

# Pilates

12 Week Small Group Session



Core Essentials  
pilates & movement studio

Hatha Yoga, Tuesdays 9:30 am and Thursdays 7:00 pm  
Beginner Pilates, Saturdays 10:00 am  
Power and Pace Pilates, Wednesdays 9:30 am

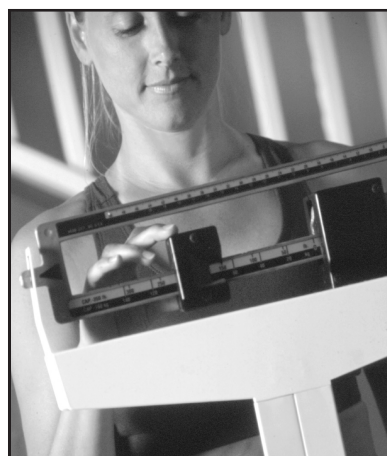
Day and Evening Pilates and Yoga Classes (max. 4 ppl)  
Private and Semi-Private Instruction  
Nutritional Counselling

Please call 905-702-2744 or email [coreessentialspilates@bellnet.ca](mailto:coreessentialspilates@bellnet.ca)

# HEALTH

For more information on the next HEALTH section please contact your sales representative at **873-0301**

**The Independent & Free Press**



# Here! Here! for whole grains

Most people agree that good health begins with eating more whole, living and natural foods and less processed foods. The challenge, when processed foods have taken over the grocery store shelves, is sourcing those natural foods.

Food scientists and doctors agree that whole grains are the missing link in most people's diets. They provide a powerhouse of nutrition including vitamins, minerals, essential fats and good carbohydrates. They help make our cell membranes soft and permeable so that nutrients can easily enter the cell and waste can easily exit the cell - this is how energy is produced in our bodies! Some sources of whole grains you could incorporate in your diet include: whole wheat, brown rice, soy, kamut, spelt, millet, quinoa, teff, oats, amaranth and rye. Keep in mind some of these require hours of soaking and boiling just to prepare them to eat or use in recipes.

Our hectic lifestyles make it almost impossible to eat enough of these whole grains to receive the health benefits. A study done at Hollywood Presbyterian Hospital in Los Angeles concluded that lack of critical oils from whole grains resulted in low energy, eczema, glandular problems, thyroid problems, arthritis, hormone imbalances, premature aging and lack of energy. The benefits of these critical oils, according to a study done at Texas A & M University, include: better use of nutrients, an improved response to stress, better cardiovascular development and greater adrenal activity resulting in an increase in energy levels.

It is wise to "bridge the gap" between the nutrients we *should* be consuming and

those we *actually* consume by choosing a good quality supplement containing those critical oils, but who do you trust? Here are some tips on what to look for when choosing a nutritional supplement company:

What is the product made from? Is it made from "whole foods from the human food chain" and not just "natural sources"? Did you know that natural sources, which are found in most retail store products, can be such things as rocks (*their* source of calcium), petroleum (*their* source of vitamin E) and pond scum (*their* source of carotenoids), but of course whole food sources are best.

Does the company employ a team of doctors, scientists and food scientists, (or just a good looking doctor who endorses the products?) who are involved in research and development in their own labs and manufacturing facilities and who work with organizations around the world such as the World Health Organization, the New York Academy of Sciences and the Center for Disease Control? Have they obtained independent evaluations on their products and have those been published in peer review scientific journals such as American Journal of Clinical Nutrition?

Are there any clinical studies done on humans on what the products do at the cellular level?

Finally, speak to family and friends that have used the product and find out if they got results. By trying to incorporate more whole grains into your diet and supplementing to bridge the gap, you are taking the first steps in working on your wellness now, instead of your illness later.

Written by GNLD Wellness consultant, Christine Maiorano of La Vita Bakery, Deli and Café in Georgetown.

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## McDonald's Lighter Choices™ Menu

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