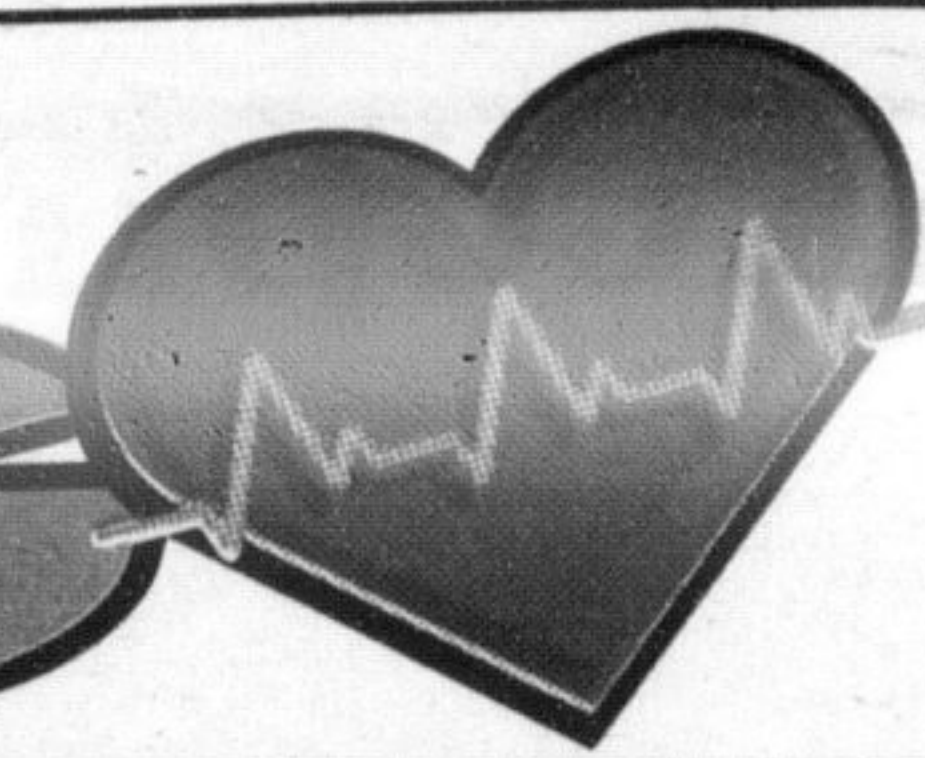


HEALTHY LIVING



Have your cake and keep it off your hips, too

20% off
Christmas Weight Loss Packages!

Lose Your Christmas Weight!

ULTRA WM-4000 CAPSULES

- all natural herbal supplement
- controls cravings for carbohydrates and sugars
- raises metabolic rate naturally
- Ephedra-free
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Herbal Magic
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By IRENE GENTLE
The Champion

Living large over the holidays doesn't have to mean getting large by the end of them.

In other words, people can have their cake and keep it off their hips, too — if they're careful and strategize a little.

