


# health & beauty matters

FEELING BETTER ALL AROUND

**LOSE WEIGHT NOW!**



Cathy lost 25 pounds and 35 inches!

**All natural weight loss!**  
Lose 2 - 7 pounds a week!

Call NOW for your FREE CONSULTATION!

**HERBAL ONE** 905 878-1123  
Weight Management Nutrition Centres  
The ONE that really works for you!  
www.herbal-1.com

385 Main St.  
next to Subway

## Mental Health Solutions in Halton

By ANN KORNUA

The Halton branch of Canadian Mental Health is offering educational seminars. This month, there will be classes on spousal separation and anger management.

The anger management class is a six-week course that starts March 23 and runs to April 27, 7-9pm. This course is not set up to be therapeutic, but more as an outreach program for people seeking information. "We have facilitators who will be handing out information and encouraging everyone to discuss their own anger problems and show how a situation can be worked through in steps," Tamara Leniew

of the Halton Mental Health Association said. These courses will be held in the Milton Mall and the cost is \$95 a participant.

The spousal separation seminar will take place in Oakville as a ten week course running on Thursdays from March 31 to June 2, 7-10pm. This program is directed at recently separated men and women who need support, information or just a place to talk. "We will have guest speakers and people will have the opportunity to talk in small groups about their problems in these classes," said Tamara.

Courses available from the Halton Mental Health Association cover numerous mental illnesses. Over the year, more courses will be available to help people come to terms with problems.

"These classes are very focused - there is a beginning and an end to these courses.

Its time limited and to an agenda," Tamara explained.

To find out more about mental health in Halton region or to register for programs listed above you can call 905-693-4270 or log onto the Mental Health of Halton's website www.cmha-halton.ca

### Strengthen your immune system

A properly functioning immune system is essential for resisting illnesses ranging from colds to cancer. The health of your immune system is greatly impacted by dietary habits and nutritional status.

EFA's	For the health of all cells; prostaglandin activity
Vitamin A	Stimulates and enhances immune processes
Vitamin C	Antiviral; antibacterial; improves immune function
Vitamin E	Enhances both humoral and cell-mediated immunity
B Complex	Needed for proper immune function; especially B1, B2, B3, B5, B6, B12, folic acid
Zinc	Plays several key roles in immune system reactions
Selenium	Affects all components of the immune system
Thymus Extract	Increases the function of the thymus gland
Echinacea	Has profound immune enhancing effects
Astragalus	Stimulates several factors of the immune system
Ginseng	Improves resistance to stress; stimulates immune function
Colostrum	Enhances immunity; antibody stimulating factors



### Do you suffer from

- Neck & lower back pain
- Migraines & headaches
- Arthritis & tendonitis
- Digestive & respiratory difficulties
- Allergies

Chiropractic & acupuncture are safe, gentle & effective ways for your entire family to get to the root of the problem and help you to take control of your health.

Dr. Natalie McDonald is looking forward to meeting you and providing you with individualized care suited to your lifestyle and health concerns.



550 Ontario St. S., Suite 205  
Milton (Corner of Ontario & Derry)  
Ample parking available.  
Call (905) 875-2288

And begin to enjoy a pain free life.  
Services are covered by WSIB and most insurance plans.

**HYDRATE YOUR SKIN THIS WINTER**



**MARCH FACIAL SPECIAL**

Our Most Popular Facial  
The HYDRADERMIE Plus Eye Treatment

Only \$85 reg. \$100

Hydrate your skin during the harsh winter months with a 3 step beauty treatment with visible lasting results.

Restore your skin's natural beauty with our hydradermie treatments customized for your skin's needs.

Hydradermie facial special is coupled with our eye treatment which relieves puffiness & softens fine lines.  
**BOOK NOW FOR YOUR MARCH APPOINTMENT!**

**VIDA SPA**  
FULL AESTHETIC SERVICES  
Gift Certificates Available  
905-693-1943 42 Bronte Street South www.vidaspa.com

**FREE gift with GUINOT**  
INSTITUT - PARIS  
Skin Care Purchase (Min. Purchase \$50.)



**Ray-Ban** EMPOWER YOUR VISION

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

**MILTON OPTICAL**

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

**Total Skin and Body Spa...**  
located in the heart of downtown Milton for 20 years. Join us for a day of luxury in a comfortable, friendly atmosphere.  
We welcome Bridal Parties!  
Check out our website for special packages:  
[www.totalskinandbodyspa.com](http://www.totalskinandbodyspa.com)

**Treat yourself to a "Signature Body Retreat" in our newly renovated spa section:**

- \* begin to relax with a eucalyptus steam room session
- \* followed by a peppermint or citrus sea salt exfoliation and wrap
- \* top off this heavenly treatment with a 1 hour aromatherapy body massage ... ahhhhhh!






**S P A**

**TOTAL Skin & Body**

Gift Certificates Available

**905-878-9711**  
258 Main St. E., Milton