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MAGAZINE

WINDSORBODY.COM ISSUE 94

**DR. DONNA  
JEZDIC**

REDEFINING  
AESTHETIC  
CARE







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# THE FANCSY FAMILY HOSPITAL

HONOURING THE LEGACY OF JOHN THOMAS FANCSY



This extraordinary act of philanthropy is a testament to John's vision for the community he loved so deeply.



– Ashley Weeres, Interim Executive Director of Windsor Regional Hospital Foundation



To recognize and celebrate a transformational gift of approximately \$40 million from the late John Thomas Fancsy, the New Windsor/Essex Acute Care Hospital will be named The Fancsy Family Hospital.

John Fancsy was a lifelong resident of Windsor-Essex who cared deeply about his community. He was a brilliant engineer with family roots in the automotive sector, and he was instrumental in growing the local wine industry as the co-founder of Viewpointe Estate Winery.

In a remarkable act of generosity, John chose to leave a very generous donation to the new hospital in his will: a lasting gift to the community he loved.

John's gift marks a milestone in the realization of our new hospital and is a powerful demonstration of the impact of planned giving. John's visionary legacy will help ensure the health and wellbeing of Windsor-Essex for generations to come.

Windsor Regional Hospital Foundation will be forever grateful to John Fancsy for his incredible generosity and vision.



LEARN MORE ABOUT JOHN FANCSY AND THE FANCSY FAMILY HOSPITAL AT  
[WRH.ON.CA/FANCSYFAMILYHOSPITAL](http://WRH.ON.CA/FANCSYFAMILYHOSPITAL)





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# ESTEEM

MEDICAL ESTHETICS

Partner of DERMAPURE GROUP

***“Feeling good about yourself and taking care of your skin isn’t vanity—it’s confidence, prevention, and wellness combined. At Esteem, we’re here to help you look and more importantly feel your best.”  
- Dr. Jezdic.***





# REDEFINING AESTHETIC CARE

By Jessie Gurniak

For over 23 years, Dr. Jezdic and her team at Esteem Medical Esthetics have been redefining non-surgical cosmetic care in Windsor-Essex County. As one of the first physicians in the region to offer medical esthetic treatments, Dr. Jezdic has built her reputation on patient trust, safety, and natural-looking results. Her story is one of innovation, leadership, and dedication to elevating the standards of medical esthetics in Canada.

Esteem stands apart for its holistic, patient-first philosophy. Every treatment plan is personalized, emphasizing natural, refreshed results grounded in evidence-based treatments. With more than 25 medical-grade devices and 50 customizable treatments, Esteem offers a full spectrum of options—from medical skincare and laser rejuvenation to injectables and body contouring.

In 2023, Esteem partnered with the Dermapure Group, Canada's largest physician-led aesthetic network. This partnership has helped further elevate the brand and strengthen operations, while giving patients access to world-class technologies, research, and the best practices within the industry. This strategic collaboration marks a pivotal milestone for Esteem, empowering the clinic to deliver forward-thinking care while advancing its position as a trusted leader in the field of aesthetic medicine. Through this evolution, Esteem continues to uphold its reputation for excellence, integrity, and patient-centered care.

The Esteem partner of Dermapure's team includes registered nurses, doctors, medical estheticians, and skin specialists who receive continuous advanced training. "Ongoing education is non-negotiable," says Dr. Jezdic. "Our staff regularly train with the best to ensure we maintain the highest standards of safety and techniques."



Dr. Jezdic was raised in a hard-working immigrant family in Windsor, where she was taught the true value of perseverance, humility, and purpose. From a young age, she had a passion for beauty and helping others—a combination that would later define her career.

She completed a dual undergraduate degree at the University of Windsor in Psychology and Nursing, before earning her medical degree from Western University in 1992. Early in her career, she served as a Nurse Practitioner working closely with Indigenous communities in Northern Ontario. This experience had a profound impact on her professional philosophy. Witnessing the cultural strength, community spirit, and resilience of the people she served coupled with the realities of limited access to care deepened her belief that healthcare must be compassionate, inclusive, and grounded in meaningful patient-centered care.

After several years in family practice, Dr. Jezdic discovered a growing fascination with the emerging field of aesthetic medicine. A discipline that harmonizes science with artistry. Drawn to its ability to restore not only appearance but confidence, she recognized an opportunity to redefine patient care through precision, integrity, and innovation.



In 2003, she founded Esteem Medical Aesthetics—an intimate space built on the philosophy of natural results, medical excellence, and elevated care. Over the years she has dedicated her career to advancing the field, being a pioneer in the industry.

As a true leader in the industry, Dr. Jezdic travelled extensively to train alongside globally recognized experts, continuously refining her craft and staying at the forefront of evolving techniques. Her dedication to advancing the profession has led to contributions across education, medical research, and clinical leadership—including teaching, lecturing, and advisory roles.

Despite her accomplishments, what continues to inspire Dr. Jezdic most is the human connection at the heart of her work—the privilege of treating patients and creating meaningful impact within her community.

From its humble beginnings, Esteem has evolved into a premier destination for advanced aesthetic care, now thriving in two locations. With a team of 18 highly trained professionals, and a loyal patient community who trust in its standard of excellence, such growth is intentional, built with vision, purpose, and people.

