

YOUR LOCAL HEALTH, FITNESS & WELLNESS MAGAZINE

body

WINDSOR

ISSUE 81 | AUGUST 2020
WINDSORBODY.COM



LOOK AND FEEL BETTER

WITH REVITALIZE MEDICAL LASER CENTRE



CHANGING YOUR LIFE BY CHANGING YOUR SMILE.

BARDGETT SMILE CENTER & 600 TECUMSEH DENTAL ARE NOW OPEN!

The health and safety of our patients is our top priority. To ensure our patients continue to receive the highest level of care possible we have implemented additional safety measures such as appointment screenings, temperature checks and a surgical clean air filtration system. These are just a few of the new protocols we have put in place to ensure you receive quality care.

EVERYTHING UNDER ONE ROOF!

IMPLANTS

DENTURES

FAMILY DENTISTRY

SEDATION DENTISTRY



Charles Lim DD

Thomas Bardgett DD

Dr. Jaskaran Takhar B.Sc., D.D.S.

Dr. Hesham Sherghin B.Sc., D.D.S.



Bardgett
Smile Center
600 Tecumseh Dental

600 Tecumseh Road E, Suite 139 • Windsor, ON • 519.254.7511 ext.1 or ext. 2 • info@bardgettdenture.com

BARDGETTDENTURE.COM • 600TECUMSEHDENTAL.CA

PURE NATURE

NUTRITION centers

PURE NATURE IS COMMITTED TO MAKING A DIFFERENCE IN OUR COMMUNITY AND THAT MEANS SHOPPING LOCAL TO SUPPORT ONE ANOTHER. WE ARE PROUD TO WELCOME GREAT NORTH SUPPLEMENTS, A LOCALLY OWNED BRAND OF HIGH QUALITY SUPPLEMENTS, ON OUR SHELVES. IN THIS TOGETHER, BECAUSE TAKING CARE OF ONE ANOTHER IS WHAT WE DO! STAY TUNED... MORE LOCAL BRANDS TO COME!



GREAT NORTH SUPPLEMENTS

**WHEY
PROTEIN
ISOLATE**

ALL FLAVOURS

\$5 OFF

OFFER VALID WITH THIS COUPON
EXPIRES SEPTEMBER 30, 2020

PURE NATURE
NUTRITION centers

GREAT NORTH SUPPLEMENTS

**PLANT BASED
VEGAN
PROTEIN**

ALL FLAVOURS

\$6 OFF

OFFER VALID WITH THIS COUPON
EXPIRES SEPTEMBER 30, 2020

PURE NATURE
NUTRITION centers

GREAT NORTH SUPPLEMENTS

**PRE
WORKOUT**

ALL FLAVOURS

\$5 OFF

OFFER VALID WITH THIS COUPON
EXPIRES SEPTEMBER 30, 2020

PURE NATURE
NUTRITION centers

GREAT NORTH SUPPLEMENTS

BCAA'S

ALL FLAVOURS

\$4 OFF

OFFER VALID WITH THIS COUPON
EXPIRES SEPTEMBER 30, 2020

PURE NATURE
NUTRITION centers

GREAT NORTH SUPPLEMENTS

**SUPER
GREENS**

\$4 OFF

OFFER VALID WITH THIS COUPON
EXPIRES SEPTEMBER 30, 2020

PURE NATURE
NUTRITION centers

WE OFFER CURB SIDE PICK UP & DELIVERY TO YOUR DOOR

SHOP ONLINE OR VISIT ONE OF OUR 6 LOCATIONS FOR YOUR CONVENIENCE

PURE NATURE

NUTRITION centers

11400 Tecumseh Rd. E.
(at Banwell) Windsor, ON.
226-782-2100

3174 Dougall Ave.
Windsor, ON.
519-967-9865

25 Amy Croft Dr.
Lakeshore, ON.
519-979-7632

5841 Malden, Rd.
Lasalle, ON.
519-972-8696

400 Sandwich St. S.
Amherstburg, ON.
519-730-0010

316 Talbot St. N.
Essex, ON
519-776-8241



PURENATURENUTRITION.COM



Image CLINIC



- BOTOX/DERMAL FILLERS
- ACNE/ACNE SCARS
- PIGMENTATION TREATMENTS
- MOLE & SKIN TAG REMOVAL
- FOTONA LASER TREATMENTS
- VIDEO CONSULTATIONS & MORE...
- CLEAN SAFE ENVIRONMENT



Alba Campos, R.N.
MEDICAL COSMETIC SPECIALIST



Vanessa Steele
MEDICAL AESTHETICIAN

*We are so happy to be back to
be able to treat our clients in
the utmost safe environment.
Contact us today to make an appointment*

Latisse
(bimatoprost ophthalmic solution) 0.03%

BOTOX
Cosmetic

Juvederm

Lumenis m22

TEOSYAL

Vivierskin

Fotona
choose perfection

belkysa
deoxycholic acid injection

colorescience

Brilliant
PERFECTING THERAPY

Call today to book your **FREE CONSULTATION**. VISIT OUR WEBSITE FOR MORE INFORMATION.

3020 Dougall Avenue, Unit 3 | 519-915-8877 | www.imageclinic.ca



TWO YEARS IN A ROW
2018 & 2019

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



PAUL GERMANESE*

JOE CONLON*

BRADY THRASHER*

MARK EUGENI*

MITCHELL DESLIPPE*

*SALES REPRESENTATIVE



FITNESS & NUTRITION

- 28** 'Tis The Season For Ontario Produce & More
- 34** Family, Friends & Fitness
- 36** Tone Up Anywhere

FEATURE

- 10** Look And Feel Better With Revitalize Medical Laser Centre

HEALTH & WELLNESS

- 20** Acupuncture May Sound Scary, But There's Proof It Could Help - A Lot
- 26** Got Lemonade? Transferring Your Isolation Into Health Cultivation

BEAUTY

- 30** Times Of Change In The Beauty World

COMMUNITY

- 16** Frontline Family: Solidarity And Support Help Local Healthcare Workers In The Fight Against Covid-19



SUMMER SALE

NEW DESIGNER FRAMES & SUNGLASSES

MENTION THIS AD FOR A \$50* DISCOUNT ON FRAMES & SUNGLASSES *SOME EXCEPTIONS MAY APPLY

VERSACE
TIFFANY & CO.
BAILEY
EMPORIO ARMANI
D&G
Ray-Ban
BURBERRY

ANTI FOG LENSES NOW AVAILABLE!

Wide Selection of Glasses and Contacts • New Patients Welcome • Evening Appointments Available
Onsite Lab • Retinal Imaging (Optomap) • Most Insurance Accepted • Convenient Parking

CHORNEY
VISION CENTRE

EYECARE + EYEWARE

1695 University Avenue West • Windsor, ON • 519.258.0942

chorneyoptometry.com

body WINDSOR

PUBLISHER
Tony Catalano

ART DIRECTOR
Jayson Pynn

EDITOR
Jennifer Brignall - Strong

SALES EXECUTIVES
Tony Catalano
Jo-Anne Lauzon

CONTRIBUTING WRITERS
Jennifer Brignall - Strong, Alyssa Leonard
Lina Stoyanova, Sarah Dale,
Vanessa Steele & Kathy Judson

DESIGN & LAYOUT
Jayson Pynn

AD DESIGN
Mediaduo Advertising
Jayson Pynn, Adam Patterson, Erwin Parungo

ON THE COVER
The Doctors of Revitalize Medical Laser Centre
Dr. Jasey, Dr. Suga, Dr. Victory, Dr. Rawlins & Dr. Tomc

COVER PHOTOGRAPHY
Pat Scandale, livetech photovideo

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

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.

MYNDLOGIC
PUBLISHING

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

SUPPORTING YOUR BODY
FROM THE GROUND UP!

Complete Chiropractic Centre

Chiropractic
Acupuncture



Dr. Michael Merner, D.C.

Active Release Techniques® | Contemporary Medical Acupuncture

www.completechiro.ca

4100 Tecumseh Rd., East
Windsor, Ontario, N8W 1J8



P: (519) 252-1001
F: (519) 252-9786

ESTATE LAW • BUSINESS LAW • REAL ESTATE



W WALSH LEGACY
LAW FIRM

JUSTIN J. WALSH
BARRISTER & SOLICITOR

12205 RIVERSIDE DR. E
TECUMSEH, ON

519.962.9074

WWW.WALSHLEGACY.COM



The *Lifestyle* you want is waiting...



PREFERRED PARTNERS
LIFESTYLE GROUP



775 Green Valley, Tecumseh, ON

List Price: \$499,888

TRULY GORGEOUS 2 STORY SITUATED IN GREAT TECUMSEH NEIGHBOURHOOD! NOTHING TO DO BUT MOVE IN! NATURAL LIGHT IS PLENTIFUL FROM THE MINUTE YOU WALK IN! FRENCH DOORS TO FORMAL LIV RM, SPACIOUS EAT-IN KIT, FOR DIN RM, STEP DOWN INTO FAMILY ROOM W/GAS FIREPLACE, 4 SPACIOUS BEDROOMS, MASTER HAS VAULTED CEILINGS, WALK-IN CLOSET & ENS. WONDERFULLY MAINTAINED HOME & YARD.



