

Health Update **Advertorial**

Lose weight the easy way and the only permanent way

Permanent weight control is only possible by changing what made you overweight. Bell Ezee Slimming Patches make people less hungry and consequently they have no trouble changing habits of overeating. The patch also stops cravings for sweets and junk food. These are the two reasons why people are overweight. Deep down everybody knows that changing habits is the only honest & natural approach to lose weight permanently. We have dozens of letters from real people with their full names and towns on our web site saying it was easy to change some of their eating habits. A subsequent survey showed that they did not regain their lost weight. They say they tried all the diets and nothing worked - until they tried Bell Ezee Slimming Patches. They really do work and men and women are delighted to see the results and hear the compliments they get about their new shape.

The best news is that there is no starving, no drugs, no calorie counting, no restrictive torture diets. You eat 3 full meals a day and 3 healthy snacks each day. Skipping meals leads to overeating on the next meal. Absolutely nobody can cheat the stomach. Let your brain direct your taste buds to eat delicious food that is good for your body.



Pills & meal replacements lead to weight gain say all nutrition experts. Most dieters have experienced that yo-yo dieting results in weight gain in the long run. Dr. Phil says yo-yo dieting increases the risk of heart disease by 70%. He also says that you cannot be overweight without a lifestyle to support it. To top it off, the former Surgeon General Dr. C. Everett Koop stated that diet-related diseases account of 68% of all deaths. Considering how important it is to eat right, all you have to do is put on the patch to decrease overeating and follow simple instructions supplied in the box....

What food helps to lose weight and fattening food to avoid.

Be guided what real people wrote us:
Lost 60 lbs in 22 weeks
 Saw patches at Shoppers Drug Mart and decided to buy them, because I tried lots of different stuff and nothing worked. By following the suggested changes of eating habits I started to lose weight steadily. Lost my cravings for sweets. It was so simple and easy. I eat right and do some walking every day. I'm now wearing a small size dress that seems like a miracle to me. I love the patches.
Susan McNeil, Summerland, BC

Tried all other diets - no success.
 Thanks for making weight loss so easy. It's truly fantastic. Lost 30 lbs a year ago. Friends at work are impressed and started it too.
Gloria Watford, Caledonia, ON

Lost 10 lbs 2 years ago! Feel absolutely great and healthy. Was amazed how easy it was. Kept it off ever since.
Allison Stelter, Kronau, SK

I feel really good about myself again. It worked for me. I think it's wonderful. I feel really good about myself again. I feel full really fast and don't stuff myself. A lot of my friends are doing the patch now. I've lost 12 lbs in 4 weeks. Thank you very much. I love it.
Judy Novak, Arlington, TX

More testimonials on our website
 Look in the same stores for more BELL products: Bell Shark Liver Oil (Prevents Colds & Flu. Money-back guarantee); **Bell Shark Cartilage** 98% success rate for arthritis pain (Relief Guaranteed); **Bell Prostate Ezee Flow Tea** 99% success rate (Relief Guaranteed); **Migraid Headache Relief** (Guaranteed relief in 30 minutes or money refunded); Also Bell Stop Snoring Spray, Bell Cholesterol Management.

BELL Sold in 4000 stores across North America. See our website www.BellLifestyleProducts.com for store locations or call 1-800-333-7995 Mon-Fri 9-4 EST

AVAILABLE IN GEORGETOWN: Nutrition House Georgetown Market Place, 280 Guelph St.; Shoppers Drug Mart Georgetown Market Place, 280 Guelph St.; Shoppers Drug Mart South Georgetown Centre., 333 Mountainview Rd. S. **ACTON:** Shoppers Drug Mart 252 Queen St.
**Star marked items available at all Shoppers Drug Marts.*

Fire department's warnings not heeded

Unsafe cooking habits result in three fires

Halton Hills Fire Protection and Prevention Services staff is concerned about three incidents of unattended cooking last week that could have resulted in serious injuries and extensive damage.

During an incident Sunday evening, an unattended pot of oil on the stove caused \$50,000 damage to a Barber Dr., Georgetown home causing the family to have to temporarily relocate while the damage is repaired.

In an incident at a Mill St., Acton apartment Saturday afternoon, some furniture and areas of the floor were burned when a tenant in the apartment attempted to carry a pot of hot oil from the stove to the window so he could throw it into the parking lot.

The third incident occurred when a pot on the stove boiled dry causing a smoke alarm to activate in a Harley Ave. home Sunday evening.

"These fires could have escalated in such a short period of time causing insurmountable damages to the homes, not to mention the burns the one occupant could have suffered while carrying the pot of burning oil," said Chief of Operations John Martin.

He said fire department staff is struggling to understand why these three incidents occurred over the two days.

"So much emphasis is placed on kitchen safety fires as they continue to be one of the three leading causes of fires in the home," said Chief of Prevention and

Public Education Harry Olivieri.

"The fire service is constantly promoting safe cooking themes as we know they are preventable fires."

Photographers misidentified

A caption accompanying the Capture the Hills photo contest winners in the Jan. 10 *Independent & Free Press* incorrectly identified two junior category contestants.

Gemma Patey, who won the Mayor's Choice Award, was pictured while Charlotte Whitton, who won the silver in the Junior 1 category, was absent for the photo.

The Independent & Free Press regrets the errors.

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<p>When we say No we mean it</p> <p>No Up-front Taxes No Up-front Deferral Fee No Up-front Delivery Charges No Payments until Jan. 2008</p>		<p>No Money Down OR Collect Points*</p> <p>No payments until Jan. 2008 only with your Sears Card or Sears MasterCard, on approved credit. Minimum \$200 purchase. \$70 deferral fee and all applicable taxes and charges will be payable in Jan. 2008. Offer ends Sun., Jan. 21, 2007 where open. Offer applies to merchandise in local Sears Dealer stores. Payment options and plan details may be changed or discontinued at any time without notice. Ask for details and other payment options. Unless otherwise stated, optional financing programs do not qualify for Sears Club™ Points or Colours Club Points. *Purchases made on the Sears Card will receive Sears Club Points and purchases made on the Sears MasterCard will receive Colours Points when finance option is not chosen. Sears Club Points do not apply to taxes, delivery or protection agreement charges.</p>		<p>save \$500 1499⁹⁹</p> <p>FREE SPIRIT 2.25-HP FOLDING TREADMILL WITH SPECIAL OFFER #30517. Sears reg. 1999.99. With purchase of this treadmill receive a mail-in claim form for a 2GB iPod. Details in store. iPod is a trademark of Apple Computer, Inc.</p>	<p>save \$800 1999⁹⁹</p> <p>NordicTrack 2.75-HP FOLDING TREADMILL • 17 programs • 20 x 60" tread belt #30603. Sears reg. 2799.99. Exercise equipment may require some assembly</p>

Sale prices in effect Sat., Jan. 13 until Sun., Jan. 21, 2007, where open, unless otherwise stated, while quantities last. Some items may have been on sale during the past week.

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