“As a clinic, we don’t grow unless we grow together,” says Dr. Jezdic. “I’m fortunate to work with passionate, exceptionally trained individuals who are deeply devoted to their craft and to the patients we serve.”

Growth, however, is not only measured by size, but in legacy. Dr. Jezdic now works closely with her daughter, Kristina, who has become an integral part of the aesthetic team over the past seven years. After graduating from nursing in 2022, Kristina continued her clinical journey as a Cosmetic Injector, bringing a modern perspective and a shared dedication to patient care.

“Working alongside Kristina, watching her connect with patients and carrying forward the values Esteem was built on—is one of the

greatest joys of my career,” says Dr. Jezdic. Esteem has an incredible team of technicians who offer a full range of treatments. From medical facials, microneedling to advanced laser resurfacing and body contouring,” says Dr. Jezdic. But when it comes to the most popular treatments she says “skin health, neuromodulators, and fillers are the most common.”

When it comes to new technologies Dr. Jezdic believes that “regenerative medicine is the future. We’re shifting toward a more holistic approach—treating the skin from within by stimulating the body’s natural healing processes.” Bio-stimulating fillers and skin boosters are at the forefront of this movement, helping patients achieve longer-lasting, more natural rejuvenation.

Every patient journey begins with a thorough consultation—often using advanced skin analysis tools, like a SkinScope, to assess skin health and discuss goals. Treatment plans are customized, and patients are educated every step of the way. “We want our patients to understand their skin, their options, and what’s realistic,” says Dr. Jezdic. “Follow-up care is equally important—we stay connected to ensure the best, long-term results.”

The team is thrilled to be hosting their Annual Customer Appreciation Open House on November 13<sup>th</sup>, with Dr. Jezdic saying that it’s their “favourite event of the year, with prizes, giveaways, and 15% off gift cards.” This year, SkinCeuticals joins as Esteem’s main sponsor, offering complimentary skin analyses during the event.

“Healthcare is self-care,” says Dr. Jezdic. “Feeling good about yourself and taking care of your skin isn’t vanity—it’s confidence, prevention, and wellness combined. At Esteem, we’re here to help you look and more importantly feel your best.”

# ESTEEM

MEDICAL ESTHETICS

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A woman with long blonde hair, wearing a white lab coat over a white ribbed top, is smiling and looking down at a patient. She is holding a white, handheld medical device with a circular screen and a blue handle, which she is using on the patient's face. The patient is lying down, looking up at the device. The background is a light blue wall with a large, curved white light fixture hanging from the ceiling.

# ESTEEM

MEDICAL ESTHETICS

Partner of DERMAPURE GROUP

***“Regenerative medicine is the future. We’re shifting toward a more holistic approach—treating the skin from within by stimulating the body’s natural healing processes.” - Dr. Jezdic.***



# A NIGHT TO REMEMBER:

PARADE  
of Chefs

## FLAVOURS OF PASSION IGNITES SUPPORT FOR LOCAL HEALTHCARE

***On Saturday, September 27<sup>th</sup>, 175 guests stepped into a world of colour, rhythm, and flavour at Chatham-Kent Health Alliance Foundation's (CKHAF) annual Parade of Chefs Charity Gala.***

By Andrew DeBoer

This year's theme—Flavours of Passion—transformed the John D. Bradley Convention Centre into a celebration of Spanish-inspired elegance and community spirit. From dazzling flamenco performances to an unforgettable culinary showcase, the evening radiated energy, excitement, and a shared purpose: to strengthen healthcare close to home.

By the time the final song played and the last plate was cleared, the Foundation had raised an astounding **\$210,005** in support of Chatham-Kent Health Alliance (CKHA), a number that speaks volumes about the heart and generosity of this community.

## A FEAST FOR THE SENSES

Guests were treated to an extraordinary culinary journey crafted by some of the region's most talented chefs and restaurants: The Ghurka Lounge, Forte Resto-Lounge, The John D. Bradley Convention Centre, Bambinas, Yardie Vibe, and special guest chef The Spanish Pig.

***"Every ticket purchased, every sponsorship, every bid in the auction, it all makes a difference,"***

*-Christine Mitchell, President & CEO*







***“Together, we’re helping ensure that when someone in our community needs care, the best possible resources are right here at home.”***

*-Christine Mitchell, President & CEO*

Each offered a signature dish inspired by passion and creativity—from bold international flavours to comforting local favourites—resulting in a multi-station dining experience that delighted every palate. Together, the chefs created not just a meal, but a story told through food: one of artistry, collaboration, and love for community.

Of course, no Parade of Chefs would be complete without the sights and sounds to match. Throughout the evening, guests were captivated by live flamenco performances, accompanied by vibrant music, dancing, and breathtaking décor. Every detail, from the lighting and colour palette to the rhythmic pulse of the entertainment, was designed to bring the theme to life in spectacular fashion.

## GENEROSITY IN MOTION

While the décor and dishes dazzled, it was the generosity of those in attendance that truly defined the night.

