcomes. Research also shows that widespread exposure to phthalates (a key component in plastics) also has many harmful effects and is ever-present in cosmetics and personal care products. The main phthalates in cosmetics and personal care products are *dibutyl phthalate* in nail polish, *diethyl phthalate* in perfumes and lotions, and *dimethyl phthalate* in hairspray. Often, their presence is not noted on labels.

Research shows that one out of every eight of the 82,000 ingredients used in personal care products are harmful chemicals (that's a whopping 10,250 chemicals)! These chemicals include:

- *Carcinogens* - which cause cancer.
- *Neurotoxins* - which affect brain development.
- *Reproductive Toxins* - which affect our reproductive systems.
- *Endocrine Disruptors* - which affect our hormones.
- *Plasticisers* - which are used to soften concrete and make PVC plastic flexible yet here we are, applying it on our skin.

So here's a short breakdown of a few chemicals to avoid:

FRAGRANCE

Avoid if possible since fragrance can be a mixture comprised of hundreds of individual chemicals and most don't even have to be listed on the label.

Instead: Use a natural fragrance such as pure essential oils which won't cause any hormone disruptions.

MINERAL OIL AND PETROLEUM (PETROLATUM, PETROLEUM JELLY AND PARAFFIN OIL)

Both mineral oil and petroleum have the same origins as fossil fuels. A huge health concern with petroleum products is that they can contain a 1,4-dioxane which has been found to cause cancer.

PARABENS

Parabens such as *propyl*-, *isopropyl*-, *butyl*-, and *isobutyl* are used as preservatives but have been found to spur the growth of certain types of breast cancer cells and can disrupt the hormones in the body. Avoid products with parabens to the best of your abilities.

FORMALDEHYDE AND FORMALDEHYDE RELEASERS

This can include quaternium-15, diazolidinyl urea, DMDM hydantoin, bronopol or even imidazolidinyl urea. Avoid due to the fact that nearly one in five cosmetic products contains substances that generate formaldehyde which is linked to causing cancer.

Instead: Use nail products, hair dyes and shampoos that are free of these ingredients.

TRICLOSAN AND TRICLOCARBAN

These are mainly found in personal care products such as soaps as they have antimicrobial agents. They can disrupt your thyroid, testosterone and estrogen regulation (this is bad news since they can create other issues including early puberty, poor sperm quality, infertility, obesity and cancer). Children exposed to these compounds at an early age also have an increased chance of developing allergies, asthma and eczema.

Please Note: Research shows that using antibacterial soaps are no more effective than using regular soap and water.

ETHANOLAMINES (DIETHANOLAMINE [DEA], MONOETHANOLAMINE [MEA], AND TRIETHANOLAMINE [TEA])

These chemicals are known to cause cancers and numerous studies have classified them as respiratory and organ toxicants. These chemicals can be found in soaps, shampoos, hair conditioners and dyes, shaving creams, lotions, eyeliners, mascara, shadows, blushes and many more cosmetics (even sunscreens).

BUTYLATED HYDROXYANISOLE (BHA)

BHA has been classified as "reasonably anticipated to be a human carcinogen," by the US National Toxicology Program based on animal studies and the European Union classifies it as an "endocrine disruptor." Its doses can lower testosterone and the thyroid hormone thyroxin which adversely affect sperm quality and the sex organs. This is generally found in cosmetics AND personal care products (especially lipsticks, eyeshadows and lotions).

MICA, SILICA (CRYSTALLINE), TALC (UNLESS ASBESTOS FREE), AND NANOPARTICLED TITANIUM DIOXIDE (TIO2)

These ingredients don't have the same potential harm when used in creams or lotions, but when they are used in powders or sprays, they can be very harmful. These ingredients have tiny particles which makes them very easily inhaled and they lodge inside our bodies and irritate our lungs. Over time, this could lead to lung disease. Ensure you read labels carefully when you pick out your next powder.