12255 Westlake Drive, Tecumseh, ON

List Price: \$1,175,000

BRICK 2 STORY 4+1 BEDRMS, 4.5 BTHS (2 ENS), APPROX 6,000 SQ FT LIVING SPACE, BALCONY OFF MASTER BEDROOM, SUNROOM WITH HOT TUB, BEAUTIFUL MANICURED GROUNDS, INGROUND POOL AND POND, TOP OF THE LINE FINISHINGS IN THIS INCREDIBLE HOME.



Let us make your *dream home* a reality!



Brady Thrasher
Broker

RE/MAX® Preferred

Fort Lauderdale, FL • Plantation, FL • Windsor, ON • Amherstburg, ON • Kingsville, ON



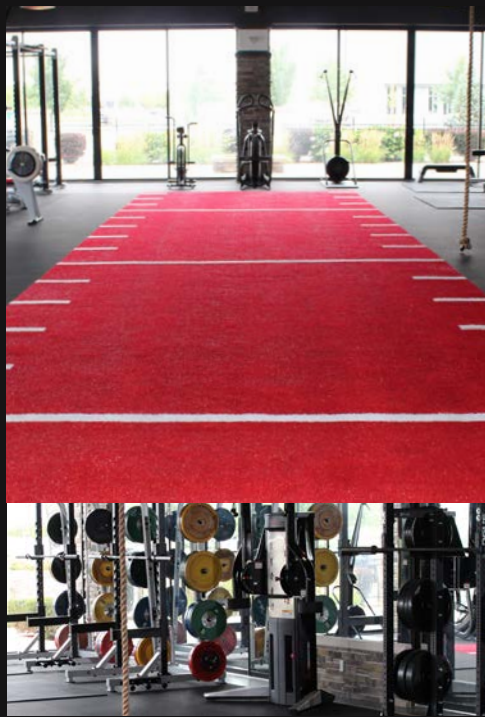
Independently Owned & Operated



Debbie Nedin
Sales Representative

519.736.1766 | info@thepplg.com | www.ThePreferredPartnersGroup.com

BUILD YOUR BODY STRONG



WHY CHOOSE US?

XANADU IS SO MUCH MORE THAN A FITNESS FACILITY.
OUR TRAINING TEAM WILL DELIVER YOU RESULTS THAT MATTER!
THROUGH CUSTOMIZED PROGRAMS, EDUCATION, MOTIVATION AND
SUPPORT, WE WILL HELP YOU REACH YOUR GOALS.

*** ALL CLIENTS RECEIVE A FREE CUSTOM NUTRITION ASSESSMENT***

CYCLING • YOGA • GROUP TRAINING • PERSONAL TRAINING • NUTRITION • SHAKE BAR • AND MORE

XANADU FITNESS

TRAIN WITH THE BEST. NOTHING ELSE COMPARES TO XANADU!

FOR A MEMBERSHIP PLEASE CONTACT OUR SALES MANAGER KIRSTIE - SALES@XANADUHEALTHCLUB.COM

446 ADVANCE BLVD. | TECUMSEH, ONTARIO | 519.727.8822

SEE WHAT WE HAVE TO OFFER AT XANADUHEALTHCLUB.COM



The Doctors of Revitalize Medical Laser Centre from L to R: Dr. Jasey, Dr. Suga, Dr. Victory, Dr. Rawlins & Dr. Tomc

By: Alyssa Leonard

LOOK AND FEEL BETTER

WITH REVITALIZE MEDICAL LASER CENTRE

Revitalize Medical Laser Centre offers the newest and most up to date technology for cosmetic and medical procedures. Located at 2425 Tecumseh Rd. East, suite 216, Revitalize brings Los Angeles, Miami and New York cosmetic technology to Windsor, Ontario.

Offering several services for skin treatments, body contouring, cosmetic injections and vaginal rejuvenation, Revitalize has everything you need to help you look and feel your best.

Microneedling for Younger Looking Skin

The most popular treatment Revitalize offers is their microneedling service. Sometimes known as collagen induction therapy, microneedling rejuvenates the skin by inserting very fine, short needles into the skin.

Their newest microneedling tool, The SkinPen™, uses 14 sterile needles to create controlled micro-injuries. This stimulates the body's natural wound healing process to produce collagen and elastin to reduce visible signs of aging, stretch marks, acne scars, and pigmentation. Ideal for all skin types, the needles can be adjusted to various lengths to customize a client's procedure to match their skin thickness and type.

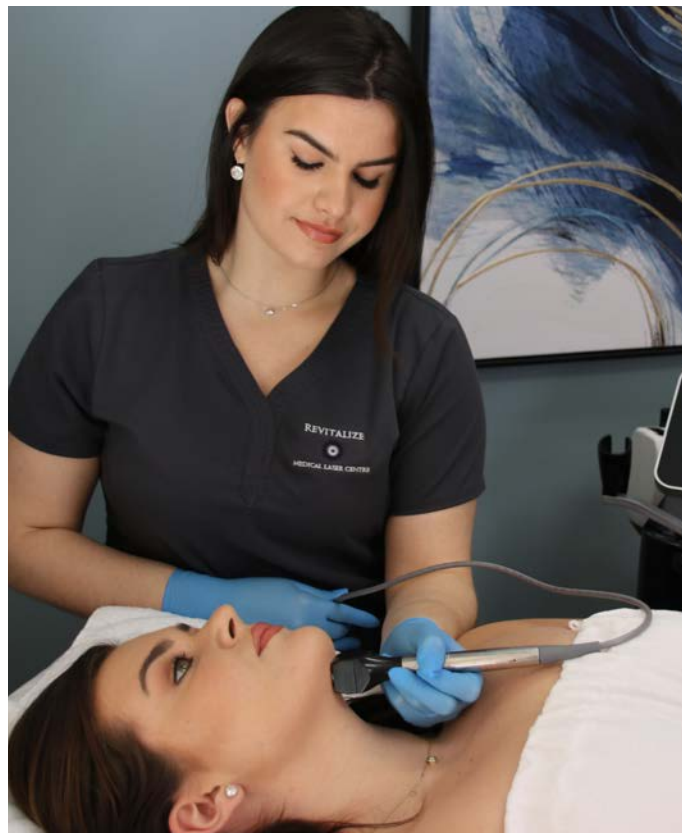
"Microneedling is one of the best ways to stimulate new collagen production and renew the skin without major downtime," explains Dr. Tomc. "No matter what issue people come to us with, it is a wonderful treatment for anyone who values glowing, healthy skin."

This procedure has little to no downtime. Clients will begin to see results in as little as 30 minutes and will continue to see improvements over the next three months following their initial treatment.

Non-Invasive Body Contouring

WarmSculpting™ with SculpSure is a non-invasive laser fat reduction treatment offered at Revitalize. It can reduce stubborn fat without the need for surgery or painful side effects. In addition to being a quick 25 minute procedure, SculpSure has zero downtime. If you have been struggling to slim your waistline and feel like you have tried just about everything, this new treatment may be what you have been waiting for.

Revitalize also offers BodyFx™, a three in one skin tightening, fat burning and cellulite reduction tool. This tool is perfect for anyone looking to get rid of their “mummy tummy,” “muffin top,” or just improvement of body contour in general. It is new, long lasting and non-invasive. This tool reshapes a client’s body and provides a non-surgical alternative to liposuction. Using radio-frequency energy, deep tissue heating and light vacuum pressure, BodyFx™ distributes heat to the skin and underlying fat, causing the tissue to heat and contract to tighten the skin and melt fat cells.



“Microneedling is one of the best ways to stimulate new collagen production and renew the skin without major downtime.”

Look and Feel Younger With Xeomin Cosmetic™, Botox Cosmetic™, Belotero, or Beautification™

If you are searching for a more relaxed and refreshed look, Revitalize offers Xeomin Cosmetic™/Botox Cosmetic™ injections, which is the most popular single cosmetic procedure in North America. These third generation neuromodulators are the most purified version of the Botulinum toxin type A and work by relaxing the underlying muscles to soften or smooth wrinkles. Wrinkles can commonly be found on the forehead (worry lines), around the eyes (crows feet), as well as Glabellar frown lines. Clients can also use these injections for brow lifts, “bunny lines” on the nose, lip lines, mental creases and much more.

For a full look, cosmetic fillers give a client’s skin volume and a more symmetrical appearance. Different from neurotoxins, one of the fillers that Revitalize uses is Belotero, a dermal filler made of hyaluronic acid (HA), which is a naturally occurring component of our skin already. This filler is great for enhancing parts of the face, like the lips, cheeks,





The staff of Revitalize Laser Centre from L to R: Desiree, Krystal & Alayna

In addition to smoothing out skin, dermal fillers also hydrate the client's skin to keep it looking full and fresh. These HA fillers last from six to twelve months. Another filler used at Revitalize is Radiesse®. This cosmetic filler, designed for deeper lines and wrinkles, is made of calcium hydroxylapatite (CaHA), another naturally occurring substance in our skin. CaHA fillers are thicker than HA fillers and last for at least 12 months, if not longer.

