

SUPPORTING AUTISM ONTARIO

Various members of the Halton Regional Police Service present a cheque for nearly \$16,000 to Autism Ontario's Halton chapter. Supported by the entire police service, the 20th annual fundraising campaign included raffles, silent auctions and t-shirt sales.

Halton Police photo



Ask the Professionals

Find local professionals here every Thursday!

For advertising information please call 905-234-1018 or email kkosonic@theifp.ca



Acupuncture & Traditional Chinese Medicine

Georgetown
905-873-9118
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CAROLYN DEW
BPHE, RAC, RTCMP

Q: Why does my health always fall apart at this time of year?

A: The holiday season can be a very stressful time of year. Being in a chronic state of "fight or flight" that began in September, can leave us pretty run down and tired by the end of the year. Add the Christmas obligations of financial stress, late nights, lots of social and family obligations, and too much alcohol and sweets into the mix to create the perfect storm for feeling extremely stressed out and run down and perhaps physically and/or mentally sick over the Christmas holidays.

Science demonstrates that acupuncture works to alleviate stress by releasing **natural pain-killing chemicals** in the brain called endorphins. In addition, acupuncture **improves circulation of blood throughout the body** by oxygenating the tissues and reducing cortisol. The calming nature of acupuncture also **decreases the heart rate, lowers blood pressure and relaxes the muscles.**

TCM (Traditional Chinese Medicine) including Acupuncture can help relieve tension headaches and high blood pressure, settle nervous digestive systems, reduce anxiety and depression, and build your immune system back up. **Acupuncture is extremely effective at down-regulating an over-stimulated nervous system.**

Start the New Year off right by incorporating stress management techniques like acupuncture and making your health a priority in 2020. Wishing you and your family a healthy and safe holiday season.

I'M DREAMING OF A

White KITCHEN

OR BROWN...OR GRAY...OR BLACK OR...
WHATEVER COLOUR MAKES YOU JOLLY!

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DREAM
KITCHEN
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BEFORE
JANUARY 31,
2020
AND
SAVE 10%



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