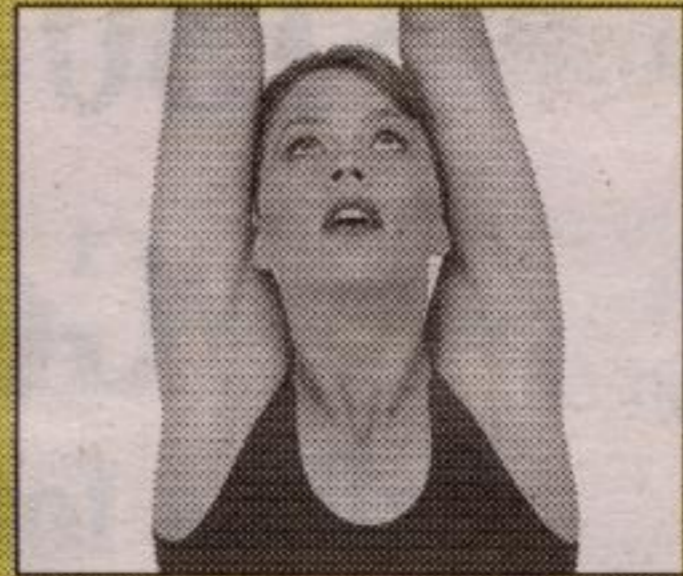


Help for
your
bones

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routine
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Seniors
know
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Buying proper
shoes can
prevent agony

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Just for the

HEALTH

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Jane Buckler, B.A., N.D.

Doctor of Naturopathic Medicine



Herbal Magic health counselor Kelly Ottaway (left) checks the progress of client Joanne Oversby who (inset) lost 46 pounds through Herbal Magic's weight management program. Photo by Ted Brown

With Herbal Magic Feel like a new person

After losing 46 lbs and keeping it off for several months Joanne Oversby feels like a new woman.

After years of struggling with her weight, Oversby, of Terra Cotta, said she decided to give Herbal Magic's weight management program a try after seeing a newspaper advertisement. So, she headed to Herbal Magic in Georgetown, met with counselors there, started the program and was finally able to lose the weight.

"It was good, very easy to do," said Oversby of Herbal Magic's Quick Loss Plus program.

When she first came to Herbal Magic last July she weighed 188 lbs. She started the program and in five months she had achieved her goal weight of 142 lbs, and lost a total of 66 inches. She used to wear a size 17, and now proudly wears a size 9.

Cori Critchell, manager of Herbal Magic in Georgetown, said their weight loss program is based on a healthy eating routine with herbal supplements incorporated. Clients buy their own food at the grocery store and Herbal Magic also offers clients a maintenance program.

"Clients are losing a minimum of two to seven lbs per week," said Critchell. She said clients

receive one-on-one counseling. The counselor assesses their diet and medical history and discusses their goals. Those on the program come in three times a week where they are measured, weighed and receive a standardized herbal supplement designed to help with digestion, increase stamina and vitality and target their metabolism. The counselors also provide nutritional information, motivation and encouragement for their clients.

Kelly Ottaway recently joined the staff as a health counselor.

"She has just finished extensive training through Herbal Magic Systems," said Critchell. "She is not only an asset to our company but a great addition to our team."

Dawn Wilson is the supervisor at the Georgetown location.

While many people come to Herbal Magic for weight concerns the store also offers a wide variety of products to help clients with many other problems including: low sex drive, PMS and menopause, arthritis, chronic sickness, low energy, digestive problems, sports injuries, and cellulite. They also have skincare products.

Critchell said clients visit the store and counselors assess their medical history and suggest products that would suit their needs.

Herbal Magic, located at 130 Guelph St., Unit 9, and is open Monday to Friday from 9 a.m. to 7 p.m. and Saturday from 9 a.m. to 1 p.m. For information call 905-873-2476.



It's 11:30!



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