

# health & beauty matters



FEELING BETTER ALL AROUND

## Eight steps to fat loss

It is a common practice to measure our ideal weight with a scale. However, this is not a definitive measure because it does not reflect how much of the body is muscle and how much is fat. What is important - as far as health goes - is the ratio of body fat to muscle mass.

### No unhealthy fad diets

Most diets don't work because the body thinks it is experiencing famine; so slows down metabolic rate.

### Eat five small nutritious meals each day

Keep blood sugar levels in balance by eating whole foods - vegetables, fruit, legumes, grains, seeds.

### Drink plenty of water

Often times the urge to eat can be replaced by drinking a glass of water - be sure it's pure water.

### Avoid processed foods

Foods such as white flour / rice products, cereal, pop and chips are low in nutrients and cause food cravings.

### Eat the right kind of fat

Essential fatty acids found in raw nuts, seeds, leafy vegetables, flax oil and salmon help to reduce fat.

### Keep the body moving

Exercise doesn't have to be unpleasant - find something you like to do that moves you, and do it often.

### Get enough sleep

Sleeping reduces stress that triggers binge eating, and increases the release of trimming HGH.


### Believe in yourself

Being your ideal weight is a life long desire... see it, believe it, live it, and be a trim, healthy you.

*A man who trims himself to suit everybody will soon whittle himself away.*

Charles Schwab


**Dr. Timothy Peloso**  
 Rockwood Family Chiropractic and Massage Therapy



Dr. Tim & Daphne wish everyone a **Happy Hallowe'en**

New patients and referrals welcome. Evening and Saturday appointments available.

118 Alma Street, Rockwood  
**519.856.2624**



**If eating apples is only in your dreams give us a call. We can help.**




**MILTON OPTICAL**

- Eye Exams Arranged (next door)
- Lab on Premises
- Certified Contact Lens Fitter

**Ray-Ban** (Carriage Square)  
 Martin & Main Streets  
**905-876-0556**

**Empower your Vision**



**Georgetown Denture Clinic**  
 Alex Trenton, Denturist  
 18 Church Street, Georgetown  
 (Across from the library and Cultural Centre)  
**(905) 877-2359**

*Creating confident smiles since 1982!*



# Gatsby Hair Colour Studio

Canadian Gold Metalist For Colour & Cut **Paul Renna**

**From Beverly Hills to Yorkville**  
 Now Open Gatsby Hair Colour Studio

Canadian Hair Colour artist opens first of its kind hair colour studio located in century old home in the heart of Georgetown. Specialized in foil hair colour techniques and hair colour corrections. The new hair colour studio created by Paul Renna, award winning silver and gold medalist for Canada has been involved in hair colour creations for over 30 years. He has been hair colour advisor to hair colour companies in Canada and USA. Besides being involved in the technical aspects of hair colour abilities, Paul has also been an educator to colour technicians across Canada and California for the last 20 years. He is also an active member of the Elite Canadian Colour Club and Hair Color USA, two of the most Sophisticated hair colour clubs pertaining to specialized hair colour and hair colour corrections, pertaining to fashion trends of the year. We at Gatsby are dedicated professionals in giving you the best results with innovative hair colour. Placement consultation free.

**Hours of operation**  
 Mon - Wed 10 - 6 Thurs, Fri 10 - 7 Sat 10 - 3

88 Guelph Street Georgetown, ON 905.873.4715