Leonardo Da Vinci believed that there was a mathematical basis for beauty, and now clients can experience it with Beautiphication™. This injection technique follows Da Vinci's principle of beauty, the Golden Ratio. This mathematical ratio of 1.618:1 is referred to as "PHI" (the Greek letter Φ) and is mapped out on the face using a calliper measuring tool. The calliper helps to create balanced proportions and a natural result for clients.

Vaginal Rejuvenation

The MonaLisa Touch™ is a painless and minimally invasive laser procedure that helps relieve women of the uncomfortable effects of hormonal changes. It is a laser resurfacing treatment that helps women after menopause with atrophy and pain. This special fractional CO2 laser helps improve the functionality of the treated area by stimulating collagen production.

Giving birth, losing a lot of weight, or even just getting older can contribute to experiencing poorly supported vaginal structures. Through volumetric heating of the tissue, Revitalize offers Votiva™, a safe and comfortable treatment that can provide rejuvenation to the external and internal vagina without the need for surgery.

Over the past couple of years, Revitalize Medical Laser Centre has seen significant growth in clientele, staff, and the services they offer. They pride themselves on their continuous education in their ever evolving field by attending several seminars and classes to ensure they always offer the best possible care for their clients. Every year, Revitalize upgrades its equipment to ensure clients have access to the best technology and treatments.

"Our goal has always been to bring the best technology for the best results to our clinic," says Dr. Tomc. "COVID-19 will not stop our eagerness to grow and bring our clients new ways to keep their skin healthy."

With COVID-19 still prevalent, Revitalize has amped up their game to ensure client and staff safety. They have implemented improved sanitizing and mask wearing routines for everyone. Staff are required to go through appropriate health screening before entering the clinic, and estheticians will also wear proper face gear and eye protection. Sanitizer is provided for all clients to use before and after their visit, and appointments are temporarily spaced farther apart to ensure no more than one or two people are in the waiting rooms at a time.

"We have five of the most well-respected physicians in the city involved with our clinic," says Dr. Tomc. "Our focus has always been to make sure we have the right staff and equipment to give our clients the best treatment and results."

Book your free consultation today by calling Revitalize at (519) 254-1444 or visiting www.revitalizelasercentre.ca. Take some time. Treat yourself. You deserve it.

DELIVERING THE **GOLD STANDARD** IN CANADIAN REAL ESTATE



THINKING OF SELLING?

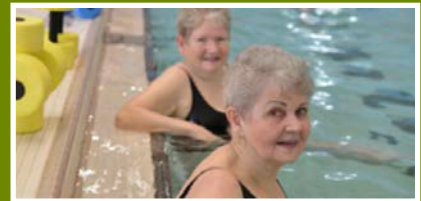
Contact me today for your
FREE HOME EVALUATION!

Your success is our success, and in today's
changing market, it's more important than
ever to price your home right.

CENTURY 21 Showtime
Realty Ltd. BROKERAGE

EMAIL: AMEREBY@C21SHOWTIME.CA PHONE: 519-567-1117 WEBSITE: ALEX-MEREBY.C21.CA

**ESSEX COMMUNITY SERVICES ARE PROUD TO OFFER A WIDE
RANGE OF ACTIVITIES AND EVENTS FOR THE WHOLE FAMILY!**



**TO REGISTER OR MORE INFORMATION,
PLEASE CALL 519.776.7336 OR VISIT**

essexCONNECT.CA

ACTIVITIES • RESERVATIONS • MEMBERSHIPS • 33 TALBOT ST S., ESSEX, ON.

The Legal Edge Team



"Buying a business and trying to find the perfect location was stressful. Mark and Tina were always available to answer our questions. They are so knowledgeable and helped put us at ease. We were really fortunate to have their expertise as we made this very important purchase. With Mark's law background he understood the lease and could offer us advice and expertise that we wouldn't have had from just anyone. I would recommend the Legal Edge Team to anyone considering any purchase, whether it be your home or business. You'll be in great hands."

Mary and Chris Farrell
Keith Uruski and Stephanie Chamko
Owners of 'Nooch'
www.noochwindsor.ca

2019 #1 SALES AGENT 14 YEARS IN A ROW

2006 - 2019

TOP 100 AGENT IN CANADA, 2018 & 2019

Whether **BUYING** or **SELLING**, put your trust in the legal knowledge of a lawyer, the success of a complete marketing campaign and the benefits of a professional sales team.



Mark A. Eugenib, B. Comm., MBA, JD
Sales Representative
mobile: 519.796.8454
sales@markeugeni.com
www.markeugeni.com

Tina Pickle
Sales Representative
mobile: 519.791.6626
sales@tinapickle.com
www.tinapickle.com



Selling Windsor...
Beyond Expectations
519.250.8800

Donate today and support healthcare workers on the frontlines!

The Windsor Regional Hospital Foundation raises funds to support the purchase of equipment at the Ouellette and Met Campuses.

Please consider a donation now to
Most Urgent Needs
or the **Covid-19 Assistance Fund** at
wrhfoundation.ca



It's a fact! Outstanding healthcare relies on local donations to provide vital state-of-the-art equipment and to support the challenges of Covid-19.

 **WINDSOR REGIONAL
HOSPITAL FOUNDATION**



By: Jennifer Brignall-Strong

As countries around the world grappled with a deluge of novel Coronavirus cases in early 2020, hospitals across Canada began preparing for the worst.

By early spring, local healthcare workers had already logged countless hours planning for the inevitable surge in hospital admissions; securing adequate PPE and creating new treatment protocols and safety procedures virtually overnight.

"I think it really speaks to the teamwork that we have at Windsor Regional to see how we came together to organize ourselves," says Dr. Natalie Malus, Medical Director of the ICU at Windsor Regional Hospital. "It was an amazing response from everyone; from administrators and healthcare workers to frontline staff, clerks, and environmental services."

That unity has continued at the COVID-19 Assessment Centre. From proper donning and doffing of PPE to rigorous cleaning procedures, the entire team has worked together from day one to ensure the safety of patients and staff.

"The clinic runs like a well-oiled machine," explains housekeeper Jennifer Piche. "It's really because the staff are all team players; looking after each other, working together. It's been phenomenal."

FRONTLINE FAMILY

SOLIDARITY AND SUPPORT HELP LOCAL HEALTHCARE WORKERS IN THE FIGHT AGAINST COVID-19



Despite preparations and precautions, fear of the unknown was still top of mind for those on the frontline in the early days of the pandemic.

“There was a lot of anxiety in the first month or so, because we really didn’t know what we were dealing with,” reflects Nurse Brad Stooke. “The main worry was for the community and our friends and families.”

Stooke is a nurse on the Clinical Teaching Unit floor of Windsor Regional Hospital’s Ouellette campus, which became the official unit for non-ICU COVID-19 patients. Although the pressure of dealing with an all-new virus has been intense at times, Stooke notes that the ongoing support of administration and colleagues has helped maintain a calm atmosphere.

“Every day we receive an email update from top management; telling us what to expect, what to prepare for,” says Stooke. “It’s very reassuring.”

Teamwork, Leadership & Strategic Planning

Daily e-mail updates, conference calls, and virtual meetings are instrumental in keeping everyone on the same page, echoes Dr. Eli Malus, Critical Care LHIN Lead for Windsor, Leamington, Chatham and Sarnia.

As a Critical Care Fellow in Toronto during the SARS outbreak of 2003, Malus saw firsthand how one virus could bring an entire healthcare system to a halt. From that scare, Critical Care Services Ontario overhauled their entire critical care system; implementing new strategies for data sharing, treatment, and more.

“We learned a lot from SARS,” says Malus. “Because of that, when we started having our first cases (of COVID-19) in March, we were actually ready.”

Malus credits the dedication of Windsor Regional Hospital CEO David Musy, VP Karen Riddell, and his colleagues across the province with creating a cohesive response. From Windsor to Sarnia and beyond, all protocols are the same across the board.

“We have every ICU doing the same thing,” explains Malus. “When you have a team approach, you’re a much stronger group.”

Cleaning & Comforting

Sanitizing efforts have also been a key component in helping reassure both patients and staff.

“It helps them relax a little when they see all the cleaning that’s being done around them,” adds Piche. “All the chairs, railings, the desks; everything is constantly being cleaned. Bathrooms are scrubbed, including the walls, after each use.”

Comforting visitors has also become a welcome part of the job.

“The patients obviously have some nervousness,” says Piche. “When they come in to the clinic, we try to keep them as calm as possible. That’s not something we (housekeeping) normally did pre-COVID, but it makes them feel good.”

Community Support

An outpouring of support has allowed the team to concentrate on the momentous task at hand.

