

**CORRECT YOUR METABOLISM**  
Lose Weight Dramatically & Permanently

At SureSlim there is no guesswork  
*I lost 99 lbs. and 47 in. off my tummy, waist & hips!*

... Nicole

*I had tried other weight loss programs only to put it all back on. I have now lost 99 lbs., 47 inches off my tummy, waist & hips, reached my goal weight of 143 lbs. & started my Lifestyle Program.*

An individual program based on comprehensive blood tests & your medical history, followed up with personal consultations, make sure you can lose weight & keep it off!

\*Individual results may vary

**SureSlim Mississauga**  
3035 Argentia Road  
(Southwest corner of Hwy 401 and Winston Churchill, in the Supercentre by Starbucks)  
905-286-4949 • mississauga@sureslim.ca

**SureSlim Oakville**  
2387 Trafalgar Road  
(Trafalgar Ridge Plaza)  
905-257-1102 • oakville@sureslim.ca

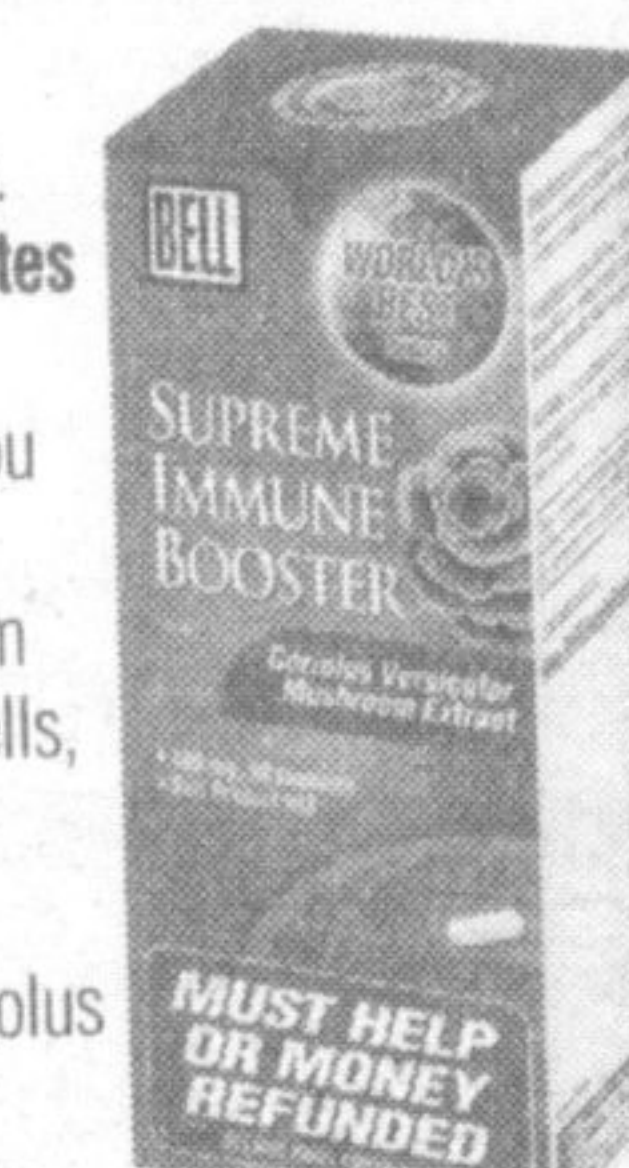
www.sureslim.ca

Health Update

**ILLNESS PREVENTION**

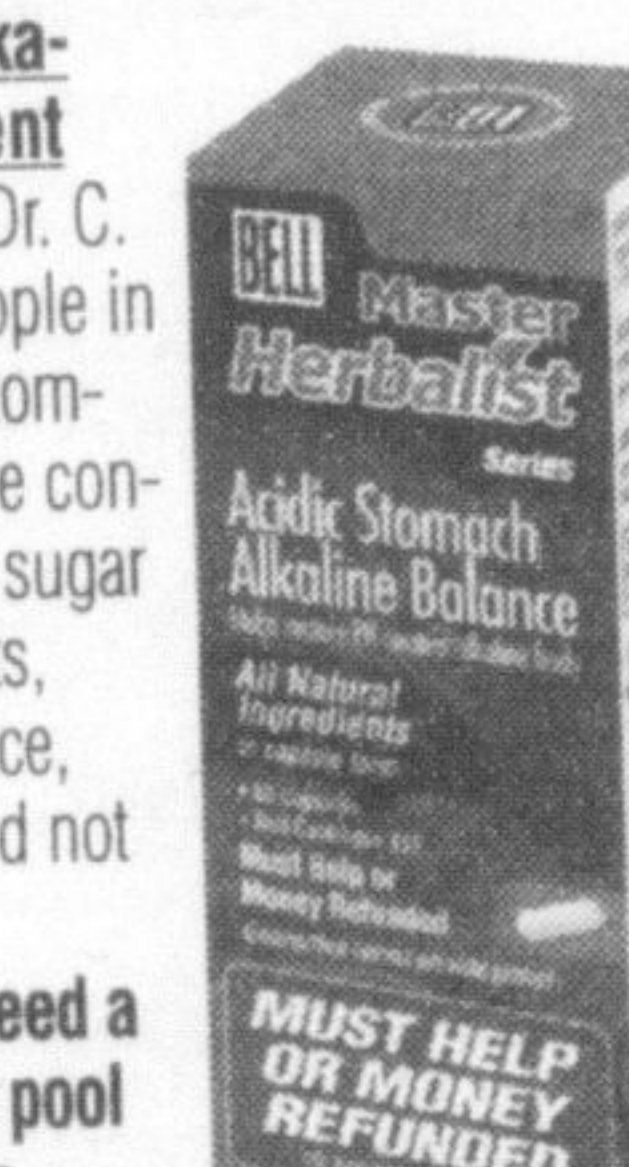
**POLLUTANTS & GERMS**  
in our daily food, water and air

must be eliminated by a strong immune system or we will get sick. Dr. Cornelius Moerman M.D. states that virtually all diseases stem from a weak immune system. You can prevent many diseases by strengthening your immune system (white blood cells, natural killer cells, B-cells and T-cells) with **Bell Supreme Immune Booster**. A natural product made from Coriolus Versicolor mushroom extract. A strong immune system is like a good police force that detects foreign intruders and gets rid of them without us being aware of it. Helps to prevent deterioration of energy, muscular strength, bone loss, organ and brain cell damage, heart problems, eliminates also cell mutations and pre-cancerous cells, which we have in our body on a daily basis. Over 400 medical studies, many on the internet, have established that this natural product helps to restore the immune system for men and women going through serious health challenges, examples