

HEALTHY LIVING

Expert claims raw food diet can be 'Cure for Diabetes'

ANDREA LEFEBVRE

Advertising Features writer

Ever wondered about alternative ways to manage your diabetes? Gabriel Cousens, an internationally known holistic physician and living-food nutritionist, will be stopping by the Gellert Centre on Saturday, November 15 to discuss his new book, *There Is A Cure For Diabetes*.

In his 35 years in the medical field, Cousens has found that a diet of raw and living foods can help manage and even reverse type II diabetes.

Raw and living foods are uncooked, plant-based organic crops like sprouts, green vegetables and seeds, as well as low-glycemic fruits like tomatoes, cucumbers and avocados. Many holistic healers like Cousens believe that heating food destroys enzymes that can help with the digestion and absorption of food.

"Raw foods are detoxifying," says Michael Bedar, the spokesperson for Cousens at the Tree of Life Rejuvenation Centre, adding that they can be especially effective when coupled with a program like Cousens'.

His diabetes reversal program starts with a seven-day diet of green juice, which is made from celery, cucumbers and other green vegetables. Participants then transition into raw foods and many, he claims eventually no longer need to use insulin.

"It's a powerful way to reset your physiology," Bedar says.

According to Cousens, the mental and psychological aspects are just as important as the medical side when it comes to reversing diabetes.

"Participants learn to love

themselves and let go of self-punishment," Bedar says. "They learn to let go of old, self-destructive patterns."

For his visit to Georgetown, Cousens has planned an hour-long educational and inspirational talk, followed by a ques-

tion and answer session with the audience. Tickets are \$20 and can be purchased by contacting Susan Wilson at healthnut@sympatico.ca or by calling 905-965-3246.

For more information on Cousens' work, visit www.treeoflife.nu or www.rawfor30days.com.

Blood donor recipients say thanks on a special website

October is traditionally the month during which Canadians give thanks, and this fall local residents are urged to understand how important it is to take time to donate blood by visiting the new Canadian Blood Services' website called thankyourdonor.ca

This new and innovative site provides patients whom have needed blood the opportunity to post their personal stories in the effort to encourage more Canadians to donate blood regularly. The site is also a chance for donors to appreciate how vital their donation is for patients undergoing illness or surgery.

"As we give thanks in October, we encourage people to log-on to thankyourdonor.ca and see how grateful families cele-

brate their lives; thanks entirely to the kind and generous act of blood donation," says Lilet Raffinan, Community Development Coordinator, and Canadian Blood Services.

One regular blood donor donating every 56 days (six

times per year) may help up to

eighteen patients in one year. Since more than 52 per cent of Canadians say they or a family member have needed blood or blood products (Ipsos-Reid); there is always a need for more donors. Over 900,000 units of blood will be required by hospitals across Canada this year.

"On average, every 60 seconds someone in Canada requires blood or blood components, and since some components have a limited shelf life, demand is constant. It's easy to do, it only takes one hour and your donation can

improve or save up to three lives."

Upcoming blood donor clinics are:

• Tuesday, Oct. 28: 4 p.m. to 8 p.m. at the Gellert Community Centre, 10241 Eighth Line, Georgetown.

• Monday, Nov. 3: 4-8 p.m. at the Acton Arena and

Community Centre, 415 Queen Street in Acton. The addition of this new clinic location has been made possible by the generous donation of the Town of Halton Hills.

• Monday, Nov. 10: 2-8 p.m. at Maple Avenue Baptist Church, 177 Maple Ave., Georgetown.

• Monday, Dec. 8: 2-8 p.m. at Maple Avenue Baptist Church, 177 Maple Ave., Georgetown.

• Thursday, Dec 18: 2-7:30 p.m. at the Acton Legion Hall, 15 Wright Ave., Acton.

• Tuesday, Dec. 23: 4-8 p.m. at the Gellert Community Centre, 10241 Eighth Line in Georgetown.

Call 1-888-2 DONATE (1-888-236-6283) for blood donor clinic information, eligibility information or to book an appointment.



Canadian Blood Services

it's in you to give



healthnut presents

Gabriel Cousens

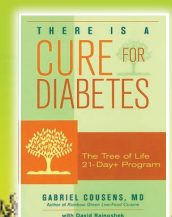
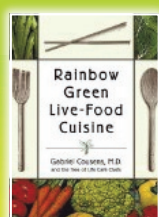
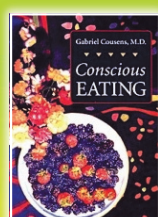
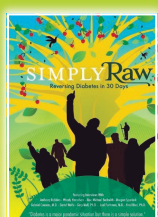
Founder and Director of the Tree of Life Foundation and the Tree of Life Rejuvenation Center

Saturday, November 15, 2008

[7-9 pm] Gellert Community Centre • 10241 Main St. S (8th Line), Georgetown (just 45 km northwest of downtown Toronto in Ontario, Canada)

Join us for an amazing evening lecture on **live food and its ability to reverse diabetes** in as little as 21 days!

Discover how to **heal your body** and transform your consciousness **with raw and living food**



Gabriel Cousens is a holistic medical doctor with 35 years of clinical experience and is recognized as the leading world-wide medical authority on live-food nutrition. He is an international speaker, a holistic physician and has authored several best-selling books on nutrition, medicine and spirituality.

Get your tickets today! and learn how you can immediately apply easy, practical ways to reach your highest potential in every aspect of your life.

get your tickets in advance **\$20** as this will sell out quick

*For more information: contact Susan Wilson at healthnut@sympatico.ca or call 905.965.3246

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Seminars start at 7:00 p.m.

Thursday October 23

Smoking Cessation Strategies

with Dr. K. Cherla, Family Physician

Georgetown Hospital, 1 Princess Anne Drive, Georgetown

Tuesday October 28

Thyroid Cancer: What You Need to Know

with Dr. N. Hameed, Endocrinologist

LeDome Banquet Hall,

1173 N. Service Road East, Oakville

Monday, November 17

Destination diabetes: Let's Change Tracks

(A Diabetes Screening/Prevention Event)

with Dr. P. Eddenden, Medical Advisor, Halton Diabetes

Program & A. Gleeson, Dietitian, Certified Diabetes

Educator, Halton Diabetes Program

Oakville-Trafalgar Memorial Hospital

327 Reynolds Street, Oakville

Diabetes Screening from 6:30-7:30 p.m.

Presentation at 7:30 p.m.

Wednesday, November 19

Hypertension & Kidney Disease

with Dr. D. Sapir, Nephrologist

Milton District Hospital, 30 Derry Road East, Milton

Thursday, November 20

Introverts & Extroverts:

Different Types, Different Stresses

with Dr. D. Posen, Stress Specialist

LeDome Banquet Hall, 1173 N. Service Road East, Oakville

TO RESERVE A SEAT PLEASE CALL:

905 338-4379 or 905 873-0111 ext. 4379 or for more information 905 845-2571 ext. 6147

elittle@haltonhealthcare.on.ca