“We have seen so much support. Not just from management, but from our coworkers and the community; it has really eased our anxieties and helped us focus on the patients and what they are going through,” says Stooke.

“There’s been a lot of community support; donations of personal protective equipment (PPE), and medical equipment.” Everybody has been pitching in,” adds Dr. Natalie Malus.

Looking Ahead

While the healthcare team is confident in their current strategies, protocols will continue to evolve as more new information becomes available. They also acknowledge that the trajectory of the next few months also very much depends on keeping community spread in check.

“We know it’s still out there; it will be with us for a while,” says Dr. Natalie Malus. “People still need to wear masks, social distance, wash their hands. Those are the things that really help.”

“Any system could easily become overwhelmed,” adds Dr. Eli Malus. “We’ll have to take it day by day and be ready to adapt. Everybody has to row in the same direction.”

PAINTING IS JUST ONE OF THE THINGS WE ARE GREAT AT!



COMMERCIAL • INDUSTRIAL
INSTITUTIONAL
PAINTING
EPOXY FLOOR COATING
MOBILE POWER
WASHING



PAINTING
SOLUTIONS
LTD.



2060 ASTOR CRESCENT, OLDCASTLE, ON 519.966.8890
SEE WHAT WE ARE TALKING ABOUT AT APPAINTINGSOLUTIONS.COM

KRIS RAMOTAR

SALESPERSON

IF YOU ARE THINKING OF BUYING
OR SELLING, START THE NEW YEAR
OFF RIGHT AND CALL TODAY!



AMHERSTBURG ESSEX KINGSVILLE LASALLE LAKESHORE LEAMINGTON TECUMSEH WINDSOR



"Kris Ramotar did an amazing job for us. He took us to see many homes and kept us informed of any updates. He is very professional, intelligent in his negotiations, and pleasant to be around and work with. He is also a very good listener. You can tell when you meet him that he has a real heart to help you to get the home you want. I have a great sense of discernment and I felt that we can completely trust Kris to be our buyers' agent as well as the selling agent for our own home. We would absolutely recommend Kris Ramotar. He has your best interest in mind and will give you his honest feedback and get the job done. Thank you Kris! We really appreciate all you've done for our family! We can never say thank you enough!" - Ella

519.259.9310 • KRISRAMOTAR@GMAIL.COM • KRISRAMOTAR.COM



YOU DON'T HAVE TO **LIVE** WITH PAIN

We have a patient first approach to treating our patients. We endeavour to meet the needs of each of our patients. We focus on restoring and maintaining the health of your joints, muscles and nerves through the use of an adjustment and other treatments. A spinal adjustment can restore normal movement, relieve pain and stimulate higher function of your brain and nervous system resulting in a renewed sense of vitality.

SERVICES

Chiropractic Care

Osteopathic Care

Acupuncture

Radial Shockwave Therapy Iontophoresis

Non-Surgical Spinal Decompression DRX9000

Low Level Laser Therapy

CALL TODAY AND GET ON THE PATH TO BEING PAIN FREE!

