

YOUR LOCAL HEALTH, FITNESS & WELLNESS MAGAZINE

ISSUE 80 | JANUARY 2020
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body

WINDSOR



NEW YEAR, NEW GYM

LET THE TEAM AT XANADU
HELP YOU REACH YOUR
FITNESS GOALS

THE MIND-BODY
CONNECTION

THE EMOTIONAL
TIES TO FOOD

WHAT IS RADIAL
SHOCKWAVE THERAPY?



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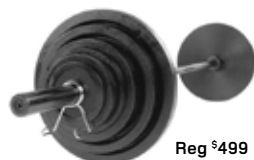
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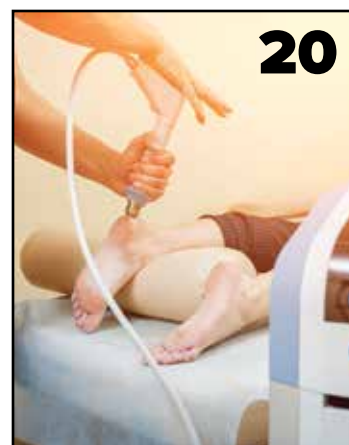
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Windsor Body Magazine is published four times annually by Myndlogic Publishing Inc. and distributed in Windsor and Essex County. Subscriptions are available for \$19.99 plus HST. A \$25.00 charge is required for mail delivery anywhere outside of Canada. Send a cheque along with address information to Windsor Body Magazine, 3337 Walker Road, Suite 200, Windsor, ON, N8W 3R9 or call 519-969-3608. Myndlogic Publishing Inc. holds full rights to original ads and photography, and accepts no responsibility for graphic images used in ads. Nothing that appears in Windsor Body Magazine may be reproduced either wholly or in part without the permission of the publisher. Opinions expressed in Windsor Body Magazine are not necessarily those of the publisher.

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Publications Mail Agreement # 42937522. Return undeliverable addresses to 3337 Walker Road, Suite 200, Windsor, ON., N8W 3R9

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PPG PAINTS



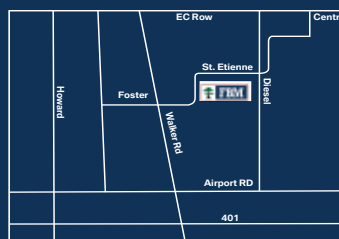
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XANADU

NEW YEAR, NEW GYM

By Lina Stoyanova
Editor-in-Chief



Xanadu Team (from left to right): Michele Hroml, Kirstie Klipp, Mike McMahon, Andrew Judson and Cora Sampson

Are you looking for a new gym to support your new, healthy habits? Go with your gut and stop by Xanadu Fitness. Mike McMahon, a Professor in the Health Science department of St. Clair College and Chief Operations Officer of Xanadu Fitness Club, has endless information to help support you on your fitness journey. Here's what he had to say.

After working in gyms for more than a decade, I've grown to understand one important truth: no matter where you are in life, no matter where you're headed, everyone needs *guidance*. A helping hand and a push in the right direction is something most of us need at one point or another but rarely ask for. If I could extend a post-holiday gift to anyone wondering how to get started on the path to increased health, it would be the knowledge that accepting guidance is not admitting weakness, it's accepting an offer to become stronger.

This time of year, the health and fitness industry is very much focused on:

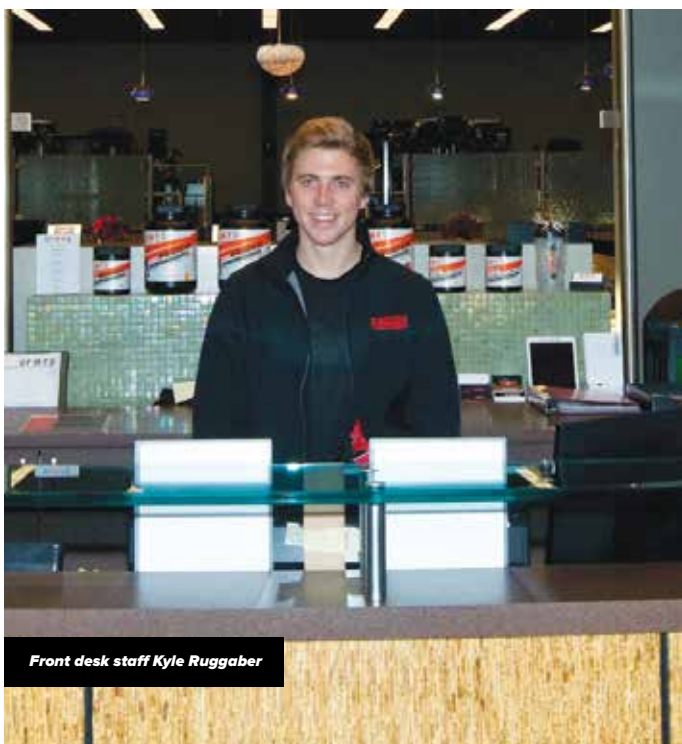
- **Getting People Started On A New Path (Point A)**
- **Creating Change (Point B)**
- **Maintaining Momentum (beyond the first two points)**

These are all virtuous endeavors; how do you get from Point A to Point B (and beyond)? How do you evolve from a person who talks about changing to a person who creates action? How do you make those subtle, subconscious thoughts about personal growth become a reality?

