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MAGAZINE

THE
Beauty
OF
STEELE

Vanessa Steele brings a personal dream to reality with Steele Beauty Clinic



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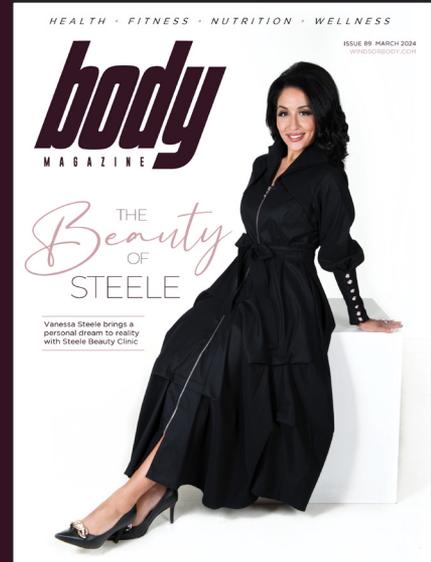
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- Lisa, 60 years old



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- Nicole, 65 years old

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By Jessie Gurniak

THE Beauty OF STEELE

In the heart of Walkerville, Vanessa Steele is crafting a unique narrative in the world of medical aesthetics. Her venture, Steele Beauty Clinic, is both a business and a personal dream. A sanctuary of beauty and self-care, Steele Beauty Clinic is a place where one-on-one personalized care is paramount and each client is valued for their uniqueness.

“My clients are truly what make me love my work every single day that I am here, and there is nothing that I would not do to make sure they are happy and seeing the results they want to achieve for themselves and their confidence,” says Vanessa Steele, an experienced professional in the medical aesthetics field who takes pride in her distinctive approach.

As clients walk through the clinic doors, they are not rushed into treatments. Vanessa emphasizes the importance of understanding each client’s personality, laying out clear expectations, and providing guidance even on her days off. It’s about creating a holistic skincare plan that goes beyond the walls of the clinic, empowering clients to continue their journey at home.



Her passion and professionalism go hand-in-hand as clients can expect to feel like they are being pampered by a caring friend rather than a client at an appointment.

Vanessa began the journey towards Steele Beauty Clinic over 7 years ago. Fueled by the courage to pave her own way, she felt that her wealth of experiences and passion for creativity had come together perfectly to take that leap of faith and chase her dream. Upon discovering a space in Walkerville perfectly complemented by natural sunlight streaming in through beautiful large windows, Vanessa knew this was where her dream would unfold. In just two short months packed with endless hours of designing and painting, Steele Beauty Clinic was born.

In Vanessa's eyes, skincare is an art form. She sees a likeness between a painter's canvas and the skin, emphasizing that the canvas significantly influences the final appearance of the artwork. For Vanessa, each client's skin is a unique canvas, and she approaches it with the same care and attention to detail that an artist would give to their masterpiece.

The Clear + Brilliant treatment, a revolutionary addition to Steele Beauty Clinic, becomes the brushstroke on this canvas. As the first to introduce this groundbreaking technology to Windsor, Vanessa beams with pride, sharing the remarkable results and the simplicity of the healing process. Her excitement about offering this to her clients is as clear as the results of her treatments, reflecting a genuine desire to share the benefits and elevate their skincare experience.

"This device resurfaces the skin to the next level for my clients, and the results I have been able to achieve thus far have been truly remarkable," Vanessa says. "My clients that have been with me for years now have genuinely seen the difference when it comes to resurfacing their skin with this device and giving them the most simple healing time I have ever seen with a laser before."





"I created a space that was entirely my vision, so using my last name and honouring my dad with the incredible business background he has guided me along the years, just seemed most fitting, and felt me," Vanessa says about choosing the name of her venture, also emphasizing the endless support from her mom. "My team here has been nothing but myself and my wonderful mama! As the clinic was created in such a fast amount of time, I just wanted to enjoy my first year working through it all on my own, and her support with helping me keep it fresh and organized between clients so I may focus on the work and the business."

Vanessa says that watching her mom's hard work throughout her life was nothing short of wonderful. She considers the way her mom moved, treated her clientele, and accomplished it all while raising two kids has been a huge inspiration to her and that she is incredibly proud to be able to share her business with her.

