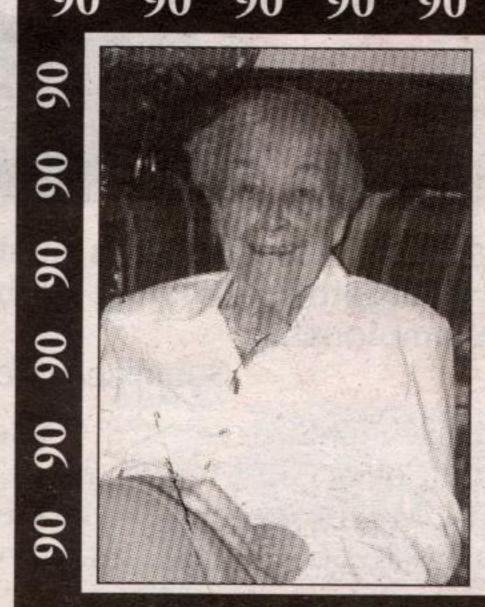


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# Healthy Riving



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# High fives for young riders in bike-a-thon

Tyler Highfield (right) gives bicycle rider Ryan Plisek a high five during the annual Community Living North Halton bikea-thon at the Georgetown Fairgrounds. The annual bikea-thon raised about \$16,000 with a good turnout of more than 200 riders. Sisters Gabrielle and Rebecca Lance won bikes for raising the most pledges, \$591 each.

Photo by Shawn McAlpine

### Local Red Cross offers emergency preparedness workshop

Many Canadians don't think it will happen to them but in recent years, disasters have forced more than four million Canadians from their homes.

Find out how to prepare for disaster by taking a personal preparedness workshop on Saturday, May 24 at the North Halton branch in Milton.

Learn how to determine the risks in your community; about the different types of disasters that can affect you; the difference between various types of preparedness kits; how to develop a home evacuation plan.

To register call the Red Cross office at 905-875-1459.



Your Health... Naturally

By Nicole Meier, BSc. N.D.

Doctor of Naturopathic Medicine

#### PMS Concerns

Many women experience unpleasant symptoms around their menstrual cycle. Irritability, moodiness, cramping, abdominal bloating, breast tenderness, skin breakouts and headaches are a few examples. Conventional or "modern" medicine offers little for the treatment of PMS and this has led to the belief that there is nothing to be done. Many options exist in the realm of Naturopathic medicine and PMS is typically successfully managed. Therapeutic options may include the use of specific vitamins and minerals, dietary changes, homeopathy, acupuncture and Chinese medicine. A Naturopathic doctor is also trained to know the signs and symptoms of more serious disease and will refer to other medical professionals accordingly. Suffering from PMS is only "normal" because it is common to so many women. Naturopaths believe that PMS is not something any women should have to live with, nor is it a sign of wellness.

Until next time, be well.

### Nicole Meier, BSc. N.D.

The Georgetown Naturopathic Wellness Centre

16 Mountainview Rd. S., Suite 102 Georgetown, ON, L7G 4K1 (905) 873-2361