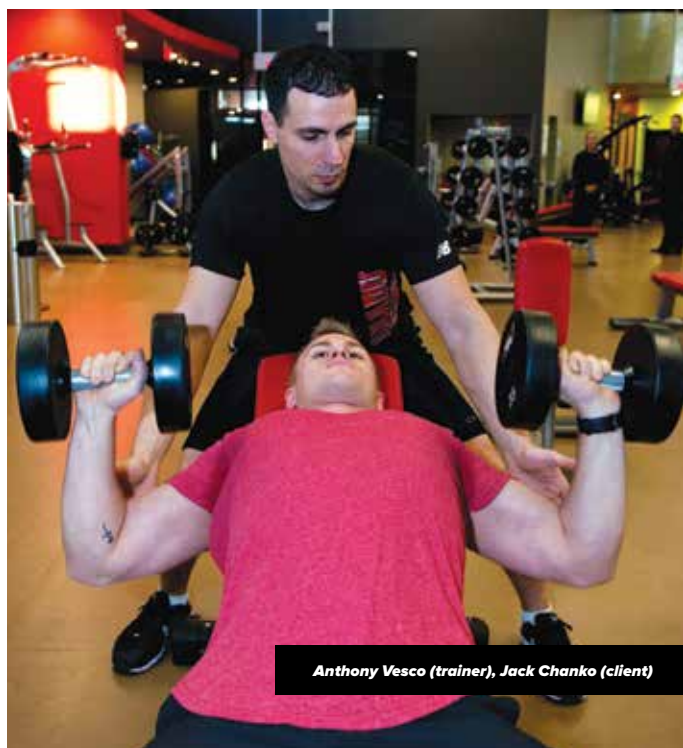
I've found that the most effective way to create change is to *change your environment*. To do this, trust your gut. When you do that, many of life's decisions feel easier.

Walking into the fitness facility that you're looking to join should feel the same way. The front desk should greet you like family, you should feel comfortable in every room, and you should want to come back each and every time you leave.

Choosing your new fitness facility should not feel like a forced decision, it should feel easy and effortless. Your focus can then shift to the work that needs to get done without the worry of pressure sales tactics. Alright, so you're in the gym of your dreams and you're ready to start kicking some ass. *Where do you start?* It's time to create your road map to success. A journey of a thousand miles begins with a single step...as long as it's a step in the right direction.



Front desk staff Kyle Ruggaber



Anthony Vesco (trainer), Jack Chanko (client)



Anthony Vesco (trainer), Tayna Dupuis

Great fitness facilities have staff that will help you out and happily guide you down the right path. I've taught fitness and health promotion programs at the post-secondary level for a decade, and when I ask my students what they want to do when they graduate, the overwhelming answer is that they want to help people. By nature, the type of person who gets into the health and fitness sector really wants to help make others healthier and happier.

Okay, you're in the right spot and you have a plan. You're good to go for a few weeks and then suddenly you miss a day in the gym (insert horrified gasp). Then of course, your favourite cheat food appears on your kitchen counter. *What to do?!* You can throw in the towel, pat yourself on the back for a great month of January, and start making New Year's resolutions for 2021, *OR* you can put down the cookie (or at least the second cookie) and *get back to your goals*.

Getting in shape is hard work. Anyone who tells you different is selling you a bill of goods. So, when the time comes for you to be honest with yourself and acknowledge the fact that you had an off day in the gym, and even in the kitchen, do exactly that: *put in the hard work and keep pushing forward*.

Even seasoned gym goers become inconsistent sometimes, so please be kind to yourself, forgive that last Oreo, plan for a better tomorrow, then go back through those gym doors and make it happen.

Well, here we are, a few minutes later and hopefully a little bit wiser. I've given you a couple of tips on the house and I hope that helps. Just remember, wherever you end up taking the next step in your evolution this January, find a place that feels like home, ask for help when you need it, and please be kind to yourself. If you're curious about what we have to offer over at Xanadu Fitness, I'll leave you with a simple invitation to come say hello. If you're picking up what we're putting down, and want to stay a while, I promise you'll already have at least one helping hand and know a familiar face.

To learn more about Xanadu and how we can help you reach your fitness goals this year, please stop by or visit xanaduhealthclub.com.



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CHECK OUT ESSEX PARKS & RECREATION

Essex Recreation and Culture has endless community services and activities they offer that are fun for the whole family. With a mission to enhance the quality of life for the community of Essex, and get individuals active, I sat down with Manager of Recreation and Culture, Cynthia Cakebread, to explore some of the common questions asked when it comes to this activities provider.

Q: How Should Individuals Register?

A: To register in any upcoming activities, interested parties can go on our website www.essexconnect.ca and click the View Activities button. Once you've reviewed the activities you can go ahead and select which one you'd like to register for.

Q: Are Memberships Available?

A: We happily offer memberships so if you'd like to purchase a membership, please click the membership button on our website and select the package you'd like to purchase.

Q: Can Facilities Be Reserved?

A: Rental facility availability can be viewed at essexconnect.ca at any time for up-to-date schedules. To reserve a facility, one of our Facility Clerks will be happy to assist you through the process by calling (519) 776-7336 extension 1301, to book arenas, harbour and outdoor sports facilities, or (519) 776-8992 to book community centres, pools and gyms.

Q: How Can Schedules Be Viewed For Upcoming Activities?

A: The "My Account" feature on our website allows you to view a weekly schedule of your family's upcoming activities. Sign into your account and click on the My Account link. Then click on the

Show Your Daily Schedule link. Highlight the family members whose schedules you would like to view and click on the top arrow button and move each family member over to the Selected Family Members column. Click on Search to proceed. A weekly schedule will display all of the activities your family members have been enrolled in and allow you to click on the activity for more information.

Q: What Are Some New & Exciting Activities For 2020?

A: We have plenty of fun and exciting things individuals can participate in.

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create learn move splash

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THE EMOTIONAL TIES TO FOOD



*By Kathy Judson, R.H.N.
and Certified Fitness Coach
at SweatBank*



When it comes to nutrition and obtaining results from your New Year's Resolutions, it is obvious that **WHAT** you eat really matters! Less obvious however is **WHY** you're eating! Your particular "why" can be just as critical as *what* you're eating when it comes to getting the results you crave.

