

## GOOD HEALTH ... Naturally!

### Give the Cold Shoulder to Colds & Flu this Season

Winter is upon us, bringing with it the inevitable common cold and flu. Rather than treating your symptoms with antihistamines, nasal spray or ultra-soft tissues, why not try to prevent colds naturally in the first place?

Thanks to Native Americans, we have been introduced to the wonders of a purple cone flower called "echinacea." Indians of the Great Plains first used this herb for snake bites and other skin wounds. However, when word travelled back to Europe of echinacea's healing properties, it became the subject of much research.

One of the most sought after herbs in the world, echinacea is now particularly known for stimulating the immune system. It builds up the tissue cells that destroy foreign bodies and increases the general level of resistance. This remarkable herb not only helps ward off colds and flu, but tonsillitis, bronchitis, colic, candida, infections and allergies too.

So, this winter, before colds and flue knock you out, strike back with echinacea and breathe easier!

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## Tea room, craft shop is 'first step' for Dunn

BY DOUG HARRISON  
The Acton Tanner

Years ago, Acton's Debbie Dunn and her four sisters wondered who would be the first to start their own business. Well, Debbie has taken the first step.

The 40-year-old recently opened *Sisterly Love and Brother Too* in the Indoor Mall on Guelph Street in Georgetown.

The shop boasts a tea room, craft store and a craft working area. Now that she's opened shop, Dunn would like each of her sisters — two of whom live in Orillia and one each in Toronto and Oakville — to follow suit.

She graduated from the Entrepreneurship and Business Development program at the Entrepreneurship Centre in Georgetown in

March and decided to become an entrepreneur after concluding that she could either get another job and risk losing it in six months or take the opportunity to open her own business.

"I want my place to be known as a nice store with a touch of class," says Dunn, a second-year CGA who was laid off following 20 years as an internal revenue



ACTON'S DEBBIE DUNN

adjuster with United Van Lines.

The tea room is available to bridal parties for showers or for small wedding receptions.

The menu includes sandwiches, soups and pasta, along with flavoured coffee and tea, and some tasty desserts.

Celebrating special days will be a priority for Dunn. On Easter, kids will learn how to make a nest for their Easter eggs and there will be special cakes made for Valentine's Day.

A few months back, Dunn conducted a network craft seminar for 30 people, who set up their craft displays in the tearoom. She'll be looking for teachers and for crafts to sell on consignment.

"I want to expand my craft knowledge so when someone has a question, I'll know the answer.

"I hope that all my sisters have a franchise one day. I also have a brother in Woodstock — that's *Sisterly Love and Brother Too*."