One of the most inspiring moments came during the Foundation’s first-ever \$10K in 10 Minutes Challenge. Guests rose to the occasion in dramatic fashion, donating an incredible **\$15,000** in just 10 minutes in support of CKHA’s Patient Assistance Fund. The outpouring of support was a visible reminder of how much this community cares, and how powerful collective generosity can be when people rally together for a shared cause.

The gala also featured the Parade of Chefs Online Auction, made possible by dozens of local businesses who donated products, services, and experiences. The auction gave supporters across the region a chance to take part, adding even more momentum to the total raised for local healthcare.











## COMMUNITY AT THE HEART

Behind every successful event is a community that believes in the cause. This year's gala was supported by an outstanding group of sponsors, led by CIBC Private Wealth: The Seabrook Financial Group as Ultimate Sponsor, and Precise ParkLink and TD Bank Group as Diamond Sponsors.

The Foundation also recognized its Gold Sponsors—Apollo Property Management and Willow Ridge Golf & Country Club, CIBC, CM Design & Print, JMC Distributing, St. Clair College Alumni Association, Unique Tool & Gauge (UTG), and TekSavvy Solutions Inc.—for their unwavering commitment to local healthcare.

From long-time partners to first-time supporters, every sponsor played a vital role in making the evening a success. Their generosity not only fueled an unforgettable event, but directly supports the purchase of essential hospital equipment, facility upgrades, and innovations in patient care.

## IMPACT BEYOND THE EVENING

The funds raised through Parade of Chefs will help ensure that CKHA's care teams have access to the tools and technology they need to deliver exceptional care to patients across from Chatham-Kent and beyond.

From surgical innovation and diagnostic imaging to patient comfort and accessibility, the Foundation's investments touch nearly every corner of the hospital. Each dollar raised represents improved outcomes, faster diagnoses, and better experiences for patients and their families.

This is the true power of philanthropy: turning moments of joy, generosity, and community connection into life-changing impact within the walls of the hospital.

## A LEGACY OF PASSION AND PURPOSE

As the evening drew to a close, one thing was clear: Parade of Chefs was about more than great food or beautiful performances. It was about people—neighbours, colleagues, families, and friends—coming together to celebrate what makes Chatham-Kent special: its compassion, unity, and unshakable commitment to one another.

For CKHAF, events like Parade of Chefs are about more than raising funds. They're about building relationships and strengthening the bond between the hospital and the community it serves.

"Every ticket purchased, every sponsorship, every bid in the auction, it all makes a difference," said Christine Mitchell, President & CEO of the Foundation. "Together, we're helping ensure that when someone in our community needs care, the best possible resources are right here at home."

## THE HEART BEHIND THE HOSPITAL

As the Foundation looks ahead to its next season of giving, one thing remains constant: the belief that great healthcare starts with great community support.

Because when people come together—in a ballroom filled with laughter, on a golf course under the summer sun, or through a heartfelt donation online—remarkable things happen. The success of this year's Parade of Chefs is proof of that.

To learn more about the Chatham-Kent Health Alliance Foundation, its upcoming events, or how you can support local healthcare, visit [www.ckhaf.ca](http://www.ckhaf.ca).





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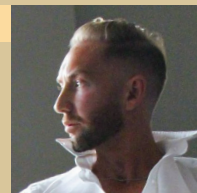


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By Jono Macri

# STRONG IS THE NEW SEXY

## WHY WOMEN NEED TO LIFT WEIGHTS

Photographer: Jono Macri  
Fitness Model: Alana Hadadean  
Location: Movati Athletic





**If you've ever wandered past the free weights section at the gym, you've probably noticed a sea of dumbbells, barbells, testosterone, grunting, and a suspicious lack of women. Many still gravitate toward cardio machines, yoga mats, or the latest spin class (all fantastic for overall health).**

**But here's the truth: if you want the ultimate body transformation—toned arms, a perkier butt, and a tighter waistline—you MUST delve in the world of weight training! It's a non-negotiable!**

For years, myths have kept women away from lifting. "I don't want to get bulky" ranks number one on the list. But science says otherwise. According to the American Council on Exercise, women have significantly lower testosterone levels than men, making it physiologically impossible to "bulk up" in the same way that men do. What actually happens when you pick up those weights? Your body burns more fat, sculpts lean muscle, and revs up your metabolism—basically, all the things most of us want.

#### **The Body Composition Secret**

Here's the magic: lifting weights doesn't just make you stronger, it changes your body's composition. Unlike cardio, which primarily burns calories in the moment, strength training builds lean muscle tissue. And muscle is metabolically active—it burns calories even while you're Netflix-bingeing.



# MORE MUSCLE = MORE CALORIE BURN = A LEANER, TIGHTER, SCULPTED BODY.

Want arms that don't look like bat wings when you wave? Tricep overhead pullovers will get you there! Dreaming of a higher, firmer butt? Squats and hip thrusts should be at the top of your list. And that toned waistline? It's not about crunches—it's about compound lifts that fire up your core with every rep.

