

# Health Care

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ROBERT H. CRANFIELD D.C.



ELEANOR McLEOD



SHIRLEY CHAPLIN

## Volunteers receive award

Longtime hospital volunteers Shirley Chaplin and Eleanor McLeod have received provincial Volunteer Service Awards recognizing more than 30 years of volunteering at the Georgetown hospital. A certificate and pin were presented to the two in a Ministry of Citizenship ceremony at the Orangeville Fairgrounds earlier this month.

Chaplin has been with the Georgetown Hospital Volunteer Association since 1972 and has served on the board in many capacities.

McLeod joined the association in 1966 and has served the hospital and the association "beyond the call of duty," according to Roland Lobb, association president.

*Photos submitted*



## CAS-HH supports Terry Fox Run

Cancer Assistance Services of Halton Hills presented a \$5,000 cheque to the Diaridduk family, organizers of the Georgetown Terry Fox Run.

From left, the Diaridduk family, Terry, Timmy, Tamara, Ted Gorth of CAS-HH, Karen and Tom Diaridduk.

Photo by Shawn McAlpine

# B vitamins are a necessary part of a healthy life

The B vitamins are a hot topic in the health literature. What is it that these vitamins do and why are they so great? They may not be a miracle cure but they do help in a range of health conditions.

B-complex vitamins are vital in nervous system function and health of skin, eyes, hair and liver. They help provide healthy muscle tone in the gastrointestinal tract and stimulate brain function. They are necessary for metabolizing fats and proteins.

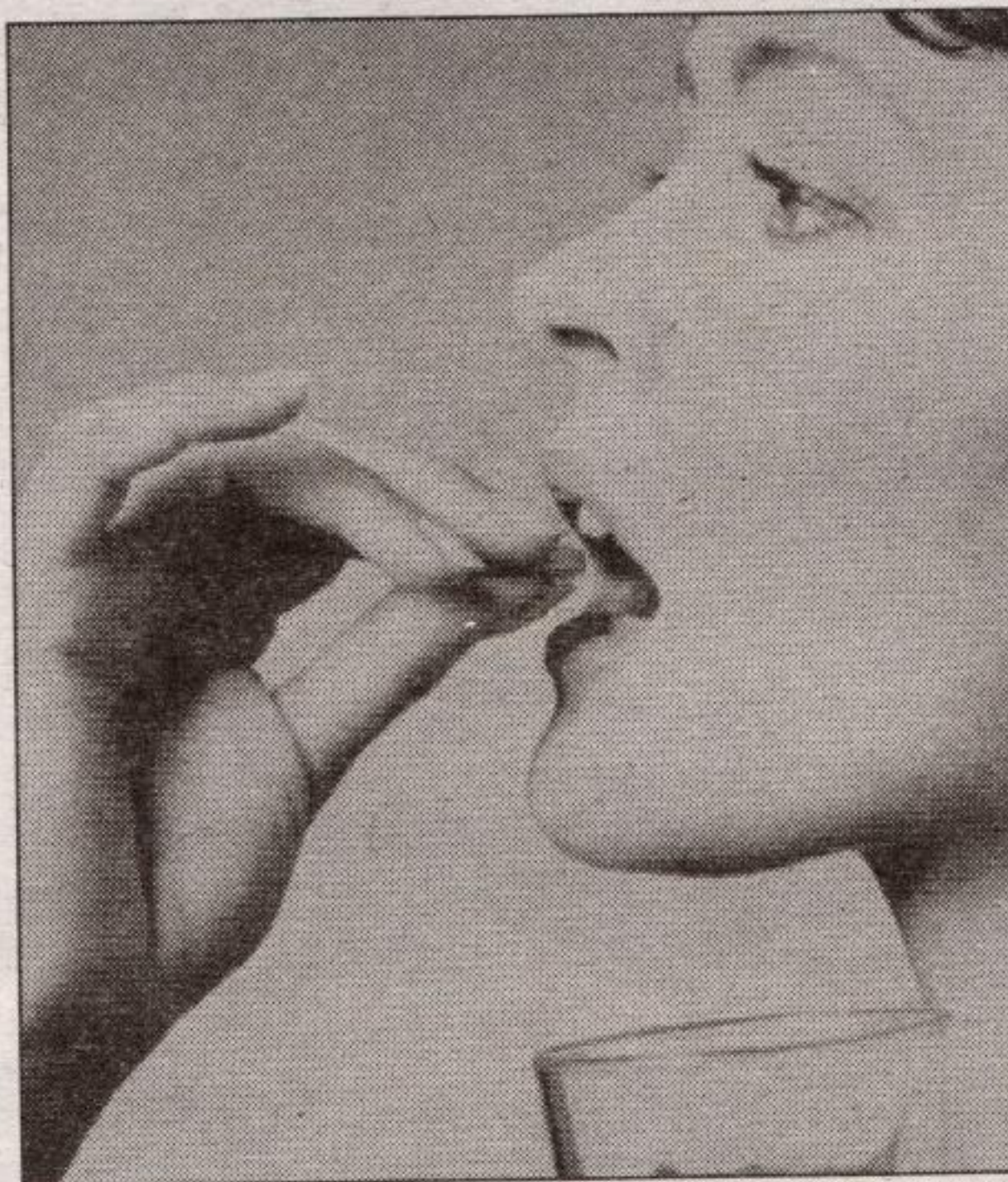
Experts in the field of nutrition agree that the B vitamins should be taken in a combination as a B-complex because excess in any single nutrient can trigger a deficiency in the other B vitamins. Our North American diet provides only a percentage of the required amount of B vitamin needed for optimal health and the processing and preparation of our food can virtually eliminate any benefit rendering the vitamin useless.