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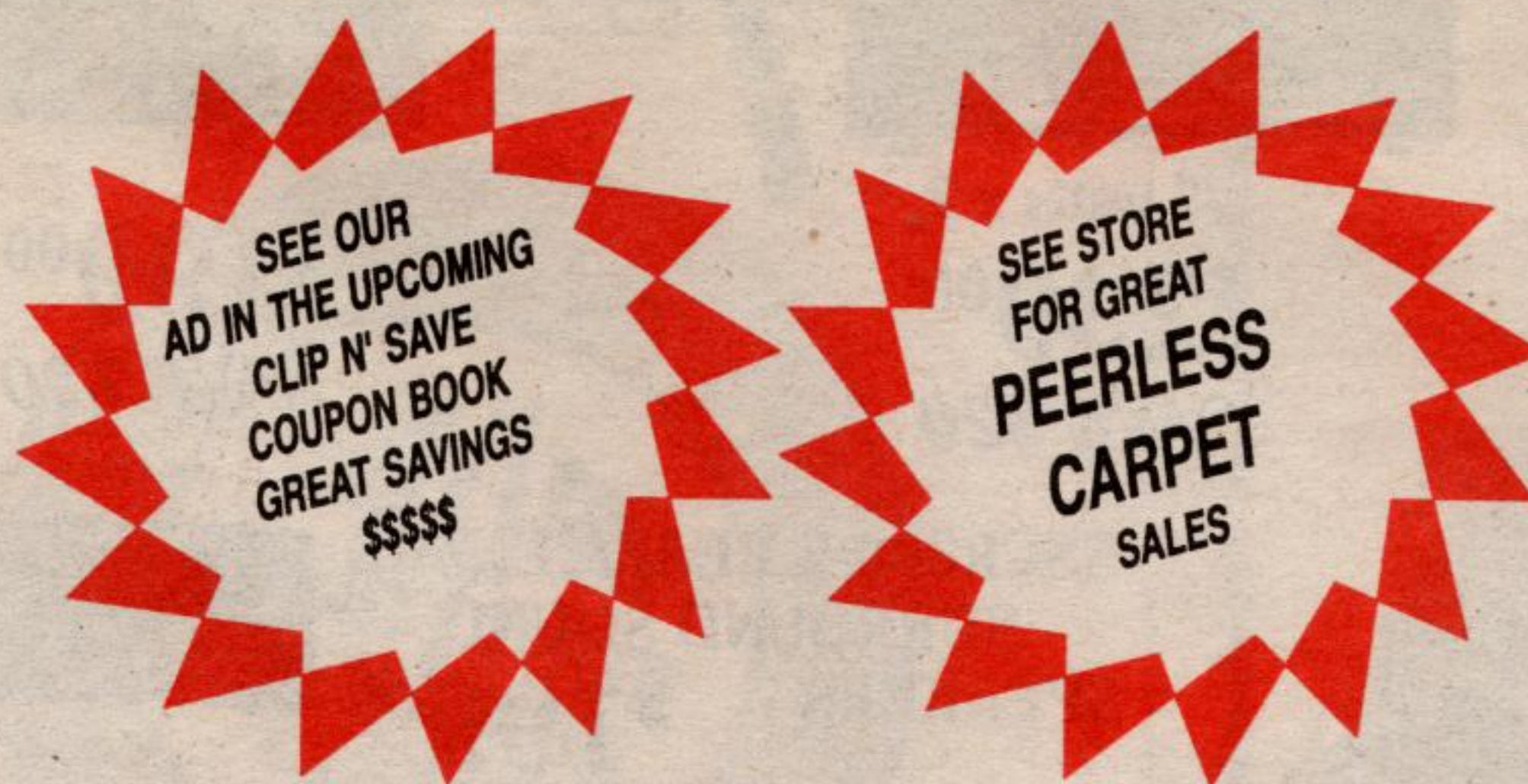
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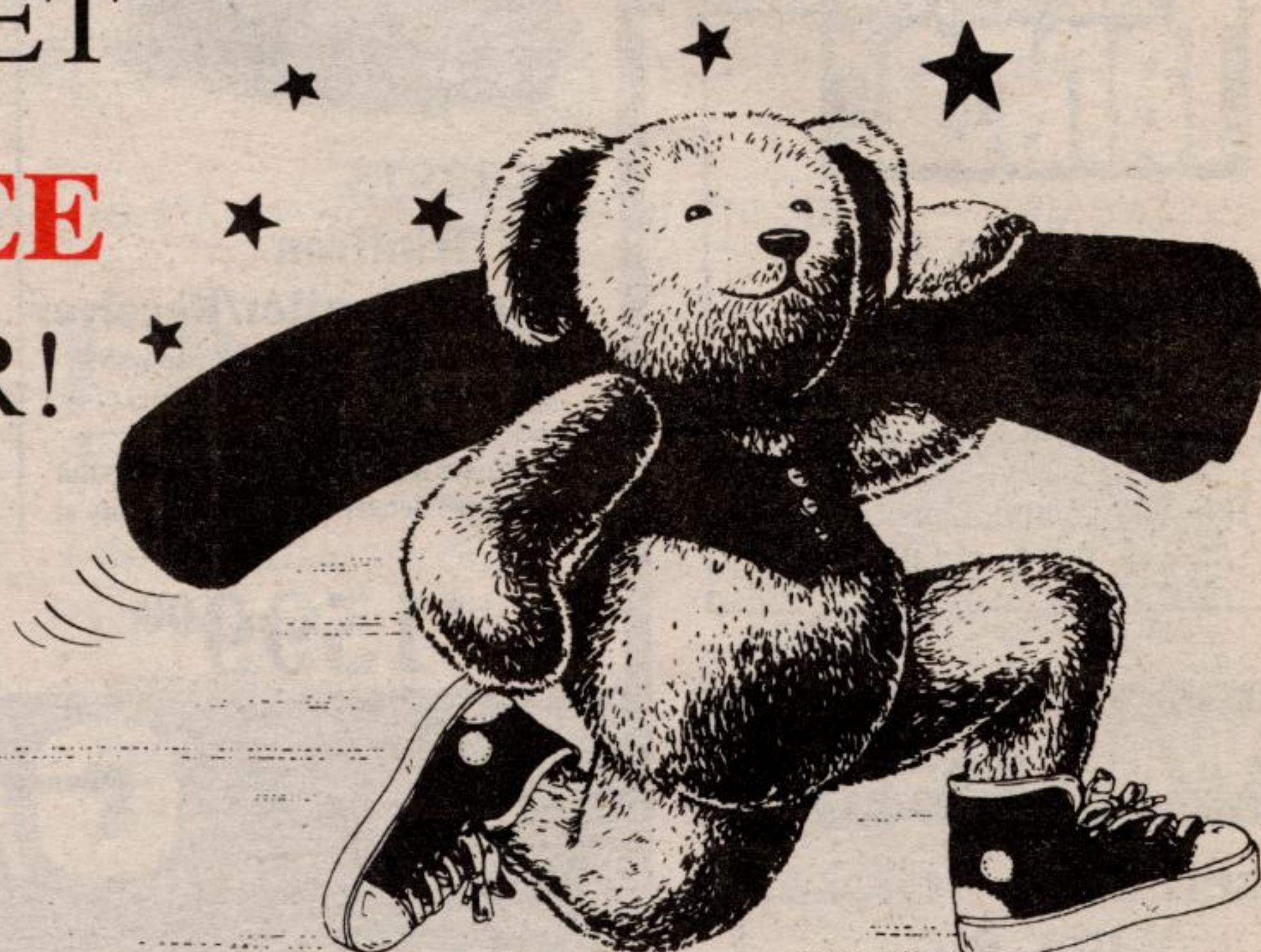
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