

Health Mind & Body

THE LOFT Hair Studio



**OPENING
Tuesday, Feb 4th**

Zoë Whitehead welcomes you to The Loft Hair Studio and is now taking appointments for February 4th.

PLEASE CALL HER AT 905-876-4500

THE LOFT Hair Studio 295 MAIN ST., MILTON 905-876-4500

Hours: Tues & Wed 9am-6pm, Thurs & Fri 9am-8pm, Sat 9am-4pm, Sun. & Mon. CLOSED

Tips for healthy skin in the winter cold

Dry, itchy, irritated skin is a problem for many people in our climate. Regardless of your skin type, most people experience dehydration during winter. It is very important to replenish the moisture loss by drinking large amounts of water and taking baths in essential oils (rather than soap). Try to leave some water on your skin afterwards to be further absorbed.

A spa treatment of a parafango wrap is sensational. It begins by exfoliating dead, dull skin cells with a marine scrub to smooth the surface of the skin. A rich, warm Shea butter is then massaged into the skin with essential oils to moisturize, tone, and improve the blood circulation. Parafango (a mixture of paraffin and mineral mud) is then applied as a mask to allow further penetration of the oils. This is very soothing for aching joints and muscles

also.

Facials are another popular treatment for this time of year since most people require extra rich products to treat arid and fragile skin. Our skin-care specialists administer a variety of facial treatments to smooth, nourish and hydrate your skin. Personalized skin analysis, deep cleansing, micropeeling, hydrating emulsion, extraction, relaxing massage, and calming mask leave your skin feeling toned and refreshed. Total Skin and Body Spa are excited to introduce a newly formulated skin care line "Gerard's" from Italy. Come in and experience the noticeable results of regular facial treatments. We will be happy to assist with your skin care needs and provide you with samples of this fabulous line!

A Healthful Way to Improve Your Diet

Today, many people are looking for different ways to incorporate soy protein into their diets without having to alter the taste of their favorite foods.

They want a healthy option that can blend well with their own recipes. The secret lies in powdered soy mixes. One good example is Shaklee's Instant Protein Soy Mix.

High in protein and calcium, and low in fat, this versatile soy mix allows you to reap the benefits of

soy protein without experiencing the actual taste of soy. Just add it to any of your favorite foods or recipes for a quick soy boost.

And the best part is even though you won't know it's there, you'll still be getting 16 grams of soy protein, which rates as high in quality as the protein found in meats, eggs and milk — but with fewer calories.

After a workout or on a lazy afternoon, kick back with this fresh-tasting, high-protein smoothie.

MIXED BERRY SMOOTHIE

Makes 1 serving

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| 2 tablespoons Shaklee Instant Protein® Soy Mix | 1 1/4 cup crushed ice |
| 1/4 cup 2 percent milk | 1/3 cup sliced strawberries or about three whole strawberries, fresh or frozen |
| 1/3 cup low-fat yogurt | 1/3 cup raspberries, fresh or frozen |
| 3 tablespoons sugar or honey | 1/4 cup blackberries, fresh or frozen |

Combine milk, yogurt, protein and sugar in a blender and blend on high. Add fruit and crushed ice and blend on highest speed until smooth. For more information on Shaklee's Instant Protein Soy Mix or additional soy recipes, call (800) SHAKLEE or visit www.shaklee.com.

CHIROPRACTORS OF MILTON

HELPING YOU HEAL

Sciatica & Leg Pain



The sciatic nerve is the longest and largest in the body. When it is inflamed, the condition is called sciatica (pronounced si'ad-a'ka). Not all leg pain is sciatica, but most all sciatica involves leg pain.

Sciatica sufferers often have severe pain along the sciatic nerve path, usually in the back of the legs and thighs, although sometimes the pain is felt in the ankle, foot and toes.

Occasionally pain is felt in the front or side of the legs, in the hips, or for some sufferers, in both legs. Apart from pain, paresthesia or pins-and-needles, burning, tingling, prickling, crawling sensations or tenderness may be felt. Ironically the painful leg might feel numb as well!

The Pain Varies

The quality of pain may vary as well. There may be constant throbbing but then it may let up for hours or even days. In severe cases, sciatica can cause a loss of reflexes or even a wasting of the calf muscles.

For sciatica sufferers, a good night's sleep may be a thing of the past. Simple things like walking, bending, turning, sitting, or standing up can be difficult or impossible.

Causes of Sciatica

Like most other conditions, sciatica has a wide variety of causes. Unlike most other conditions, however, this health problem's relationship to the spinal column is often very obvious. A vertebral subluxation (misaligned vertebra and pinched nerve) a protruded or ruptured disc can irritate the sciatic nerve which may result in sciatica.

Sciatica may be the result of cumulative traumas, a sharp or false movement, a strenuous attempt to lift something, or a jolt caused by a violent coughing or sneezing episode.

