



### DEALING WITH ASTHMA

Don't let asthma spoil you or your family's vacation

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### GET FIT, GET HEALTHY

If your head is spinning  
BPPV may be to blame

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# HEALTH CARE

Special pullout section



Herbal Magic Georgetown owner Debbie Critchell (left) and Personal health coach Kim Roy show off some of the products available for weight loss and improving your health, at their 130 Guelph Street location. The two, along with health coach Tracey Muir, can help clients lose weight, and keep it off. The store is open Monday, Wednesdays and Fridays from 8 a.m. to 7 p.m., Tuesday and Thursday from 9 a.m. to 4 p.m. and Saturday from 9 to noon. They can be reached at 905-873-2476.

Photo by Ted Brown

## How to shop while you drop...weight, that is

Many people don't realize it, but you can lose weight by changing the way you grocery shop.

I'm not just talking about what you buy, but also how you shop. There are some things you can do to minimize purchases of impulse-driven, high-fat foods. And while fresh foods can cost more than processed foods, you can reduce the number of items in your cart and, ultimately, lose weight.

• Start by planning. Plan your menu for the week. Make a list based on your menu before you go grocery shopping. Stick to your list. You will be less likely to pick up items you don't need.

• Shop on a full stomach. Research shows that if you

shop while you are hungry you are likely to purchase more food than you need and purchase unhealthy food options.

• Shop the perimeter of the grocery store. The healthy food choices— fruits, vegetables, meats, dairy and grain options— are generally found along the perimeter of the store.

• Park the cart. If you must shop an aisle, park your shopping cart at the end of the aisle and walk down and pick up what you need. When you walk with your shopping cart, it means your hands are free and you are likely to pick up more items than you need or pick up those unhealthy items found in the aisle.

• Purchase foods that require preparation. While frozen foods and canned foods can be incorporated within limits, they are generally loaded with salt. If you take in excess salt, you'll gain weight.

Herbal Magic programs consist of well-balanced food plans with grocery-store bought food, based on modest calorie reduction and appropriate natural products to stop cravings, increase metabolism and reduce appetite. Our personal health coaches will support you through this process and are with you every step of the way.

— Article by Kiran Basra B.Sc. Phm.,  
Doctor of Pharmacy

Submitted by Herbal Magic Georgetown

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