METHYLISOTHIAZOLINONE, METHYLCHLOROISOTHIAZOLINONE, AND BENZISOTHIAZOLINONE (INCLUDING 2-METHYL-4-ISOTHIAZOLINE-3-ONE, NEOLONE 950 PRESERVATIVE, MI, ORISTAR MIT, AND MICROCARE MT, 5-CHLORO-2-METHYL-4-ISOTHIAZOLIN-3-ONE AND MCI)

These common preservatives can be found in liquid personal care products such as shampoo, conditioner, hair colour, body wash, lotion, sunscreen, mascara, shaving cream, baby lotion, baby shampoo, hairspray, makeup remover, liquid soaps and detergents. The chemicals have been linked to lung toxicity, allergic reactions and possible neurotoxicity; the European Union even banned them.

HEAVY METALS (MERCURY, LEAD, ARSENIC AND ALUMINUM)

With accumulations in the body over time, heavy metals can impair the brain and nervous system, disrupt hormones and potentially cause cancer. Heavy metals are not always listed on the ingredient label (crazy, right!?) so look for *calomel*, *lead acetate*, *mercurio*, *mercurio chloride*, or *thimerosal* on labels.

DITCH THOSE CHEMICALS

Perhaps not so surprising at this point, you may come to realize that there are actually many more chemicals and ingredients that are allowed into our beauty and skincare products that I haven't even listed, which can again, disrupt hormones, cause skin reactions and even cause cancer. Unfortunately, it takes a lot of time to ban such ingredients and sometimes they even operate under six different names. The majority of these chemicals mimic hormones which can pose a risk to your reproductive system and overall health. They can cause cancer, allergies and many other illnesses including organ system toxicity and even alter the genetic material of cells, like I previously mentioned. So, until all those pesky chemicals mentioned in the above are long gone, be very mindful when reading labels and choose carefully what you put on your skin.





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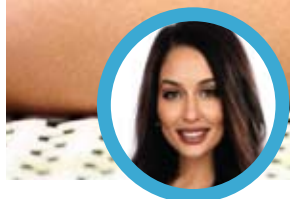


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PREPARE YOUR SKIN FOR

Summer



By Vanessa Steele
Manager & Medical Aesthetician
At Image Clinic

Summer time. My absolute favourite time of year, as for most, to feel rejuvenated, a breath of fresh air to breathe in, and sun shining down on my skin to feel that natural Vitamin D as it clears away all my winter blues. My first priority during these beautiful summer months as a Manager and Medical Aesthetician for one of the Top Choice Clinic's in Windsor, Image Clinic, I begin to transition my clients and educate them on their summertime skin: how to prepare for summer with treatments, how to protect from what comes from that sunshine, and how to adjust a regime accordingly by the seasonal change.

First things first: water intake. There is nothing more important that your skin wants, besides a solid skincare regime, other than water. H2O is your life saver for healthy looking skin during weather changes. The more hydrated we maintain our insides, the more hydrated and healthier we appear on the outside. It really is that simple. My next advice I like to always make so clear, as mentioned in the previous winter article, is how necessary it is to keep on top of exfoliating the surface of our skin. That being our face most importantly and never forgetting about our bodies as well. My top favourite exfoliation treatment at the clinic is our Dermal Infusion Silkpeel. There is nothing more satisfying than suctioning out every ounce of build up out of my client's skin and infusing it with the proper solution necessary, customized to each client's needs.

Having zero downtime with this facial treatment, it leaves my clients so refreshed and the cleanest they have ever felt their skin to be for weeks on end. I love pairing this with our Vitamin C Scrub as a take-home product. Its luscious citrus scent and perfect amount of grit is the best feeling to treat two to three times weekly or as suggested by your skin specialist.

