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Menopause, osteoporosis and you

It is a known fact that postmenopausal women are more likely to have osteoporosis and therefore are at higher risk of breaking their wrists, hips and backbones. This is because at menopause, a woman's estrogen level falls dramatically, and she usually loses bone more quickly. During the first five years after menopause, a woman loses 3 to 5 per cent of her bone mass a year. After five years, she loses between 1 to 2 per cent of bone mass yearly.

To date, no single cause for osteoporosis has been identified. However, certain risk factors do seem to play a role in the development of this potentially debilitating disease, and some of these include:

- Age – the risk of fracture increases with age
- Family history of osteoporotic fracture (especially if your mother had a hip fracture)
- Fracture with minimal trauma after age 40
- Early menopause (before the age of 45)
- Low calcium intake
- Excessive intake of caffeine (consistently more than 4 cups a day of coffee, tea, cola)
- Excessive intake of alcohol (consistently more than 2 drinks per day)
- Smoking
- Body weight less than 57 kg (125 lbs)

To prevent the bone loss that comes with menopause and to lower your risk

of fracture there are a number of steps you can take:

- For women 50+ ensure your daily calcium intake is 1500 mg
- Minimize intake of salt and salty foods
- Increase vitamin D intake (adults over 50 should receive 800 IUs per day)
- Exercise
- Don't smoke
- Limit alcohol and caffeine intake

Prevention is still the best medicine and now there is a natural health supplement that has been shown to slow down the progression of bone loss in younger as well as menopausal women.

"For years, hormone replacement therapy has been the treatment of choice in preventing bone loss and bone fractures after menopause," says Dr. Nancy Durand, Gynecologist, Sunnybrook & Women's College Health Sciences Centre. "However, many women are not willing to take HRT so other alternatives are necessary

to ensure they maintain their bone health. There are two excellent natural health products that I recommend in my practice – Promensil™ and Rimostil™ – both are safe, can be taken once a day, and have been extensively studied. Promensil™ significantly slows down the rate of bone loss with the added benefit of alleviating menopausal symptoms such as hot flushes. Rimostil™, on the other hand, has been shown to improve bone density and has a beneficial effect on lipid profile. It's an optimal choice for postmenopausal women seeking a natural treatment option," adds Durand.

To find out more about natural health supplements that can help to prevent and treat osteoporosis, speak to your doctor or pharmacist.

Note: Certain information included in this article has been adapted from the Osteoporosis Society of Canada's website www.osteoporosis.ca.

- News Canada

Six steps to healthier bones

Currently, there is no cure for osteoporosis, but there are steps you can take to help reduce fracture risks and ensure your bones stay healthy and strong. They include:

1. Getting your daily recommended amounts of calcium and vitamin D
2. Getting enough physical activity including weight-bearing exercises
3. Avoiding excessive caffeine and alcohol intake
4. Quitting smoking
5. Knowing your risk factors
6. Talking to your doctor about prescription and non-prescription options to prevent and treat osteoporosis – for example, there are two over-the-counter natural health supplements – Promensil™ and Rimostil™ – that have been rigorously studied and have been shown to be safe and effective in slowing the progression of bone loss in menopausal and younger women, and treating postmenopausal women with osteoporosis respectively.

- News Canada

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Experience the benefit of several complementary disciplines in one convenient location...

Dr. Natalie McDonald is a chiropractor and acupuncture practitioner offering safe, effective and affordable care to individuals of all ages. The nervous system is the master control of the body and it can become irritated by the improper movement and functioning of the spine. This can leave your body ill equipped to handle daily stresses, fight disease and to perform optimally. Often times, pain, numbness and weakness are your body's warnings of such a problem. Dr. McDonald is trained to assess the body, find the source of the problem and correct the issue with the use of chiropractic and acupuncture, allowing your body to heal itself and to achieve optimal health.

Jennifer Little and Kerry Burke are registered massage therapists offering therapeutic, sports and relaxation massage. Massage therapy is recommended for a variety of conditions and is also very effective in relieving many discomforts that women may experience during and after pregnancy. Individualized care in a calm and soothing environment can

reduce stress, enhance athletic performance and improve your overall quality of life.