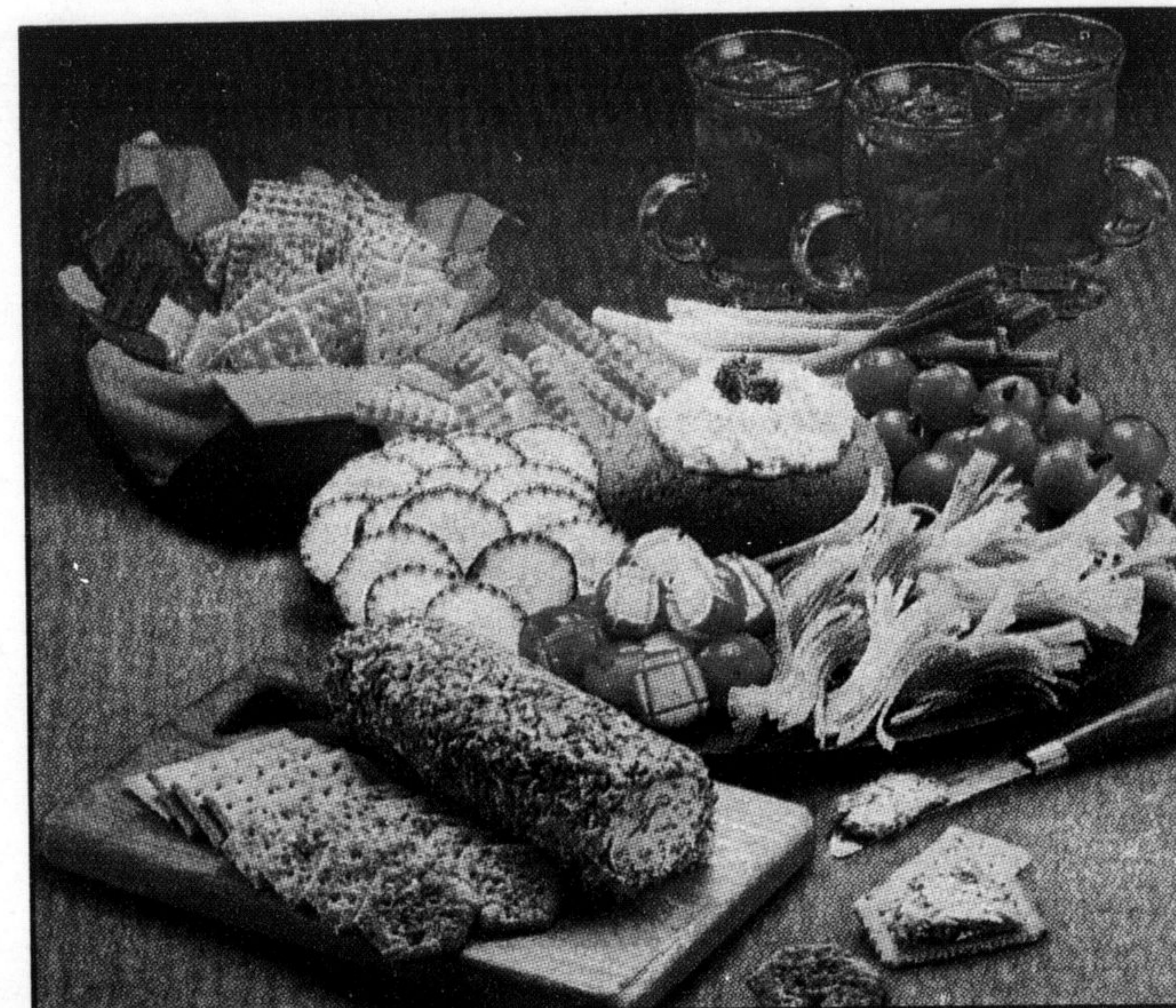
That means not starving in order to save room for all the delectable Christmas treats available, according to Marion Healy, clinical director for the Beverley Hills Weight management and Nutrition Centre.

Instead, stay satisfied and less likely to overindulge by eating regular meals. Going to a goodie-laden party hungry is just inviting a binge-session.

Trying a bit of everything can be a luxurious indulgence over the holidays, said Milton Leisure Centre fitness supervisor Tracy Hasselfeldt.

Just keep the portions small and don't go back for seconds.

And stay away from the food table while mingling to keep temptation at more than arm's length.



Nibbling on some vegetables can help counteract the urge to binge on fatty Christmas treats. Remember, eat in moderation.

And drink sensibly. Sugar and cream-filled drinks can be like meals in disguise — only without the nutrients. Egg nog and specialty coffees fit this description. Slightly better are high sugar-only drinks such as Khalua, Grand Marnier, sweet wines and champagne.

Best of all are dry wines, light beers and whiskeys such as scotch served on the rocks.

But aside from the danger of drunkenness, alcohol consumption tends to slow the metabolism and pack in the calories, so moderation is the hip's best friend.

• see KEEPING on page 19

CHIROPRACTORS OF MILTON

HELPING YOU HEAL

Are You Suffering From STRESS?



Chiropractic care can help you reduce your own level of stress.

Stress is a build up of chronic anxiety in your mind and tension in your body. It is caused by a high level of stressors coupled with a lowered ability to handle the stressors.

A stressor is a challenge to your comfort or survival. They come in different forms.

Physical - Extremes of heat or cold, rushing to catch a train, extended postural strain working at your computer, not enough rest.

Mental/Emotional - Interpersonal differences, an overly demanding boss, self-doubt, marital stress.

Chemical - Too much caffeine, chemicals in food, prescription drugs.

What Happens When You Face Stress?

1. First, your body quickly prepares itself for confrontation. This is the "call to arms" - the alarm reaction. Messages stream from your brain to your endocrine (hormonal) system in a "fight or flight" response. If the stress stops, you revert to normal.

2. If the stress continues, you go into the stage of resistance. Your body tries to adapt to the stress; it puts up the barricades, so to speak. You run from or fight the threat; you tense your muscles; you raise your fever; you struggle to prevail.

3. If the stress continues, you may pass into the stage of exhaustion. Your body

cannot continue indefinitely to be primed for action. Your system falls prey to anxiety, ill-health and chronic disease.