only: stress, trauma, all surgeries, pneumonia, cancer surgery, chemotherapy or radiation, which, to a great extent, destroy the immune system at a time when it is most needed. The Japanese Government considers this natural product so important that it spends \$1 billion dollars yearly to support their medical doctors and help with cancer survival rates by increasing the immune system. Inexpensive compared to the cost of an illness. 90 capsules #52.



**ALKALINE BODY**

A non-acidic stomach and alkaline balanced body can prevent many common diseases states Dr. C. Hammoud, M.H., Ph.D. Most people in North America have an acidic stomach and acidic body, because we consume acid producing food, like sugar (wheat), red meat, dairy products, white bread & noodles, white rice, colas, coffee, alcohol, drugs and not enough vegetables and fruit. Surprisingly, most know you need a pH neutral alkaline swimming pool to work well. However, few are aware that it is still more important to have an alkaline neutral body to help to prevent discomforts and diseases, examples: Acidic stomach, reflux (you should not need anti-acid pills), stress, tiredness, low energy, indigestion, weight gain, diabetes, vascular diseases, arthritis, cancer is unlikely to grow in an alkaline balanced body (read what many health professionals write on internet, including Dr. Otto Warburg two-time Nobel Prize winner), and a long list of other diseases. If our body is polluted with acidic wastes, it becomes the source of sickness and disease. If your pH is acidic your body draws calcium from your bones and robs vitamins and minerals from your organs to balance the blood pH. Regardless how many supplements a person takes, there will be a deficiency until the alkaline balance is restored by a proper diet change to more vegetables and certain fruit and/or by taking a supplement like Bell Acidic Stomach/Alkaline Balance #39, which is inexpensive and includes a free pH test kit. Money-back guarantee.