As we take care of our summer skin, I also have a few more suggestions I make to my clients. One is always adjusting your skin care products by perhaps lowering the amount of active ingredients you use during the hot summer weather (ex. Glycolic Acids, Retinol, AHA/BHA's, etc.), as well as using lighter lotions and even adjusting the amount of makeup coverage to allow our skin to breathe and clear itself naturally. That does not necessarily mean to discontinue the use of active products, as some must keep on top of their skin due to active acne, scarring, pigment, or entirely for anti-aging benefits, but just being more mindful when you are using them. Perhaps keeping them as a nighttime regime and save your less-active products for the morning as we are outside more often during nicer weather. If you know you will be travelling to a beach or laying by the pool, besides the stress of SPF which is my next point to touch upon, be mindful to not use any of those active products when in direct sun exposure as they will make you hypersensitive and at times cause further damage to the skin such as melasma, sun spots and more later on.

My go-to product that has been my lifesaver the last four years, having olive toned skin that pigments very easily, has been our SkinMedica Lytera product. This pigment brightening serum has all the ingredients it needs, clinically studied, medical grade, that has been designed to defend against and correct any form of pigmentation that begins underneath the skin's surface. It is created for all skin types and I cannot stand by a product enough that has helped my skin and can be used all year round.

The most significant product I most definitely cannot stress enough is the importance of wearing a topical sunscreen lotion. So many women and men work on their skin all winter to clear pigment, age spots, scars, and much more. As the summer months begin, the importance of protecting all the work you put in to your skin is done with just one simple step, adding an SPF after your morning skin regime. I like to call it the "icing to the cake" that makes sure everything else stays beautifully protected underneath. Of course, there are reasons more important, such as, the preventative of skin cancer, but the UVA/UVB rays are what causes most of the appearance of damage to our skin as time goes on. Using the proper sunscreen is also what I educate my clients about the most. My two top selling products at Image Clinic that provide an entirely full physical coverage (protected from all UVA/UVB rays, and not filtered) is my Colorescience Sunforgettable® Brush-On Sunscreen that is available in SPF 30 or SPF 50, as well as available in a variety of shades. Having won numerous beauty awards, it is the ideal SPF stick that you can toss in a purse or beach bag easily, while its natural sheer finish is up to 80 minutes water resistant. I also love suggesting this product as a setting powder after any type of liquid foundation to "set the makeup" and ensure you have SPF protection on daily. Those that like to keep it simpler and have it as part of their day lotion, my top selling during summer and all year long is our SkinMedica Total Defense + Repair Sunscreen Lotion. This product not only provides anti-aging benefits to reduce signs of aging as it's being worn, but provides a combination of Vitamin E, green tea leaf extract and much more. This sunscreen lotion defends from all UVA/UVB sun exposure as well. Available in clear or tinted shade, oil-free, fragrance free, and created for all skin types. Another healthy skin practice to keep in mind is adjusting small habits such as adding a new favorite self tanner to your skin regime to feel more refreshed looking instead of laying out hours on end in the sun. As most could agree, there is nothing like a beautiful sun kissed glow to the skin, how we get there is entirely our choice.

As you have read this article, I hope it leaves you with a sense of confidence this summer that will ensure you stay on top of your skin health a bit more this year. There is nothing more confident than feeling confident in the skin you are in. Educate our younger generation on how important it is to protect ourselves from even the day- to-day fun of being outside in the sun and having a healthy skincare routine to look and feel our best. I always remind my clients that consistency is the key to success for good skin. If you stay on top of your skin regime, check in with your aesthetician for monthly maintenance, your skin will reward you the benefits of a healthy and happy glow in the end. Summer skin, we are all ready for you!





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SPRING INTO ACTION WITH *HI! NEIGHBOR*

By Lina Stoyanova
Editor-in-Chief

Hi! Neighbor Floor Covering Co. has always wanted to help customers create a cozy, beautiful, and most of all, welcoming atmosphere in their home. That's why they have everything for the home like carpet, hardwood, area rugs, tile and stone, laminate, resilient vinyl and more. Stylish, chic, and always keeping customers in mind, Hi! Neighbor guarantees an inviting space.



"Hi! Neighbor is a 75-year-old family business in the floor covering industry that's located in the heart of beautiful downtown Windsor on McDougall and Wyandotte," explains co-owner Erik Rorseth. "Our company carries the largest inventory of flooring in stock, locally, with over one million square feet of stylish, luxurious products in stock at any time."

