

Healthy Living

The Georgetown Naturopathic Wellness Centre
NOW OPEN SATURDAYS FOR APPOINTMENTS.
 Phone: 905-873-2361
 Suite 102, 16 Mountainview Rd. S., Georgetown
 Jane Buckler, B.A., N.D. ~ Doctor of Naturopathic Medicine

HEALTHY CHOICE



Nancy Desjardins R.N.C.P.

- Holistic Nutrition
- Cleansing Detox Program
- Herbology
- Food and Allergy Screening

Yum - m - m Chocolate

If you use the right chocolate at the right time it can have healthy properties.

1/2 oz milk chocolate

= 75 calories and 8 milligrams of caffeine
 - contains butter fat which raises the cholesterol level. Cheap milk chocolate replaces cocoa butter with unhealthy fats like palm oil which is highly saturated or even with partially hydrogenated oils full of dangerous trans-fatty acids.

1/2 oz. dark semi-sweet chocolate

= 30 calories and 8 milligrams of caffeine
 - contains cocoa butter which is similar to olive oil. Cocoa butter does not raise the cholesterol level and has a beneficial effect on blood lipid profile.

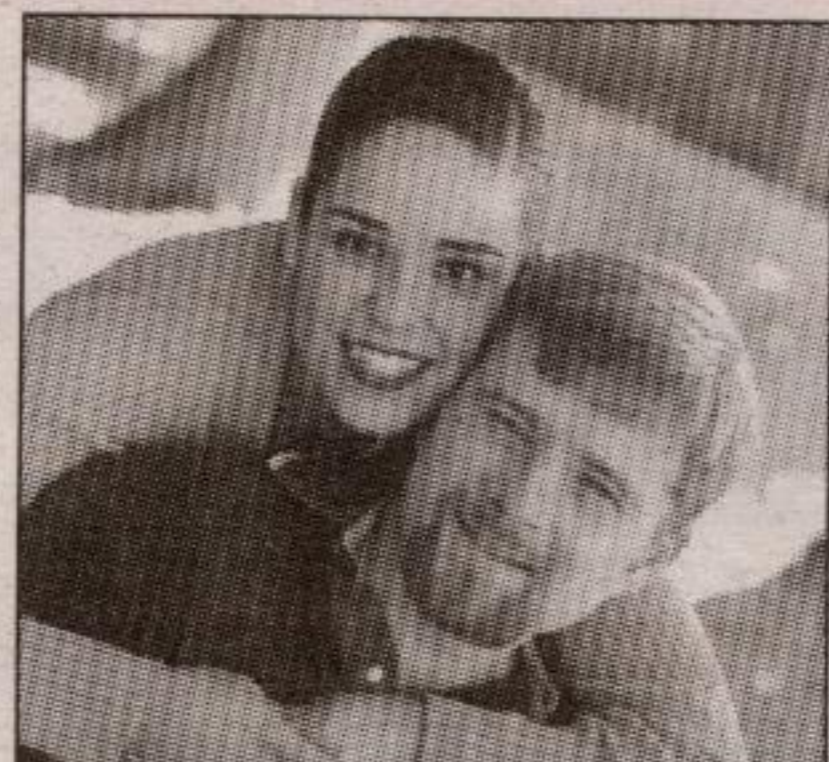
Sugar makes up 75% of milk chocolate and is the first ingredient. Dark semi-sweet chocolate that is 70 to 75% cocoa butter has cocoa as the first ingredient and is only 20 to 25% sugar.

Good-quality, dark semi-sweet chocolate from Switzerland, France and Belgium is excellent if eaten mid afternoon; it can raise your endorphin and serotonin levels to give you a genuine pleasure response.

Nancy Desjardins R.N.C.P.

Registered Nutritional Consulting Practitioner
 78 Main Street S., Georgetown
 (905) 873-0194

STAG & DOE



**Jamie Cook
and Suzy Ferreira**

Friday, October 19, 2001
 Acton Arena
 8 pm
 Tickets \$10
 Available at the door

Heart & Stroke group needs volunteers now

Volunteers are needed for the Brampton office of the Heart & Stroke Foundation, which serves the Halton Hills area. Various office positions are available. Also required are council members to fill the roles of school program chair and volunteer development chair.

For information regarding the office positions call Alexandra. For information on the roles with the council, ask for Kinga. Both can be reached at 905-451-0021.

Alternative Health Day explores non-traditional doctoring and therapy

Non-traditional forms of health services will be discussed at an Alternative Health Day, hosted by the Halton District Women's Institute on Saturday (Oct. 20) at Hillcrest Church.

Both men and women are welcome to listen to and ask questions of four speakers on the subjects of herb and vitamin use, homeopathy, reflexology and massage therapy.

Pharmacist Zak Patel will offer an open-minded discussion on the use of herbs and vitamins, while Eleanor Hepburn will explain about homeopathy— treatment of diseases with small doses. Marg Aitken has signed on to talk about reflexology— the manipulation of pressure points in a person's foot, and massage therapist Holly McGaffey will explain about the stress-reducing qualities of her trade.

The day begins with 9:30 a.m. registration, followed by Patel, a cider break, Hepburn, a break for lunch, then the two remaining talks by Aitken and McGaffey. The day ends about 3 p.m.

"It'll be an educational day," says W.I. organizer Mary Jane Wingfield, "and hopefully beneficial to the public."

Tickets are \$6 and includes lunch and door prizes. While tickets are available at the door, for advance tickets call Mary Shier, 905-877-1427, Margaret Pearson, 519-856-4608 or any W.I. member.

Hillcrest Church is located on Trafalgar Rd. at the corner of Five Sideroad (across from Pineview School).