There are many reasons to eat. There are the obvious reasons, like hunger, or for energy, which need no further exploration. But in our world of abundance and access to food, we have the opportunity to eat for many other reasons as well. We eat for sensation and pleasure. We eat to share an experience with another person. We eat out of boredom, and also to ease our emotional distress. Food can act as a calorie-laden bandage during emotional or stressful situations for many people.

We also eat out of association. We tie particular situations with food making their bond strong and hard to break. For example, if you've always gotten popcorn and pop at the movie theatre since your first cinema experience when you were six, breaking that habit when you're a 45 year-old movie-loving adult will be a challenge because it has been practiced and reinforced for decades. You can tie drinking associations in along with food associations as well, as they're similar and can be just as detrimental to your goals. For example in times of stress, if you look to a frosty lager or a bottle of wine to help you relax every time you encounter some resistance in your life, this can add up and sabotage a week of steady efforts at the gym.

If negative associations and stress-eating are obstacles that are holding you back, implementing a few simple strategies can give you back some control.

**“MUCH OF WHAT YOU EAT WILL
FUEL YOUR BODY IN GREAT WAYS:
HELP BUILD MUSCLE, INCREASE
YOUR METABOLISM, PROVIDE
MUCH NEEDED NUTRIENTS, ETC.
HOWEVER, CERTAIN CHOICES
CAN SABOTAGE AN ENTIRE WEEK
OF WHOLESOME NUTRITION AND
EXERCISE.”**



Here are a few suggestions on how to handle emotional eating or negative food associations:

1) Flat out ask yourself why you're eating! Acknowledge the reason and move on. If for no good reason, and you still choose to continue, do so without guilt. The stress that comes from guilt and the resulting cortisol increase in your body is often much worse than the actual poor eating choice itself, so let it slide. Accept it for what it is and move on. Being aware of your WHY is a great first step to making a better choice in the future.

2) Journal it! If you find that you're snacking and eating things mindlessly, and it's getting you down, try documenting it, either in a journal or in a calorie tracker. Sometimes just being accountable to someone or something can help. Perhaps if you know that you'll have to write it down, you'll ingest less as a result.

3) Ask yourself, "Will this food bring me closer to my goals, or farther away?" Much of what you eat will fuel your body in great ways: help build muscle, increase your metabolism, provide much needed nutrients, etc. However, certain choices can sabotage an entire week of wholesome nutrition and exercise. And because it's easy to do in a matter of minutes, ask yourself these simple words, "Will this bring me closer to, or farther away from my goals?" Your honest answer may help you make the right decision.

4) Ask yourself, "How badly do I want this treat/snack/indulgence?" Do you want it more than your results? If so, go for it and don't regret it or feel guilty. If your results are more important, than this answer may motivate you to do the right thing.

5) Find a replacement. If you feel there's a void that needs to be filled, or you feel that a reward is due, try to find something equally or even more pleasurable than food. A relaxing bath, a shopping trip, a massage, etc. Even something as simple as drinking a glass of water with lemon or a herbal tea sweetened with stevia every time a 'craving' hits can be a great way to side track your thinking about it by satisfying your body in a different way.

One of the number one struggles that people tend to ask me for help with often has to do with the emotional side of eating. The power behind it is immense, but in most instances, applying one or all of these simple strategies may help you through it. A healthy relationship with food is important, and being mindful of your eating patterns and habits is a huge stride in the right direction.

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The advertisement features a collection of audio equipment from various brands, each with a label:

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- PARADIGM**: A white speaker on a stand.
- BRYSTON**: A stack of silver components.
- CAMBRIDGE**: A silver receiver or amplifier.
- ANTHEM**: A black receiver or amplifier.
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WHAT IS RADIAL Shockwave THERAPY?

Shockwave therapy is a non-invasive treatment that involves creating a series of low-energy acoustic wave pulsations that are directly applied to an injury through a person's skin via a gel medium. The concept and technology originally evolved from the discovery that focused sound waves were capable of breaking down kidney stones and gallstones.

Generated shockwaves have proven successful in a number of scientific studies for the treatment of chronic musculoskeletal conditions.

You don't need painkillers with it - the purpose of the therapy is to trigger the body's own natural healing response. Most people report that their pain is reduced and mobility is improved after the first treatment.

HOW DOES SHOCKWAVE THERAPY WORK?

For orthopaedic conditions, shockwaves are used to induce neovascularization (formation of new blood capillaries) at muscle/tendon junctions. Shockwave therapy also causes the body to naturally release healing chemicals that help to improve cellular proliferation and tissue regeneration which are both vital in the healing process.

The result of Shockwave therapy is relief of stubborn, chronic tendinopathy. There are some tendon conditions that just don't seem to respond to traditional forms of treatment, and for this, Shockwave therapy is a wonderful and effective treatment.

Shockwave therapy is most suited for people who have chronic tendinopathies (commonly referred to as tendinitis) including: plantar fasciitis/heel spurs, tennis elbow, Achilles tendonitis, rotator cuff tendonitis, jumpers knee and calcific tendinitis of the shoulder.

These could be a result of sport, overuse or repetitive strain.

WHAT TO EXPECT...

At your first visit at CCC, you will be assessed to confirm that you are an appropriate candidate for Shockwave therapy. Dr. Sarah or Dr. Todd will ensure you are educated about your condition and what you can do in conjunction with treatment which may include activity modification, specific exercises, assessing any other contributing issues such as posture, tightness/weakness of other muscle groups, etc.

Shockwave treatment is usually done once a week for three to six weeks, depending on results. The treatment itself can cause mild discomfort, but the treatment is only three minutes long and the intensity can be adjusted to keep it comfortable.

After the treatment, you may experience temporary soreness, tenderness or swelling for a short time following the procedure, as the shockwaves stimulate an inflammatory response (but this is the body healing itself naturally).

Upon completion of your treatment you can return to most regular activities almost immediately.