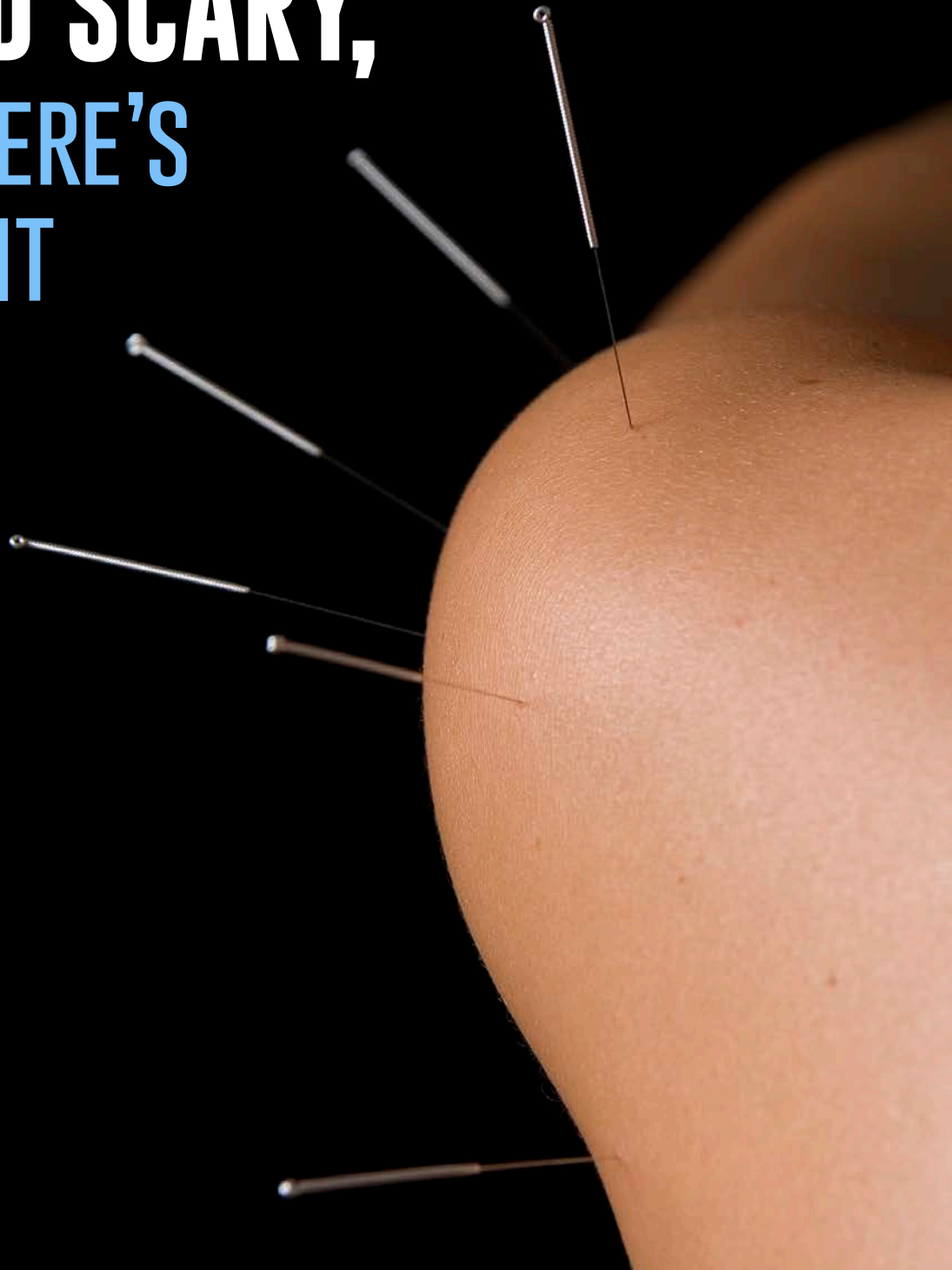
CCC **Community
Chiropractic Center**

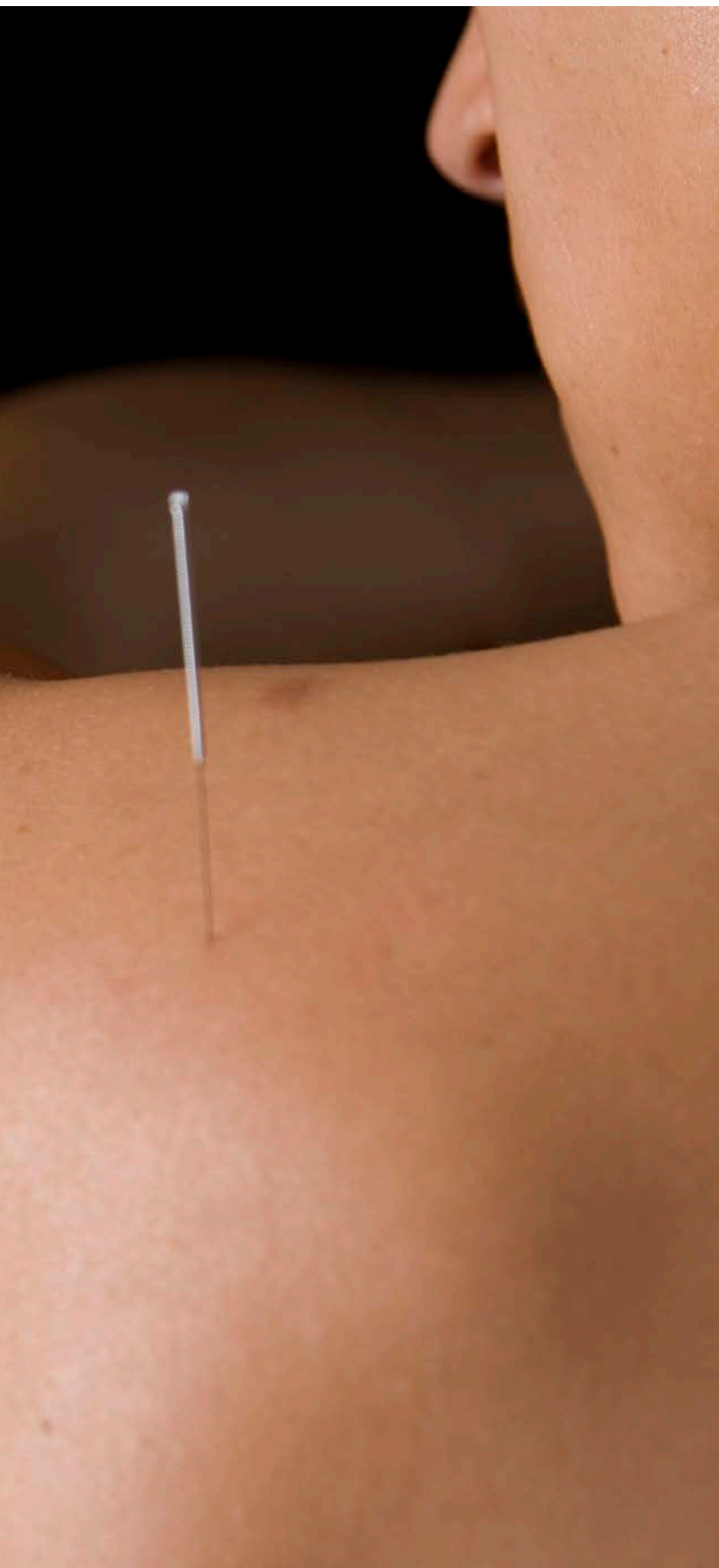
116-11811 Tecumseh Rd E, Tecumseh, ON

519.735.7555 communitychiropractic.ca



ACUPUNCTURE MAY SOUND SCARY, BUT THERE'S PROOF IT COULD HELP - A LOT





By Sarah Dale, DC
Community Chiropractic Center

If you are new to holistic healing as a type of treatment, acupuncture can seem a bit terrifying. How could pressing needles into your skin possibly make you feel better? Doesn't that hurt?

Well, no, it's definitely not the painful procedure you may be imagining, and considering that it's been studied and practiced for over 2500 years, it seems acupuncture enthusiasts could seriously be on to something.

What is acupuncture?

Acupuncture is an ancient Chinese medicine-based approach to treating a variety of conditions by triggering specific points on the body with needles. Each acupuncture needle produces a tiny injury at the insertion site. It's small enough not to cause pain but big enough to signal the body to respond. This response involves stimulation of the energy in the body to promote circulation to the area allowing modulation of pain and inflammation.

What's the philosophy behind acupuncture?

The Chinese philosophy behind acupuncture is a bit more complicated, as the ancient practice isn't traditionally based in science and medicine. It is based on the belief that the human body is filled with and animated by an invisible life-giving force which they called 'qi' (pronounced 'chee') and when the qi is flowing well and going to all the right places, a person experiences good mental and physical health. When the qi is flowing incorrectly (blocked or deficient) that results in illness.

Think of it as your body's natural inner workings. Sometimes you're more prone to illness when feeling stressed or anxious. When you're relaxed and healthy, your body physically reflects that too. After all, your mood, mental health, and general well-being do affect your physical health. Thus, acupuncture aims to assist people in achieving balance, or qi, and, as a result, provide relief for many ailments.

What does acupuncture do?

You may be interested in acupuncture for a variety of reasons. For example, chronic lower back pain with or without sciatica, chronic headaches, migraines, chronic neck and shoulder pain plus sinus pressure are just some of the countless symptoms/complaints that bring people into their health practitioner's office looking for relief.

Incorporating acupuncture into real life

If you are seeing a chiropractor, or any other health care practitioner not registered with the College of Traditional Chinese Medicine and Acupuncturists of Ontario, then the practitioner will use acupuncture as an adjunct to the their treatment.

For example, you visit a chiropractor complaining of pain that starts in the centre of your buttock and travels straight down your leg to your foot. You can't sit for long periods of time and need some pain relief but want to stay away from medication. Your chiropractor diagnoses you with acute sciatica and recommends needle acupuncture as part of your treatment plan to help reduce the sciatic pain.

The acupuncture portion of the treatment usually lasts for about 20-30 minutes. In terms of results, there is no universal response to acupuncture but it is safe to say that you will know if acupuncture is helping within 4-6 treatments. Some people feel relief right away and some people need more time to respond.

A common experience following an acupuncture treatment is a distinct feeling of well being due to the effect that an acupuncture treatment will have on your whole body. It just feels good.

What is an Acupuncturist?

The title "Acupuncturist" is reserved for health care practitioners who are registered with the College of Traditional Chinese Medicine and Acupuncturists of Ontario. Their scope of practice is more broad than a practitioner who uses acupuncture as an adjunct to treatment. They may treat conditions as broad as skin disorders, mental disorders or gastrointestinal disorders for example.

At Community Chiropractic Centre, Dr. Sarah Dale and Dr. Todd Small draw on each of their 20 years of experience to help their patients achieve their treatment goals of pain relief and better quality of life. The following are some examples of cases that show how acupuncture has helped some of their patients.

Case #1

JL presented to CCC complaining of pain in his left hip as well as pain that started in his buttock and travelled right down to his foot. Examination showed that JL was suffering from chronic left hip bursitis and well as chronic left sciatica. This diagnosis was not surprising considering JL drives for a living.

Treatment for the sciatica was started immediately. Treatment consisted of spinal manipulation to relieve fixations in the lumbar spine that were restricting function of sciatic nerve roots as well as acupuncture along the sciatic nerve from the spine to the foot to treat the sciatic nerve pain. Other modalities were used to treat the hip bursitis.

After 5 visits, JL reported 60% relief of sciatic pain without taking medication and without losing any time from work.





Case #2

TP is a young mother who stays at home caring for her two children. She has always included regular chiropractic care as part of a healthy lifestyle but has recently developed chronic, burning pain at the bottom of her neck and into her upper back and shoulder. She is sure it developed from holding her baby.

We increased the frequency of her visits from once a month to twice a week and started to include acupuncture to treat the new complaint. After each visit TP felt a little better. Her treatment was reduced to once weekly for 4 weeks and she will soon be back on her monthly treatment plan in a few more visits.

Case #3

SD woke up one morning and could not lift her arm more than 90 degrees. She was experiencing pain in her shoulder when she tried to lift her arm.

Clinical examination showed that she was suffering with acute frozen shoulder (capsulitis).



It turned out that she had a bit of shoulder tendonitis that she had been ignoring which turned into the condition of frozen shoulder.

SD was treated one time with an acupuncture treatment to unlock her shoulder. She was astounded that she could almost immediately move her arm through its full range of motion after one treatment.

The next 3-4 weeks were focused on treating her chronic shoulder tendinosis which was really the root of her whole problem, as well as adjusting the upper back and lower neck joints which have been proven to speed the rate of healing chronic shoulder tendinosis.

These are just a few examples of patients who have had relief with chiropractic and acupuncture care. There are many other conditions that can be helped with the addition of acupuncture. If you are wondering if it may help you too, call Community Chiropractic Centre and book an assessment with Dr. Sarah or Dr. Todd today!

BIG BROTHERS BIG SISTERS OF WINDSOR ESSEX

LEANING IN STRONGER THAN EVER TO SUPPORT CHILDREN AND YOUTH IN W/E DIGITALLY!

Despite the local impact of the COVID-19 global pandemic Big Brothers Big Sisters of Windsor Essex (BBBSWE) has been busy "Leaning In" to continue to serve children and youth in Windsor and all parts of Essex County. In response to the pandemic, BBBSWE in conjunction with community partners has deployed a "Digital Nearing" strategy since March to ensure that during this very stressful time of social isolation young people continue to receive crucial programs and supports.

"We're really proud of how our entire team of board, staff and volunteers responded early and with great focus and determination" said Becky Parent, Executive Director of BBBSWE. On March 13th we knew that we would have to lean in and lean in BIG during what would be an incredibly stressful time for kids and families. Thanks to our amazing community partners our young people have been able to benefit from the support of their mentors when they've needed them the most. Our volunteer Bigs and Mentors are rockin' the digital communication game! In the beginning, matches were face timing and talking on the phone, but now have been assisting with filling educational gaps through virtual reading contests, online math games and even taking virtual tours together of the Rocky Mountains! This has not been without challenges but with all hands on deck, we've been able to respond to the daily challenges as they come."



MEET BIG BROTHER BRANDON AND LITTLE BROTHER AGUERO

My match with my little brother began near the end of November 2019, and I was exceptionally happy when I met him. We instantly had a connection, and that connection has been growing stronger ever since. It pained me to hear how long Aguero had been waiting for a match, but in the end I feel like it worked out because I could not ask for a better little brother to have. Before COVID-19 Aguero and I would always be keeping active whether it was teaching him to skate, taking him the YMCA to rock climb for the first time, or something simple like laser tag. Since COVID we have had to move our communication online, but we have ended up spending more time together (length wise) than we had before. We have been playing a variety of games online together, as well as video chatting over Discord. In addition to that, I have also been helping him with his school work over Discord as schooling has moved to an online platform as well; the changes to education made learning a bit more difficult and I am proud of how much Aguero was able to accomplish and improve!