## Benefits Beyond the Mirror

Yes, weightlifting can reshape your body, but the perks go far beyond aesthetics:

- **Bone Health:** Research published in the *Journal of Bone and Mineral*
- **Research shows resistance training increases bone density, lowering the risk of osteoporosis.**
- **Metabolism Boost:** A study in *Sports Medicine* found that strength training elevates your resting metabolic rate for up to 48 hours post-workout. That means you're torching calories long after you've left the gym vs getting off the treadmill and ending your calorie burning session.
- **Hormonal Harmony:** Strength training improves insulin sensitivity and can help regulate hormones linked to fat storage.
- **Confidence Kick:** Lifting heavy things and putting them back down is oddly empowering. You'll walk taller, both literally and figuratively.

## Classes Are Great, But...

Don't get me wrong—yoga, spin, Pilates, and dance classes all deserve a gold star. They're fantastic for cardiovascular health, mobility, and stress reduction. But if the goal is a truly transformative shift in how your body looks and feels, weight training needs to be the main character, not just a sidekick. Think of classes as the sprinkles on your fitness sundae, with strength training as the scoop of protein-packed ice cream.





## WHERE TO START?

You don't have to hoist massive barbells on day one. Bodyweight movements like push-ups and lunges are a solid starting point. From there, progress to dumbbells, kettlebells, and eventually the big lifts. Three to four strength-focused sessions per week can deliver visible results within months.

## HERE IS A SAMPLE FOUR DAY WORKOUT SPLIT:

### Day 1 – Lower Body (Glutes & Hamstrings)

- Hip Thrusts – 4 x 12–15
- Romanian Deadlifts – 4 x 10–12
- Walking Lunges – 3 x 12 each leg
- Glute Kickbacks – 3 x 15–20
- Jump Squats – 3 x 20

### Day 2 – Upper Body (Push & Pull)

- Incline Dumbbell Press – 4 x 10–12
- Shoulder Press – 4 x 12
- Lat Pulldown – 4 x 8–10
- Lateral Raises – 3 x 15
- Triceps Rope Pushdowns – 3 x 12–15

### Day 3 – Lower Body (Quads & Glutes)

- Bulgarian Split Squats – 4 x 10 each leg
- Squats or Goblet Squats – 4 x 10–12
- Step-Ups – 3 x 12 each leg
- Leg Press – 4 x 12–15
- Side Band Walks – 3 x 20

### Day 4 – Upper Body (Back, Arms & Core)

- Pull-Ups (assisted if needed) – 4 sets to failure
- Dumbbell Rows – 4 x 8–10
- Arnold Press – 4 x 12
- Biceps Curls – 3 x 12–15
- Plank with Shoulder Taps – 3 x 45 sec

This split is simple, effective, and scalable: adjust weight to your fitness level. Legs get hit twice weekly for growth, tone, and strength. It's also upper body balanced between push, pull, and core.

## THE BOTTOM LINE?

Strong is not bulky. Strong is sculpted, lean, and functional. Strong is in being confident putting on that dress or bathing suit. Strong is empowering. Strong is Sexy. If you want that higher butt, tighter arms, and a snatched waist, put weight training on your to-do list, right between coffee, kids and conquering the world.

JONO MACRI





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# The Ultimate Fall Skincare Guide

Smart tips to keep your skin radiant, hydrated and healthy all season long.

When fall arrives, the skin undergoes both visible and internal changes. It becomes drier, more sensitive and can even worsen pre-existing conditions. Facial skin, being one of the most delicate areas, is also among the most affected. To avoid discomfort and maintain balance, it's worth creating a skincare ritual tailored specifically for this season.







***We've gathered nine practical tips to help you adapt your routine for the colder months. Check them out!***



By Paula Just

### ***1. Intensive Hydration***

Dry air and strong winds can strip the skin of moisture. To prevent this, choose moisturizers enriched with hyaluronic acid, ceramides, or d-panthenol, which strengthen the cutis' natural barrier. Opt for richer creams and lotions to replenish lost hydration and apply them daily on both face and body.

### ***2. Watch the Water Temperature***

On chilly days, hot showers are tempting, but overly warm water removes the skin's pure oils and increases dryness. Stick to warm or cool water whenever possible.

### ***3. Don't Over-Cleanse***

With lower humidity, skin naturally becomes drier. Over-washing can worsen this and, in oily skin, may even trigger rebound oil production.

### ***4. Gentle Exfoliation***

Exfoliation helps remove dead cells and supports dermis renewal. Choose mild products that don't irritate, especially if your skin is sensitive. Overusing scrubs or sponges can damage it and strip away its protective barrier. Limit use to once a week or only when needed.

### ***5. Don't Skip Sunscreen***

Even on cloudy days, UV rays are still present and can damage the skin. Sunscreen remains essential throughout the entire season. Applying SPF every morning helps protect against premature aging. Don't forget often-missed areas like the neck, ears, and hands to ensure full protection against harmful UV exposure.



## **6. The Right Cleanser**

Your cleanser should match your skin type and specific needs. For the face, gentle and neutral formulas are best, as they clean without irritation. Making a careful choice helps keep your cutis less prone to sensitivity, acne, aging, and excess oil.

## **7. Boosting Ingredients**

Moisturizers with Vitamin C are excellent additions to your routine. Other effective ingredients like hyaluronic acid, niacinamide and ceramides promote cell renewal, and help maintain hydration balance.

