

# NATIONAL ORTHOTIC CENTRE

## Provides...

- \* Custom Made Orthotics
- \* Orthopedic Braces: Knees, Ankles, Wrists, Back
- \* Custom Braces – For Knees & Ankles
- \* Stockings - Support & Compression
- \* Footwear - In Stock. CROCS, Naot, Tsubo, Asics, Skechers, Hush Puppy, Puma, Clarks, Rockport and More...

“COVERED BY MOST EXTENDED HEALTH PLANS”

## Chiropody Services On Staff Chiropodist

- \* Routine and Diabetic Foot Care
- \* Corn and Callus Treatments
- \* Ingrown Toe Nail Treatment & Surgery
- \* Podiatric Conditions – Flat Feet, High Arches, Heel Pain
- \* Evening & Saturday Appointments Available
- \* Covered By Most Extended Health Plans

[www.natloc.com](http://www.natloc.com)

## National Orthotic Centres:

### Burlington - Millcroft Orthotic Centre

2020 Appleby Lane #5  
905-319-1011  
(Millcroft Shopping Centre)  
New Location Opening May 08

### Georgetown

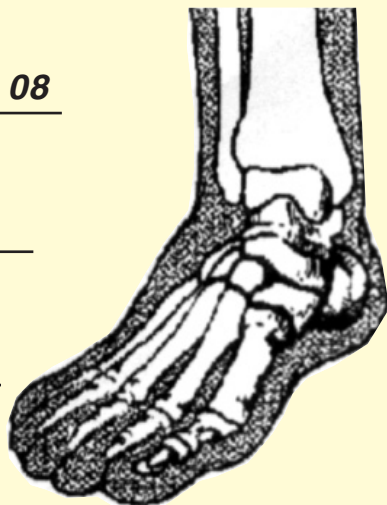
374 Guelph St.,  
905-702-5306

### Niagara Falls

7116 McLeod Falls  
905-353-1800

### Waterdown

255 Dundas St. E.  
905-689-1703

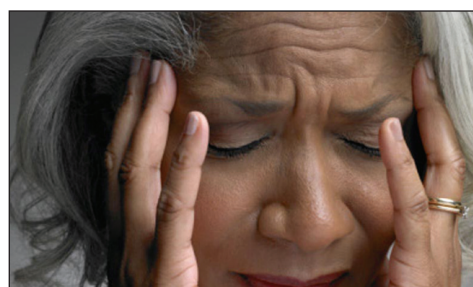


## Headaches clouding your judgment? It could be the weather

Weather, or more specifically changes in weather and barometric pressure, is a common trigger for headaches and migraines. In fact, a recent poll by Leger Marketing shows that one in four Canadians name weather as the most common cause of their headaches.

Here are a few tips on how to weather the storm when the pressure outside increases the pressure in your head:

- Keep a diary of changes in weather and the timing of your headache or migraine. By tracking these, you can get a better idea of any specific connection between the two. Once you identify your personal weather triggers, you can learn to take action before the pain even begins.
- Try meditation or deep breathing.



Relaxation exercises can often be quite effective in relieving headaches.

• Over-the-counter medication, like the Tylenol line of pain relievers, can help you get back to you and the life you enjoy.

• Apply a cold compress to your head. Cold has an anesthetic effect and can work to numb the pain you're feeling in your head. You can purchase reusable cold packs, or just go to your freezer and grab a bag of peas— both will work!

Remember, while you may not be able to control the weather, you can be prepared for it.

—News Canada

## Healthy eating better than fad dieting in losing weight

• Healthy eating promotes selecting foods from all food groups to ensure your body gets all the essential nutrients.

• Healthy eating promotes portion control so that overeating does not lead to being overweight.

• Healthy eating does not drastically restrict calories which can result in serious health problems.

• Healthy eating guidelines apply to all ages no matter what your weight.

• Healthy eating is meant to be a life-long way of eating

These changes will bring more success and satisfaction than any restrictive

or fad diet.

It is important to remember that the excess weight did not appear overnight and it will not disappear overnight. Permanent changes in your weight require permanent change in your life. There are no quick fixes when it comes to weight loss it should be slow and consistent. For good health and lasting results, aim to loose one to two pounds per week.

Weight loss is not a race, it's a process.

—Article courtesy Herbal One, Georgetown

## THE WEIGHT IS OVER IN GEORGETOWN!

Herbal One is here to help!

NOW OPEN  
60% OFF  
FULL PROGRAM\*

\*Limited time. Products Extra

Start losing up to **7 lbs** a week **NOW!**

- Quick and easy results
- Nutritionist approved
- One-on-one counselling
- Specialty programs

**Don't weight! Call Today!**

**289 344 0112**

**GEORGETOWN**

**118 Guelph Street**  
(at Maple Ave.)

[www.herbal-1.com](http://www.herbal-1.com)

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Weight Management Nutrition Centres

The ONE that really works for you!