*By Sarah Dale, DC
Community Chiropractic Center*

CASE #1 - JE

JE is a long distance runner who came to CCC suffering with knee pain and foot pain that was worse when she ran. Examination showed that she was suffering with knee pain caused by tightening of the tendons on the side of her knee (Iliotibial Band Syndrome) as well as foot pain caused by plantar fasciitis. From her history, it was concluded that the knee pain was only secondary to the real problem: her plantar fasciitis. JE was treated with Shockwave once weekly for five weeks.

After one treatment, the knee pain was gone and JE was able to run without knee pain. The foot pain was resolved a bit more slowly as it was the real source of all the discomfort, but after a total of five visits, JE was running pain-free!

CASE #2 – RF

RF presented to the office with chronic shoulder pain that had progressed so much that she was no longer able to raise her arm above shoulder height, or reach back to scratch her back. Her assessment revealed that RF was suffering with chronic rotator cuff tendonitis which was slowly becoming a “frozen shoulder.” Diagnostic ultrasound confirmed calcific tendinosis of the rotator cuff as well as biceps tendon.

Treatment for RF included Shockwave once weekly for four weeks as well as prescribed exercises and other supportive treatment.

After four weeks of care, RF has full shoulder range of motion and has moved onto the strengthening portion of her treatment plan.

CASE #3 – JC

JC is in construction and was feeling elbow pain all summer. He felt the most discomfort when he was gripping his drill or his hammer. By the time he presented to CCC, he could barely hold his coffee cup.

The diagnosis of chronic tennis elbow was easily made and treatment of Shockwave therapy was prescribed.

JC was thrilled to feel relief after one treatment and by the fifth week, he was working pain-free!

Book your no charge consultation now to see if Radial Shockwave can help you!



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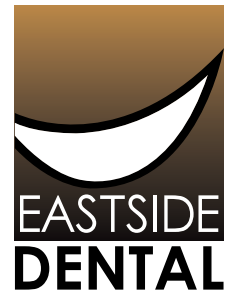
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Whether you need to refurbish outdated flooring or seal your concrete surface, Epoxy Floor Coating can transform your space while protecting your flooring. This floor coating is surprisingly useful for preserving concrete surfaces and protecting against harsh impact, all while showcasing a glossy finish.

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There's many advantages to having the Epoxy Floor Coating. It covers defects, it's cost effective, resistant to shock and harmful elements, water-resistant which is handy if your basement ever floods, long lasting, protective, helps with levels of heat and is durable when it comes to other chemicals being used on the floor. The coating is easy to maintain and protect, it's safe and visually appealing, and it's eco-friendly.



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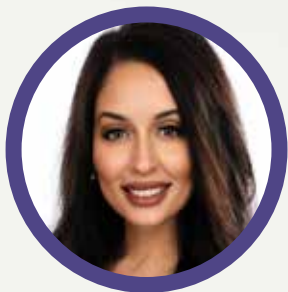
Do you like to change your flooring or colours in your space every few years? Did you know that with epoxy flooring you can change the appearance of your floor without the mess and dust? The versatility and options are endless; metallic finish, flake, solid, matte, glossy, marble, just to name a few. There is a finish and style to fit your needs.

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*By Vanessa Steele
Manager & Medical Aesthetician
at Image Clinic*





A NEW YEAR... A BRAND NEW YOU

So many of us anticipate the beginning of a new year. A time we can set new goals, establish healthier habits, as well as create a more confident version of ourselves, through more self-care routines, such as joining a fitness class of choice or booking routined treatments to maintain our skin. As Manager and Medical Aesthetician of Image Clinic in South Windsor, Top Choice Cosmetic Clinic of 2018 & 2019, I find it so important to create a healthy lifestyle change, not only for our inner happiness and confidence, but for how we view ourselves on the outside and the skin we are in.

Most of us reading this I am sure have looked in the mirror and said to ourselves, "Okay, time to get myself together here, what I feel like on the inside does not match my outside, I know I can create change if I just dedicate myself." Well, this article is about to kick off your new year with an outlook on creating healthier skin changes and the type of dedication needed to achieve that. Now, if there is one word I cannot, and I mean, cannot stress enough, is patience. Having patience to build the results you are wanting to achieve is what I try my best to express to all my clients.



Whether it be body contouring or skin tightening treatments - acne scarring, or treating pigmentation in the skin, every step of the way, from at-home skin care, to customized treatments, everything is progress towards the end result; how long it takes to get there varies with each individual and their skin's natural response. We live in a society that expects and wants everything right in this exact moment, no matter how unrealistic expectations may be.

We hear and try so many crash diets, or "quick fix" treatments that try and guarantee us the world of results in a short amount of time; and yes while some may work, I am sure most would agree that if we just changed our daily habits and created a consistent regime, while actually making this a lifestyle change, it is then that we will see not only incredible results, but long-term ones. The same goes for our skin, just like our bodies when we work out. If we want to see changes, we must understand that our skin needs time to respond naturally, as age and hormones continuously play a factor, but if we stay committed to dedicating that time, with the proper treatments customized to your needs of course, you will always see long-term results.

One of the most common treatments at Image Clinic and what I discuss most often in a consultation is skin tightening, scars and age spots. Whether the focus is full face, neck area, décolleté, body contouring, stretch marks, or scarring, I always ensure that clients are fully educated on the process; the time it will take to begin to see results, as well as stay on top of what my clients are doing to assist the treatments at home and in their daily routines when they are not checking in with me. Exclusive to the Fotona laser at Image Clinic, I truly enjoy creating incredible results for clients on a monthly basis when they are coming in for a tightening treatment to stimulate collagen in the areas the skin laxity lacks, pigmentation issues, stretch mark areas, or even as a preventative treatment to slow down the aging process. I customize the treatments accordingly to skin type, concerns, and utilize optimal settings and handpieces to create the best results possible. Understanding first and foremost that our bodies have a natural healing response as cell turnover in our skin happens approximately every 30-40 days based on age; when building collagen in the skin, the process will

respond ultimately with the proper treatments being done, time, consistency, and a solid skincare regime.