Hi! Neighbor has soft carpet that is stain-resistant and excellent value for the price because it saves energy. Their carpet is also proven to trap allergens and dander. They also have rugs, which look great layered over carpet, and to add more warmth to the home, rugs can also be added to hardwood, laminate, vinyl and tile.

"Most of our installations occur within the same day. Although larger installations may take a few days, our installation crews will work with our customers to coordinate the best strategy of installation to make the disruption of their lives as minimal as possible," explains co-owner Terry Darbyson.

If customers prefer hardwood, Hi! Neighbor has that too. They have hardwood that makes a distinctive statement because of their great range of natural variations—from boards with extreme character, graining and colour variation, to those that are evenly coloured and consistent, lustrous hardwood can create a uniquely beautiful floor.

"We also offer carpet padding, laminate underlayment, sub flooring materials as well as area rug underlayments," adds Darbyson.

Hi! Neighbor offers free in-home measurements and a shop-at-home service to ensure customers get exactly what they want and need. They also offer unique items like bamboo, which is a renewable resource and provides hard, durable flooring for most areas in the home, and cork, which is a renewable resource that is harvested from trees. Hi! Neighbor also sells installation tools, adhesives, metal mouldings and transition strips, mortars and grouts. In addition, they carry a full range of carpet padding, laminate underlayment, sub flooring and tile boards.

Hi! Neighbor knows that paint is one of the most economical and quickest ways to completely change the look and atmosphere of any room in the home. That's why they offer painting supplies and have indoor and outdoor paint products.

With spring arriving, Hi! Neighbor has an exciting partnership set up with *Rymar Synthetic Grass* and will be displaying their products in-store and also through an exterior display with the gorgeous grass installed outdoors at the store.

"This partnership is a great opportunity as the synthetic lawns are an in-stock product at Hi! Neighbor in several qualities," explains Rorseth. "Rymar also provides us rubber mulch in gorgeous colours that will last outdoors for over a decade."

Environmental responsibility is a great aspect of these outdoor mulches and grass. They are long-term solutions that enhance the home and these synthetic materials also help the environment at the same time by eliminating chemical sprays; no more emissions from that old lawn mower and zero water is required to keep that beautiful green lawn. This is why many municipalities are also moving towards these thick synthetic lawns.

Hi! Neighbor also has a huge selection of outdoor products in stock including stone facades for feature walls or fireplaces. They also have an unlimited quantity of striking wood design porcelain tiles that can cover any old concrete on customers patios or screen rooms.

Located at 257 Wyandotte St. East, Hi! Neighbor is ready to help customers turn their vision for a beautiful home into a reality. Visit www.hineighborflooring.ca for more information.



For the

Love

of Antonino's Pizza

By Lina Stoyanova
Editor-in-Chief

The Ciaravino family is celebrating the 60th Anniversary of their start in the pizza business. I sat down with owner, Joe Ciaravino, to learn more about this exciting feat.

Q: How Did Antonino's Original Pizza Start?

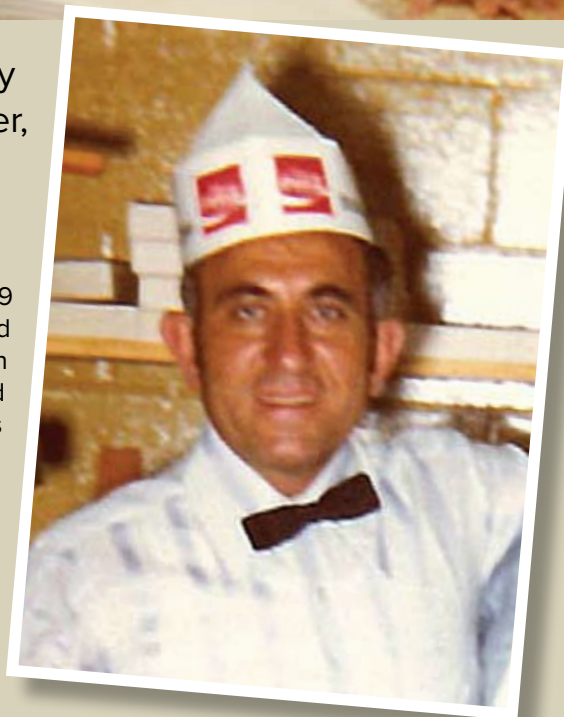
A: My dad Antonino "Tony" Ciaravino started in the pizza business in 1959 when he bought a little diner on Dougall Avenue that was in front of the old Statler Motel (the current site of Cogeco Cable). He passed away in 1980. In 1999, after almost 20 years out of the business, my mother Vita and I opened Antonino's Original Pizza, naming it in honour of my dad, one of Windsor's pizza pioneers.