## **8. Nourish Your Lips**

The lips are among the first areas to feel the effects of colder, drier weather, often becoming chapped or cracked. Nutritious lip balms, especially those with plant butters, natural oils, and Vitamin E, create a protective barrier and restore softness. Apply daily, before bed and as needed throughout the day, for healthy, well-nourished lips.

## **9. Face Masks**

Face masks are a fantastic way to give your skin an extra hydration boost. They enhance your routine and work as an intensive treatment to restore glow and softness. Homemade options like honey and oatmeal provide calming and nourishing benefits, while gentle clay masks promote renewal without drying. Ready-to-use cream masks or sheet masks offer concentrated formulas for quick, practical results. Including a weekly mask is a simple and enjoyable way to revitalize your skin.







### ***Beyond Skincare***

Skin health also starts from within and fall is the perfect time to focus on a balanced diet. Citrus fruits such as oranges and tangerines are packed with Vitamin C, which boosts collagen production and enhances natural radiance.

Nuts, seeds, and fish provide omega-3s, which are suitable for strengthening the skin barrier and decreasing inflammation. Vibrant vegetables like carrots, pumpkin, and spinach are rich in antioxidants. Together, these foods support hydration and cell regeneration, making skin more resilient to seasonal changes.

A good night's sleep is just as crucial as using the right products. During sleep, cell regeneration occurs, repairing damage from the day. That's why creating a nighttime ritual that combines relaxation with skincare is so beneficial.

Start with a thorough cleanse, follow with a nourishing serum and finish with a richer moisturizer that works overnight. Complement this routine with calming practices like herbal tea or deep breathing to improve sleep quality. Your skin (mind and body, too!) will be radiant the next day.





# *Menopause :*

*Which Foods to Prioritize and  
What to Avoid to Reduce Discomfort*





By Paula Just

# Experts highlight how nutrition can help women navigate this stage with a better quality of life.

When menopause arrives in a woman's life, it rarely presents itself with only the familiar hot flashes. Instead, it often brings a wide range of changes, including sleep problems, mood fluctuations, memory lapses, and physical transformations that extend well beyond what most people expect.

According to the Government of Canada's information, a woman officially reaches menopause when she has not had a menstrual period for 12 months. Public data also indicate that the average age of menopause in Canada is 51. The government further emphasizes that menopause is not only a physical transition; it also affects mental and emotional health. Fluctuating hormones can contribute to mood swings, anxiety, and even depression.

The good news is that experts confirm that adopting a balanced diet, along with supplementation when necessary, can help ease symptoms and improve both physical and emotional well-being. Recent scientific studies have identified specific food groups that play a crucial role in maintaining bone health, hormonal balance, and alleviating common discomforts during this stage.

A new secondary data analysis, published in the journal of The Menopause Society, confirmed that a low-fat vegan diet supplemented with soy can significantly improve menopausal symptoms and support weight loss, even when the diet includes highly processed plant-based foods.

Over a 12-week randomized trial, postmenopausal women who followed a vegan diet experienced a 92% reduction in severe hot flashes and lost an average of 3.6 kg, compared with almost no change in the control group on an omnivorous diet.

The study also highlights that the type of food source (plant vs. animal) has a more substantial impact on body weight and hot flash reduction than the level of food processing. These findings may influence dietary recommendations for women in midlife, suggesting that incorporating more plant-based foods can provide relief from menopausal symptoms while supporting overall health.

Based on that information, know what to include on your plate:

## Sources of Phytoestrogens

Soy-based products contain isoflavones, compounds that mimic estrogen and may help reduce hot flashes. Flaxseed, rich in lignans, also supports hormonal balance. Research suggests that up to 20 mg of isoflavones per day may lessen hot flashes, though caution is advised for women with a history of hormone-sensitive cancers.

## Sage (*Salvia officinalis*)

This herb has estrogen-like properties and may help reduce hot flashes and night sweats. It has also been linked to cognitive benefits and a calming effect.

Sage has estrogen-like properties and may help reduce hot flashes and night sweats.







Mind-body therapies, such as yoga, tai chi, and mindfulness, have shown positive effects on both emotional and physical symptoms.

### **Antioxidant-rich fruits and vegetables**

Berries, cruciferous vegetables and dark leafy greens like spinach help fight oxidative stress, a condition that can worsen menopausal symptoms. These foods also support healthy skin and tissues.

### **Proper Hydration**

The decline in sex hormones can impact the body's fluid regulation, making hydration even more essential. The general recommendation is about 33 mL of fluids per kilogram of body weight per day, which supports temperature regulation and digestive health.

### **Collagen with Calcium and Vitamin D**

Studies have shown that consuming 5 g of collagen peptides daily for one year contributed to increased bone mineral density in areas such as the lumbar spine and femur. When combined with weight-bearing exercise and a diet rich in calcium and vitamin D, the effects are enhanced.

Experts note that beyond reducing hot flashes and aiding weight management, plant-based diets are also associated with a lower risk of heart disease and cancer, reinforcing their value as a long-term lifestyle choice for women during and after the menopausal transition.

