

Advertorial

Testosterone levels dropping?



NATURALLY SPEAKING
with
Louisa McCarley
RHN, ROHP/RNCP

If you haven't heard of Brad King, you will be glad to read this. He is a Canadian bestselling author as well as a nutritional researcher and performance nutritionist. In 'Beer Belly Blues' he expands on the importance of testosterone. The following article highlights a herb he mentions in this book.

Potent Aphrodisiac Now in Canada!

Brad King

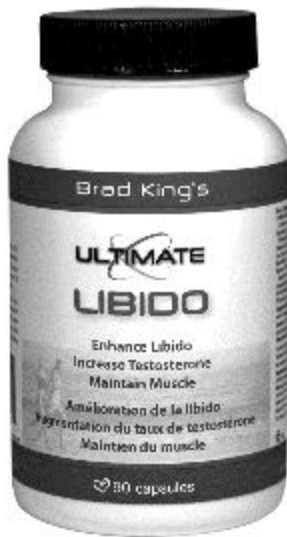
Research shows that at least 52 percent of men over the age of 40 suffer from some degree of erectile dysfunction. The problem is that when you take away a man's ability to both achieve and/or maintain a powerful erection, you also strip that man of his confidence, which often leads to feelings of inadequacy, frustration and a lowered love for life.

Thankfully Nature has provided a few natural substances that can often give a man that extra lift (no pun intended) in restoring a lagging libido – without the numerous side-effects that the majority of erection supporting drugs can also carry with them. One such nutrient is an herb grown in Southeast Asia called *Tongkat ali*, which is believed to be one of the **most powerful aphrodisiac plants on earth.**

Researchers from the School of Pharmaceutical Sciences, in Malaysia, discovered that the root of *Tongkat ali* is a potent stimulator of sexual arousal and The Asian Congress of Sexology published a paper in 2002 touting the incredible aphrodisiac and testosterone boosting powers of this amazing herb.

Aside from this, the *British Journal of Sports Medicine* reported in 2003 that *Tongkat ali* was able to **increase muscle mass and reduce body fat** in men possibly by increasing testosterone. Needless to say, this incredible herb has gotten many a man, "excited!"

Most men over the age of 35 are probably starting to feel the debilitating effects of lower testosterone production, which often leads to a diminished sex drive with infrequent and weaker erections. The 100% natural ingredients within **Ultimate Libido** work to restore a healthy testosterone status while helping to enhance libido in a natural and highly effective manner. After all, testosterone is the primary message of libido in both men and women!



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WALK TO SCHOOL: For the 10th year in a row, students from Robert Little School, with the encouragement of teacher Marie Burland, have participated in the International Walk to School Day. On Wednesday, Burland led an enthusiastic group of students – most wearing silly hats in honour of Wacky Hat Day – on a walk from Prospect Park to their school. – Frances Niblock photo

How safe is your house? Find out, for free next week

While the Halton Hills Fire Department offers an amnesty program for illegal basement apartments and smoke alarm violations, it also can get tough with repeat smoke alarm violators.

Last week, the department announced that four tenants at the Maria and Church Street apartment buildings were charged with Ontario Fire Code violations for intentionally disabling their smoke alarms, making them inoperable. Next week,

the department will offer amnesty to people with illegal second apartments, and smoke alarm violators, as part of a Home Safe Home pilot project that offers free, voluntary fire safety inspections in Acton and Georgetown.

Deputy-Chief Harry Olivieri said they would rather educate and encourage people to practice fire safety, but in the Acton cases, those measures had not worked. "We had problems before

with tenants... and because we've had issues before, we did a unit-by-unit check and we found smoke alarms that were disabled," Olivieri said on Friday, adding each tenant was issued a ticket with a \$235 fine.

"There are other provisions in the Fire Code for the exact same infraction, and we could issue a charge with (fines for) violations up to \$50,000, and up to a year in prison," D/C Olivieri said, adding sometimes a big stick is not the right approach. Approximately a dozen smoke alarm violation tickets are issued annually in Halton Hills.

D/C Olivieri hopes the Home Safe Home inspection program will uncover potential fire safety issues before there is a fire. In a 20-minute visit, fire officials will do a five-point inspection on smoke alarms, heating equipment, electrical service, household hazards

and existence of an escape plan.

The life saving ability of a smoke/fire alarm hit home for D/C Olivieri seven years ago when his parents had a fire in their home. "I got that fateful call at one in the morning saying, 'my house is on fire, the fire department is here.' They got out of their home in plenty of time and were able to call the fire department, all because they had smoke alarms in the right places," he said, adding instead of losing their home, only a small part of the garage was burned.

"It's very rare when there is a working smoke alarm that the incident isn't caught in time to prevent an injury or fire damage – we're most at risk when we're asleep and you need that alarm to give you time to escape," D/C Olivieri said.

For more information about the Home Safe Home program call 905-873-2601 ext. 2102.

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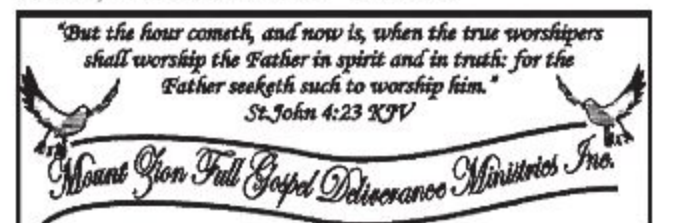
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