Now, as with anything, varying on the skin being worked on, I try to improve as much as I can for my clients on a monthly basis, while showing pictures along the way to keep their progress going. It is so easy to give up quickly, especially when it is a concern one has had for a long time, but if this new year we can all push ourselves a bit more to stay dedicated to ourselves, you will be so much more satisfied with your long-term results.

As I always remind my clients, I am similar to a gym, you check in with me as a good workout, your healthy eating habits is the skincare use at home. The more you train your skin on a daily basis, the sooner you will see results.

Another option I created that I found to be the most effective way to keep clients dedicated to themselves is the SkinMembership I offer at Image Clinic. Everyone can benefit from the nine treatment options offered monthly, choosing one each month to check in with themselves. I offer face tightening options, Dermal Infusion Silkpeels for a deep clean facial, chemical based treatments such as Jessner or Vivier Peels, to even laser hair removal options or an hour relaxation facial. I found this to be the best dedication for my clients to always look forward to their next month's treatment and see the progress with themselves by signing up for the six months or one year option.

As this new year begins, I hope to leave you with a perspective that allows you to stay patient with yourself through any process that includes change. If you feel less confident in your skin, opt for change by finding a trusted aesthetician to guide you. If you feel unhappy in your body, opt for change by dedicating some time for fitness or perhaps a personal trainer. You are the only individual that can create this for yourself if you just believe and understand that patience is all that is needed. The progress will begin when you do, so I challenge my readers to go out there this year and dedicate yourself to whatever makes you happy and confident in the skin you are in, while enjoying every step of the process along the way! Happy New Year Everyone!

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By: Jennifer Brignall-Strong



THE MIND-BODY CONNECTION

IS HOW YOU THINK STOPPING YOU FROM REACHING YOUR FITNESS TARGET?

For thousands of years, people have pondered the mind-body connection. What role does your mental state play in your overall health? Can attitude affect your physical wellbeing?

We've all heard the sayings: "Mind over matter," and "The body achieves what the mind believes."

While these adages may sound a little cliché, the truth is, your mindset plays a pivotal part in how your body moves and feels.

It also makes creating and maintaining healthy habits a challenge or a breeze, depending on your perspective.

Getting your brain "in the zone" as some call it, is the key to sticking to a weight loss plan, running that extra mile, or even improving your golf game. It's that "I can do it" attitude that pushes you to keep going.

But how do you get into that mind frame? And, more importantly, how do you stay there? That's the real challenge, isn't it?

Have you ever set out to accomplish something, started off strong, then, as if some invisible force is pulling you backwards, you start sliding into old comfort zones or "falling off the wagon?"

The solution to overcoming that 'slip' could be as simple as learning *how* to think, not what to think.

The MyndMethod app focuses on the one resource that builds your success faster and more effectively than any other – your own mind.

"YOU'RE CREATING YOUR OWN APP ALONG THE WAY, SO IT SPEAKS TO THE THINGS THAT MEAN THE MOST TO YOU. NO ONE IN THE WORLD HAS THE SAME EXPERIENCE."

This mobile mindset mentor is designed to help you focus your intentions and keep you moving in the direction of your desired outcomes.

"MyndMethod was created to minimize that slip that happens so often," explains co-creator Susan Shaw. "How many times have you endeavored to do something, only to slide back into old patterns? Our thoughts and emotions have powerful influences on our decision making, so choosing the ones that support your wellness goals will help you overcome your perceived limitations."

The MyndMethod doesn't tell you what to think, it guides you how to think by allowing you to create personalized "Lifetracks"; a synergistic blend of voice and music intended to help you form new patterns of thinking that will move you from where you are to where you want to be.

"One of the reasons you may not achieve your target is because your mind and emotions aren't always aligned with your outcome," explains Shaw. "It's not 'positive' or 'negative' thinking; it's what you choose to focus on. Are you focusing on your goals or your obstacles?"

For instance, if you're looking to shed a few pounds, are you thinking about how you'll move more and eating healthy foods, or are you fixated on how hard it seems to meal prep and make it to the gym?

It's about being mindful. Do your thoughts and feelings line up with your goals? Do they move you closer or further away?

The MyndMethod's Lifetracks are custom generated using your input and your name, making the tool the first of its kind. By tapping into your own thought patterns with specifically geared questions, these audio recordings make you an active participant in your growth; whether you're trying to live healthier, play harder, or relax fully.

"You're creating your own app along the way, so it speaks to the things that mean the most to you. No one in the world has the same experience."

The original musical compositions utilized in the Lifetracks are also designed to engage and entertain. The specific combination of voice and music helps listeners visualize and feel their outcomes.

"Music speaks directly to the soul on an emotional and even physical level," says Chad Everaert, co-creator of MyndMethod and composer of Lifetrack music.



MYNDMETHOD
MOBILE MINDSET MENTOR

"When paired with a logical message or idea, the resulting experience can propel the listener into any mindset imaginable."

But just like training for a race, creating a new perspective takes practice.

Shaw and Everaert both suggest listening to your Lifetrack playlist daily, as well as utilizing the app's journaling section to record experiences and clarify objectives as needed. The app also features "MyndPrime"; a bank of interactive activities to support your progress.

"Through repetitive listening and journaling, you're moving from passive to active learning and that's how new thought patterns are reinforced," says Shaw.

Mastering your thoughts and being able to deliberately choose them at any given time is what will propel you forward: in the gym, on the field, and in your daily life.

So before you start lifting weights to enhance your physique, try elevating your mind first.

By Lina Stoyanova
Editor-in-Chief

MUSICIAN IN THE SPOTLIGHT:

robbie agnew

Robbie Agnew is a Canadian pop singer and songwriter who is a musical blend of pop and rock influences. Agnew became passionate about singing when he was 12 years old when he sang Sweet Child O'Mine in a play. Fast forward to 2019, and Agnew has a brand new single called Slipping Away that debuted on December 14th, 2019. I sat down with him to find out how this new musician is chasing his dreams.