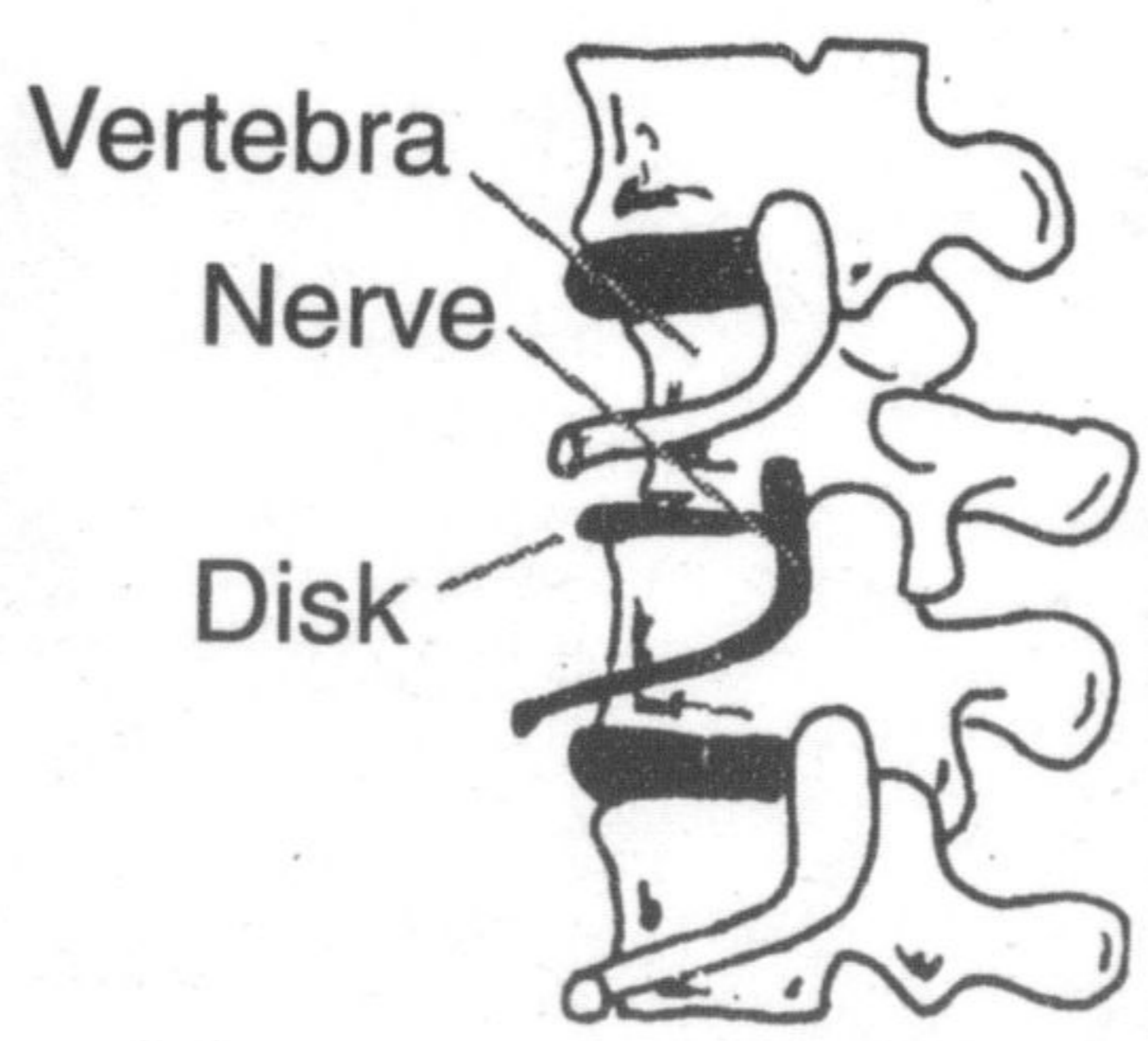
Many people believe that sciatica can be caused by "catching cold." While cold may aggravate the pain, it does not cause sciatica.

Sciatica has also been related to various non-spinal conditions, such as advanced diabetes, constipation, tumours and some vitamin deficiencies.

Sciatica may appear gradually or suddenly, and may be the result of a trauma that occurred several months or even several years before. It sometimes appears while a person is walking or upon waking in the morning.

Although the pain does eventually disappear, further attacks remain a possibility. It is extremely unusual for a vertebral subluxation to correct itself. Unless a chiropractor intervenes, the pain will return sooner or later.

Ninety percent of sciatica cases are caused by compression of the roots of the sciatic nerve between the intervertebral disk and ligaments due to a dysfunction of the vertebrae — in other words, vertebral subluxation (misalignment & "pinched" nerve)



Back Pain and Sciatica

Backache or hip problems may occur long before the sciatica symptoms show up, however, that isn't always the case. Sometimes sciatica is preceded by lower back or hip symptoms and sometimes it isn't.

The Chiropractic Approach

Chiropractors correct vertebral subluxations using spinal adjustments to relieve pressure on the spinal nerves, joints and discs, eradicating the cause of the irritation and the pain at the same time.

Chiropractic Results

For decades chiropractors and patients have observed the benefits of chiropractic spinal adjustments on those suffering from sciatica and leg pain. Many sciatica sufferers have experienced dramatic relief from their pain after chiropractic care. For this type of problem, chiropractic treatment is safe, natural, and effective, eliminating the need for medication or surgery.

If you have sciatica, a chiropractic spinal adjustment is very badly needed. Every sciatica sufferer needs a healthy spine.

Don't Wait...

Chiropractic care appears to have the most profound effect on sciatica when problems first occur. However, even for those who have tried everything to no avail, chiropractic can provide excellent results. In many cases, it is never too late to enjoy the benefits of chiropractic care. But please, don't wait.

A public awareness program
by your local chiropractic association

Milton Chiropractic Centre 310 Main St. Dr. David L. Phillips 905-878-5656	Milton Family Chiropractic Centre 379 Ontario St. S. Dr. Heather Jones 905-878-5020	True Health Chiropractic 550 Ontario St. S. #205 Dr. Anna Neff 905-876-0048	Barrow Chiropractic 180 Ontario St. S. Dr. J. R. Barrow 905-878-8127	Family Care Chiropractor 106 Wakefield Rd., Dr. Angelika Koeth 905-878-5165	Healing Centre 95 Main St. E. Dr. Marlene Turner 905-876-1888	McPhail Chiropractic Centre 270 Martin St. Dr. Murray McPhail 905-876-0005
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