

Advertorial

1 out of every 4 Women in Canada Suffer from Low Thyroid!



NATURALLY SPEAKING

with
Louisa McCarley
RHN, ROHP/RNCP

Women with an underactive thyroid often feel quite depressed and overly sluggish. Weight gain is a very common side effect of hypothyroidism while other symptoms might include irregular menstrual periods, fatigue and muscle weakness, dry skin, hair loss, brittle nails, poor memory, difficulty concentrating, and depression. Untreated hypothyroidism can cause a number of serious health problems, such as obesity, joint pain, infertility and heart disease.

Is it you? If not, then it may very well be someone you know... your mother or sister, or perhaps it is a close friend or acquaintance who suffers from the effects of Thyroid Disease.

What Is Thyroid Disease?

Thyroid disease occurs when your thyroid gland doesn't supply the proper amount of hormones needed by your body. If your thyroid is overactive, it releases too much thyroid hormone into the bloodstream, resulting in hyperthyroidism.

The more common thyroid ailment, however, is an underactive thyroid that produces too little thyroid hormone, known as hypothyroidism. Women, especially those older than 50, are more likely to suffer from hypothyroidism. And, when the amount of hormone released into the bloodstream is below normal, your body uses up your energy stores more slowly and your metabolism slows down.

There's no question that your thyroid gland plays a critical role in your good health and well-being. So what can you do?

ThyroSense is a proven combination of important nutrients that can help enhance your low thyroid function. These remarkable nutrients include L-Tyrosine, an amino acid that is necessary for manufacturing thyroid hormones. ThyroSense also includes Ashwagandha, which has traditionally been used in Ayurvedic medicine to support the thyroid gland and recent clinical studies show that it greatly enhances thyroid function.

Additional ingredients include Guggul extract, which supports complete thyroid health and Iodine, which is essential for your body to effectively produce and maintain thyroid hormone levels. ThyroSense also contains the important minerals copper and manganese making it a complete thyroid-enhancing formula.

ThyroSense provides you with nutrients that support optimal thyroid health. It will help to improve your metabolism to counter against weight gain caused by low thyroid symptoms, it will help to improve your energy levels and, most importantly, ThyroSense will help to support and balance your thyroid. It might just be the most popular natural thyroid supplement available in Canada.

For relief of your low thyroid symptoms, combine Thyro-Sense along with your multivitamins, minerals, and essential fatty acids. For more information about ThyroSense visit www.pno.ca

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MURDER AND MAYHEM:

Shakespeare's tragedy *MacBeth* will be staged at Acton High School today (Thursday), Friday and Saturday at 7 p.m. in the bear pit. Some of the cast include, Back: Colin Brennan. From left; Brianna Parker, Dallas Shewfelt, Chelsea Benham, Derek Hilts, Luke Franks, and Matt Trumpa. Front: Kendzy Lakin, Dana Bowman and Jessica Sukmawan.
— Frances Niblock photo

MacBeth production visits 'dark places of psyche'

A traitorous murder, a beheading, witches' prophecies – that's the classic Shakespearean tale of tragedy that will unfold in the bearpit of Acton High School this weekend with three student performances of *MacBeth*.

While the school's drama students have successfully staged a number of musicals and comedies over the years, teacher/director Jen Ross said it was time for some "tragedy, death, evil and darkness."

"This is one of the harder tragedies to stage because it has a number of

problems with character consistency and making things make sense," Ross said last Thursday during a rehearsal.

"There's only one funny scene in *MacBeth*, and it was hard not to incorporate light moments because you want to give it a little bit of balance, but that's not the play," Ross said, adding when the hero ends up headless, it's hard to make it light.

The cast of 34 began work on the production after Christmas, and is now honing the nuances and fine details. Ross said

there are some "alternate realities" in the school's production, including female warriors.

Acting coach, Acton High grad Aidan Hammond said the production is extreme, but the "extremities are the fun part of life."

"One of the actresses is this bubbly person in class and now she's been able to let loose this dark, intimate, sexual, creature that she's never touched before," Hammond said.

Ross said since it is such a dark tragedy, she suggests parents do not bring their young children because it will be different from what people expect at a high school play.

"[There's] not a lot of laughs, certainly no singing and dancing – we're visiting the dark places of the psyche and souls and there's a lot of terror, crying and blood," Ross said.

All proceeds from ticket sales and the concession will be donated to the school's Me2We group, which is raising money to pay for a water filtration system at an African school they helped build.

MacBeth will be staged tonight (Thursday), Friday and Saturday at 7 p.m. Seating is limited and tickets are available at the door. For information call the school at 519-853-2920.

GRAND OPENING

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113 Mill Street East, Acton
Saturday, April 9, 2011
1:00pm - 4:00pm

Official Ribbon Cutting at 1:00pm

Vouchers for 10% off

Draw for a \$100 Gift Certificate
Refreshments and Snacks Served

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ACTON

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