Helping Aguero learn online has also motivated me to help him in other schooling areas once COVID restrictions have been lifted. For example, one thing I am looking forward to is beginning to read with Aguero. When I was younger there were plenty of book series that I thoroughly enjoyed reading, and I hope Aguero will come to enjoy them to when we read together. Having Aguero as a little brother has been a profound experience so far, and I love that I am able to be a mentor for a wonderful young man. His mother Selene has done an exceptional job raising him so far, and I am proud to say that I am his Big Brother. I cannot wait to see how he will grow in the future!

Big Brothers Big Sisters of Windsor Essex continues to need support in order to provide programs and services to the more than 800 children and youth in our community – including 89 still on the wait list. If you wish to serve as a volunteer Big, an In-school mentor or if you wish to donate, please see their website at:

www.bigbrothersbigsisterswe.ca



**WHEN YOU SUPPORT BIG BROTHERS AND BIG SISTERS OF WINDSOR ESSEX
YOU ARE INVESTING IN THE FUTURE OF OUR COMMUNITY.**

**Big Brothers
Big Sisters**
of Windsor Essex

www.bigbrothersbigsisterswe.ca

THE MENTORING EFFECT



EVERY DOLLAR INVESTED IN BIG BROTHERS BIG SISTERS WINDSOR ESSEX RETURNS \$22 TO SOCIETY



INTERNATIONAL MARKET & DELI

SKINNY SYRUPS & MIXES NOW AVAILABLE AT FRED'S!

Indulge in delicious, flavourful and sugar-free beverages from morning to night. Enjoy your healthy lifestyle without compromising flavor, fun or convenience.

Use a pump of our Skinny Syrups to add guilt free flavor to coffees, teas, lattes, smoothies, protein shakes, baking, oatmeal yogurt, or just about anything. We offer a full selection of syrups, whipped foam topping and mixes.

We have the best selection in town!

NUTRITION & LIFESTYLE MADE EASY AND FUN AT FRED'S FARM FRESH

ENDLESS FLAVOURS, ZERO GUILT

SUGAR FREE • GLUTEN FREE • KOSHER • KETO FRIENDLY • GMO FREE



**WE OFFER THE FULL LINE OF WALDEN FARMS DRESSINGS, SYRUPS,
SPREADS, DIPS AND SAUCES ZERO CALORIES, ZERO FAT, ZERO CARBS
COMPLETE YOUR NUTRITION WITH THE PERFECT CONDIMENT!**

A little help on your way to skinny.
**ZERO CALORIES.
ZERO FAT.**
Skinny tastes great!



These brands and so much more waiting for you here at Fred's!

**NEW ITEMS ARRIVING EVERY WEEK. MANY GLUTEN-FREE
AND VEGAN CHOICES AVAILABLE. SPECIAL REQUESTS WELCOME!**

Gift Baskets • Party Trays • Floral Arrangements • Garden Centre • Butcher • Delicatessen and more!

2144 Huron Church Rd., Windsor, ON. • 519-966-2241
www.fredsfarmfresh.ca



GOT LEMONADE?

Transforming Your Isolation



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



Dickens' "It was the best of times; It was the worst of times" quote might adequately sum up 2020 for the majority. Saying that times are rough is an understatement! For the health care workers in the trenches, those battling this virus directly, and all who still have to work with the public day to day, its safe to say, it's the worst of times. End-stop! However, for the rest of us, we're settling into this strange unknown place that rests somewhere between great and God-awful. Fear and uncertainty, financial losses, as well as the losses of our old day-to-day ways and freedoms encapsulate the worst of things. Yet, all the same, things can be pretty great too right now. We now have, what seems to be, all the time in the world to devote to the things we used to reserve solely for the weekend. We now have the time for what matters most, our health and our children.

If the state of recent global events has been getting you down emotionally, redirecting your worries and energies

toward cultivating your mental and physical health, along with the health of your family, will turn the sour lemons of this situation into a glorious abundance of quenching lemonade that many of us have been thirsty for since the beginning of our adult lives. You wanted more time to put toward your health, your fitness, and your meal prep? Well, now's your chance. You've got it! Using this time and seizing this opportunity, if you choose to look at it as such, will directly ameliorate the situation by reducing stress, enhancing immunity, improving mood, and fostering good habits that will carry forward when things go back to normal...whatever that new normal may look like. It most certainly will allow you to improve your body composition and increase your fitness, rather than the alternative that comes with leading a sedentary indoor lifestyle.

So here are some practical steps to cultivating your wellness at home during this challenging time.

Step 1 - Be a Goal Digger!

One of the most important keys to success in your health project is ensuring you have a specific goal in mind and knowing precisely what you're striving for. In other words, be a Goal Digger! Seek out exactly what you want, and define it to a tee. It seems so simple, doesn't it? However, many people start new fitness programs without really thinking at length what they hope to get out of it. This happens everyday in the fitness world and in many other areas of life. People start businesses, rent properties, adopt puppies, start gym memberships and many other things without deeply thinking about what specifically they'd like to accomplish from it. People begin a fitness program to "get fit" or "get healthy" or to "feel better" which all seem like great goals. But they're not! Making the goals SMART (specific, measurable, attainable, realistic and timed) is necessary to stay the course. In other words, "getting fit" would be best transformed into "dropping two pant sizes by the summer, and running a half marathon by the fall." Once goals are SMART, the journey can be mapped, tracked, and attained. Achieving success can be determined because there are clearly marked check points to a final destination. Once the goal is attained, it's imperative to seek out another. Continuously digging for new goals ensures perpetual personal growth and is profoundly important to one's success. This is an essential first step in cultivating your personal health projects during this crisis.

Step 2 – Build your immuno-armour with nutrients and good health practices.

I could write for days about this, but I will keep this to some simple health basics that will be easy for you to remember:

- Ensure adequate intake, digestion, and absorption of nutrients essential for immunological health. Eating foods that are rich in Vitamins A, C, D and Zinc are critical at this time. Consuming them isn't quite enough, however. You need to ensure that you're also fully digesting them as well. You can do this by chewing your food slowly, avoiding liquids with meals, which dilute stomach acid, and by eating an abundance of foods that contain live enzymes. Foods like dark leafy greens, raw vegetables of all types, fish and eggs will provide immune strengthening nutrients.

- Immune health starts in the gut, so ensuring a good balance of bacteria and the quick passage of waste will ensure a strong immunity. Probiotics and fermented foods are a good place to start, but reducing sugars and starches that feed yeasts and other pathogens in the body is also recommended for strengthening the immunity. Adequate water consumption will help lubricate the bowels so that the body can easily rid itself of toxic wastes.

- One of the best ways to increase natural vitamin D without relying on a food source is to ensure at least 30 minutes of safe sunlight exposure everyday. Exercising in the sunlight will promote detoxification via the lungs and through sweat, all while absorbing Vitamin D through the sun's rays.

- During moments of stress and negative thinking, slow deep breathing exercises can do wonders for the mood and the reduction of physical stress on the body. Breathing deeply has the power to flip the switch from the sympathetic nervous system (responsible for stimulating activities – think fight or flight) into the parasympathetic nervous system (responsible for rest and relaxation). There are multiple breathing exercises out there but if you're a beginner, a simple practice of 5 minutes, with 5 second inhales and 5 second exhales can be a great starting point.

Step 3 – Rise and Grind, Everyday!

Now here's the hard part for most; Taking action daily. Its important to create a routine that sticks and feels automated. I exercise daily, and many commend me for being so dedicated. Yet, I brush my teeth everyday and make my bed everyday too. Those habits don't take dedication, but rather simple automation. Exercise has become automated for me, just as it has for many of my members. Committing to movement every single day, at the same time of day, no matter whether your kids are dangling from your neck or you feel lazy and unmotivated, you commit to doing something anyway.

Just like brushing your teeth everyday is essential for your oral hygiene health, exercise is essential for your mental and physical health and should be done daily. Although running every day or sticking to your comfort fitness routine may seem appealing, choosing to vary your movement with different types of fitness is important, both mentally and physically. Seeking out local leaders in the industry can help provide variety and the challenges that your body and mind crave. This is what will ultimately help you stick it out in the coming days, weeks and months. There are many great virtual local resources out there right now. Similarly, my virtual platform SweatBank has offered ready-made workouts since 2017 to local women working out from home. To help everyone out at this time, I have opened the virtual bank of strength and cardio workouts to both men and women for the next 4 weeks, and I've made the cost just \$1 to help motivate everyone to get moving at home.

The methods you choose to maintain your sanity over the next few months may come in many forms, but those that promote health at home are the ones that will help deliver you to the other side of this, better and stronger than you were before this crisis. If you're healthy and able to do so, take this time and transform it into a once-in-a-lifetime opportunity to become the best possible version of yourself. Wishing you all stay healthy.

