### Concussion Passport to Safe Play

Where every patient is treated like an elite athlete

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

- · Player and Coach Education
- · Preseason Baseline Testing
- Sports Medicine Consultation
- Cognitive and ImPACT testing
- Return to Play Protocols
- Follow Up and Collaborative Medical Evaluation
- · Step by Step Medical Guidance

372 Queen Street, Acton • 519-853-9292 • 333 Mountainview Road South, Georgetown • 905-873-3103 www.eramosaphysio.com

### PHYSIOSTERNICAL AND When you need concussion assessment and follow up treatment, you can be reassured that our Concussion Passport Guidelines are medically endorsed and follow the International Zurich Concussion Guidelines. We are here to treat every patient like an athlete, but FIRST they have to be medically assessed and treated as a patient and more importantly your child.

# 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

Don t put up with hearing loss anymore...

Visit us today for some sound advice!



# HALTON

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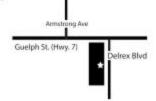
Georgetown s trusted choice for hearing care

√ FREE consultation

√ 90 day RISK FREE trial

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360 Guelph St., Unit 44 Georgetown (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 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 tbsp of sugar can have this

- · 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, il.longstreet@hotmail.com









Dr. Bruce Foley

Please Join Us for a

Dr. Joel Schaefer Optometrist

## 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.

### **NEW LOCATION**

### CIBC Plaza in Georgetown South

4-378 Mountainview Road South, Georgetown, ON L7G OL5

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