Q: What Are Some Key Highlights To Owning Your Own Business?

A: I love owning my own business. It has been a real honour to carry on the family tradition of making pizza for the people of Windsor-Essex county. Through my interaction with customers, suppliers and employees, I get to meet a lot of people from many different walks of life, and I've developed many close friendships.

Q: How Does It Feel To Be Celebrating 60 Years?

A: We're celebrating the 60th anniversary of my dad entering the pizza business and perfecting his original pizza recipe. Having grown up in the pizza business—after all my mom did put the playpen next to the pizza table when I was a baby—and having spent almost 30 years working in the industry, I've learned a great deal about pizza and a great deal about how to operate a successful business.



Antonino "Tony" Ciaravino, one of Windsor's Pizza Pioneers (1972)

Q: Are There Any Difficulties To Competing Locally?

A: As far as competing locally with other pizza places, and there are many (according to a Windsor Star article I read years ago, Windsor has more pizzerias per capita than any other city in North America), we tend to not run specials or offer discounts, or even traditional delivery for that matter. We just work really hard at making a better pizza pie.

Q: Tell Me About Your Team

A: Our team is awesome! So much so, that we call ourselves "The A-Team." We even have The A-Team logo on the sleeves of our uniforms and team hoodies. We truly have the best pizza makers and staff in town.

Q: What's Your Advice to Local Entrepreneurs?

A: Develop effective employee recruitment and hiring policies and procedures. Hire the best people you can. Compensate and treat them well, and do not micromanage them.

Q: Tell Our Readers About The New Location

A: We outgrew our original 770 square foot South Windsor location about ten years ago, which is why we built a new 2200 square foot pizzeria right next door. Located at 4350 Howard Avenue, the new restaurant was designed by local architect Settimo Vilardi of Archon Architects and

constructed by Rosati Construction Inc. The new building has a rustic, old-world look, and includes a full commercial kitchen, seats for 25 patrons, an outdoor patio and a takeout area.

Q: What's In Store For The Future?

A: The new South Windsor location will be test marketing Neapolitan style pizzas, as well as beer and wine. We are looking to open additional locations and are seeking prospective franchisees with pizza making experience. Qualified parties interested in franchise opportunities please email admin@originalpizza.ca.

To check out Antonino's Original Pizza, visit their website at www.originalpizza.ca or any of their three locations in LaSalle, South Windsor and Tecumseh.



Vita & Antonino (Tony) Ciaravino in front of their original pizzeria. (1961)



Rendering by Archon Architects Incorporated

Antonino's - South Windsor, new Howard Avenue location opened March 12, 2019, right next door.

Spring, & Rebirth! Sunshine

By John Kraus, Owner Sunsetters Premiere Tanning
& past president of the Ontario Tanning Association.

Spring sunshine and rebirth are a common choice of words when describing our emotional feelings on those first few precious pre-summer days when we get a chance to walk around on a warm sunny day without a jacket. Somehow "life seems new again" and there is great optimism for spending many beautiful "sun filled days" in the great outdoors. After a long winter, getting reacquainted with the sun is kind of like getting started back at the gym after a six month absence. Go in easy, use common sense, make sure you use the right equipment (lotions, sunscreens, eye protection) and you will achieve the healthy results you desire. Below are some questions we should all be considering before we go out the door this spring season:

Does a base tan allow me to stay outdoors longer without any sunscreen?