TRENDING: EAT LOCAL

'Tis the Season for Ontario Produce & More



By: Jennifer Brignall-Strong



Asparagus, tomatoes, and kale, oh my!

With a long growing season and the highest concentration of greenhouses in Canada, Essex County is known for producing a bountiful harvest of fruits and vegetables. But that's just the tip of the iceberg lettuce.

Between farmers' markets and roadside stands, one needn't go far to find everything you need to create a colourful, healthy meal. There aren't many other regions in the country where you can find locally sourced seafood, honey, dairy, and more all in your own backyard. (Oh, and let's not forget about the wineries...)

While eating "farm to table" isn't exactly a new concept, it has definitely seen a resurgence in popularity amid the Covid-19 pandemic. Now more than ever, people are looking local for affordable, sustainable food options.

In fact, there's even a word for people who actively try to choose locally produced food: locavore.

There are many benefits to becoming a "locavore", the main one being of course, taste. Food harvested locally is generally given more time to ripen, resulting in a fresher flavour. Studies have shown that it may also carry a higher nutritional value for that same reason.

Not only is eating local good for you, it's good for the environment and the economy. Since locally-grown food doesn't have to travel far to get to your plate, it helps reduce greenhouse gas emissions. It also produces jobs and keeps money in your own community, supporting local farmers and other producers.

Whether you're looking to "go green" or just save some green, eating local is a trend to get on board with that won't soon go out of style.

Want to find out what Ontario produce is in season? Visit www.ontario.ca/foodland.



Summer Kale & Beet Salad with Maple Balsamic Vinaigrette

Ingredients:

1 bunch local kale (I get mine from Lee & Maria's)
2 Ontario beets, peeled and chopped
1 cup chopped walnuts
2 oz. fresh Canadian goat cheese, crumbled
(available at Fred's Farm Fresh)
¼ cup red onion, sliced thin (optional)

Maple Balsamic Vinaigrette:

½ cup olive oil
¼ cup balsamic vinegar
⅛ cup local maple syrup
1 clove garlic, smashed
1 tsp. Dijon mustard
Salt & pepper to taste

Directions:

1. Pre-heat oven to 400°. Toss chopped beets with 2 tsp. olive oil and salt & pepper and arrange on baking sheet. Roast for 30 minutes, tossing halfway through.

(Alternatively, you can roast your beets on the grill if you want to avoid heating up the oven.)

2. Meanwhile, combine dressing ingredients and refrigerate until ready to use.

3. Wash and chop kale, removing leaves from tough centre rib.

4. Once beets are cooked and cooled, combine with kale, goat cheese, walnuts and onions in a large bowl and toss with dressing.



By Vanessa Steele
Manager & Medical Aesthetician
at Image Clinic

Times of Change in the Beauty World...

As we navigate through such a sudden change in our lives and community, it seems safe to say that we all have felt an impact within ourselves at some point or another while dealing with Covid-19. As Manager and Medical Aesthetician of Image Clinic, a Medical Cosmetic Clinic in South Windsor. Created with a warm, inviting atmosphere, I wanted to share this article with a more personal note of how I feel the beauty industry transitioned through such an indescribable time.

I would be lying if I did not say that I went through a whirlwind of emotions when the initial news of a temporary shutdown began. Continuously contemplating how long this shutdown would take place and how all of our clients would handle not being able to upkeep their personal treatments that we saw so often. I was absolutely devastated. My everyday passion, my livelihood, completely put to a halt. I put my soul into what I do, and always hug all my clients when I see them and when they leave. That was the hardest for me to not do and still continues to be.

As I handled the waves of emotions on a day to day basis, I had come to the conclusion that perhaps this turn of events was not something to be seen so negatively and despite the obvious reasons of staying safe at home, I felt more inspired, more intune with clients at a time it felt to be so disconnected with not physically being able to see them for a while in person.

The reality of living in the age of technology being so incredibly advanced, I found ways to be able to stay connected and keep my clients in tune with themselves and their confidence and make them see that they were not alone through it at all. I was inspired to creating at-home videos for them on skin care advice and regimes. Instagram and Facebook are truly great outlets. I was also able to connect through video consultations with iPhone users and new apps like Zoom and keep clients on top of their skin care routine to still feel just as good on the outside, while handling the emotions of such indescribable times on the inside.

It was incredible to see the impact of skin care suggestion posts become a reality for some that were never able to take the time to focus on themselves. People enjoying more self-care time at home that wasn't always possible during their regular hectic lifestyle.

"The reality of living in the age of technology being so incredibly advanced, I found ways to be able to still stay connected and keep my clients still in tune with themselves, and their confidence and make them see that they were not alone through it at all."



Some of my top selling items were Vivier's Vitamin C serums, which I call 'droplets of skin magic in a bottle'. Customizing each serum to my clients needs whether it be to treat pigmentation from the sun, bring more radiance to the skin, or just help create a softer texture to the overall complexion. These serums contain the purest form of L-Ascorbic Acid (Vitamin C) and complement each client's needs. Another item I could not keep on the shelves fast enough was Latisse, especially after posting a step-by-step for all of our lash extension wearers that were devastated at not being able to see their favorite lash artist during closure. Latisse is designed to create the most optimal length, thickness, and longevity to the lashes when used on a day to day basis when completing the box purchased, whether it be a 4 week or 10 week system.

As we were all home munching on goodies with the family, some faced acne buildup or congestion from not being able to see me for a deep clean facial treatment. Another "go to" necessity was Vivier. Vivier's Acne Treatment Lotion and Medicated Wash were a fantastic duo for cleansing and maintaining active acne, oil buildup, along with blackhead and whiteheads.

While being able to guide skin and asking clients to always take pictures to believe in their progress, nothing was more important in all these steps than the sunscreen step I always ensured they followed to protect all their self-care work. As wonderful as it was to finally enjoy some days outside for a walk, bike ride or sit by the river, SPF in either lotion form or my favorite

on-the-go Colorescience SPF 50 Brush-On sticks were the most ideal to prevent sun damage to the skin. Door-step contactless deliveries became the closest way to see my clients as a wave through the window kept my days going and see some smiling, familiar faces. I still continue to offer curbside pickup as well as contactless door-step delivery to continue to keep my clients feeling as safe as possible.

As we have waited patiently for businesses to softly reopen, I want to thank each and every individual on behalf of all businesses within our city that have supported us through the shutdown, continued to enjoy our social media outlets, and sent inspiring messages along the way to keep our spirits up. This new way to run our businesses with the utmost safest protocols, keeping consultations through online video calls, or having clients waiting patiently in their cars to see us for appointments. We truly thank all of you for understanding and allowing us to keep not only you but ourselves safe as well. I truly believe that this all gave us more to be grateful for, more to realize that it is the simplest things in life that mean the most, and that loving yourself on the inside is exactly what it takes to get you through the toughest of times even when those may feel the loneliest. In the end, always know, you are never ever alone. We as a community stand together, support our local businesses and survive through it all...

Sending tons of love & light to all my readers.

- Vanessa



Join us this summer to enjoy
the finest in Italian cuisine on our
**New Covered
Waterfront Patio**
no matter the weather.

Riccardo's
Italian Restaurant

Take out available.

238 Dalhousie Street, Amherstburg, ON • 519.736.4333 • riccardositalian.com

Reservations recommended

ARE YOU INTERESTED
IN ADVERTISING IN
**Windsor Body
Magazine?**

WINDSOR'S ONLY
HEALTH, FITNESS,
NUTRITION &
WELLNESS MAGAZINE

Many Different Ad Sizing Options Available.
Ask us about Advertorials and Features.

Contact us today to discuss all advertising options:

Tony Catalano, Publisher

P. 519-252-1607 E. tcatalano@mediaduo.com





**DON'T GET
BURNED
THIS SUMMER.
GET A BASE TAN
BEFORE YOU HIT
THE BEACH!**

**"SMART TAN" CERTIFIED
TANNING CONSULTANTS
WORLD -CLASS EQUIPMENT
VERSASPA® SPRAY TAN**



33 YEARS OF TANNING EXCELLENCE

Sunsetters *Premiere* Tanning

**WINDSOR
Roundhouse Centre
519-966-7181**

www.sunsetterstanning.com

**LEAMINGTON
249 Erie St. S
519-326-0151**

Family, Friends & Fitness



By: Jennifer Brignall-Strong

How Losing 130 Pounds Helped Amanda Caza Create New Memories & Healthy Habits

At 318 pounds, Amanda Caza was tired of feeling tired. She couldn't walk for longer than two minutes without getting out breath, often fainted in the heat, and suffered from plantar fasciitis. She had tried several times over the years to lose weight and get in shape, but could never seem to stay on track.

"At that point, I let myself go so much that I couldn't lose weight for me. I didn't care enough about myself, but then my family started having health issues and I knew that if I couldn't lose the weight for me, I needed to do it for them. The thought of losing them scared me. I realized that in order for me to take care of them, I had to take care of myself first."