It is also important to know that some foods can make symptoms worse and should be consumed in moderation, like caffeine and alcohol. Both are associated with an increase in hot flashes and poorer sleep quality, which is already compromised during this phase. Highly spiced foods are also not recommended, as they can raise body temperature and trigger hot flashes.

Beyond nutrition, there are other strategies to ease the symptoms.

Regular physical activity, including aerobic exercises, strength training, and low-impact practices, helps control weight, stabilize mood, improve sleep, and strengthen bones and muscles.

**Quality sleep:** sticking to a consistent bedtime routine, avoiding screens and creating a restful environment can reduce insomnia and nighttime awakenings.

**Hormone Therapy:** remains the most effective option for relieving vasomotor symptoms, though medical evaluation is necessary to assess risks and benefits.



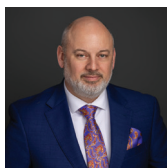
**Supplementation:** calcium, vitamin D, and collagen support bone health, while omega-3 fatty acids and magnesium may help with mood and metabolic balance.

**Acupuncture and herbal medicine:** some studies suggest that acupuncture can ease hot flashes, and herbs such as sage or red clover may also be beneficial, always under the guidance of a professional.

Every woman experiences menopause in her own way. For this reason, regular medical consultations and a personalized approach are essential to determine the best combination of diet, exercise, treatment, and emotional support.







# 7 Common Spine Problems (and How to Treat Them Without Surgery)

Here's what we know—sometime over our lifetime, chances are you'll get acquainted with back pain. It doesn't matter if you're a hockey player in your 20s, a desk worker in your 40s, or a grandparent in your 70s—back pain is an equal-opportunity nuisance. In fact, about 4 out of 5 Canadians will deal with it at some point, and it's the leading reason people miss work.

Whether you're hauling firewood, stuck at your desk, or chasing after the grandkids, your spine is always working. The good news? Most back and neck problems can be helped without surgery. With the right mix of conservative care, chiropractic treatment, and non-surgical spinal decompression (NSD), many folks find lasting relief. Let's take a walk through the seven issues chiropractors and spine specialists see most often.

## 1. Herniated Disc

Picture the discs in your spine like little jelly-filled Timbits between your vertebrae. If the jelly squirts out, that's a herniation. Sometimes it sits quietly, but if it presses on a nerve, you'll know it—sharp back pain, leg tingling, or even weakness.

- **Common scenario:** You bent to pick up a bag of mulch or shovelled snow a bit too hard, and suddenly your back “gave out.”
- **Conservative care:** Rest, anti-inflammatories, and gentle stretching.
- **Chiropractic care:** Adjustments and flexion-distraction techniques to take pressure off nerves.
- **NSD:** Gentle traction on a decompression table can “suck” that jelly back inward, easing nerve irritation. Research shows decompression can lower pressure inside discs helping symptoms improve with an 86% success rate.

## 2. Sciatica

When the sciatic nerve gets squished, pain shoots from your lower back down your leg—sometimes all the way to your toes. It can feel like an electric shock that makes sitting or driving miserable.

- **Common scenario:** After a long car ride to the cottage, you step out and your leg is on fire with shooting pain.
- **Conservative care:** Stretching, ice, and physiotherapy.
- **Chiropractic care:** Adjustments help to reduce nerve pressure and restore function.
- **NSD:** Research shows decompression helps reduce nerve pressure and restore disc height, giving that nerve some breathing room.

## 3. Spinal Osteoarthritis

As the years go by, the joints in your spine—called facet joints—can wear down. That means stiffness, bone spurs, and that “creaky back” feeling when you first get out of bed.

- **Common scenario:** You wake up stiff and sore every morning but loosen up after a hot shower and some movement.
- **Conservative care:** Staying active, managing weight, and using heat for stiffness.
- **Chiropractic care:** Gentle spinal adjustments keep joints moving and help tight muscles relax.
- **NSD:** By reducing pressure inside the spine, decompression improves biomechanics and takes the load off arthritic joints.

## 4. Muscle Strain

Sometimes back pain isn't from discs or joints—it's just overworked muscles. Shovelling, gardening, or even sitting too long can strain the paraspinal muscles, leaving you sore and tight.

- **Common scenario:** After helping a buddy move a couch, you wake up the next day feeling like someone parked a truck on your back.
- **Conservative care:** Ice, heat, and rest, followed by gentle stretching.

- **Chiropractic care:** Adjustments, laser therapy, and postural advice help muscles heal.
- **NSD:** Not usually the go-to for strains, but some folks find the gentle stretch relieves lingering tension.

## 5. Concussion

Though often thought of as just a “brain injury,” concussion frequently involves the neck and upper spine as well. Whiplike forces can strain muscles, irritate joints, and throw spinal alignment off—all of which add to headaches, dizziness, and lingering soreness.

- **Common scenario:** You hit your head slipping on the ice. The ER clears you of bleeding, but a week later you're still dealing with headaches and neck tightness.
- **Conservative care:** Rest, pacing activities, hydration, and guided return to normal activity.
- **Chiropractic care:** Gentle adjustments, research shows, reduces symptoms of headaches, dizziness, cognitive difficulties such as loss of focus/concentration. It also helps neck and shoulder pain.
- **NSD:** Not commonly used for immediate treatment, it can help down the road if there are any spinal complications persisting after initial care.

