

## Concussion Passport to Safe Play

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We are here to keep our athletes active into their adult years and can offer you:

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- Step by Step Medical Guidance



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## CONTROL HOW YOU EAT @The Binge Eating Centre

Learn to love your body and control your weight with support from Dorder; a food control & body image specialist

Susanne Dorder, M.A. Binge-Eating Specialist  
905-601-3268



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360 Guelph St., Unit 44  
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(In the Knolcrest Centre)



## HEALTH

# Sugar can lower your immunity

Sugar can take its toll on your body if you keep eating it on a frequent basis. Especially during the flu season. Probably one of the worst things we can do to our immune function is eat sugar. Of course once in a while is not a big deal, but if you have a sweet tooth then I urge you to read on.

Sugar is trouble, as it suppresses your immune system function for hours. Sugar can suppress your immune system and impair your defences against infectious disease. Why is this? Well, it's pretty simple, eating or drinking 8 tbsps of sugar can have this impact:

- Reduces the ability of your white blood cells to kill germs by 40 per cent
- Lowers the germ killing ability of your cells for up to five hours
- Interferes with the transport of Vitamin C
- Neutralizes the action of essential fatty acids making cells more permeable to the invasion of infections and viruses

The other problem with sugar is that it really wreaks havoc on your blood sugar metabolism and your mood.

Not only does this addictive substance affect your immune system but it also feeds cancer cells, triggers weight gain, and promotes premature aging. Death by sugar may not be an overstatement - evidence is mounting that sugar is THE MAJOR FACTOR causing obesity and chronic disease.



### STAY HEALTHY & BOOST YOUR IMMUNE SYSTEM WITH REFLEXOLOGY

The immune system is the body's protection against germs, viruses and other invaders. The thymus gland, spleen, tonsils, adenoids and lymph nodes, along with a variety of white blood cells, all protect the body. The lymphatic system is a network of capillaries, vessels, trunks and ducts and plays a crucial role in the body's immune response.

Preventive care such as reflexology, good nutrition and fluid intake, seem to bolster immune resistance, so you catch fewer colds and are able to function during stressful times. If you have been, or are sick, then reflexology can boost your immune system and aid in your recovery, reducing the amount of sick days you experience.

Written By: Judy Longstreet R.R.Pr., CH. of Georgetown, specializing in Reflexology since 1995, (905) 702-7846, jl.longstreet@hotmail.com

# N O W O P E N



Dr. Bruce Foley  
Optometrist



Dr. Joel Schaefer  
Optometrist

Please Join Us for a

## Meet & Greet: Sat. April 16, 1-3pm

At Modern Eyes Optometry we provide comprehensive eye exams, advanced treatment plans and personalized eyewear solutions for all ages.

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CIBC Plaza in Georgetown South  
4-378 Mountainview Road South, Georgetown, ON L7G 0L5

905.873.2077

### NEW HOURS

Monday & Tuesday 9am-5pm  
Wednesday & Thursday 12pm-8pm  
Friday 8am-4pm  
Saturday 9am-1pm

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ACCEPTING NEW PATIENTS

Schaefer Optometry Professional Corporation