Answer: On average, a base tan will give you an approximate Suntan Protection Factor (S.P.F.) of 4, which means you could stay out in the sun up to four times longer without burning. If you are going to be outside for prolonged period of time, it is highly recommended that you minimize the risks of a sunburn by using a sunscreen with an S.P.F. of 15 or higher, depending on your skin type.

With the benefits of Vitamin D being well documented, how much time should I spend outside to boost my Vitamin D levels?

Answer: Many medical experts suggest that you spend your first 10-15 minutes out in the sun without sunscreen to allow



your skin to produce Vitamin D naturally. If this is done two to three times weekly, you will produce all the vitamin D that your body would need.

If spending time outdoors is not an option... How many indoor tanning sessions do I need to build and maintain a base tan?

Answer: Depending on your skin type, in general it only takes four to eight consecutive sessions, and you can maintain the base tan by visiting a Tanning Salon for just one or two sessions on a weekly basis. The number of sessions, and the time of each session varies with the type of equipment used (i.e. High Pressure equipment needs less sessions).

Sunsetters is committed in being an important part of the solution in the ongoing battle against sunburn and in teaching people how to identify a proper and practical life-long skin care regimen... ENJOY YOUR SPRING & SUMMER!

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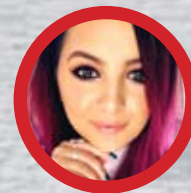
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By Lina Stoyanova
Editor-in-Chief



THE POWER^{OF} POMEGRANATES

Do you know how powerful pomegranates are? Pomegranates are a rich source of vitamin C, vitamin E, vitamin K, antioxidants, folate, potassium, fiber, and have anti-inflammatory properties. More than that, studies show eating pomegranates or drinking the juice, can help protect against many diseases (even cancer).

Pomegranates: Antioxidant-Rich Superfood

Pomegranates are packed with antioxidants. Filled with their juicy seed sacs called arils, pomegranates contain three times the antioxidant polyphenols, including tannins, anthocyanins, and ellagic acid. These polyphenols are what give pomegranate seeds their vibrant red colour. When it comes to juice in particular, pomegranate juice contains the highest level of antioxidants than most fruit juices and has three times more antioxidants than red wine and green tea. The antioxidants in pomegranate juice can help remove free radicals and protect cells from damage. The antioxidants in the juice and their high concentration are also believed to stall the progress of Alzheimer's disease and protect memory.

Benefits:

- Pomegranates help with infections, depression and menopausal symptoms.
- Pomegranates help with aging as they provide youthful, glowing skin.
- Pomegranates have antibacterial and antiviral properties which reduce the effects of dental plaque and protect against oral diseases.

- According to several studies, drinking eight ounces of pomegranate juice daily can improve learning and memory.
- The juice of a single pomegranate has more than 40 percent of the daily requirement of vitamin C.
- Pomegranates reduce inflammation in the gut and improve digestion.
- Pomegranates supply iron to the blood and reduce symptoms of anemia like exhaustion, dizziness, weakness and hearing loss.
- Eating pomegranates reduces the possibility of having premature babies and avoiding low birth weight in infants.

The Power of Research

Infections: According to a study cited in the National Institutes of Health, patients who were given pomegranate juice three times a week for a year had fewer hospitalizations for infections and fewer signs of inflammation, compared with patients who got the placebo.

Memory: A study conducted by Dr. Susan Bookheimer et al., University of California, Los Angeles, suggested a role of pomegranate in enhancing memory function in middle-aged and older adults with mild memory complaints. Pomegranates also reduce the possibility of developing Alzheimer's disease among older generations.

Quick Recipes

Overnight Breakfast

Mix a half cup of old-fashioned oats with one cup of vanilla almond milk in a large bowl; cover and chill overnight. In the morning top with a quarter cup of pomegranates and other fruit you like.