"Before we begin, I want to give a big shout out to my team. There are so many people who have supported me throughout this process and I am extremely thankful. To start, 360 Entertainment's Walter Riggi and Rob Palombo, who have been really helpful in promotion, studio time and writing music. I also want to thank Kennedy J. Productions for filming all of my music videos, Joe Jones for laying down the guitar part to Slipping Away, Chad Normandeau for playing guitar on my cover songs, and my family and friends for supporting me through the Raise Your Voice Competition (and beyond). I can't wait to start playing around town this year, recording more songs to make an album, and eventually branch off into markets outside of my home-town," explains Robbie Agnew.

Q: WHAT INSPIRED YOU TO PURSUE MUSIC?

A: I have had a passion for music ever since auditioning for my grade seven play. The reaction I received from my classmates really gave me a satisfying feeling that I hadn't felt up until that point. Since then, I have enjoyed honing my craft and writing as beautiful of melodies as I can. I am inspired by the people in my life; how they urge me to continue spreading my sound locally, and eventually, to the rest of the world.

Q: HOW DOES IT FEEL TO HAVE YOUR HIT SINGLE OUT?

A: This single releasing felt like the official start of my professional career. It is really surreal to have a song I created be reviewed, played on AM 800, and talked about by people I know-- and even people I don't. I am very thankful for the support I have garnered so far. The song was created to show a person seemingly slipping away from what is really important to him, but in reality, he may have never lost his values all along. The music video we created really shows the song's message in a creative way.

Q: WHAT'S YOUR FAVOURITE PART ABOUT YOUR MUSIC CAREER?

A: My favourite part so far has been performing. I love playing around with a song everyone knows and twisting it on its head just enough to make it my own. Whether recording vocals in the studio, playing live at an event, or writing a song, the act of singing is what I enjoy best. For example, the experience I had performing live every week at the Raise Your Voice Competition was an invaluable tool to improve my stage presence.

Q: WHERE CAN PEOPLE LISTEN TO AND BUY YOUR MUSIC?

A: My first single Slipping Away is now streaming on Apple Music, Spotify, and can be downloaded from iTunes. To see all of my music videos, cover songs and live performances, you can subscribe to my YouTube channel Robbie Agnew, and follow my most popular social media account which is Robbie Agnew Music on Facebook. I also have a new website that acts as the central hub to all of my other platforms called www.robbieagnewmusic.ca.

Q: WHO ARE SOME OF YOUR MUSICAL IDOLS?

A: I really learned a lot from current and past singers such as Ed Sheeran, for his incredible songwriting, Freddie Mercury with Queen for his dramatic storytelling through vocal melodies, and Claudio Sanchez from Coheed and Cambria for his vocal mannerisms and melodic structures.

Slipping Away was released December 14th, 2019, and to learn more about Robbie Agnew and his music, please visit www.robbieagnewmusic.ca.





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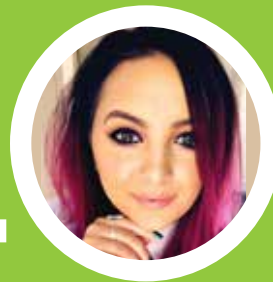
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THE BENEFITS OF CELERY JUICE



By Lina Stoyanova
Editor-in-Chief

Health or hype, trend or science? Though I certainly can't read through every piece of research ever published, it's clear juicing celery has immense health benefits. Though it can't heal everything, adding celery juice can be beneficial to your diet. As always, please conduct your own research before starting any new health regimen; know I can only fit so much on these pages. If you'd like to learn about celery juice and the benefits it may give you, please keep reading.



I'm sure by now you've seen the endless Instagram posts of people juicing this green veggie, smiling, glowing, and raving all about it. The concept of celery juice as a cure-all came from Anthony William (*known as Medical Medium*), who has been speaking about celery juice for the past 20 years. While William is not a licensed doctor or health care practitioner, he's garnered a large following in the wellness world. To reap the full benefits of celery juice, he recommends drinking a full 16-ounces of pure celery juice (nothing added to it), on an empty stomach first thing in the morning (or at least 30 minutes before breakfast).

NUTRITIONAL BREAKDOWN

Celery is full of antioxidants and contains the following phytonutrients: phenolic acids, flavonols, dihydrostilbenoids, flavones, furanocoumarins and phytosterols. Celery also has a ton of vitamins and minerals like vitamin K, vitamin A, vitamin C, and also contains folate and potassium. Celery is also a good source of dietary fiber: one cup of chopped celery (100 grams), is equivalent to about two and a half medium stalks, and contains 1.6 grams of fiber.

HEALTH BENEFITS

Celery has many health benefits some of which include lowering inflammation, reducing blood pressure, preventing age-related vision loss, and reducing the risk of cancer. Outlined below are some key health benefits should you wish to try this green drink.

Anti-Inflammatory: Celery contains luteolin (potent flavonoid), that can act as an antioxidant that can calm inflammation. There are studies showing that celery has powerful anti-inflammatory effects due to the phytosterol and unidentified polar substances. These anti-inflammatory properties can help with acid reflux, bloating, IBS, constipation, acne, eczema and other inflammation issues in the body. Celery also contains apigenin (a molecule that is currently being studied for its anti-cancer properties), and a study published in Molecular Nutrition and Food Research investigated whether this chemical might help modify or reduce damage caused by inflammation. The authors concluded that apigenin and apigenin-rich diets reduced the expression of certain inflammatory proteins in mice; they can reduce inflammation and restore immune balance.

Digestion: As shown, celery has powerful anti-inflammatory effects, in addition to a diuretic effect, which brings a number of digestive benefits. Celery can help with water retention, relieve bloating and boost digestion. Celery is also effective in reducing blood pressure because it contains anti-hypertension properties (the fact that it contains magnesium, phthalides, and potassium).

