



Your Health... Naturally

By Nicole Meier, BSc. N.D.
Doctor of Naturopathic Medicine

Halloween Health

Halloween is just around the corner and the stores are full of sugary treat options. As a Naturopath, this is an especially hard time of year for me, as I strongly advocate a low sugar diet. So, my policy is one of moderation, made possible by some creative "trick or treat" options. Since your children (and mine) are likely to be bombarded with candy, why not offer something different? Check out your local dollar store or department store for some great, affordable options. Pencils, small toys, erasers, notebooks, stickers and hair clips are a great option. If you prefer to give a "treat", look for healthier packaged items. Treats like apple sauce cups, sesame snacks, fruit to go, sleeves of sunflower seeds, sugarless gum (non-aspartame), pretzels, individual packets of carrots and dip and some granola bars are a much better option than candy.

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Business of Month

The business of the month photo, featuring Ares Restaurant and Banquet Hall, which appeared in the Oct. 15 edition, contained incorrect information. Halton Hills Chamber of Commerce director Travis Allinott (left) and Chamber president Norm Paget (right) presented the sign to Ares employees, from left, chef Zoe Propopapas, staffer Linda Arnold, and owners Doreen Govas and Sam Govas. *The Independent & Free Press* regrets the error.

Photo by Ted Brown



DISTRESS CENTRE

NORTH HALTON

30th Anniversary Celebration

All past & present volunteers of the North Halton Distress Centre (Contact Centre) are cordially invited to attend a reception on Sunday, November 16th, 2003 between 1 pm and 4 pm

Fur further information & to confirm attendance please call (905) 877-1211.

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H2Sport and APR join forces

H2Sport Inc., a premier Georgetown-based performance tuning company specializing in Volkswagen and Audi vehicles have become an official dealer for the full-line of APR products.

Focusing on performance products for both the Volkswagen and Audi brands, H2Sport has been able to offer customers only the best in performance parts and service. In a very short time, H2Sport has established itself in the after-market performance industry in Canada with such products as the H2Sport Sport Spindle set to be released later this year.

So why APR? APR is a U.S.-based engineering firm that has been dedicated to developing only the best performance solutions for Volkswagen and Audi vehicles. APR leads the competition with products such as their patent pending Enhanced Modular

Chipping System (EMCS). EMCS allows users to update engine management software from their own computer.

The APR philosophy for product development is "If it doesn't make your vehicle perform better, stop quicker, turn flatter, and more fun, we don't have it." H2Sport shares the APR business philosophy, as it strives to maintain a competitive edge through its own new product engineering, production, and distribution. APR products will serve to complement H2Sport's existing product line.

APR products will allow H2Sport to offer its customers even more variety in engine tuning, turbo upgrades, suspension tuning, custom exhausts, and brake enhancements.

For more information on H2Sport, APR products, and related services offered by H2Sport, visit www.H2Sport.com.

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