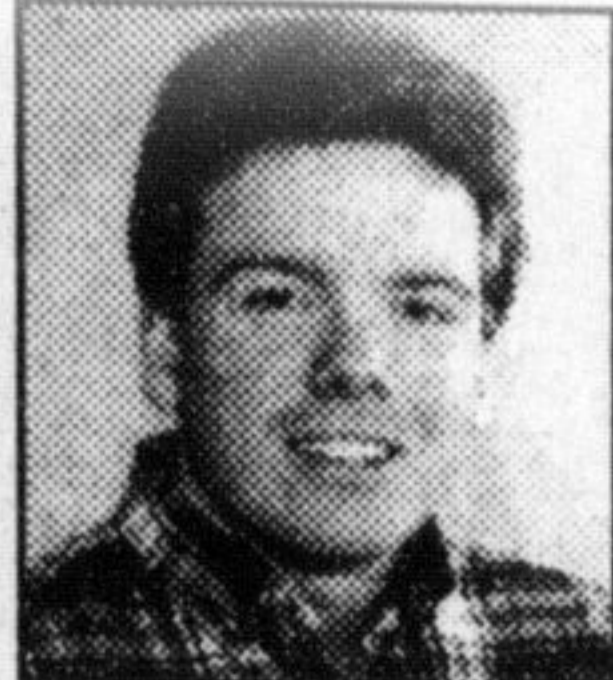


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Q: I'm tired of 'fast-fad' diets where I loose ten pounds, then gain it all back immediately. Why does this happen and what is sensible weight loss?

A: I'll answer your first question which will give some insight into safe and effective weight loss. When you lose weight too quickly (more than 2 lbs. per week) you change your body's metabolic rate. We have a built-in mechanism that adjusts the rate at which we burn fat. Throughout our history this would save us during a time of famine. This protective element then stores more fat when food once again becomes abundant in preparation for the next famine. After low-calorie or famine diets the body readjusts its set point to a slower metabolic rate. When you want to lose weight quickly again, it is now a lot more difficult to do so. Fast weight loss sends a confusing message to the body. However, when you lose weight by slowly reducing calories while increasing an energy demand through exercise, you will have safer, effective and ultimately more permanent weight loss.

For this reason it is beneficial to seek help from an expert in nutrition and disease such as Registered Nutritional Consultant or a Naturopathic Doctor.

Marion Hedley, R.W.C.



Weight Management & Nutrition Centres
550 Ontario St. S., Unit 18 (905) 875-2889

FOCUS ON Health



A monthly section featuring good ideas for healthier lifestyles

Wigs & Hair Replacement

I would like to take the opportunity to acquaint you with the services that Truly You offers.

My name is Amalia Ruggiero, owner and operator of **Truly You Wig Boutique and Accessories**. It is with considerable pride that we have been part of the Home Health Care System devoting our attention to the very personal needs to those women and children who have lost their hair due to chemotherapy and radiation treatments, alopecia, male balding patterns and burn victims.

Our shop, located in Streetsville (Mississauga), is tastefully decorated and offers complete private rooms for comfort and privacy. We work closely with the Canadian Cancer societies, local Oncologists, Dermatologists, hospitals and home care services and are qualified wig technicians and Estheticians and volunteer our expertise to the "Look Good... Feel Better" program.

A wide variety of wigs in synthetics, blends (Human hair & synthetic), human hair (Asian and or European) is carried. In addition, custom wigs, integrations, and other hair systems are made to order. We supply all wig care products and repair, style and cut/shape the wigs.

Truly You is diversifying. We are introducing **Wegdan Designs and Sunveil Sunwear Clothing**. Our goal is to provide high quality fabulous turbans, hats, headwraps and protective clothing. By listening to our customers' needs for the past 54 years, we believe that we have achieved a design that provides the coverage the women need, the comfort they want and the stylish look they wished for.

In addition, for those with reduced mobility, we see our customers at the hospital or in their home to provide individual personal attention. If you have any questions about wigs or related apparel for yourself or someone you know, please feel free to call us (905) 821-1092 and allow us to be of service to you.

Herbal Magic

Herbal Magic is a full service weight management and herbal wellness center, providing individual counseling. With over 88 centers across Canada, **Herbal Magic** has helped thousands of people achieve their optimum health goals. Whether you are looking to enhance your self-image through weight loss, or remedy general health concerns with the aid of our herbal products, **Herbal Magic** can help!

The **Herbal Magic** weight management program is easy to do and cost effective: anyone can be successful when they follow the program's simple guide lines. The system utilizes a low fat, reduced calorie regiment while allowing for vari-

ety and treats. There are no pre-packaged or frozen foods to purchase. Each of our programs has been developed to use grocery store bought food and herbal supplements that assist in fat metabolism and appetite control.

