

Advertorial

**NATURALLY SPEAKING**with  
**Louisa McCarley**  
RHN, ROHP/RNCP

I often get asked for a "good vitamin for hair" or someone's hairdresser suggested they go to me to get silica. It can make a big difference. Read this testimonial.

## How Would You Like to Have Beautiful Hair?

My name is Marianne Schneider. I am 54 years old and I have had hair problems as long as I can remember. I have experimented with an endless array of shampoos, sprays, hair treatments and conditioners and I have spent an enormous amount of money in hair salons. But all those efforts were to no avail... the results didn't last more than a few hours, at best.

When I was 49 it got even worse - one day I started shedding large tufts of hair. I consulted doctors and had my hormone status analyzed. I tried Schuessler salts and body detox therapy, none of which had any lasting effect. Finally, I had my hair cut short and only ventured into public wearing a headscarf because, by now I had so little hair left that my scalp was clearly visible. My friends pretended not to notice and told me it wasn't that bad. Sometimes though, I caught them sneaking glances at my head. And those stares at the supermarket or at cinema - sometimes it was simply unbearable.

About three years ago, I met woman who took me aside and asked, "Do you have a problem with your hair? Have you ever heard of silica?" Then she told me her own tale of woe, she said, "I had the same problem as you. Three years ago I suffered a lot of stress in my job and personal life and I started losing all of my hair. My daughter suggested that I try *Original Silicea Balsam*." This woman told me it took about three months, but you know, her hair looked remarkable!

So I tried *Original Silicea Balsam* and before long my hair actually started to grow back! In time it became much thicker and it felt much stronger. After about six months my hair had a wonderful shine and it looked very healthy.

Now I have the beautiful hair I have been dreaming of all of my life. Although I am still the object of sneaky glances, and again it's because of my hair - but now I revel in those glances admiring my beautiful, healthy hair.



**WILLOW LANE  
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**TECH TIPS:** Former Acton librarian Pat Patterson boned up on her technical skills at the library's Technology Made Simple workshop on Friday at the Acton branch. From computers to eReaders to iPods and Facebook, library staff answered questions and provided hands-on help. The next Acton workshop is November 11. — Ted Tyler photo

## Meals on Wheels makes eating nutritious meals simple and inexpensive

Like eager kids, Acton's Jimmy and Nancy Hall couldn't wait to see what Acton's Meals on Wheels volunteers delivered to their door last Thursday. It was a complete turkey dinner, with soup and a desert - a hot meal that the couple would share.

The Halls signed up for the Links2Care meal program three months ago after Nancy Hall had surgery and had trouble getting around in the kitch-

en. "I think it's helped Jimmy - he's enjoyed the meals tremendously and me too. I wouldn't cook a hot meal at lunch, but it's good for him," Mrs. Hall said, adding the food is fresh, filling and she enjoys the quick visit with the volunteers who make the deliveries.

Janet Foster, the Meals on Wheels co-ordinator, said they currently have approximately 10 Acton clients, and while some

are elderly, there are also people who temporarily can't cook for themselves, or have disabilities. Along with hot meals, people can also order frozen meals, which can be microwaved.

"The meals are nutritious and filling. They get a soup, hot entrée, and bread and crackers," Foster said, adding they offer special meals for people with allergies or medical needs, such as low sodium

or for diabetics. The hot meals cost \$5.70, there's a soup and sandwich meal at \$5.25, and the frozen meals are \$4.50 each.

Links2Care is looking for volunteers willing to help with the program, either as a driver or a runner who takes the food to the client. The work requires one to two hours per shift, and volunteers are reimbursed for their mileage. For details call Janet at 519-853-3310.

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**T & A**

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**Thursday evenings at 8pm**

**NEW 6 WEEK SESSIONS START NOV. 8<sup>TH</sup>** (Nov 14<sup>TH</sup> for Mondays)  
**\$55/6 week session**

**REGISTRATIONS ARE THE WEEK OF OCT 14<sup>TH</sup> - 27<sup>TH</sup>**

**Call or e-mail to sign up. Spaces limited so call soon!**

Heather 519-853-8031 or text 289-839-1067  
fitlife@cogeco.ca