We sat down with Amanda to discuss how small changes, consistency, and exercise helped her shed 130 pounds naturally in just 18 months.

How did your weight loss journey begin?

The first thing I did was get rid of all the junk food in my house and I joined Weight Watchers. I signed up as an online member only for just 3 months. I figured 3 months was a short enough time for me to stay completely strict to the program and just see where I could end up if I truly gave it my all. I never imagined I would have stuck with it and renewed my membership for another year after that, or got as far as I have. I ended up joining the meetings as well 5 months later and they've been a huge part of my success.

What was the toughest challenge you overcame?

Resolving my food addiction and keeping the weight off throughout this pandemic. I used to eat fast food 3 times a week, sometimes twice a day even. I often turned to it for comfort when I was stressed. This pandemic has caused a lot of stress in my life, but I didn't turn to food this time. I found other ways to relieve stress such as going for a bike ride, going for a walk, having a relaxing Epsom salt bath, or some meditation to end the day.

What kept you motivated?

All of the connections and friends I have made through Weight Watchers. A lot of us have similar journeys, before and now, and we constantly hold each other accountable, share recipes with each other, and talk about our successes and challenges. It helps so much knowing that you aren't alone in this journey. There's always someone that just understands you and has been there. The support has been the biggest thing that has got me to where I am today. So many friendships have been made from this and that's truly the best part. The weight loss is just an added bonus.

"Start making small changes; don't overwhelm yourselves with too much at once."

What advice do you have for others who are trying to lead a healthier life?

Start making small changes; don't overwhelm yourselves with too much at once. Focus on losing 5 pounds at a time and keep going. Be honest about your struggles and don't be afraid to ask for help. I could easily go to the gym 6 days a week, but the food was what I struggled with the most. I wasted all that time in the gym for nothing when I started because I wasn't eating properly, so I stopped going to the gym and started focusing on just what I was eating. I started feeling a lot better and results started coming. I had lost my first 40 pounds in four months just by eating better, and it motivated me to keep going.

What is your favourite new healthy habit?

I have turned to bike riding after dinner to stop me from night time snacking and it's helped a lot. It's also a ton of fun! I've been able to do so many more things now that I couldn't physically do before. My dad and I bike a lot together and have been able to make so many memories together.





TONE UP ANYWHERE

By Lina Stoyanova

Whether it's the floor in the comfort of your own home, a park bench, or the grass, here are five moves you can do anywhere to tone up.

1. Bulgarian Split Squats

What kind of Bulgarian would I be if I didn't include this? To start, find a bench (or anything else you might be able to rest your foot on that's knee height), and get into a forward lunge position as you keep your torso upright. Brace your core and square your hips to your body as you elevate your back foot on the bench (your leading leg should be half a meter or so in front of the bench). Lower until your front thigh is almost horizontal as you keep your knee in line with your foot—do not let your front knee travel beyond your toes. Drive up through your front heel back to the starting position as you keep your movements measured. Switch legs when you finish the reps. **Do three sets of 12 reps.*

2. Russian Twists

Sit on the floor (or grass) and bring your legs out straight. Lean back slightly so your torso and legs form a V-like shape, bracing your abdominal wall and engaging your core.

As you balance, twist your torso from side to side without moving your legs. Ensure to breathe slowly and engage your core. **Do three sets of 12 reps.*

3. High Plank

Let's bring some hype to high planks. They're a great way to break a sweat and if you move your feet closer together, the exercise packs quite the challenge. Start on the floor with your hands and knees shoulder-width apart (hands under shoulders and knees under hips).

Lift your knees off the ground and step your feet back as your body fully extends. Aim to create a long line that connects your shoulders, hips and ankles. Reach back through your heels and forward through the crown of your head as you keep your neck and spine in a neutral position. Try to have your chin about six inches in front of your body as you keep your core tight.

Tighten your quads, engage your abdominals and push through your palms. Keep those hips lifted as you breathe and try to hold this for 20-30 seconds (longer if you want more of a challenge). **Do three sets of 30 seconds to a minute.*

4. Arm Rotations

This move is great for your arms and shoulders. Get a sweat going by doing these arm rotations like so: take both arms, stretch them out to the side of your body and rotate them forward in very small circles.

Do this for about 30 seconds then reverse for another 30 seconds. **Do three sets of 12 reps.*

5. Broad Jump to Fast Feet

Stand with your feet hip-width apart. Bend your knees and send your hips back as you keep your chest lifted. Engage your glutes and core as you jump forward with both feet, ensuring to land softly. Lift onto your toes and keep a soft bend in your knees as you take small, quick steps backwards to your starting position. **Do three sets of 12 reps.*

Full Workout Option

For a complete workout, start by doing some of your favourite stretches. Once complete, do a five to ten-minute run, and do all five exercises mentioned above. Do two or three sets of 12 reps. Once finished, cool down with a five-minute jog and end your session with some stretches.

Summer is in full swing. Get outside and enjoy toning up!





MEDIADUO
ADVERTISING • DESIGN • PRINT



Q: What Are The Services You Offer?

A: We are proud to build long-lasting relationships and help our clients reach their advertising goals. As a full-service agency, our team specializes in:

Corporate Branding

Logo Design
Advertising Themes and Campaigns
Corporate Stationery
Creative Digital and Print Ad Design

Design and Print

Flyers, Posters, Banners, Signage
Presentation Folders
Trade Show Material
Large Scale Printing Services
Print Publications

External Advertising

Billboard Advertising
Unaddressed Mail
Addressed Mail
Bus Bench Ads
Transit Windsor Advertising

Online

Website Design and Development
Website Maintenance
Hosting and Domain Name Services

Digital Marketing

Social Media Management
Custom Content
Creation and Population of Accounts
Campaign Management
Contests
Facebook
Instagram
Twitter
LinkedIn
Google Ad-words
Google Pay Per Click Campaigns

Tony Catalano, President: We are excited for the next 20 years and we have many new, and exciting things in store both internally and for our loyal clients. We have become very interested in social media while not losing touch with traditional media; to us, it's the mixture of both that's important. Our agency has experience in both print and digital media whereas I feel a lot of people do one or the other. Moving forward, we will be utilizing social media to get the best results for our clients. We will continue working with clients and their marketing budgets to cater marketing plans that are proven effective and efficient—we want people to get a return on their investment. We aren't in the business of overselling things to people but rather giving them what they need. I built this company solely off of client retention. If people aren't happy, they won't come back, it's that simple. I've really focused on building this business through good relationships with my clients and I believe it's through those client relationships we've been able to have such a high retention rate. In the end, it's important to all of us that our clients are happy and successful- as our clients grow we grow, and the happier they are, the happier we are.

Adam Patterson, Advertising Director: There is nothing more important to us than providing amazing customer service to our clients and making sure they reach success with their advertising. I've been with Mediaduo for over 12 years and in this time-span, we've worked very hard to develop trust in advertising and marketing our clients. We are proud to work with well known businesses in the Windsor-Essex community and we look forward to building new relationships with businesses and organizations in the years to come.

Jayson Pynn, Art Director: I first started at Mediaduo as a graphic designer and Windsor Body Magazine was one of the first projects I worked on, it's crazy to see how far we've come. As Windsor Body Magazine and Rafih Style grew, Tony came to me and asked me if I wanted to run those magazines because he was starting a sister publishing company (which has three publications under it). I've worked here for 14 years now and we're excited for all the changes that are going to be taking place. We're not just print, we're encompassing the digital age. Moving forward we have a lot of exciting things to showcase through web and social media, so stay tuned!

For more visit www.mediaduo.com

Corporate Branding



Logo & Label Design



2018 Winner 2013 Winner

Best Label Design ONTARIO Wine AWARDS

Billboard Creative & Advertising



Mail Marketing



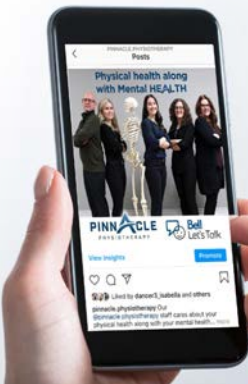
Advertising Themes & Campaigns



Website Design & Development



Social Media Management



 facebook.com/mediaduoagency

 instagram.com/mediaduo_ad_agency

3337 Walker Rd., Suite 200 | Windsor
519.252.1607 | mediaduo.com



MEDIADUO
ADVERTISING • DESIGN • PRINT



EXPERIENCE **LIFE** **CHANGING** RESULTS



QUICK RECOVERY
LIVE FREE OF GLASSES & CONTACTS
FINANCING AVAILABLE



Dr. Fouad Tayfour



WLEI

Windsor Laser
Eye Institute
A Tayfour Clinic

BOOK YOUR COMPLIMENTARY CONSULTATION
2224 WALKER ROAD, SUITE 198, WINDSOR, ONTARIO, CANADA

1-800-663-4733
wlei.com