As Steele Beauty Clinic approaches its one-year anniversary, Vanessa is gearing up for new and exciting things. Vanessa's commitment to growth aligns with her desire to evolve alongside the Walkerville community. She envisions expanding her offerings to meet the specific needs of the neighborhood, ensuring that Steele Beauty Clinic remains a vital part of the historic community.

Looking ahead, Vanessa is excited about the future of Steele Beauty Clinic. With plans to introduce new services and continue fostering a warm and welcoming environment, she remains dedicated to providing exceptional skincare experiences for her clients. As she reflects on her journey, Vanessa is grateful for the support of her clients, her family, and the Walkerville community. Their encouragement and belief in her vision have been instrumental in bringing Steele Beauty Clinic to life.



Beyond the walls of Steele Beauty Clinic, Vanessa is a caring and loyal individual. Her love for her family and friends, coupled with a willingness to lend a helping hand, underscores the values that drive her both personally and professionally. The presence of her niece and nephew—Valentina and Gianluca—in her life further fuels her commitment to making a positive impact on those around her, and she hopes to be an inspiration to those around her—especially those looking to bring their own passions and dreams to life.

Vanessa Steele is more than just a business owner; she's a pioneer of confidence, lending a helping hand to anyone looking to transform their canvas into a work of art. Her passion and professionalism go hand-in-hand as clients can expect to feel like they are being pampered by a caring friend rather than a client at an appointment. As the clinic celebrates its first year, the journey is not just about looking back at the achievements but eagerly anticipating the exciting chapters yet to be written in the Steele Beauty Clinic story.

Are you ready to discover the full potential of your skin? Contact Steele Beauty Clinic at 226-674-0848 to get started. The sanctuary of confidence opens its doors to you at 1670 Wyandotte St. East in Walkerville.

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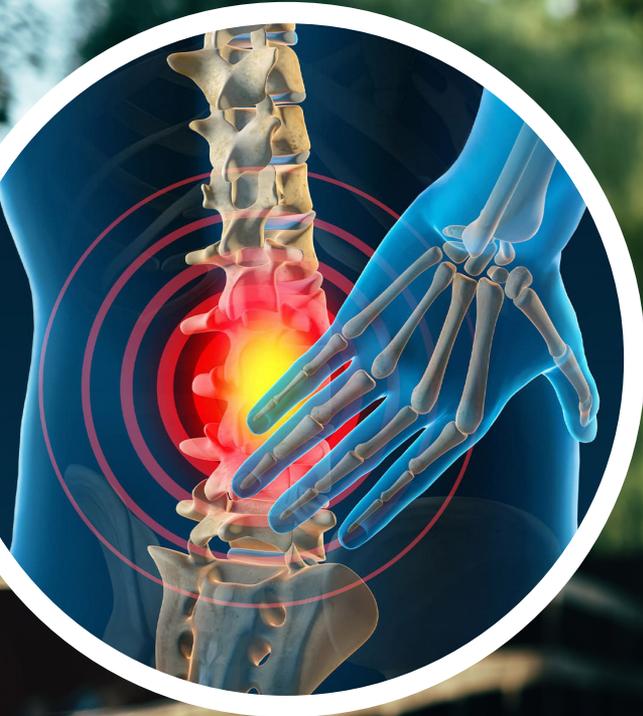
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Thanks to Spinal Decompression, You Could Have Relief from Pain



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

WHAT IS SPINAL DECOMPRESSION?

Spinal decompression is a non-invasive, non-surgical, drug-free approach to healing low back pain and neck pain caused by injured or damaged spinal discs.

The innovative technology at the core of the treatment allows the chiropractor to target the specific disc requiring care, and design patient-specific decompression forces to act upon the disc. Gentle pressure creates an environment within the body so the disc can begin to heal. Treatment is safe. There are practically no side effects.

HOW NON-SURGICAL DECOMPRESSION WORKS

Specifically calculated decompression forces act on the two vertebrae on either side of the disc requiring care. As the vertebrae are gently and safely pulled in opposing directions, negative pressure is created in the disc. This allows water and nutrients to draw back into the disc. The disc can regain its height and simultaneously retract and heal disc bulges and herniations. As the rehydration and disc healing take place, pressure on adjacent nerves is reduced and nerve healing begins. Each spinal decompression session is programmed to target the specific spinal disc requiring care.

