

MIGHTY MOUSTACHES: Students and staff at Acton High School raised \$115 for prostate cancer research during the month of "Movember." Teacher Matthew Jones (third row from front) garnered the most votes in a moustache-growing contest among five other teachers. - Frances Niblock photo

Ready for some healthy resolutions?

When the calendar turns to the New Year, many people re-dedicate themselves to their personal health and well-being and one way is to reduce stress. Work is a common cause of stress, but family and personal finances are big sources of stress as well.

At the office, analyze ways in which you can manage time more effectively, including how to best prioritize work projects so you don't always feel as if you're up against a wall. Outside the office, recognize the importance of maintaining a personal life and its relation to reducing stress. Spending time with friends and family can relax you and provide a welcome respite from the stress of

Eat better

Losing weight and adopting a healthier diet are not necessarily the same thing. While a healthier diet might help you lose weight, the goal of adopting a healthier diet is to improve overall health. A healthy diet can strengthen the body's immune system, making it easier to fight cold, flu and other ailments.

Exercise more

Churchill Community Church

presents their annual

CHRISTMAS CANDLELIGHT SERVICE.

A Christmas Musical featuring the Adult and Children's Choirs

accompanied by the orchestra

Sunday, December 11, 2011

at 7:00pm.

Churchill Road North

and Town Line.

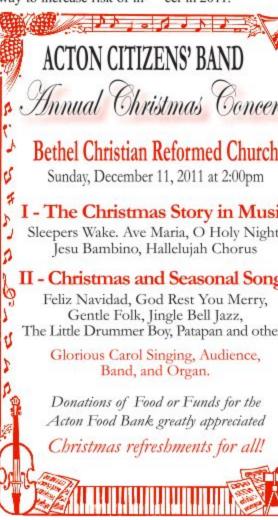
Much like changing a diet, exercising more is

often seen as a means to weight loss. While that's a positive side effect of daily exercise, the goal should not be to lose weight. Instead, the goal of daily exercise is to get healthier. When incorporating exercise into a daily routine, start slowly and gradually work your way up to more vigorous exercise regimens. Going full speed from the outset is a great way to increase risk of injury, which could actually restrict your ability to exercise for some time.

Quit smoking

To non-smokers, keep up the good work. For smokers, perhaps this statistic will be enough to get you on the path toward quitting smoking:

* The Canadian Cancer Society estimated that 20,000 Canadians would lose their lives to lung can-



Natural remedies are effective

scription medications are, all-natural remedies for common illnesses and conditions are still a viable alternative to prescription medications for many people. But are these all-natural options

Although conventional care is often an effective means to treating illnesses and other conditions, there are many doctors who agree that implementing natural remedies at times can be safe and effective. Furthermore, not all natural remedies are without merit, and some traditional medicines are actually derived from natural, plant-based ingredients themselves.

Those thinking about incorporating natural remedies into their health regimen can consider the following options.

Nervousness and anxiety: Try lettuce, chamomile, valerian, and rose petals.

* Pain relief: Use omega-3 fatty acids, green

As prevalent as pre- tea, ginger root, and tum-

- * Itchiness: Witch hazel, jewelweed and aloe vera are effective.
- * Feminine issues: Parsley, basil and goldenseal can alleviate symptoms associated with menstruation.
- * Antibiotics: Oregano and garlic are purported to have antibiotic qualities and can fend off harmful bacteria.
- * Infections: Honey has long been used to heal and as an antibacterial and antifungal remedy.

Many natural foods are effective in preventing and fighting cancer as

Although natural remedies can be effective, it's important for pregnant women to avoid any herbs and plant supplements until discussing the risks/benefits with their doctors. Also, some natural remedies can interact with prescription drugs or increase their potency, so it's important to talk to a doctor about any plans.





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Royal Junior Suite \$885 + 280 taxes

Royal Suite \$1025 + 280 taxe

to departures. All prices are per person based on double occupancy for 7 nights all inclusive (unless otherwise spe-portation taxes & stated face shown must be pre-oxid. Applicable local taxes payable at destination are extra (Cuba \$2



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