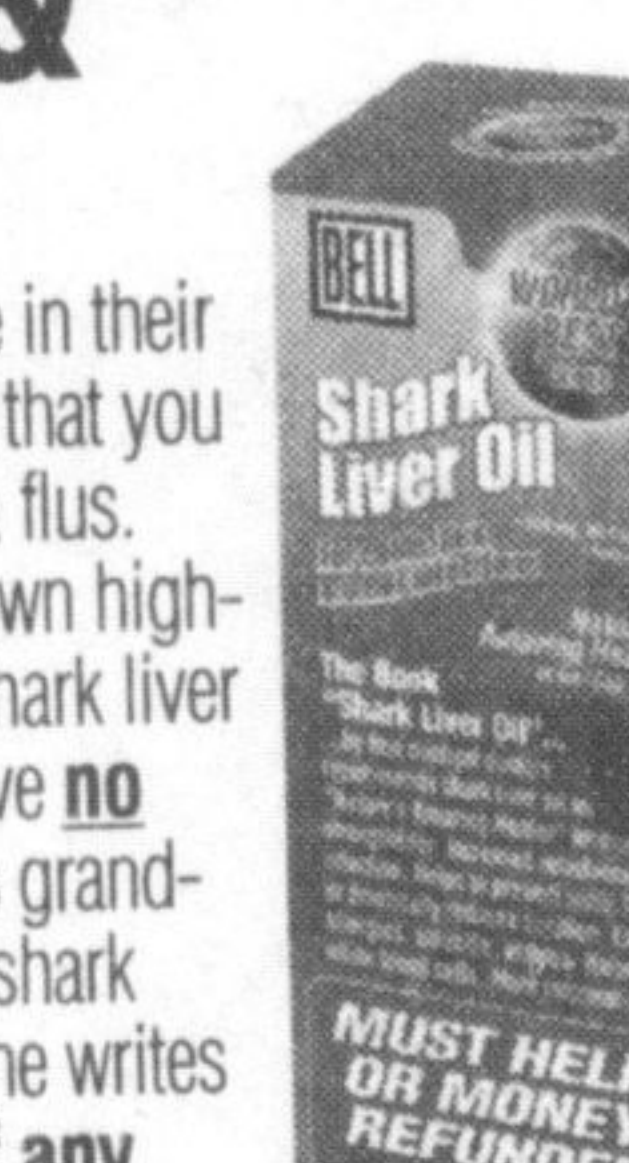


**COLDS & FLU**

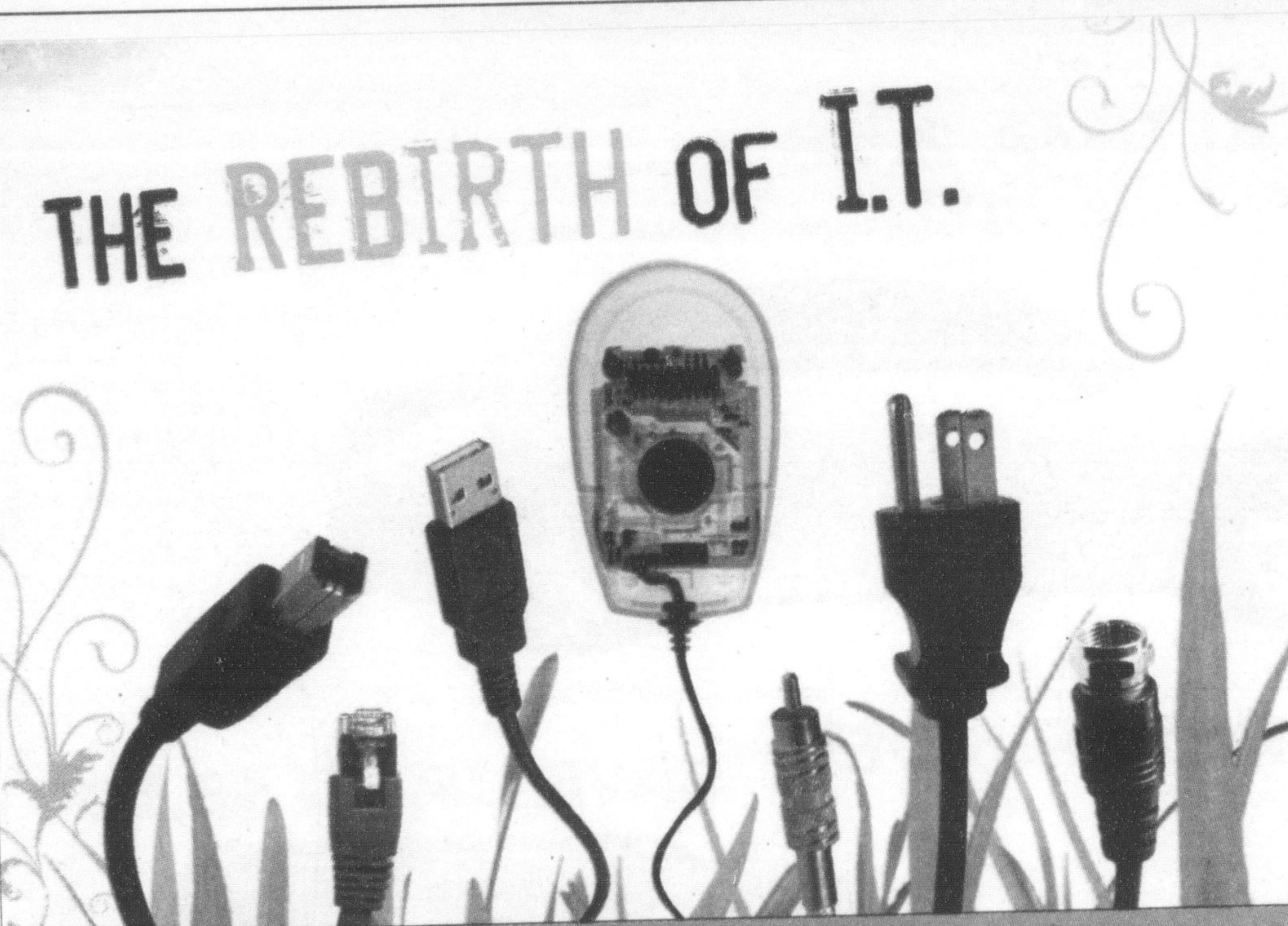
Four medical doctors write in their book **SHARK LIVER OIL** that you can prevent most colds & flus. Dr. Hubert says since his own high-school age children took shark liver oil as a prevention they have no more colds. Dr. Haimes's grandchildren have been taking shark liver oil for 6 months and he writes they have no infection of any kind since.

