

**DIANNE'S
PHYSIOTHERAPY
SERVICES**

(905) 693-0532

CONSULTING, ASSESSMENT AND
TREATMENT

- Anti-Stress Massage, Reflexology
- Pain/Disability Management
- Back Care Education
- ADP Walker Assessments



DIANNE BAILEY, P.T. Reg.
192 Main Street East

Now's the time to get in shape for summer

At Beverly Hills Weight Management and Nutrition Centre, we can help you lose your extra pounds effortlessly. Through a well-balanced nutritional program and proper counselling, you will successfully achieve your goal. What's more, you'll keep it off.

We work with the factors that have contributed to your weight gain. Factors such as slow metabolism caused by poor eating habits brought on by stress and our 'fast-paced' lifestyle. By losing weight improperly, you slow your metabolism down, and you'll regain all your weight and lose much slower in your next attempt at weight loss.

Clinic Director, Marion Healy, is a Registered Nutritional Consultant with over 11 years experience in nutrition and metabolic weight management.

What is Metabolic Weight Management? It's more than just losing weight, it is improving your metabolism so that you are able to maintain your results for a lifetime. There is an emphasis on learning how you can achieve your greatest metabolic potential.

We accomplish long term results with our six week stabilization program and one year guaranteed. If at any time during the following year, you gain back three to five pounds, you are invited to return to the clinic free of charge.

Due to the high levels of safety and attention offered by our program, it is frequently recommended by health care providers to their patients who need help. You have one body to last you a lifetime, why not make it the best body you could possibly have?



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 allow-

ing for variety 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, low energy, constipation, sports injury, PMS/menopause, chronic 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.

NOW OPEN!

**10%
OFF PRODUCTS**
EXP. 7/12/99

- Full weight management program
- Safe, easy, all natural
- No pre-packaged meals, powders or shots

Herbal Magic

15 Martin St., Carriage Square
693-9594

**CURVES
BODY
CARE**



a
**NATURAL
HEALING**

clinic

Therapeutic Touch

TT is a non-invasive, holistic approach to healing based on an energy reaction between people. Developed in the Early 1970's by Dolores Krieger to reach and touch the individual at all levels of experience (emotional, physical, mental and spiritual). A growing body of research attests to its effectiveness in reducing pain and psychological tension, as it stimulates the clients own recuperative powers.

- Select line of rare gem & flower essences available
- Advanced ear coning
- Reflexology
- Pedicure
- Therapeutic Touch

Discover your Beauty & Elegance

Specializing in Wigs & Custom Hair Replacement

For women and children with "Special Needs"

(Chemotherapy & Radiation Treatments, Alopecia) Custom-Fitted Wigs, Hats, Designer Turbans, Wig Care Products, Wig Styling & Repairs and Accessories

Representative of Sunveil Sunwear Clothing
Helping you...Look & Feel Better

(905) 821-1092 <http://www.linkall.com>

Winchester Place, 154 Queen St. S., U. 112, Streetsville



PARADISE NATURAL FOODS

**SISU
Ester - C**

60 caps
reg \$11.89
Sale \$9.49

120 caps
reg \$24.69
Sale \$18.99



Ester - C

Ester - C enters the bloodstream and tissues two to six times faster, and is retained in the tissues four times longer than regular vitamin C.

As an added benefit, Ester - C calcium ascorbate provides the body with part of it's daily calcium requirement.

878-3080 500 Laurier,
Milton ON. L9T 4R3

Zellers

PHARMACY

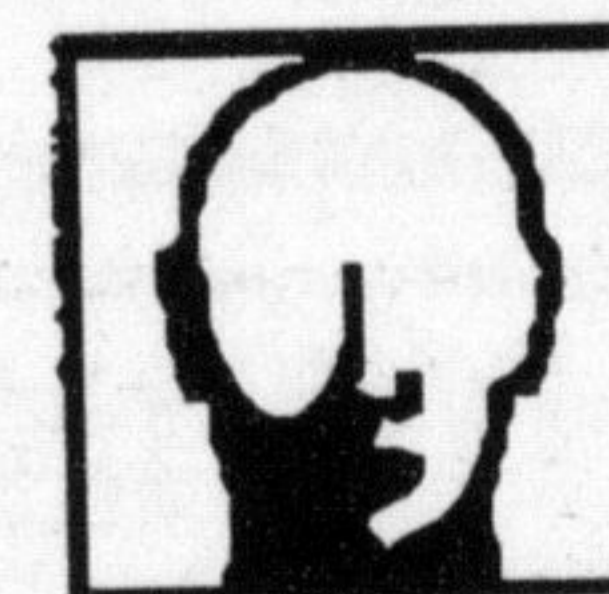
**Buy One
Get One
Free!**

Large selection of
CyberLife and
Westcan Vitamins
and Herbs



55 Ontario St. S Milton Mall 876-0644

Do you have concerns about... Your Child's Speech? ... Or Your Own?



We Provide
Speech-Language
Services to Children
and Adults

**HALTON HILLS
SPEECH CENTRE**

Providing Services to Halton,
Peel & Wellington Counties

328 Guelph Street, Georgetown, Ontario, L7G 4B5
Tel: (905) 873-8400 Fax: (905) 873-7291