Stacy Windsor is a Healing Stone Therapist. Healing stone massage uses heated ocean stones that are positioned along stress points of the body. The selection of stones is deliberate and contours the body in order to provide the client with the most relaxing and beneficial therapeutic experience. The application of these stones in combination with skilled bodywork techniques can have a beneficial effect on circulation, detoxification as well as the nervous, endocrine and musculoskeletal systems. Gift certificates are also available.

If your body is warning you with aches and pains, don't wait. Call for an appointment today! New patients are always welcome, with convenient day, evening and weekend appointments available.

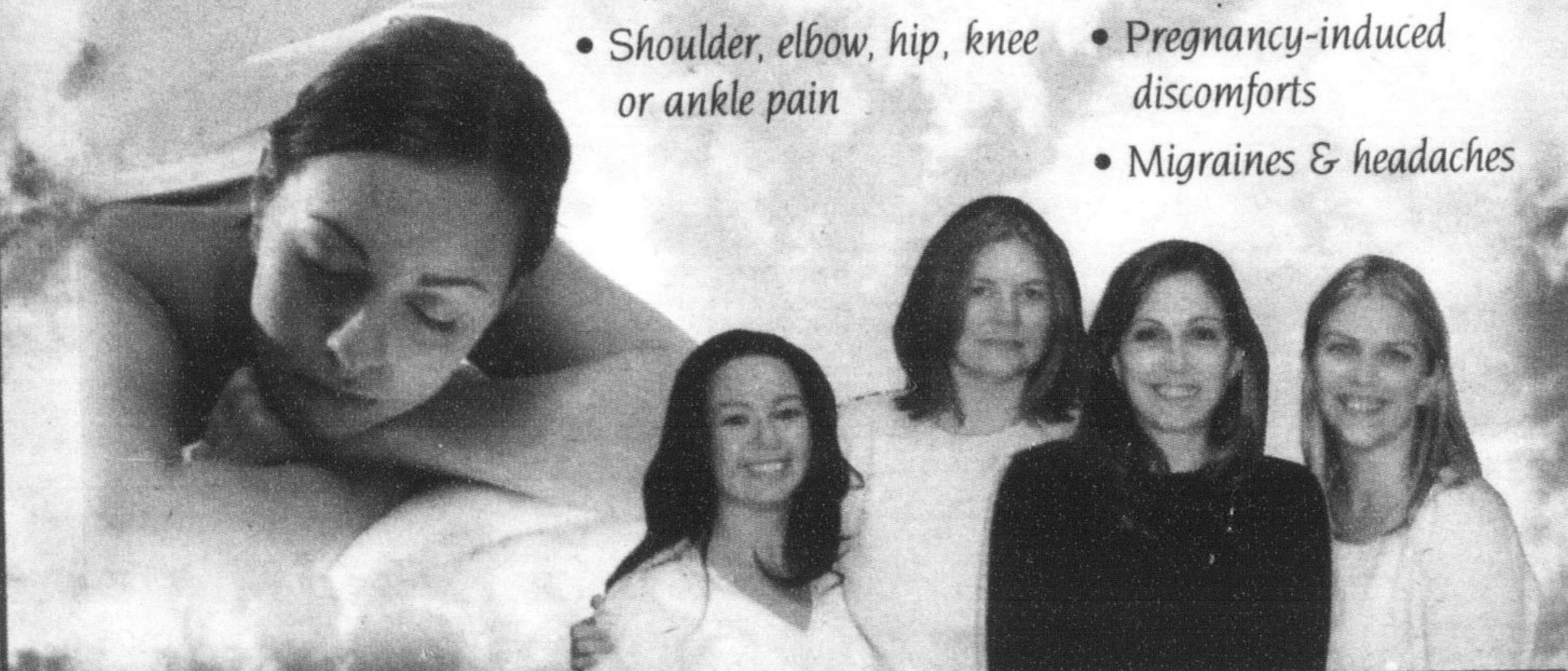
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- Migraines & headaches



From left to right: Kerry Burke, Registered Massage Therapist, Jennifer Allen-Little, Registered Massage Therapist, Stacy Windsor, Healing Stone Therapist, Dr. Natalie McDonald, Chiropractor & Acupuncture Practitioner



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