Deficiencies in vitamin B can result

in poor memory, fatigue, muscle weakness and blindness with long-term deficiencies causing heart disease, brain damage and possibly death.

Research shows that maintaining an adequate supply of B-complex in the body can help you fight against the following illnesses:

1. Cardiovascular disease— Vitamin B decreases levels of homocystene in the blood, which is a marker associated with cardiovascular disease.
2. Diabetes— Vitamin B helps convert glucose to energy so that the sugar doesn't stay in the bloodstream causing diabetes, it boosts immunity for those



fighting the disease and encourages the regeneration of nerves.

3. Carpal Tunnel Syndrome — Vitamin B6 supplementation has been reported to improve the symptoms of CTS.

4. Migraines— taking vitamins B and C together has been shown to decrease the frequency and intensity of classic mi-graines by

relaxing the muscles.

5. Birth defects— Folic acid intake decreases the risk of spina bifida

6. Alzheimer's— B-complex is especially important for the elderly. Cases of Alzheimer's have been misdiagnosed due to a deficiency of B12 and B-com-

plex. A Swedish study showed that folate deficiency doubles the risk of developing Alzheimer's.

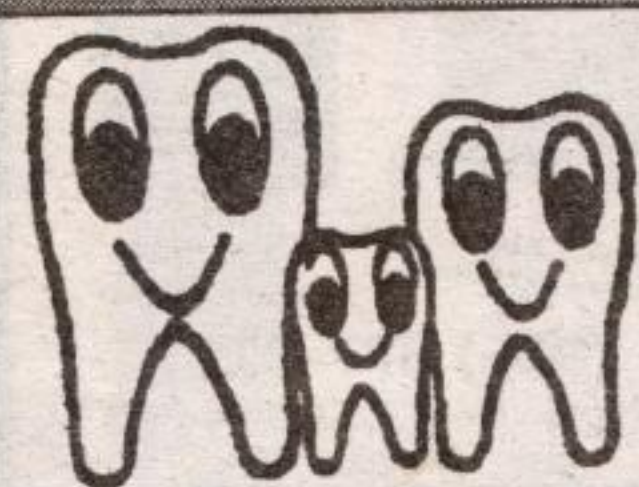
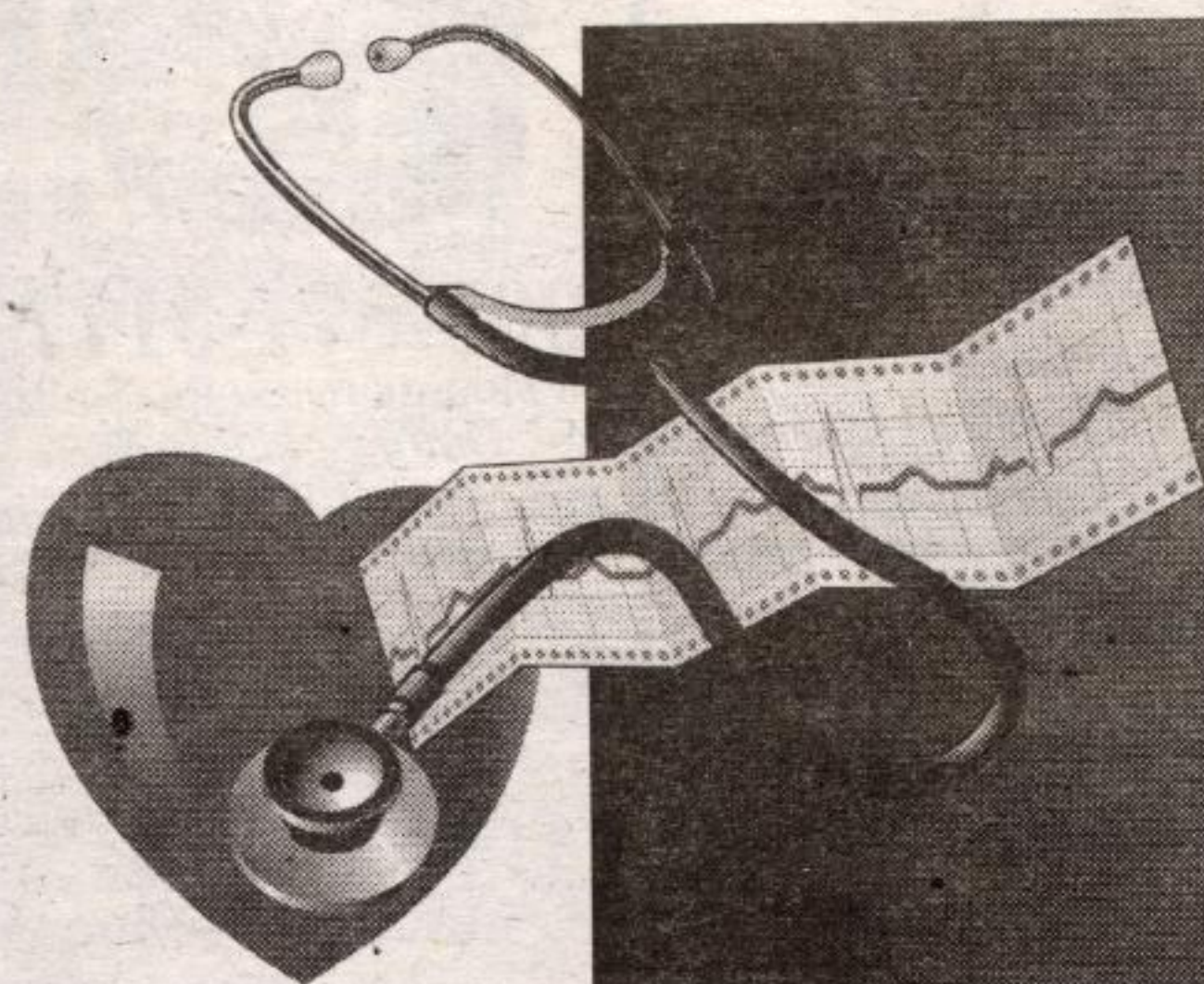
7. Anxiety— B-complex helps to decrease stress and muscle tension without the nasty side effects of anti-depression drugs.

You can find vitamin B in Brewer's yeast, liver, whole grains, nuts, eggs, meat, fish and vegetables. Before starting a regimen of vitamin B-complex. Consult your health care professional, as people with certain health conditions should avoid large doses of B. Remember to take these vitamins with food.

With our health information we are trying to build a healthier community. Remember good health is easier to maintain than to obtain.

— Dr. Jennifer McLaughlan, B. Kin., D.C.

McLaughlan is a family chiropractor at the Lifestyle Family Chiropractic, Georgetown, 905-873-3113.



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