

# health & beauty matters

FEELING BETTER ALL AROUND

## Bras that give women a lift

By ANN KORNUITA

Women yearn for a bra that is far removed from a medieval girdle and yet gives adequate support. Often women are not getting what they require when they buy a regular over-the-counter bra. They complain about lack of support, inadequate fitting, and the back of the bra riding up their backs after working a full day. The solution may be Jeunique bras. The patented Jeunique bra combines comfort, support and elegant styling and is designed to make women feel better and look their best.

There are several reasons why women need a bra that works with their bodies. The breast itself has no muscle and when gravity pulls down it stretches the breast area pulling the skin around throat and face. Ordinary bras on the market today are only covers and don't offer much support to keep the shape of breasts. The breast line must be lifted to allow for proper circulation. Without proper support, lymphatic drainage is blocked which can lead to breast disease. The breast itself is composed of fatty tissue known as adipose, blood vessels, lymph glands and collagenous fibres. Without proper support the delicate tissue will start to sag.

Gloria Ramsay is one of the distributors in the Milton area of Jeunique. "The reason I got into these bras is that I had trouble finding a bra that fits properly. When you go to buy one in a department store you can't find one that fits you right," Gloria said. "The Jeunique bra is custom fitted to every woman's unique shape and size."



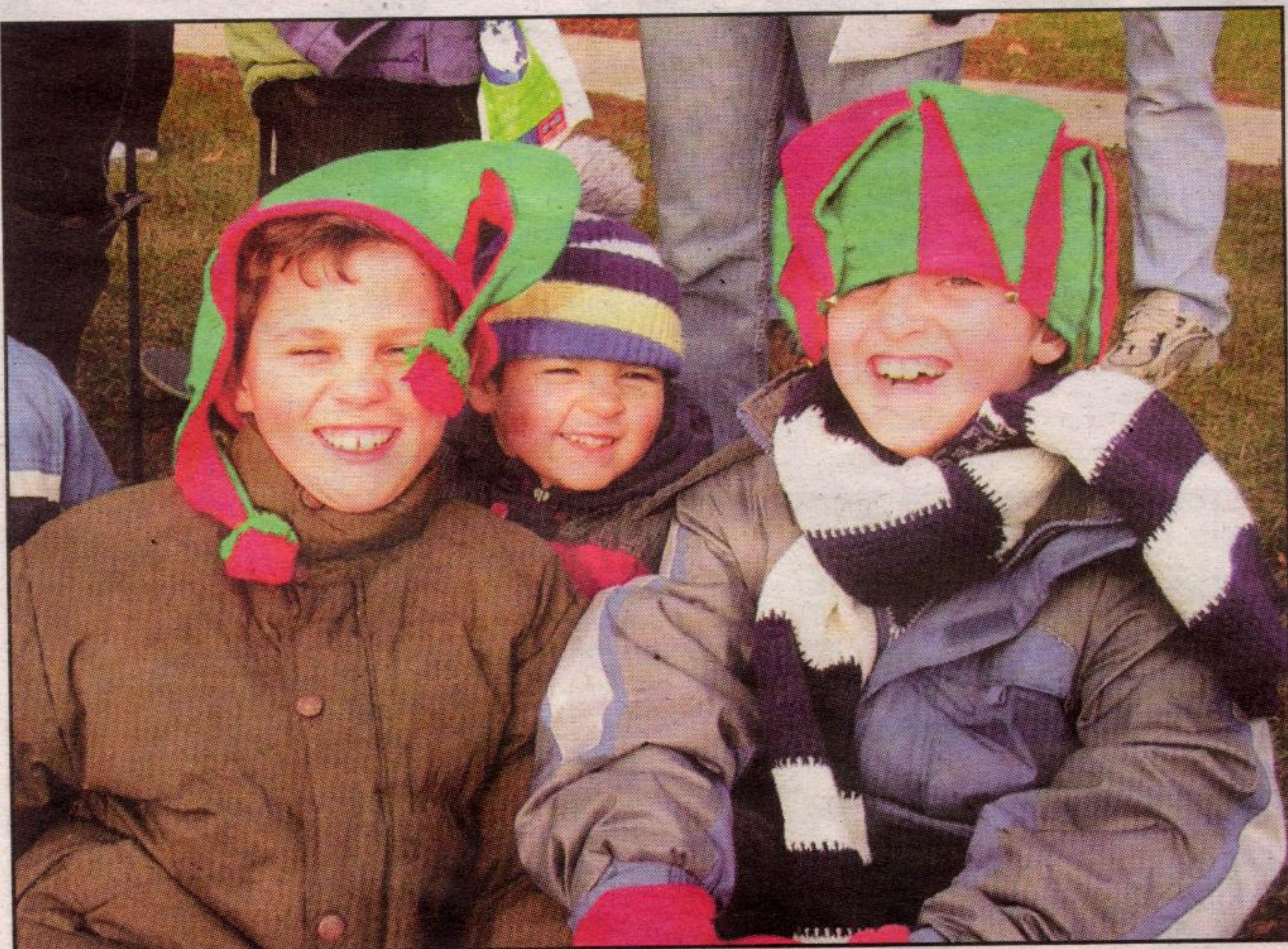
Gloria explained some of the negative sides to regular bras that can be found in major department stores. "The problem with underwires is, it is like taking a rubber band and putting it around your finger so it cuts out blood flow. That is almost the same when wearing a regular bra with underwires since it can cut off flow of natural fluids and blood circulation. As well, bras with padding can act like a sauna and may actually make your figure look smaller than it really is," Gloria said.

Gloria offers in house personal fittings for women of all ages. It's less awkward to do a fitting in the comfort of your own home and is very discreet. Take the mystery out of bra shopping by setting up an appointment with Gloria by contacting her by phone at 905-875-1806.

PHOTO BY ANN KORNUITA

Gloria here holds up one of the bra's offered in the Jeunique line.

## En route for the Milton Santa Parade



SUBMITTED PHOTO

These cheerful souls, Brock, Brody and Jacob, wear festive hats to keep warm as they wait patiently on route at the Milton Santa Claus Parade Saturday. See next page for more photos of the Parade.

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