Herbal Magic also carries an extensive line of fully standardized vitamin, mineral and herbal products. Common concerns such as arthritic pain, allergies, chronic constipation, sports injury, PMS/menopause, low energy, sickness and digestive problems, may be alleviated by using our herbal products. Our primary goal is to improve one's health by providing innovative, high quality nutritional products and services. For more information call 693-9594.

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The loosely ventilated textile weave of Sunveil Sunwear will effectively block most of these harmful rays.

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with Health Canada as a medical device.

Sunveil Sunwear has also proven to be highly effective in preventing Sunburn and other effects of UVA and UVB solar radiation that may contribute to prescription and allergic skin conditions.

Jo'Leens is proud to be an authorized retailer for Sunveil Sunwear. We also carry a great selection of fashion sunglasses, sun hats, & accessories to make your summer a great one. Ladies be sure to come in and see our entire line of summer dresses, shorts, golf shirts, blouses and much more.

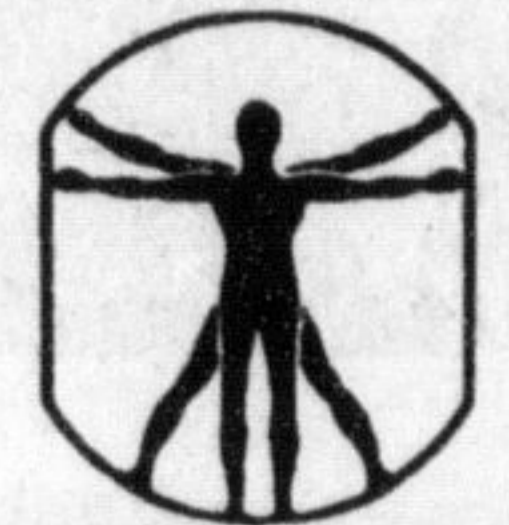
Submitted by **Jo'Leens Clothing for Women**, 224 Main St. E., Milton, 878-0506