Liver: Celery has detoxifying properties that work to remove bad bacteria, fungi, mold, viruses and many other toxins from the liver. The phytonutrients found in the green stalks also have a protective effect, so conduct your own research if you're interested in the liver in particular. There are many books written on liver detoxification (what to eat, drink, avoid, etc.), and no matter the "diet" you follow, celery always makes its way on that list.

Healthy Heart: Celery juice is very high in vitamin K which promotes general bone and heart health. There are many studies that have shown that celery consumption can help prevent strokes, lower blood pressure and reduce plaque in arteries.

Nervous System Support: Celery contains bioactive flavonoids that help to fight and prevent cancer cells, and is also high in vitamin C, which is critical for the immune system. Celery is amazing for supporting the nervous system since it has a calming effect due to its detoxifying properties; it also provides support through acting as a blood purifier.

JUICE OR SMOOTHIE?

Generally speaking, smoothies are better than juice because they retain all of the fiber in the fruits and/or veggies, in addition to helping the body process the sugar slowly. However, when it comes to celery, there's very little sugar; the reason it's recommended people drink celery juice is because the juice allows you to get a potent amount of nutrients in one go.

DRINK UP: THINGS TO NOTE

When should you drink celery juice? Celery juice should be consumed immediately upon waking up on an empty stomach for maximum benefits.

How much celery juice should you drink? To reap maximum benefits, drink 16 ounces daily, on an empty stomach in the morning, at least 30 minutes before breakfast.

When will you notice benefits? Normally, you should feel positive changes within 7-14 days, though most people juice daily for 21-30 days. Some immediate benefits can include feeling less hungry, less bloated, having clearer eyes, and enjoying more hydrated and smooth skin.

Ease into it: You might want to start slowly with six to eight ounces and build up to 16 ounces from there. You can add other fruits and veggies to your celery juice but note the health benefits won't have quite the same impact as pure celery juice. If you cannot stand the taste of celery juice, you can add a cucumber or a green apple until you get used to it.

Lastly, and as always, conduct your own research and consult with your nutritionist or doctor before beginning anything new.

ARE YOU REALLY PREPARED FOR THE *Sunny South?*

At some point, almost everyone going South has spent a little too much time in the sun and experienced the painful reality of a sunburn. Even if it's not a bad burn, it's uncomfortable in the short-term and definitely not good for your long-term health. That's why sunburn prevention is the golden rule of indoor tanning.

We get off the plane and all we want is to be outside in the beautiful warmth and beauty of the chosen destination, but you have to be very careful about not overexposing yourself and getting burnt. It's so hard to judge the intensity of the sun and a lot of times you don't feel it until it's too late. With indoor tanning, you know exactly what you're getting, and Professional Tanning Salons with Smart Tan Certified Staff can guide you through the process. It's a win-win because you can get a beautiful tan in a controlled environment, and then that tan will help you avoid burning outdoors.

While tanning units may be two to three times more intense than the sun, the duration of exposure is controlled, and thus, the total UV output is controlled minimizing the risk of a sunburn. It is also important to point out that tanning is not a one-size-fits-all proposition. Getting a beautiful UV tan means something different for everyone. That's because the amount of UV exposure needed to acquire a tan is different for a fair-skinned redhead than it would be for a central European with an olive complexion.

The fairest skin type – known as Skin Type I – cannot suntan and should not use UV tanning equipment, but darker skin types can develop suntans. For those who can develop suntans, this common sense methodology gradually acclimates you to UV exposure based on your skin type. That's the reason so many indoor tanning clients come to salons in the winter prior to sunny vacations. In sunny environments, many fair-skinned people can sunburn during normal outdoor activities even while wearing chemical sunscreen, but with a base tan, their chemical sunscreen becomes more effective and they are much less likely to sunburn.

Enjoy your time outside and have a great vacation!

THIS TIME DON'T BURN... GET A BASE TAN!

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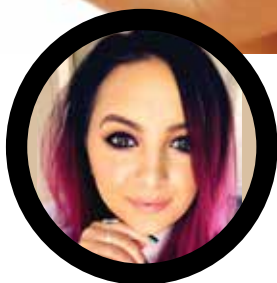
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Ditch the Bra!



By Lina Stoyanova
Editor-in-Chief

I know, I know, what a spicy topic, but I'm serious ladies: ditch the bra! Now full disclaimer, you can ease into it in three ways if you aren't fully ready to take the big leap: ditch the bras that have underwire, wear a bralette instead, or go big and just ditch the bra altogether. Why might I urge you to do such a crazy thing? Well, read this article to find out.

THE RESEARCH: THE BIGGEST STUDY DONE, EVER

Did you know that constant bra-wearing weakens breast muscles and makes them sag? I know what you're thinking: "But Lina, don't bras help?" No my friend, they don't. Wearing bras all the time weakens the breast muscles and makes them sag because the natural support stops functioning. Anatomically, the breasts are covered by thin elastic skin and are supported by the breast ligaments. If you wear a bra all the time, and experience slight discomfort in that area, it's because the breast ligaments don't function as they should. The natural elasticity of skin increases when you stop wearing a bra. Yay. Now you might be wondering, "But Lina, doesn't wearing a bra give me support and help my back?" Wrong-o. Let's look at some research.