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

Patients undergoing spinal decompression can lie fully clothed on a comfortable padded bed. During their session they can close their eyes and relax. Non-surgical spinal decompression is a highly effective treatment for relief of low back pain and neck pain due to:

- DEGENERATIVE DISC DISEASE
- SCIATICA
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- SPINAL STENOSIS
- FACET SYNDROME

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

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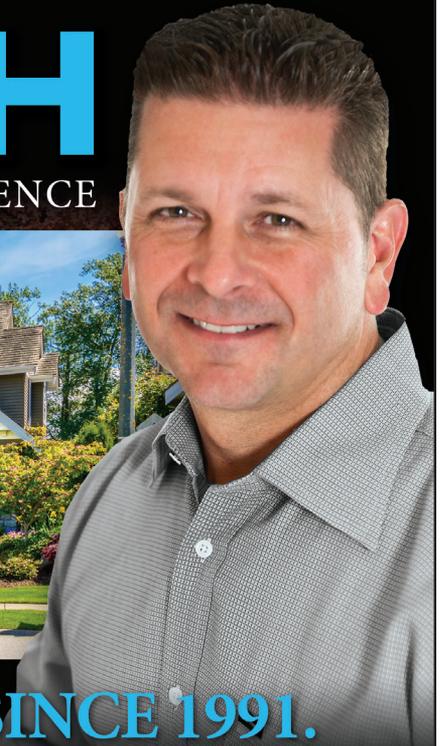
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HEALTH IS THE NEW WEALTH:

A GUIDE TO INVESTING IN PERSONAL
HEALTH AND WELLNESS



By Patty Hladki

Defining Health

With the onset of the new year, now is the ideal time to reflect on what health means to you, and consider what you truly want from life. In 1948, the World Health Organization (WHO) defined health as “a state of complete mental, physical, and social well-being, not merely the absence of disease and infirmity.” I like to view *health* as a *life* force, an energetic currency for acquiring vitality, resiliency, and most importantly, a health span equal to one’s life span. In essence, it enables us to live and enjoy life to its fullest—whatever that means for each individual. Who wouldn’t want that?

Planning for Health and Well-Being

Just as we diligently plan and invest in our financial wellness for a secure future, it’s time to channel the same commitment into our health and well-being. After all, acquiring health and vitality are as important, and possibly more so, than financial success. Imagine looking and feeling your best in the coming decades and living life on your terms. Now that’s an investment worth making! As with all good planning, the journey starts with clear goals. But first, it’s important to reflect on your “why” by contemplating the following questions.

- 1. How do you envision your best life in 10, 20, or even 50 years?**
- 2. What are your aspirations for independent living in your last decade of life?**
- 3. How do you intend to actively participate, contribute, and give back to others?**
- 4. Do you have specific physical activities you want to enjoy in your later years?**
- 5. What are your cognitive goals?**
- 6. Why does any of this truly matter to you?**

Identifying your desires and internalizing their personal significance will become the driving force behind your transformative health journey.

“Your health is no accident; it’s a deliberate choice and neglecting to plan is a plan for failure.”

Investing in YOU

What if, instead of saving money for a nursing home at eighty-five, you used some of your time, energy, and funds to invest in your health now? This way, you can enjoy a full, meaningful, and independent life well into your nineties and perhaps beyond. No one in their right mind would wake up one day and expect to have financial freedom without proper planning and investment, and your health is no different. We freely spend on vacations, dining, and non-essentials, yet hesitate to invest in our health and well-being. Why?

I believe we normalize feeling unwell, accepting what’s common instead of optimal when it comes to our health. Witnessing loved one’s battle pain, relying on numerous medications, or facing life-threatening conditions, we view it as inevitable with age. Yet, the truth is empowering: leading experts affirm that less than 10% of diseases are hereditary, while the majority stem from lifestyle choices. Reflect on this for just a moment. We hold substantial influence and even control over 90% of our health through lifestyle! I’ll embrace those odds any day.

Your health is no accident; it’s a deliberate choice and neglecting to plan is a plan for failure. We frequently underestimate our ability to cultivate health and wellness from within, but it doesn’t have to be this way. Now, armed with this knowledge, you can embrace choice and personal agency. Consider framing health as a currency, similar to financial assets, allowing you to lead a life on your terms. It’s not simply about accumulation; it’s about intentionally spending those investments on what holds significance for YOU, thus enhancing your life along the way.