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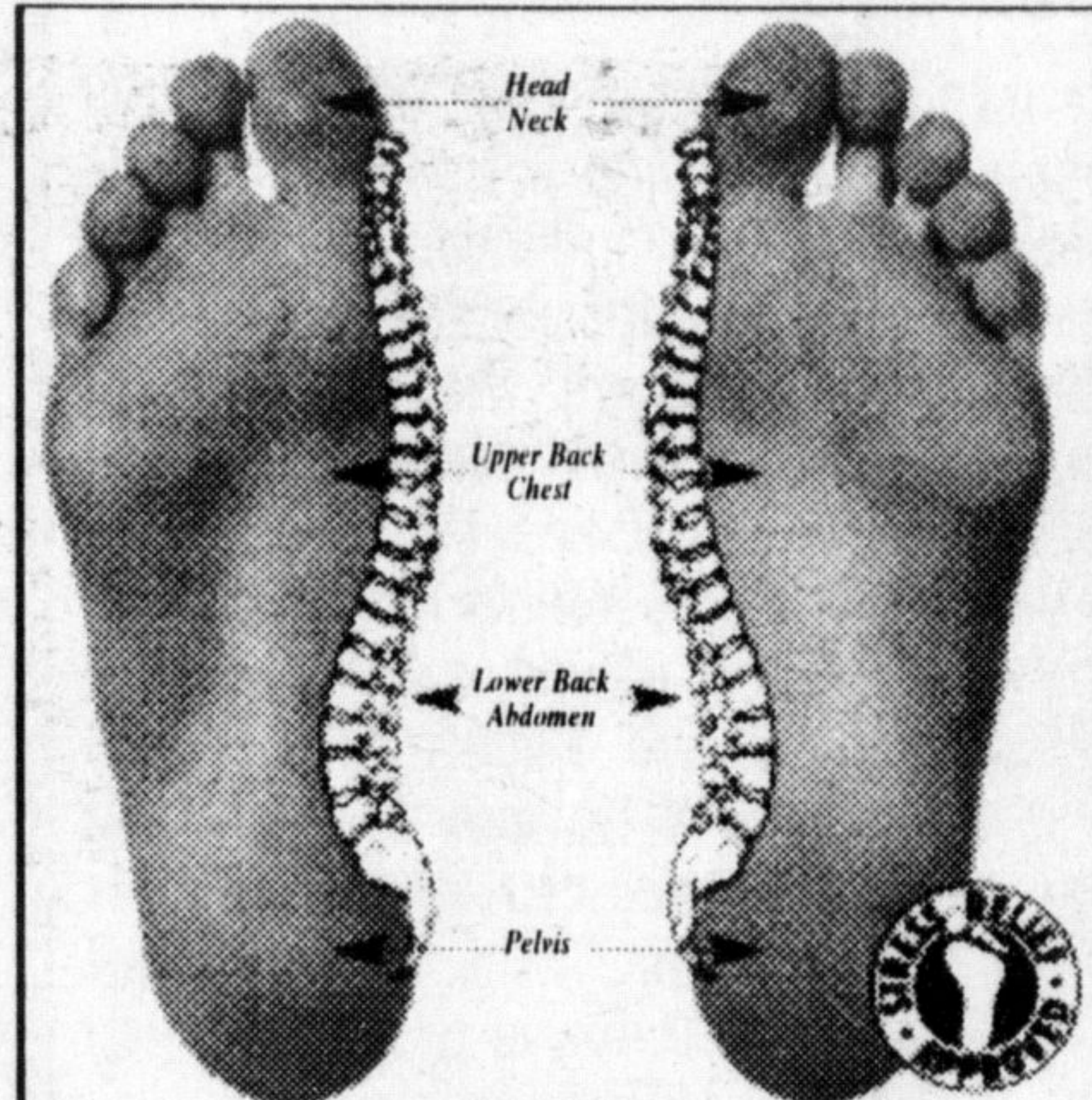
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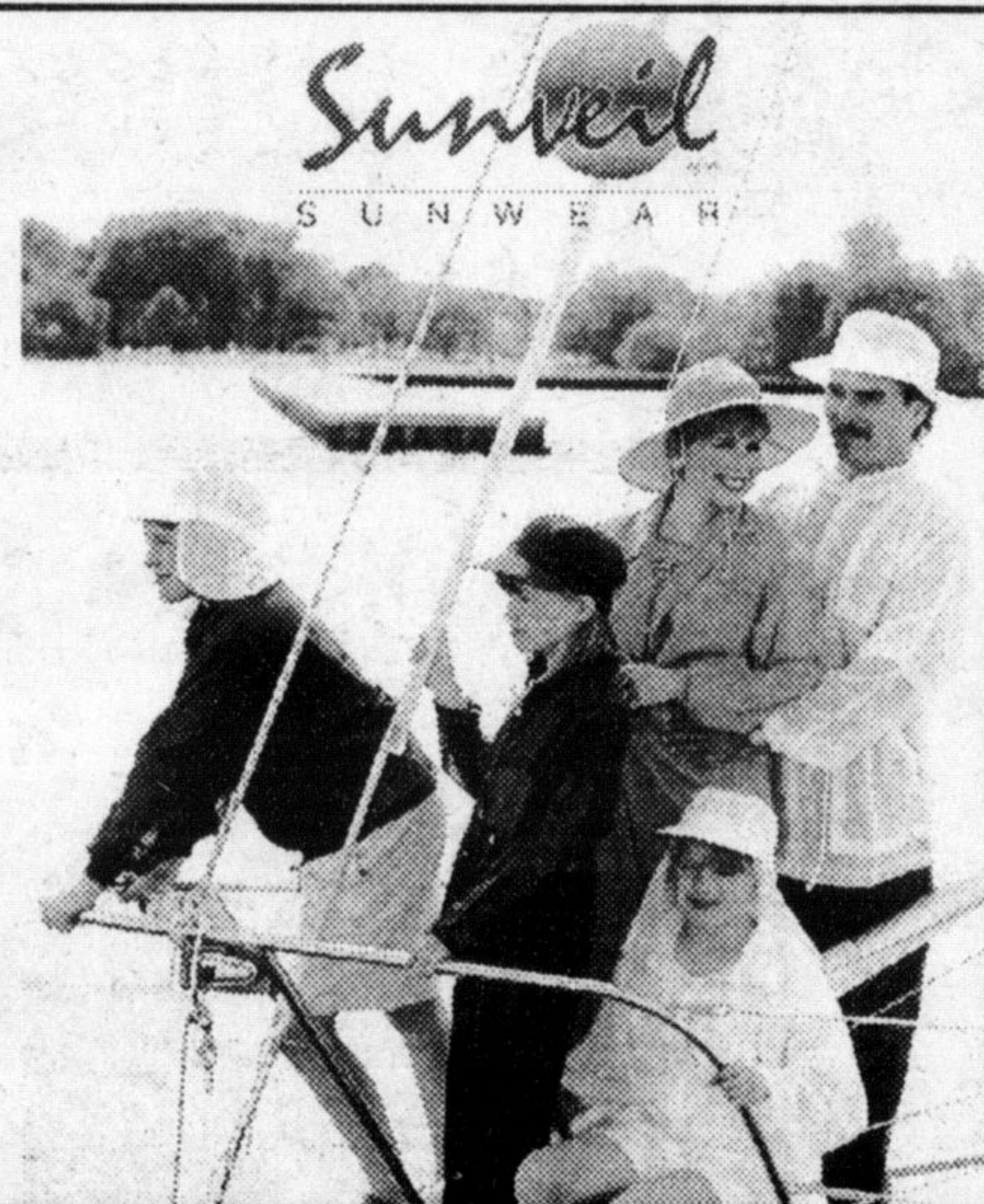
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