Simple Salad

Start with a base of raw spinach (or arugula) and add pomegranates and walnuts. Drizzle some oil and lemon juice (or a vinaigrette of choice), and voila, nutritional superstar.

Diabetes: A Technion-Israel Institute of Technology study showed that the antioxidants found in pomegranate juice may be especially beneficial to diabetes patients. Researchers found that drinking pomegranate juice reduced the uptake of oxidized “bad” LDL cholesterol by immune cells, which is a major contributing factor to atherosclerosis.

Heart Problems: The antioxidants in pomegranates benefit the heart in many ways, including lowering systolic blood pressure, slowing (and even reversing) the growth of plaque formation in the arteries, improving blood flow, and keeping arteries from becoming thick and stiff. According to a study published in the Proceedings of the National Academy of Sciences, mice that drank pomegranate juice reduced the progression of atherosclerosis by at least 30 percent.

Heart Health: According to research published in the American Journal of Clinical Nutrition, pomegranates prevent the oxidization of “bad” LDL cholesterol in the body. Regular intake of pomegranate juice maintains a good flow of blood in the body and decreases the risk of heart attack and stroke. The antioxidant components in this fruit help keep bad cholesterol from accumulating, and thus, keep the arteries clear of any clots. These clots are clear because pomegranates have the ability to make blood thinner.

Osteoarthritis: A study by Dr. Syed Ahmed, Division of Rheumatic Diseases, Case Western University, Cleveland, USA, revealed that the anti-inflammatory effects of pomegranate may inhibit cartilage degradation in osteoarthritis. Pomegranates help reduce many illnesses, including atherosclerosis and osteoarthritis, so the damage caused due to thickening and hardening of the arterial walls, the cartilage and joints, can be cured by eating these fruits. Also, pomegranates are capable of preventing the creation of enzymes that are responsible for the breakdown of connective tissues within the body.

Cancer: According to the American Cancer Society, through research, regular consumption of pomegranates can reduce the PSA levels in the body and aid in the fight against existing cancer cells.

Studies suggest the anticancer properties of pomegranate may help prevent the spread of cancer and also induce apoptosis. A separate study suggests that pomegranate seed oil is rich in compounds that have antioxidant and anti-inflammatory potential and may inhibit viability of breast cancer cells. According to the University of Maryland Medical Center, pomegranates antioxidant activity is known to inhibit cell proliferation, invasion, and promote apoptosis (cell death) in various cancer cells. In one study, pomegranate extract was found to inhibit the growth of human breast cancer cells by inducing cell death.

Erectile Dysfunction: Research led by Kazem Azadzo of Boston Veterans Affairs Medical Center, Massachusetts (Journal of Urology), stated that pomegranate juice can be very helpful in curing erectile dysfunctions based on animal studies. Researchers from the University of California and Beverly Hills also found that pomegranate juice improved erectile dysfunctions in a sample test conducted on 61 men.

To see immense health benefits, add pomegranates to your daily diet. If you'd like to sip on pomegranate juice, make sure you look at the label to ensure that it is 100 percent pure pomegranate juice without added sugar (or juice it fresh).



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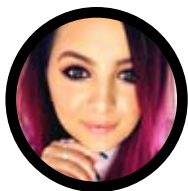


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Sculpt YOUR BOOTY



By Lina Stoyanova
Editor-in-Chief

Fitness is what you make it and working out can be fun! Sometimes though, you want to target certain areas, like your arms, while other times, you want to become the next JLO. This issue, I have seven moves to guide you to a better booty.

1. Squat Pulse

Stand with your feet hip-width apart and hands in front of your chest. Push your hips back and bend your knees to lower into a squat. Lift your body up a couple of inches, then lower back down. Do 10-15 reps.

2. Hip-Lift Progression

Lie on your back with your arms by your sides, your knees bent and your feet on the floor. Lift your hips toward the ceiling and hold for one count—then lower back down. Repeat the lifts for 60 seconds, squeezing your glutes and hamstrings at the top of the range of motion. Do 10-15 reps.