## 6. Whiplash

Whiplash usually comes from a car accident when your head snaps back and forth. At first you might feel fine, but within a day or two your neck is sore, your head aches, and you feel stiff.

- **Common scenario:** You're rear-ended on the way to the grocery store. You walk away, but by the next morning, your neck is so stiff you can't check your blind spot.
- **Conservative care:** Gentle exercises, ice/heat, and staying active.
- **Chiropractic care:** Research shows spinal adjustments help restore proper neck movement and reduce pain.
- **NSD:** If there is damage to cervical discs, arthritis, disc bulge or herniation can occur creating bigger problems. NSD is the go-to treatment for such things.

## 7. Spondylolisthesis

What a mouthful! This medical term is when one vertebra slides forward on the one below it. It can cause back pain, leg pain, and sometimes nerve issues.

- **Common scenario:** You've had nagging back pain for years, and now walking around the block makes your legs ache or tingle.
- **Conservative care:** Core strengthening, activity modification, and pain control.
- **Chiropractic care:** Adjustments and stabilizing exercises help keep the spine aligned.
- **NSD:** Can relieve nerve pressure in mild to moderate cases, though severe slips like from a fracture may need surgical evaluation.

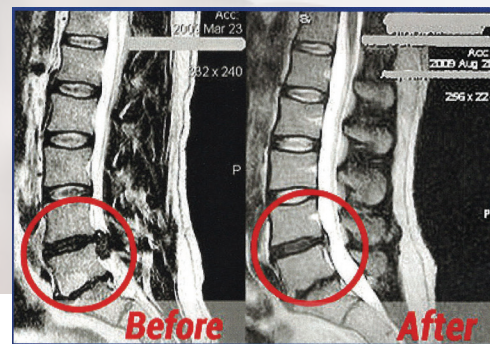
## The Bottom Line

Back and neck pain are common, but surgery is rarely the first answer. Between conservative treatments, chiropractic care, and spinal decompression therapy for more severe problems, most Canadians can get meaningful relief and keep moving.

If back pain, sciatica, or even concussion symptoms are slowing you down, don't assume surgery is the only way forward. With the right care plan, most people bounce back without ever seeing an operating room. The best approach is usually a mix of hands-on chiropractic care, exercise, and lifestyle changes and Non-surgical Spinal Decompression for bigger problems like disc bulge or herniation—a combination that not only calms the pain but helps build a stronger, healthier spine for the long run.



# SEVERE BACK PAIN ADVISORY!



Actual reduction of disc bulge using  
Non-surgical spinal decompression.

**Windsor:** Windsor's premier centre for non-surgical treatment of spine related pain has just undergone an upgrade. Inclusion into the prestigious Disc Centers of America (DCOA), the largest group of non-surgical spinal decompression doctors in the world, puts Windsor's own Schisler Spine Centre at the forefront treating conditions such as severe back, neck, and sciatic pain.

The very first Disc Centre of Canada (DCOA) has opened and Dr. Craig Schisler of the Schisler Spine Centre couldn't be happier.

"The association with DCOA gives us access to all the latest cutting-edge research and technologies related to the non-surgical treatment of the spine. Why shouldn't Windsor have the very best the world has to offer? says Dr. Schisler"

Chronic back pain and sciatica have reached epidemic proportions affecting millions of people worldwide. Chances are you or someone you care about is suffering from debilitating back or neck pain and have tried many different medications and therapies that simply didn't work. Right now, there is a way for all of that to change, right here in Windsor, Ontario. A technology called Non-Surgical Spinal Decompression offered at the Schisler Spine Centre is offering an alternative path for those who may end up needing surgery.

For the last 20 years, Dr. Craig Schisler and his team have been dealing exclusively with chronic and serious cases of Back pain, Neck pain and Sciatica and have kept hundreds from needing surgery.

"Our approach differs from traditional methods because we use the latest technologies proven by research to offer long-term relief and correction of bulging and herniated discs," says Dr. Schisler.

It's true. Published studies show an amazing 85% success rate for those who qualify for this revolutionary treatment.\*

"Now as the first Disc Centre of Canada, we'll be able to improve on our record. "One of the secrets to our success is we treat each patient individually and only accept those patients who we feel will benefit from our unique approach," says Dr. Schisler.

In the last 20 years Dr. Schisler has developed proprietary protocols to treat such painful conditions as bulging and herniated discs, spinal stenosis, facet syndrome and sciatica.

At the cornerstone of the technology is the DRX9000 the state of the art, gold standard for all decompression devices.



**How it Works:** the process creates a negative pressure within the disc drawing in any bulge or herniation. This stimulates "fibroblast activity" producing fresh cells and tissues within the disc. This restorative action allows the damaged disc to heal naturally, and proper function is restored to the spine.

More information can be found at The Disc Centre's of Canada website, [www.ontariodiscentre.ca](http://www.ontariodiscentre.ca), where you can get a free copy of The Patient's Guide to Severe Back, Neck and Disc Pain immediately.