“Just as we diligently plan and invest in our financial wellness for a secure future, it’s time to channel the same commitment into our health and well-being.”



Creating Your Plan

Getting started doesn't have to be difficult. Begin by establishing a robust foundation for your plan—clarify your “why” by contemplating the six questions provided earlier and carefully document your thoughtful answers. Then, assess your health across the seven pillars below to pinpoint your greatest opportunities for improvement.

1. Improved Nutrition: Food is more than just calories; it's vital information for our bodies, providing essential building blocks for life. Clean, minimally processed, organic, whole foods support cellular function and the gut microbiome, both crucial for overall health, immunity, and well-being.

2. 7-9 Hours of Quality Sleep: Sleep is a valuable investment in well-being, rejuvenating us and playing a crucial role in memory integration, cellular repair, and emotional processing. It not only enhances cognition but also contributes to improved decision-making and resilience.

3. Increased Movement: Our bodies were made to move. Embracing daily physical activity enhances mood and sleep while reducing anxiety and providing numerous neuroprotective benefits.

4. Balanced Nervous System: Thoughts and feelings influence each other and our bodies in profound ways. Practices like breathwork, meditation, or mindful movement proactively rebalance the nervous system, reducing anxiety, improving sleep, and digestion, and boosting overall health.

5. Deeper Connections: As social beings, community, relationships, and belonging are hard-wired in our biology, making us feel safe, valued, and part of the

whole. Prioritizing in-person interactions fosters a sense of belonging, thus contributing to overall well-being in our fast-paced world.

6. Clear Purpose: Everyone needs a purpose or passion that fuels the soul and brings joy to daily living. Whether tending a garden, creating art, or volunteering, having a purpose significantly contributes to happiness and overall health.

7. Clean Environment: Our environment, including the air we breathe, the food we eat, cleaning supplies, and skincare products, introduces various chemicals and toxins that can harm our health. Awareness, reduced exposure, and proactive detoxification help our body maintain balance to function properly.

Once you've identified your key areas for improvement, establish one or two realistic and measurable goals you are willing to invest in and build on over time. Be sure to enlist the support of family and friends, regularly reviewing progress and celebrating achievements. And remember, perfection isn't the goal; instead, it's the small, incremental changes that pave the way for personal transformation over time.

Finally, you can rest assured in knowing that your body is a brilliantly designed and intelligent system capable of achieving and maintaining life-long health and wellness. You simply need to support it in doing what it does best!

Wishing you and yours a happy, healthy, and empowered 2024!

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By Jessie Gurniak

High-Intensity Interval Training (HIIT) has emerged as a fitness phenomenon that is reshaping the way we approach exercise. In a world where time is a precious commodity and efficiency is key, HIIT has risen to prominence for its promise of maximum results in minimal time.

HIIT is a workout strategy characterized by short bursts of intense, heart-pounding activity followed by brief periods of rest or lower-intensity exercise. The aim is to push the body to its limits during the high-intensity intervals. This cycle is repeated throughout the workout, creating a dynamic and challenging experience.

The versatility of HIIT workouts allows individuals to tailor the intervals to their fitness levels and goals. Whether it's sprinting, cycling, jumping, or incorporating strength training exercises, the key is to maintain maximal effort during the high-intensity periods. This approach not only maximizes calorie burn but also engages multiple muscle groups, contributing to overall strength and toning.

After a high-intensity workout, the body continues to consume oxygen at an elevated rate during the recovery period.

This increased oxygen consumption translates to an extended calorie burn, even after the workout has concluded. The afterburn effect, scientifically known as excess post-exercise oxygen consumption (EPOC), is a crucial aspect that distinguishes HIIT from traditional exercise methods.

HIIT's impact on fat loss goes beyond the immediate calorie burn. Studies have indicated that HIIT may be particularly effective in reducing visceral fat—the deep-seated fat stored around internal organs.

THE POWER OF HIIT



This type of fat is associated with various health risks, including cardiovascular diseases and metabolic disorders. As technology continues to advance, the future of HIIT looks promising with an increasing focus on personalization. Fitness apps and wearable devices provide individuals with the tools to customize their HIIT workouts, monitoring heart rate, intensity, and recovery periods.

This personalization not only optimizes the effectiveness of HIIT but also ensures a safer and more tailored approach for each individual.

