

May
2&3

HEALTH, HOME & HAPPINESS

Health, Home
& Happiness Show 2014

www.theIFP.ca
THE INDEPENDENT
& FREE PRESS

H5•The IFP• Halton Hills Thursday, MAY 1, 2014

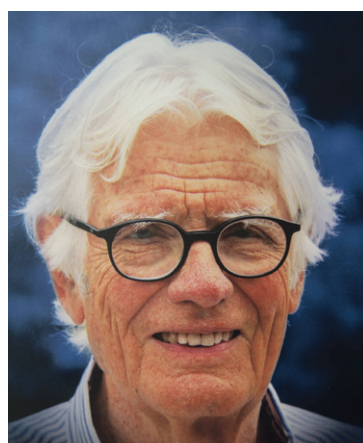
Thursday, May 1, 2014

Special pullout section

8 Pages



Randy and Daniella Baryla organized the Home Zone



Featured speaker
Dr. Ken Gifford-Jones

H5 show is 'Small Town Living at Its Best'

By **PHIL GRAVELLE**
Special to the IFP

The stage at the Halton Hills Health, Home and Happiness (#H5) Show will be a hub of activity to entertain and educate visitors.

The show is taking place May 2-3 at the Mold-Masters SportsPlex, with a wide variety of health and home improvement displays.

With a show theme of "Small Town Living at Its Best," many of the businesses with booth displays will take the opportunity to make special presentations from the stage about their products and services.

"There will be face painting, and lots for kids to do, inside and out," said Kathleen Dills, General Manager of the Halton Hills Chamber of Commerce, which is sponsoring the H5 Show with the Independent & Free Press (IFP).

A featured guest speaker will be Dr. Ken Gifford-Jones, an MD and medical columnist, who will discuss the benefits of Vitamin C in fighting heart disease, at 2 pm on Saturday. He supports a theory from Dr. Linus Pauling, suggesting that the build-up of plaque in the heart can be understood as low-level scurvy.

Fitness motivator Terry Patryluk,

author of 'The Medicine Man of Business,' will provide tips on exercise, weight loss, stress reduction, staying in shape and challenging negative thought patterns that make it difficult to achieve a healthy lifestyle.

Also speaking will be George Hildebrandt, who runs the Remedies Clinic & Health Store, an alternative clinic in Woodbridge. He is the President of Hilgan Enterprises, specializing in Maca energy products from Peru. Linda Bolton, founder of Natural Calm Canada, will outline the benefits of magnesium supplements. Based on Positive Psychology research, Manon Dulude will provide tips and strategies on how to build a meaningful life, increasing happiness and resilience to stress.

Susan Wilson from the Health E Nut Café and Juice Bar, at 71 Main Street in Georgetown, will be doing raw food demos on stage.

Naturopathic Doctor Julia Fountain will present a short talk entitled, "The five most common nutrient deficiencies in health conscious people".

More than 100 local businesses will participate and attendance is expected to exceed 3,000.

Admission is free with a coupon available at www.haltonhillschamber.on.ca or www.theifp.ca



George Hildebrandt
Maca energy expert



Health expert Linda Bolton Town worker Brian Magee will be showing off Mighty Machines



Health expert Linda Bolton

GEORGETOWN
CHEVROLET Buick GMC

33 Mountainview Rd. North,
Georgetown

905 877-6944

OPEN 24/7 www.georgetownchev.com

COME VISIT US AT THE HOME SHOW

0% FINANCING ON MOST MODELS

See our selection of vehicles on display