Squat Pulse



3. Side-To-Side Squat Jump

Stand with your feet shoulder-width apart and arms by your sides. Push your hips back, bend your knees, and lower until your upper thighs are parallel to the floor. Then, raise your arms until they are parallel with the floor. Briefly pause then jump towards the right, land, then jump back to start. Do 10-15 reps.

4. Single Leg Sit to Stand

Sit on the edge of a chair with your back straight, left leg straight out in front of you, and right leg bent with foot on the floor. Using only your right glute and right leg, push up and rise to a standing position. Push your hips back to slowly sit down then repeat on the other side. Do 10-15 reps.

5. Squat with Kick-Back

Start by standing with your legs shoulder-width apart, bringing your fists close to your chin. Then bring your left leg straight behind you while extending your arms forward. Return to the squat position, then repeat on the other side. Do 10-15 reps.

6. Donkey Kick

Using a mat (or your floor), get on all fours, and keep your right knee bent at about a 90-degree angle as you lift your leg into the air until your body forms a straight line from shoulders to knee, your right toe kicking toward the ceiling. Then do the other side. Do 10-15 reps.

7. Glute Bridge

Lie on your back with your knees bent, feet on the floor 12 to 16 inches from your butt. Brace your core, then press into your heels and squeeze your glutes to raise your hips toward the ceiling. Hold the position for two seconds before lowering to start. Do 10-15 reps.

Single Leg Sit to Stand



Donkey Kick



Glute Bridge





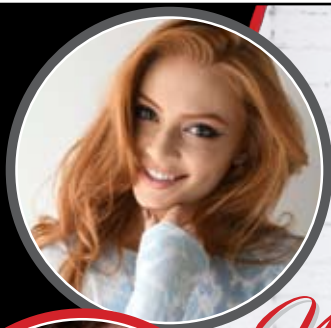
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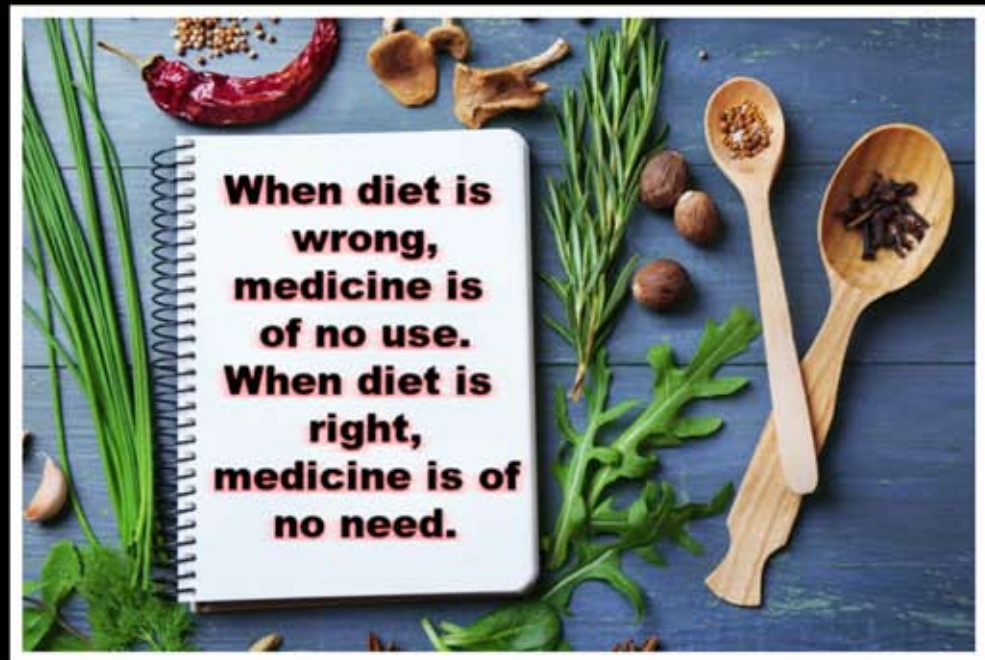
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