

Advertorial

Clutter, mess, time to clean up!



NATURALLY SPEAKING

with
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Spring is here and renews everything around us. So we participate with cleaning the house, opening up the windows, washing all the dirt and grime off the car. Why not take cleaning beyond that and include your inner self as part of the cleansing process. It can be easier than you think.

Detoxifying made easy!

Processed foods, environmental pollutants, and a host of harmful toxins can add unwanted stress to our daily lives. Toxins can force you to start your day feeling less than recharged and lethargic. They can also impact your ability to be razor sharp as the day progresses and force you to trudge through each demanding hour. So it is no surprise that you want a product that can support you on a daily basis – effectively and gently – and to help you feel rejuvenated.

Now, a new formula is available to help you meet your daily detox goals. Introducing **Nutri Herbal Detox** by Naka Herbs & Vitamins – a carefully formulated liquid herbal remedy designed to support healthy immune system functions, liver and kidney functions, and increase bile flow.

Powered by a host of effective ingredients, Naka's newest addition to its line-up of quality liquid natural health products is a fresh approach to helping you maintain overall health and wellbeing.

Nutri Herbal Detox liquid includes:

- Burdock root to help purify blood, regulate blood sugar, and cleanse the skin.
- Dandelion root for its ability to flush away toxins, support liver health, and enhance bile flow.
- Astragalus root for its adaptogen qualities and support for immune system responses.
- Milk Thistle for its unique antioxidant and anti-inflammatory properties to support the liver and blood.
- Shiitake and Maitake mushrooms to help stimulate the immune system.



A healthy living plan with new **Nutri Herbal Detox liquid** can help support the liver's filtration capabilities for your blood while excreting toxins, assist your kidneys' ability to filter blood, and help your colon eliminate bile.

Come visit us at the
ACTON SPRING HEALTH FAIR ~ APRIL 7

**WILLOW LANE
NATURAL FOODS**
75 Mill St. E., Acton
519-853-3051

"Serving your health needs, Naturally, since 1977"



BLUE BOX BONANZA: Ready for recycling changes on April 1, Halton officials distributed 1,708 bigger Blue Boxes, GreenCarts and Kitchen Catchers to Acton residents in 1,300 cars at two locations in Acton on Saturday. Acton's Dave McIntyre was helped by Halton staffer Steve Davis at the Commerce Crescent works yard. At the Acton High School depot, it took, on average, less than two minutes in the drive-through lane. – Frances Learment photos



More 'tools and resources' in Acton to recycle

Officials 'pleased' with local turnout

With military precision Halton handed out 1,708 new, bigger Blue Boxes and other recycling containers to people in 1,300 vehicles at two Acton locations on Saturday in advance of new rules expanding the range of items that can be recycled, which take effect on April 1.

At the Acton High School parking lot location, crews had set up a drive-through route and it took motorists – on average – just over 90 seconds to pull through, get what they needed and be on their way. Although the pick-up wasn't to begin until 9 a.m., at least one eager resident – who arrived one hour early – was given what they needed without a wait.

Staff handed out 1,392 recycling containers at the high school location. There was a similar set-up at the Town's works yard of Commerce Crescent where busy crews put Blue Boxes and GreenCarts into trunks and backseats – 316 in total.

"We're very pleased with the response from Acton residents who now have more tools and resources to increase their recycling," David Mills, Halton's Manager of Waste Management Services said on Monday, adding the two Acton events were better attended than they expected. He said the price tag for the day – staff, resources and containers was \$26,000 – the new Blue

Bins cost \$15 each.

As well, on Friday works crews delivered new 22-gallon Blue Boxes to people living in neighbourhoods near the two pickup depots. Along with the Blue Box there was a kit with recycling information, compostable kitchen bags and a letter detailing the new program and thanking people for their patience if there were line-ups of cars in their neighbourhoods on Saturday when the depots were open.

In an effort to increase the amount of waste diverted from the landfill – expanding the life of the fill by four years to 2044 – as of April 1 Halton's Blue Boxes will now also accept clear "clamshell" plastic food containers, clear and black take-out containers, cardboard food containers, plastic plant and pot trays, plastic plates, cups and cutlery, empty metal paint cans

with lids removed and cardboard sleeves from frozen juice, chips and dough.

Also as of April 1, the Region's new Bag Tag system takes effect – the \$2 Bag Tags will be complementary until September 7 – and will be required for each bag over the three-bag limit that can be put out for collection every two weeks. A garbage audit found 15 to 20 per cent of households put out more than four bags/cans for collection at the curb, containing a "significant" amount of Blue Box and GreenCart materials. The Bag Tags will be available in Acton at the library and Home Hardware, and will be available on-line. Until the end of the month, additional bags without tags will get a "sorry" sticker and will be picked up the next day. After April 29, additional bags will get a "sorry" sticker but will not be picked up.