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BODY, MIND & Spirit



Welcome to our first edition of Body Mind and Spirit. We hope it's filled with information to help you stay healthy, if not necessarily wealthy or wise, although with luck those could be spin-off benefits.

We've tried to include a variety of topics that will interest everyone, regardless of age or gender.

We have some of the latest information about cutting edge research that is bolstering Canada's international reputation in that arena – specifically breakthroughs in diabetes treatment and a jump on refining a vaccine to combat the SARS virus that terrorized the world last winter.

We also have the most up-to-date facts on some of the most prevalent diseases of the 21st century, such as cancer and arthritis.

The body beautiful is important in today's society so we've looked at ways to preserve that image through measures like healthy eating, weight loss and cosmetic

surgery, an increasingly popular option.

And the mind and spirit are equally important. So we've looked at some lifestyle issues of the new century such as depression, now recognized as a treatable illness, and how to deal with the stressful times we live in.

We examine the difference between men and women in the way they approach health issues. We look at how we are treating our elder population as it reaches an age where self-care is increasingly difficult and how we help our children to find a balance between the temptations of television and computers and more healthful physical activities, a step in combating the obesity epidemic that is threatening youngsters today.

Whatever the issue that interests you most, we hope you find something that informs, educates or elucidates in this issue of Body Mind and Spirit.

Ellen Ashton-Haiste

Contributing Editor

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