While HIIT delivers impressive short-term results, its long-term sustainability is equally important. As individuals incorporate HIIT into their fitness routines, it's essential to prioritize recovery, proper nutrition, and injury prevention. Incorporating low-impact activities, such as swimming or cycling, on rest days can help promote active recovery while minimizing the risk of overuse injuries.

HIIT has transcended the boundaries of a mere workout routine and has become a lifestyle embraced by a diverse range of individuals.

Its adaptability, time efficiency, and holistic benefits make it a viable choice for those seeking a well-rounded approach to health and fitness. Whether you're a busy professional, a fitness enthusiast, or someone starting their fitness journey, HIIT provides a dynamic and inclusive platform for achieving personal wellness goals.

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Meet Eric Passa, a real estate agent, with Key Solutions Realty, whose journey from personal training to property sales has been defined by a deep understanding of people and quality service. With a background spanning eight years in the fitness industry, Eric brings a unique perspective to the world of real estate, blending empathy, sales acumen, and a passion for helping others achieve their goals. Eric transitioned seamlessly from motivating clients to push their physical limits to guiding them through the complex process of buying or selling their homes. Drawing from the lessons learned in the service industry, Eric excels in building trust, understanding individual needs, and delivering exceptional results. Having navigated the competitive landscape of personal training, Eric brings a tenacity and drive to real estate that sets him apart. He understands the importance of listening intently to clients, identifying their unique aspirations, and crafting tailored solutions that exceed expectations. Whether it's finding the perfect home for a growing family or securing a lucrative investment property, Eric is committed to ensuring every client receives the highest level of care and attention. With a firm belief that success is built on relationships, Eric approaches each transaction with integrity, professionalism, and a genuine desire to make a positive impact in people's lives. His ability to connect with clients on a personal level, coupled with their expertise in negotiation and market analysis, makes him a trusted advisor in the real estate realm.

Whether you're a first-time buyer, seasoned investor, or looking to sell your property, Eric is here to guide you every step of the way. Get in touch today and experience the difference of working with a real estate agent who truly understands people, sales, and service.

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body TRANSFORMATIONS WITH CORY



Photos taken at: Movati Athletic, Windsor

Meet Cory Marchildon, a lifelong devotee to the world of fitness and physical well-being. Raised in a family that instilled a deep appreciation for an active lifestyle from an early age, Cory's journey has been one of constant evolution and dedication.

Who is Cory?

I was born and raised in the world of fitness since childhood, brought up in a family that prioritized an active lifestyle. From early involvement in sports like hockey and baseball to eventually finding a passion for bodybuilding, I've maintained a commitment to physical wellbeing, including mixed martial arts and powerlifting. My wife shares a similar enthusiasm for fitness, and together we've explored various disciplines. Alongside my fitness journey, I also run Supreme Basement Solutions.

How long have you been keeping an active and fit lifestyle?

I've been doing this for over 40 years now. However, I did fall off the wagon with it and became obese for 8 years due to an injury that prevented me from doing what I love. I got back into it when I was 48 and weighed 287 pounds. Now I'm 220 pounds, losing 67 pounds over the course of 2 years, and have gained muscle.

What's your nutrition like?

I eat around 4000 calories a day as part of my bulking routine, spread across six meals. My protein intake is notably high, ranging from 260-300 grams daily, equivalent to what a normal person might eat in a week. I avoid soda drinks and alcohol, occasionally indulging in a cheat meal-like fried food-or a chocolate bar once a week. Adequate sleep of at least 8 hours and a daily water intake of 2 liters are important parts of my nutrition plan.

What are your key workouts?

I engage in daily workouts from 5 am to 6 am, focusing on strength training. Additionally, I incorporate an hour of cardio at night, either on the incline for 3 miles or the Stairmaster at 10 miles per hour for 30 minutes.

Do you do any stretches as part of your routine?

Surprisingly, I don't include stretching in my routine. However, I do occasionally train clients, emphasizing the importance of flexibility in their workouts.

Do you practice meditation as part of your fitness routine?

Yes, I integrate daily meditation into my routine, dedicating 30 minutes to colouring as a form of mindfulness and relaxation.

From his daily workouts and disciplined nutrition to the incorporation of mindfulness through meditation, Cory's approach serves as an inspiration for anyone seeking a balanced and enduring fitness lifestyle.





