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Correction

Sideroads recipe missing ingredients

In the Fall Sideroads magazine, due to a production error, part of the ingredients list for the Apple, Cranberry and Walnut Strudel was not published.

The full Ingredients list should read:

- 3 apples, peeled, seeded and chopped
- 1/2 cup dried cranberries
- 1/3 cup brown sugar
- 1/4 cup walnut pieces, toasted

- 2 tsp lemon juice, fresh squeezed

• 1/4 tsp ground cinnamon

- 6 phyllo sheets
- 1/4 cup butter, melted
- 1/4 cup bread crumbs
- * icing sugar to dust over strudel (*optional)



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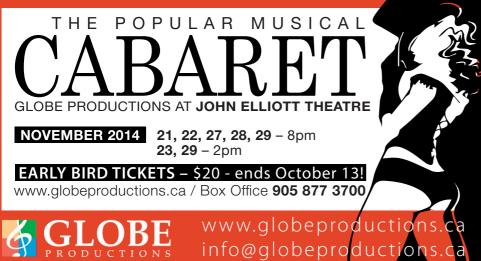
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- It is well known that almost half of all pregnant women and 25% of postpartum women suffer from pelvic and/or low back pain
- I in 2 childbearing women will suffer with some form of pelvic dysfunction, including pelvic pain, incontinence and prolapse
- Over 40% of women experience Urinary Incontinence during their first pregnancy and up to 25% of women after their first pregnancy will experience altered fecal continence.
- · Like incontinence, prolapse is common, with 1 in 2 women experiencing some degree of prolapse. Common symptoms that occur with prolapse are sensation of heaviness, irritation, pressure or pain.
- In a large study of women after their first pregnancy; 62% had pain with intimacy at 3 months post partum





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