

HEALTH & BEAUTY

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**THE INDEPENDENT
 & FREE PRESS**

Thursday, March 24, 2016

Special pullout section

8 Pages



Check out the new tool everyone wants in their kitchen.

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BUSTING THE SUPPLEMENT MYTH

Learn how to use supplements correctly.

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GET A CLEANER MOUTH

Learn some steps on how to keep your mouth at its best.

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ROUTINE CHECK-UP: Cory Soal, owner and hearing instrument specialist at the Georgetown Hearing Clinic, performs a checkup of longtime patient Kathleen Dineley of Brampton at his Medical Arts Building office at 99 Sinclair Ave. The Georgetown Hearing Clinic has been servicing the hearing needs of Halton Hills and surrounding areas since 1992. They offer audiological evaluations, custom fit hearing instruments, noise attenuating ear protection and general hearing healthcare. Give Cory Soal and his staff a call to see how they can help you today. 905-873-6642.

Photo by Eamonn Maher

Five ways to be the best you can this spring season

The sun is shining, birds are chirping, and there's a little more bounce in your step — everything is better when spring is here. Whether you're looking to take up a new class, get to know your neighbours a little better, or just switch up your usual habits, now is the perfect time to challenge yourself. Get out of your comfort zone and try something new to make this spring your best yet.

Shake up your warm weather routine with these five tips:

1. Take your gym workout outside. Change up your usual workout location and get outside for your next sweat session. Biking and rollerblading are two great outdoor options that will keep you active and add some variety to your standard gym schedule.

2. Try new smoothies. To cool down and stay hydrated, have a refreshing smoothie and add a little energy kick to your day. Smoothie combinations are unlimited and can be tailored to

your liking. Try blending together kale, spinach, pear, banana and pineapple, Almond Breeze Vanilla, and almond butter to create a delicious drink.

3. Change up your commute. If the distance allows, try walking or biking to work over driving. It might even open up some interesting shortcuts you're not able to see in a vehicle, and give you a fresh new perspective on your city.

4. Host a brunch. Gather your friends and host a brunch party that's

the perfect balance of savoury and sweet. Include an assortment of fresh juices, scrambled eggs, pastries, or crowd-pleasing pancakes.

5. Participate in a fundraising walk. Seek out a local walk in your community to give back and support a worthy cause. Not only will you get in some great exercise, but it's the perfect opportunity to make friends with other like-minded locals.

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Cheryl Von Zuben RMT

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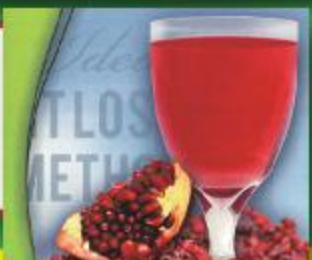
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The Ideal Protein Weight Loss Method



**SUMMER IS
 ALMOST HERE!**



Available at Young's Pharmacy!

Program involves weight loss and lifestyle education to sustain results on a long-term basis. Food and Product Information available in store. Please Contact Heather

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