UNLOCKING GLUTE GAINS:

EFFECTIVE EXERCISES FOR
SCULPTING YOUR BACKSIDE:



By Jono Macri

In the realm of fitness, achieving sculpted and toned glutes is a common goal for many individuals seeking to enhance their physique and improve overall strength and stability.

Whether you're a seasoned gym-goer or a rookie looking to elevate your workout routine, incorporating targeted exercises to grow your glutes can help you achieve your desired results. In this article, we'll explore some specific exercises that are highly effective for sculpting and strengthening those good 'ol glutes!

1. Barbell Hip Thrusts:

Barbell hip thrusts are a powerhouse exercise for targeting the glutes, particularly the gluteus maximus, aka "the peach", aka "the money maker", aka "baby got back". To perform this exercise, sit on the ground with your upper back against a bench and a barbell across your hips. Plant your feet firmly on the ground, hip-width apart, and drive through your heels to lift your hips towards the ceiling. Squeeze your glutes at the top of the movement, then lower back down with control. Aim for 4 sets of 8-12 reps.



2. Romanian Deadlifts:

Romanian deadlifts primarily target the hamstrings and glutes while also engaging the lower back and core. To perform this exercise, stand with your feet hip-width apart and hold a barbell or dumbbells in front of your thighs. Keeping your back straight and knees slightly bent, hinge at the hips and lower the weight towards the ground, feeling a stretch in your hamstrings. Engage your glutes and hamstrings to return to the starting position. Aim for 4 sets of 8-10 reps.



3. Bulgarian Split Squats:

Bulgarian split squats are a unilateral exercise that targets each leg individually, helping to correct muscle imbalances and strengthen the glutes and quadriceps, it's also the bane to my existence, and a movement you will most definitely feel the next day. To perform this exercise, stand in a split stance with one foot elevated on a bench or step behind you. Lower your body towards the ground by bending your front knee, keeping your chest upright and core engaged. Push through your front heel to return to the starting position. Aim for 3 sets of 10-12 reps per leg. Increase the weight each week for faster gains.





4. Glute Bridges:

Glute bridges are a fundamental exercise for activating and strengthening the glutes. To perform this exercise, lie on your back with your knees bent and feet flat on the ground. Press through your heels to lift your hips towards the ceiling, squeezing your glutes at the top of the movement. Lower back down with control and repeat. For an added challenge, you can place a resistance band around your thighs or elevate your feet on a bench. Aim for 3 sets of 15-20 reps.

5. Sumo Deadlifts:

Sumo deadlifts target the glutes, hamstrings, and inner thighs, making them a great compound exercise for overall lower body development. To perform this exercise, stand with your feet wider than shoulder-width apart and toes turned outwards. Grip the barbell with your hands inside your legs and hinge at the hips to lower the weight towards the ground. Drive through your heels to lift the weight back up, squeezing your glutes at the top. Aim for 3 sets of 8-10 reps.



6. Cable KickBacks:

Kickbacks are a great end to your glute workout. Simply strap one leg to the lower cable hook and drive your heel to the sky squeezing the leg being lift at the top of your lift. Progressively overload each set (fancy word for move the pin lower) as you do 3 sets of about 12 reps. Make sure you remember to switch legs and do the same 3 sets and 12 reps. By the end of these 6 exercises you should have very little fuel left in your tank.



Incorporate these exercises into your regular workout routine, focusing on proper form and technique to maximize results and minimize the risk of injury. Remember to progressively increase the weight and intensity of your workouts as you become stronger and more comfortable with the movements. With dedication, consistency, and a well-rounded approach to training, soon enough people will mistake you for JLo at the grocery store!

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IT'S A BIRD...
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By Danny Gautama
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Here we go. Another year's gone by. Twelve months—365 days—just flew by faster than Superman. I always feel that the older I get the more time seems to Superman by.

Get it? As in fly fast like Superman. That is a cheesy joke, Danny. Okay, fine. Anyway, that makes me think. Wow... I am getting older and my time is limited. So, I ask myself, am I living my life to the truest potential? Where was I last year compared to where I am today? Am I satisfied with the results?

Now, to answer these questions, I would say I am pleasantly pleased with my growth. You might be asking, "Danny, what did you do?" Well, I followed four small rules every year, and these powerful four have helped and worked for me and my endeavours.

