





On stage

Robert Baldwin School students performed musical drama *Oliver Twist* Wednesday and Thursday nights. Here, Chase Bell (front left) as Bill Sikes tugs on the arm of Nicole Walter (right) as Oliver while Lindsay Fagin (centre) as Fagin tries to separate them. Looking on are street urchins (back, left to right) Jessica Phillips, Shelby Ito, Ryan Williams, Holly Ito and Meghan Liske.

Photos by GRAHAM PAINE

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"Announcement"

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Prevention is the key to Good Health

A registered Nutritional Consulting Practitioner is your guide towards a healthy lifestyle.

An RNCP is a qualified practitioner who provides to individuals or groups, guidance pertaining to the building and maintenance of nutritional well-being.

Such counsel includes:

- Recommending food selection and preparation.
- Evaluation of nutrient deficiencies or excesses.
- Recommending food supplements (vitamins, minerals, enzymes, glandular concentrates, proteins, essential fatty acids)
- Educating clients about the benefits of a sound nutritional program to encourage the body to heal itself.
- Evaluation of their client's food intake, usually over a given week. Particular attention is paid to the proportions of protein, fat, starches, sugars and fibre consumed.
- Designing a program specifically for each client taking into consideration such factors as height, weight, age, sex, level of exercise or physical activity, dietary goals, food preferences, sensitivities to specific foods, dietary habits, religious beliefs respecting the diet and nutritional deficiencies.

The main focus of nutritional counselling is wellness, or building health. Ultimately, the cells in our bodies are built from the raw materials we eat. The more suitable our food choices are to our specific requirements, the better cell structures we can build.

Since every person is biochemically unique, individual nutritional imbalances and weaknesses must be assessed.

An RNCP will introduce new dietary habits, incorporating the latest nutritional breakthroughs, but it may be difficult to achieve optimal health through food alone. In such cases, RNCPS are trained to design personalized dietary supplement programs.

Speaking Out with...



Marion Healy
R.N.C.P.

Why seek the services of an RNCP? Clients may wish guidance for:

- Weight normalization
- Pregnancy or lactation
- Family nutrition, children, seniors
- Convalescence
- Understanding the use and abuse of food supplements
- Making sense out of conflicting theories of nutrition
- Understanding the consequences of specific food choices
- Learning how to make choices more appropriate to their needs.

A visit to an RNCP will be an educational experience where one will learn to make lifestyle changes that will have a long-lasting effect on the quality of life. By law anyone can call themselves a nutritional counsellor, but only those who have thoroughly studied nutrition and have met the requirements of NCOC are granted the RNCP designation.

The Nutritional Consultants Organization of Canada (NCOC) has set high standards that must be met before the designation of Registered Nutritional Consulting Practitioner can be awarded.

Every practicing Registered Nutritional consultant must meet the minimum requirement of 40 hours of yearly upgrading before their registration will be renewed for the following year.

Keep in mind, when referred by your doctor to seek the advice of a registered nutritional consultant, there is insurance coverage available. The following insurance companies recognize the services of the registered practitioner members of NCOC for coverage by their policy holders who have these benefits:

Ingle Health - Health Care Plus Policy, 1-800-216-3588 and RWAM Insurance Administrators, 1-800-265-6197. Visit or call us today and we will tailor a program to suit your individual needs. Our four point plan is guaranteed to bring you results. New clients receive a Free Consultation plus 50% off enrollment and 6 weeks free weight loss until May 5, 2001.

Marion Healy is a registered Nutritional Consulting Practitioner with over 13 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton & Clarkson Village, Mississauga. For more information contact Marion at 875-2889