



# Healthy Living

## The healthy everyday T-shirt bra

Oakville's Goodnight Goodmorning is known as a store with a great selection in bras and swimwear, and they are proud to introduce the new generation of HEALTHY everyday T-shirt bras. The latest invention used by bra manufacturers like Barbara from France or Prima Donna from Belgium is a 3D fabric with bubbles of air in a thin, breathable, supple fabric - almost like a mousse. These bras are known as the HEALTHY BRA.

This new generation of T-shirt bras that allow for the evacuation of perspiration, much like cool max-fabric used in a sports bra. This makes it ideal for both summer wear and for women who experience

hot flashes.

Good night Goodmorning offers a great selection of styles and sizes from A to J cup. "Full breast women often suffer pain between the shoulder blades or at the base of the neck," explains Anya. "But often they're too embarrassed to engage in a proper bra fitting. I welcome any woman to see us and discover for herself how important comfort is."

Please call 905-847-1512 to make an appointment or stop by the store whenever you have a chance - a bra fitting expert is always available for you at 100 Bronte Rd #3, south of Lakeshore in Oakville.

## Canadians and allergies

(NC)—According to a Leger Marketing/Schering Canada allergy alert survey conducted in 2006, 4 out of 10 Canadians attested that they either personally suffer from allergies and/or know an immediate family member who suffers from allergies.

Almost half (46 per cent) of allergy sufferers feel that allergies limit their activities and 48 per cent say that allergy symptoms prevent them from being themselves, meaning that they can't stay focused and do not feel alert in their daily activities.

The majority (82 per cent) of respondents who take medication for their allergy symptoms feel that they are able to return to their normal daily activities.

Not only do non-drowsy antihistamines, like Claritin, relieve allergy symptoms, they also allow sufferers the freedom to go back to their normal daily activities. For information on how to manage your allergies, visit [www.claritin.ca](http://www.claritin.ca).



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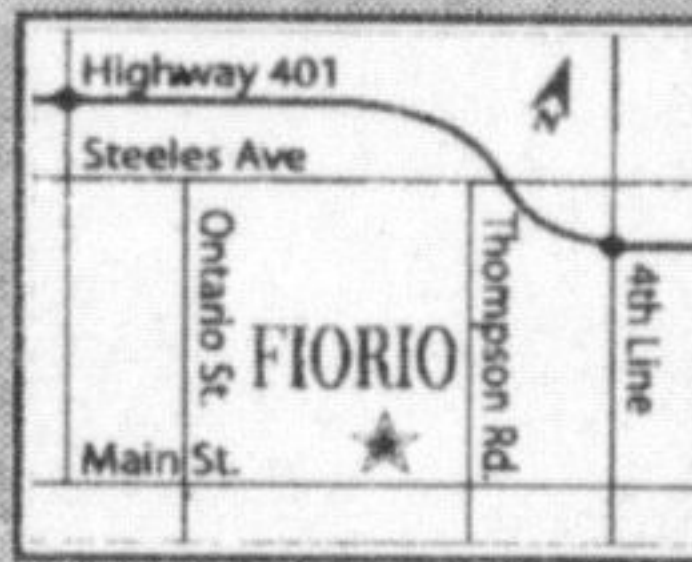
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