Scientifically speaking, the most notorious research on bras and breasts came out a couple of years ago. Sport science researcher Jean-Denis Rouillon, a professor based at the University of Franche-Comte in Besançon, led a team that conducted a 15-year study (15 YEARS, guys), on the effect of bras on 330 women aged 18 to 35. The study was conducted at the Centre Hospitalier Universitaire (University Hospital) in Besançon, and the team used a slide rule and a caliper to record the changes to the women's breasts year in and year out. The researchers believed that women would gain more tone and supporting breast tissue if no bra was used. **The findings suggested that wearing a bra from an early age did nothing to help support the chest, reduce back pain or prevent breast sagging.**

THE STUDY CONCLUDED:

- *Not wearing a bra will lead to increased collagen production and elasticity.*
- *Not wearing a bra will improve lift in developing breasts.*
- *The women that stopped wearing bras had a 7 - millimeter (0.3-inch) lift in their nipples when compared to the bra users.*
- *The study showed that bras could hamper circulation and reduce breast tone over time.*
- *The study showed that breasts gain no benefit from bras, they actually get saggier.*
- *Bras do nothing to help support the chest or reduce back pain.*

In an interview, Professor Rouillon said, “Medically, physiologically, anatomically – breasts gain no benefit from being denied gravity. On the contrary, they get saggier with a bra.” I don’t know about you, but I don’t want saggy breasts.

ANOTHER STUDY, FOR GOOD MEASURE

Recent research has shown a strong connection between the wearing of bras and benign fibrocystic lumps, cysts and pain.

Dr. Gregory Heigh of Florida has found that over 90 percent of women with fibrocystic changes find improvement when they stop wearing their bras.

For women who have Fibrocystic breast disease, this is extremely important because the “treatment” is free and has zero effects: just ditch the bra. Other researchers have proven and agreed that this connection really exists. Almost 90 percent of women diagnosed with fibrocystic changes found improvements when they stopped wearing their bras.

OKAY, LAST STUDY: BREAST CANCER

Two published studies have shown that women who wear bras have much higher breast cancer rates than women who don’t wear a bra. In the book [Dressed to Kill: The Link Between Breast Cancer and Bras](#), the husband and wife research team conducted a study of nearly 5,000 women and published the findings.

The husband and wife team found that the more hours per day that women wear bras, the higher their rates of breast cancer. Their theory is founded on the fact that bras can bind and constrict the lymphatic circulation. This prevents the natural flushing out of accumulated cancer-causing wastes and toxins from the breast. Fluid pooling could then result in fibrocystic changes (benign lumps, cysts and pain). This gives a breeding ground for various problems, including cancer. The book has interesting findings, so if you’d like to have healthy breasts, consider giving up the bra.

JOIN THE DARK SIDE

If you have Google, you have five minutes to look into this. Fall down the rabbit hole with me and learn more about your breast health—ain’t no shame in your game, girl. If the above hasn’t persuaded you (I mean I know research can be BORING), maybe this might motivate you:

1. Bras Are Expensive: this alone should motivate you. The better quality the bra, the more you’re going to spend. Save that money and go to Costa Rica or something.

2. Focus On Better Things: Are you ever daydreaming about when you can go home and finally take off your bra? Save that brain power, daydream about your trip to Costa Rica instead.


3. Save Time Getting Ready: Running late because you can’t decide what to wear? Ditching your bra means you won’t have to change into the “right” bra every time you change your shirt, because let’s face it, we all have those moments and it’s insanely frustrating.

4. Zero Bra Fittings: When’s the last time you went for a bra fitting? Studies show that more than 80 percent of women are wearing the wrong bra size (either too big or too small, but wrong size nonetheless). Do you have time to get fitted yearly?

5. National No Bra Day: This Exists, I’m not making it up. October 13th is National No Bra Day, invented to promote Breast Cancer Awareness and to help raise money for research. At least go bra-free that day.

6. Better Posture: Plenty of studies show that not wearing a bra actually allows for better posture since the bra isn’t providing all the support. It also forces the body to develop the muscles underneath the breasts, which help prevent sagging and provide support.

7. Freedom: I’m not going to lie to you ladies, the first few times you go braless in public you will undoubtedly feel uncomfortable. However, you’ll get used to it and wonder why you didn’t do it sooner: you’ll never want to return to the hell that is push-up bras.



“ASIDE THE COMMON ANNOYANCES, THERE’S ACTUAL SCIENTIFIC STUDIES YOU CAN FURTHER LOOK INTO THAT SHOWCASE THE ENDLESS BENEFITS OF DITCHING THOSE BRAS (LIKE REDUCING BREAST CANCER RISKS).”

8. Body Confidence: Ditching your bra will allow you to embrace your natural, beautiful body, and you will feel more self-confident than ever. Once you ditch the bra, you’ll realize you don’t need it to make you look sexy, and once that happens, you’ll feel confident and liberated: I promise you’ll love your body more than ever.

Disclaimer: When you ditch the bra, you will 100 percent want to put it back on; you will feel weird, nervous and like everyone is looking at you. Push through the initial discomfort—you don’t need a bra aesthetically or anatomically.

Once you go bra-free for a month, try putting a bra back on, I guarantee after an hour you’ll want to take it off. Not to mention, once you see some benefits (perkiness, fullness, better posture, etc.), you won’t want a bra.

CHALLENGES:

Work: Don’t be nervous you’ll be a weirdo at work if you don’t wear a bra. If you can’t go fully bra-free then grab a bralette. Pair that with a tank top for extra coverage, and there you go. If you’re still thinking this isn’t an option, at least do a bra that has no padding and no underwire. Don’t you want perkier breasts? I know you do, so ditch the bra: the payoff is huge.

Nights Out: Everyone is looking at your contour, not your boobs. And even if they are, whether you have a bra or not, it won’t matter, pervs will be pervs. Embrace your breast health and own it.

Let’s be honest, we all have enough problems to focus on without the distraction of an uncomfortable bra. Aside the common annoyances, there’s actual scientific studies you can further look into that showcase the endless benefits of ditching those bras (like reducing breast cancer risks). Having healthy breasts is important! ***On days you need coverage (e.g. work event), there’s plenty of options available like underwire free bras, bralettes, boob-tape, nipple covers, body contouring tanks, to name a few, so going bra-free has never been easier.*** Again, if you can’t go bra free 24/7, try to make some adjustments like wearing a bralette, going bra-free on the weekends, or the above choices on days you need coverage. **Once you go bra-free, you’ll never look back. Trust me.**

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