But that's the thing. We must have some sort of plan to achieve something. Without a plan we are lost and going in every direction, only to be stopped by a dead-end zone. I am a big believer in resolutions because it keeps me on track and focused. To be honest, a resolution does not have to be on the first day of every year. But it can if you want it to.

A resolution starts when you first believe that you can do something. You have made a pact with the universe that you are ready to do something great for your life. You are at the starting position and ready to kick some serious you know what. Oh, what the heck, I'll say it. You are ready to kick some serious ASS!

I simply see every day as a resolution, and what that does is make me evolve every day. Live by the day. Let that be your resolution. So, let's say you have a goal. We obviously need a plan, a strategy, and then we take action. I like to revolve my powerful four on these below:

PASSION • MINDSET FOCUS • CONSISTENCY

THESE CAN HELP YOU ACHIEVE ANYTHING!

PASSION

Without passion there is no need to do anything. I want you to feel that accomplishment before you even start working on it. Feel that joy. The harder you put in your effort, the faster the reward. Live happily and with passion. What is life without passion? It is boring. Passion fuels our drive and intensity to live our life to the fullest.

I want you to live limitless. Whatever you do and focus on, then do it with so much love you will be great at it. Put in the work but be passionate when you do it. That is when you know you found your calling.

Mindset

Our mindset is everything. It is the greatest gift we have in addition to our strength. With a strong mindset, anything in this world is possible. The only reason why many don't dream big is because either it takes hard work, or they don't believe they can. If their mindset is that way, then they won't do it.

Your mindset should not be based on what others say or have done to you. It should not be based on a rejection or a setback. It is based on the beautiful mind that you were given and believing that this beautiful mind can make miracles happen. The bottom line is you can. It is not only a matter of believing you can, but how bad you want it.

"I can't" mindset: I can't means ZERO. You will not take any action because you don't believe you can do it. You must eliminate this.

"I want to" mindset: "Want" is like, "yeah, I think I can, but I don't have the time. It is not much of an urgency. But I will eventually get to it." Eliminate this because you are at a 50/50 chance of doing something, and the passion is not fully there.

This is why I tell people to stick with "I must." "Must" creates an urgency and a determination to go all the way, regardless of any setbacks. When your life is a "must," your reward will always be "I did it."

If you can't stop thinking of accomplishing something, you have already instilled "I will" in your mind. Now, you have set your mindset to success. You are not worried about failing. Your concern is getting what you deserve.



FOCUS

Whatever you put your focus and attention on is going to show by your results. If someone watches TV or plays video games all day every day, then what are the results? The results will be empty.

However, if that same person decides to find something to pursue and focus on something positive, then what is going to happen? They will enable themselves to take positive actions with the power of focus. With focus, you don't care what shirt your friend wore, what TV show is playing on Netflix, or what your neighbour is doing at this moment. You are like, "I am going to make my life extraordinary. I have no time, but time to move ahead."

CONSISTENCY

One of my favourite words is consistency, because consistency means growth, evolution, and success. Let's be honest here, without any consistency towards a goal, we tend to stop. It's like a person going to the gym to lose weight. They felt good for a week, but what happened? Life happened. They then go once a week and suddenly they flat out stopped going to the gym. They subsequently go back to their old routine.

Anything you are after, don't stop. Go all the way. And most importantly, keep learning as you keep evolving. The bottom line is that you can start anytime you want. But before you start, have a goal, set a plan in mind, and start ASAP. Don't wait for a special day to start or a holiday. You can start today if you are all ready to go.



I believe in you. But do you believe in you? I hope so. It's time to make 2024 a beautiful year of joy, happiness, abundance, good health, wealth, peace, and success.

Don't worry too much about him, her, or anyone else's life. It is called your life for a reason, and your life requires your attention today. It is saying let's make magic happen in this world, and magical people like you do that the best. 2024 or 2054, it does not matter what year it is, all that matters is that our positive mindset remains the same. We must continue to strive and go forward. We are resilient, brave, and strong enough to keep evolving. We will NOT stop.

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TRUSTING YOUR GUT



By Jessie Gurniak

In recent years, there has been a renewed interest in gut health, and for good reason. The gut, often referred to as the “second brain,” plays a crucial role in digestion and our overall well-being.

As we explore the latest trends in gut health nutrition, the importance of trusting your gut takes centre stage, guiding us through the maze of information and helping us make informed choices for our digestive wellness.