LASER HAIR REMOVAL

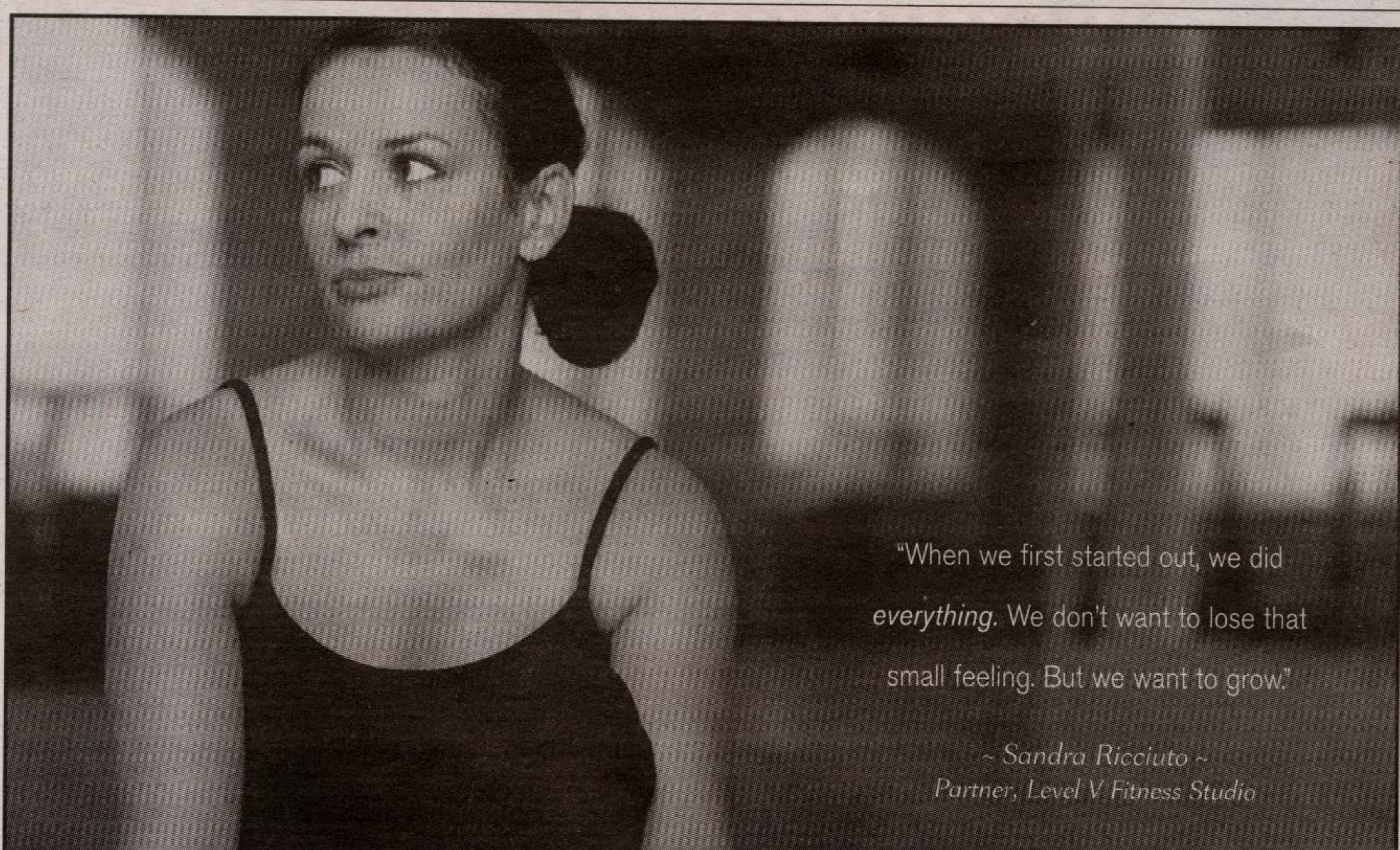
• Affordable • Safe • Gentle • Permanent Hair Reduction

**TIRED OF SHAVING,
WAXING OR TWEEZING?**

Gift certificates available

Most areas of the body can be treated with electrolysis or laser.
 Call today for a free no-obligation consultation on how to feel better about yourself.
 - certified Electrologist - certified Laser technician

Bare Image Electrolysis & Laser Inc.
 50 Main St. S., Georgetown, 905-873-6388
 downtowngeorgetown.com/bare image



"When we first started out, we did everything. We don't want to lose that small feeling. But we want to grow."

~ Sandra Ricciuto ~
 Partner, Level V Fitness Studio

October is Salute to Small Business Month. Small business has a big impact on our economy. More than 800,000 new jobs have been created in Ontario since 1995. To help your small business grow, the Ontario Government is committed to doing more, like reducing red tape, cutting taxes and promoting e-business initiatives. We've also set up Small Business Enterprise Centres, Business Self-Help Offices and Government Information Centres. To find out more visit www.ontario-canada.com or call the Canada-Ontario Business Service Centre toll-free at 1-800-567-2345 or in Toronto, 416-954-INFO (4636).



LOOK for

The OSLER CONNECTION

in today's publication of the

GEORGETOWN INDEPENDENT

Hitherfield School is having an

Open House!

*Are you considering private education?
We cordially invite you to join us*

**Saturday, October 20th
from 1-3 p.m.**

Come out and see our new addition, meet our teachers, and wander our halls. Find out why Hitherfield has earned its reputation for excellence in elementary education.

**Hitherfield School is located on
10th Sideroad in Campbellville,
just north of the 401, 1/2 km west of Guélfh Line.
For more information please call 905-854-0890**