If you or someone you care about is suffering and looking for a non-surgical solution for back neck or disc pain, there's great news. Mentioning this article will get you a free, no-obligation consultation with Dr. Schisler. Call 519-988-0220 right now, or request your appointment through our website [www.windsorspineandlaser.com](http://www.windsorspineandlaser.com). \*References upon request.



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## BEAUTY

# Miss Universe Canada 2025: A Stage for Dreams and Impact



*Jaime Vandenberg takes the crown with Sonny Borrelli bringing a fresh vision as the new National Director of the contest.*

By Paula Just

The Chrysler Theatre in Windsor became the stage for one of the most memorable nights in Canadian pageantry. In the presence of a sold-out crowd, Jaime Vandenberg of Lethbridge, Alberta was crowned Miss Universe Canada 2025. The 28-year-old international model and actress accepted the title from her predecessor, marking the beginning of a new chapter in her journey.

"This year's event was one of our most successful yet," said Sonny Borrelli, Windsor businessman, master of ceremonies and newly elected National Director of the event. "Not only because of the incredible group of women who competed, but also because of the energy and support we felt from the audience and our community." When Borrelli stepped onto the theatre this time, he wasn't just the charismatic host audiences have grown to love over the last years. For the first time, he was also wearing a new hat: National Director of Miss Universe Canada. The dual role was no small feat, but for him, it was the culmination of years of dedication to a purpose he believes has the power to transform lives.

"I've been hosting the pageant since 2011," he explains. "But this was my first year as National Director, and that changes everything. Directing means you're responsible for every detail: from recruiting the contestants to training them, organizing the hotel, ordering the sashes and gowns, and even designing the stage. It's a whirlwind from start to finish. But with an incredible team behind me, we put together what I believe was the best pageant in Miss Universe Canada history."

The months of preparation and effort were worth it. "The best moment was looking at people's faces when they walked into the theatre," he recalls. "The production level we achieved had people saying, 'I can't believe this is just Windsor. It looks like the Miss Universe itself.' That was exactly the reaction I was hoping for." From thunderous applause as





the contestants first stepped onto the stage to the electrifying atmosphere that filled the theatre, the evening was a milestone not only for the organization but also for Windsor itself.

What impressed Borrelli most about this year's contestants wasn't just their poise or presence, but their depth. "The contestants scored very highly in their interviews and their humanitarian work," he says. "We always want our winner to be well rounded, not only beautiful and articulate, but also to have a heart and be able to help people who need."

The winner fit this profile well. Jaime VandenBerg co-founded Canadian Herstory, a non-profit dedicated to addressing gender inequality and sustainability, and has been honoured with both the Queen Elizabeth II Platinum Jubilee Medal and the International Diana Award. She holds a Bachelor's degree in philosophy with a concentration in legal reasoning and will now represent Canada at the Miss Universe 2025 in Bangkok, Thailand, in November.

The humanitarian aspect is truly one of the contest's main goals. One of the new features this year was the partnership with the Canadian Mental Health Association. Contestants collectively raised \$110,000 for charity this year and Borrelli envisions that number only growing. "My goal is to make more," he says firmly.

Though Borrelli is known today as a fixture in Canadian pageantry, his story began much earlier. Born and raised in Windsor, the 50-year-old entrepreneur co-owns Borrelli Cellars, a family wine business founded by his grandfather. Outside of business, he's a proud father of three.

His introduction to Miss Universe Canada came when he was asked to host the local contest. "After that, I realised these women aren't just here to look pretty on stage," he reflects. "They have stories, ambitions, strengths. Pageants give them a platform to share that with the world. That's what keeps me going, empowering them to use this space to make a difference."

Borrelli is keenly aware of the criticisms often leveled at pageants, but he sees them differently. "Some people think we're judging the girls on superficial things, but that's not what Miss Universe is about," he insists. "We're putting someone on stage who has a story and a vision for change. It's about giving women back the power that, for so long, was taken from them."

That commitment to empowerment is also evident in the recent global evolution of the event rules. The age limit has been lifted and for the first time, women who are married, mothers, or even pregnant can enjoy. These changes not only break down outdated barriers but also send a powerful message: beauty and the ability to inspire are not confined to a single age or status. "I completely support that," he says. "If a woman is confident and proud to showcase herself, then she belongs on this stage, no matter her age, background, or life situation. Miss Universe Canada is open to everyone and that's something I'm very proud of."

As National Director, Borrelli's vision for the following editions is clear: to continue raising the bar in production quality, to expand the pageant's role as a charitable force and to keep creating opportunities for women across Canada. His message to future contestants is simple but powerful: "Don't give up on your dream. Whoever you are and whatever your story is, you have a place in this contest if you're ready to share it with the world."





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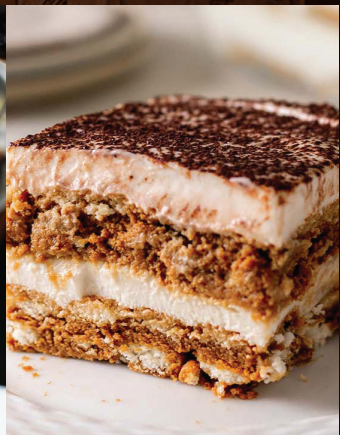
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