

HEALTH & WELL BEING GUIDE



Kids take charge of fundraising

Sobeys in Acton was the site of tasty fundraiser this past Sunday as 13-year-old Rachel Van Fraassen and a group of her friends set up a hot chocolate and baked goods stand in front of the store to raise funds and awareness for Spinal Muscular Atrophy. The children's group, KASMA (Kids Against SMA), was formed in honour of Rachel's sister Rebecca, 8, who is affected by SMA. Sobeys donated the hot chocolate and the marshmallows for the event that raised more than \$322, for Families of SMA Canada who, in turn, direct it to Canadian research centres. From left, are, Rebecca Van Fraassen, 8, Jordan Milne, 12, Luke Van Fraassen, 11, Rachel Van Fraassen, 13, Alex Jarvis, 14, Alex Milne, 14, Megan Hennessey, 13, and Sherina Gunasinghe, 13. For more information, go to www.rebeccarun.com or www.smacanada.com.

Submitted photo



25 years of bingo

A group of Halton Hills residents recently celebrated 25 years of Baha'i Bingo at the Georgetown Bennett Centre. Don and Isabelle Weaver and Lena Emerson, who are longtime members of Canada's Baha'i community, have been calling numbers and helping seniors play bingo at the Bennett Centre since 1982. The Halton Hills Baha'i community is one of more than 170 such communities across Canada that focus their efforts on world peace, unity and serving their communities. Pictured, back, from left, members of the Halton Hills Baha'i community Isabelle Weaver, Don Weaver, Lena Emerson, Mike Black and Eddie Weston; and in front, from left, Bennett Centre residents Sandy Murden, Janet Erban and Rita Rinaldo.



Cash for CAS-hh

Cancer Assistance Services of Halton Hills received \$5,500 from the Georgetown Runners. The 2007 Egg Nog Jog at the Terra Cotta Conservation Park welcomed about 600 entries from all Southern Ontario and upper U.S. Presenting the cheque (from left) Duncan Mounsey, Catherine Brazeau, Sheila Smith, Joanne Thompson, Dale Thibideau, Jon Hurst, Jim Clarke.

Photo submitted

Tulip Day needs urgent help

The Lung Association Halton-Peel needs volunteers for its annual Tulip Day campaign, March 5. Volunteers are needed to deliver tulips to various companies, or to sell flowers on-site at local businesses. If you have a passion for helping others and care about making a difference in your community, please call Alison at 905-696-0077, or toll-free 1-866-525-5864, or e-mail ahardman@on.lung.ca.

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MAXIMIZE ENERGY & MINIMIZE STRESS

Information Session

Monday, March 3rd, 7-8:30 p.m.

YOU WILL LEARN:

- How to be happier, healthier and more productive in challenging environments.
- Three powerful strategies to maximize personal energy and minimize stress.
- The fatal mind set that robs many people of their vital energy.
- Why we must not mess with Mother Nature – if we are serious about increasing our energy and decreasing stress.

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Dr. Gabor Madarasz

Cynthia Simmons, HD

Detoxification – Spring Cleaning for Your Body

Spring is right around the corner, and with it comes spring cleaning. As we purge our closets and garage, and shake away the dust bunnies from our homes, why not give our bodies the same care? Seeing how much junk our homes collect in just one year, we can imagine how much our internal "toxic load" can accumulate in the same amount of time, yet many still ignore the warning signs and skip the internal spring cleaning, or detoxification.

Detoxification is the process of removing or neutralizing toxins from the body. As our environment becomes more polluted with an ever-increasing number of synthetic chemicals, we are exposed to a growing number of toxins from food, water, air, household chemicals and our workplaces. Even our normal metabolism creates by-products which are toxic if not neutralized or excreted. Our body's ability to detoxify depends on the efficiency of our detoxifying organs: our lungs, liver, colon, kidneys and skin. If any one of these organs becomes compromised, proper detoxification cannot occur. When toxins accumulate in our bodies, they can cause a wide variety of symptoms such as fatigue, headaches, mood changes, pains, coughs and gastrointestinal problems. Long term exposure weakens our systems, increases our susceptibility to infection and eventually leads to chronic illness.

A detoxification typically lasts from 1 week to 2 months depending on your particular health goals, and is recommended once or twice per year. Generally, a detoxification will consist of dietary modifications, nutritional supplements and cleansing herbs, exercise and physical therapies such as dry skin brushing and saunas. Consumers must be aware that all detox's are not created equally and caution must be taken if purchasing products without knowledge in the area. For more information on safe and effective detoxification, contact The Natural Choice Naturopathic Clinic for a complementary 15-minute detox consultation.

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