Trusting your gut in this trend means incorporating a variety of fermented foods into your diet to promote the diversity of beneficial bacteria in your gut. The fermentation process enhances the availability of nutrients and the presence of probiotics, contributing to a healthy and balanced gut microbiome. Examples include kimchi, miso, and traditional pickled vegetables, each offering a unique blend of flavours and textures while supporting your gut health journey.

Kimchi, a staple in Korean cuisine, is made from fermented vegetables, typically cabbage and radishes, seasoned with a mixture of chili pepper, garlic, ginger, and other flavorful ingredients. The fermentation process not only gives kimchi its distinct taste but also increases the abundance of beneficial bacteria like *Lactobacillus*, known for its positive impact on gut health. Incorporating kimchi into your meals can be a delicious and nutritious way to support your gut microbiome.

Traditional pickled vegetables, such as sauerkraut, showcase the art of fermentation in an impactful way. Cabbage undergoes a fermentation process, facilitated by lactic acid bacteria, resulting in sauerkraut's tangy taste. Trusting your gut and incorporating sauerkraut into your diet not only introduces probiotics but also provides a rich source of fibre and vitamins. Pairing sauerkraut with meals or as a topping for salads can elevate both the taste and nutritional value of your dishes.

In addition to fermented foods, another trend gaining traction in gut health nutrition is the consumption of bone broth. This nutrient-rich broth is made by simmering animal bones and connective tissue, releasing compounds like collagen, gelatin, and amino acids. Proponents suggest that bone broth can support gut health by providing essential nutrients for gut lining repair and reducing inflammation. Trusting your gut in this trend involves experimenting with incorporating bone broth into your diet and observing how your body responds.

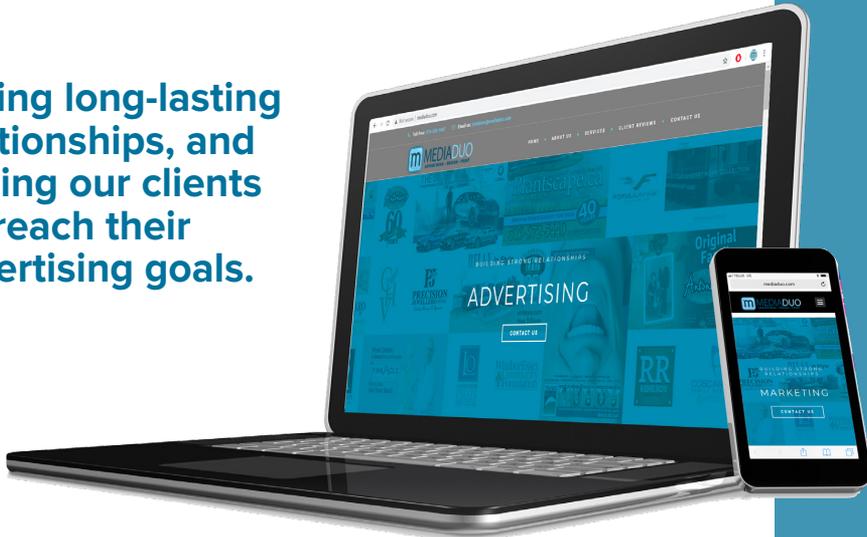
Gut health nutrition trends extend beyond food choices to include lifestyle factors such as sleep, exercise, and hydration. Adequate sleep is essential for gut health, as disruptions in sleep patterns can negatively impact the gut microbiome and digestive function. Trusting your gut in this area involves prioritizing quality sleep and establishing consistent sleep habits that support overall well-being.

As you embark on your journey to optimize gut health through nutrition trends, it's crucial to keep in mind that individuality plays a significant role. What works for one person may not necessarily work for another. Trusting your gut involves paying attention to how your body responds to different foods, lifestyle practices, and dietary trends. It means being open to experimentation, observing the outcomes, and adjusting accordingly to find the approach that aligns best with your unique needs. Speak with your doctor before making changes to your diet.

Whether you're incorporating fermented foods, bone broth, prioritizing sleep and exercise, or embracing a whole-foods-based diet, your gut can be a reliable guide on your path to digestive wellness. Remember, in the realm of gut health, trusting your gut is the key to unlocking a healthier and more balanced you.



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