Chronic Stress

With chronic stress, you can never completely relax - your muscles are always tense, energy is drained, and your body and mind become fatigued, more susceptible to colds, infections, ulcers, digestive troubles, high blood pressure, asthma, arthritis, heart disease, and premature aging.

The Subluxation As A Stressor

The Vertebral Subluxation complex is a dangerous stressor that can damage your nerves, weaken your health and exhaust your energy stores.

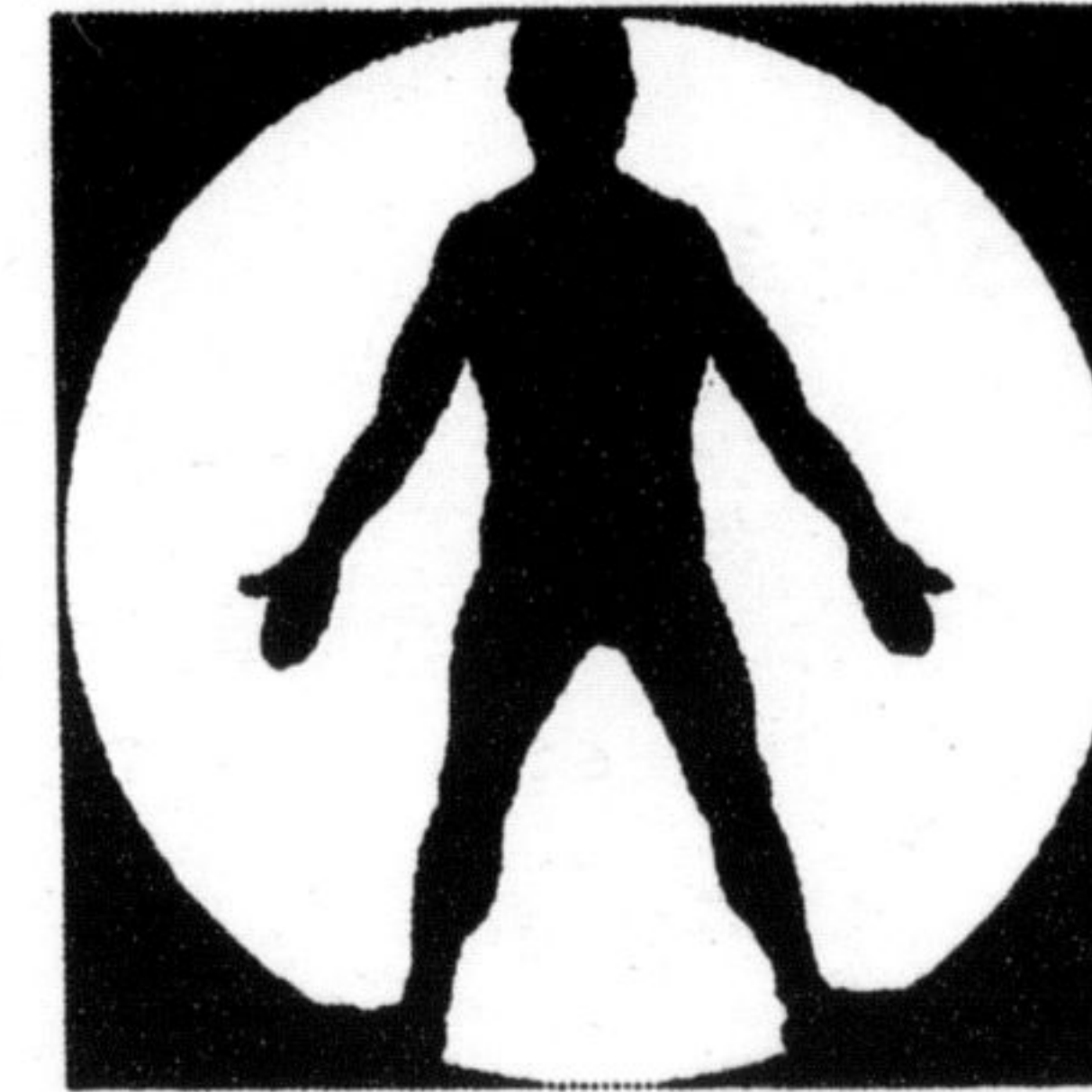
The Chiropractic Approach

By removing vertebral subluxation from your body, chiropractic care can improve the function of your nervous system and

help you not only to manage your stress but also to reduce your level of stress.

Balanced Brain by balancing & aligning the spine . . .

Stress is Released, Brain Balances, Body Balances, ALL SYSTEMS GO



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