Dozens of true testimonials like these on our web site Many men and women wrote us it is much more effective than our Echinacea, Vitamin C, Ginseng or drugs. The only cold medicine that is guaranteed to work or money refunded. Best preventative natural medicine on the market. What's important is that Bell Shark Liver Oil has 25%-27% active AKG (alkoxyglycerols) a high squalene and Omega-3 fatty acids content. The king of all fish oils. The gel caps are easy to take and they're inexpensive. Insist on **Bell Shark Liver Oil #51**. 100% natural with no side effects. Proven and effective. Very inexpensive. 90 capsules.

If you have an illness, ask your doctor



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**AVAILABLE IN MILTON:** A & A Health Foods 1173 Houston Dr.; Health-DLS160A Main St. E.; S & H Health Foods Milton Mall, 55 Ontario St. S.

# Dateline

• from DATELINE on page B17

1515 Rebecca St. in Oakville, holds its free Abuse Support Group from 5:30 to 8 p.m. For more information, call (905) 847-5520 or visit [www.haltonwomenscentre.org](http://www.haltonwomenscentre.org).

The Salvation Army/Khi Community holds its Run Club at 5:30 p.m. with a 30-minute run. For meeting location and route, call (905) 875-1022.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 1:30 to 3 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

Adult drop-in volleyball takes place from 2 to 3 p.m. at the Milton Leisure Centre on Main Street. The cost is \$3.50 for the hour.

The Milton Safety Committee meets at 7 p.m. at the Milton police station on Childs Drive. For information, call Jan Mowbray at (519) 853-4492 or e-mail her at [jan@janmowbray.ca](mailto:jan@janmowbray.ca).

The Mom Club holds its Stroller Walk and Talk at 10 a.m. Meet at the Lions Sports Park on Thompson Road near the train tracks. For more information, e-mail [hotmum79@hotmail.com](mailto:hotmum79@hotmail.com) or call (905) 929-5535.

Thursday Apr. 26

Acclaim Health holds the first of a 10-week training program for hospice volunteers from 1 to 4 p.m. in Oakville, giving training to support individuals living at home with a life-threatening illness. To register, call (905) 827-8800, ext. 2313 or ext. 2318.

The Burlington Prostate Cancer Support Group, sponsored by the Canadian Cancer Society, meets at 7 p.m. at the unit office at 1251 Northside Rd. in Burlington. For more information, call (905) 332-0060.

The Halton Women's Centre, suite 229 in Hopedale Mall, 1515 Rebecca St. in Oakville, holds its free Caring and Sharing Circle from 1 to 3 p.m. It also holds its Spanish Women's Social Group from 12:30 to 2:30 p.m. For more information, call (905) 847-5520 or visit [www.haltonwomenscentre.org](http://www.haltonwomenscentre.org).

The Deck youth centre, 200 Main St. (rear entrance), invites students in grades 6 to 8 to drop by between 3:30 and 6:15 p.m. to play a game of pool or just hang out. High school students are invited between 7 and 10 p.m.

The Fine Arts Society of Milton's Evening Group of Artists meets from 7 to 10 p.m. The informal environment provides artists with an opportunity to exercise their drawing skills. For more information, call (905) 854-5753.

Milton District Hospital holds a one-on-one breastfeeding clinic with a certified lactation consultant from 7 to 9 p.m. For more information or to make an appointment, call Jill Hicks at (905) 878-2383, ext. 7610.

St. Paul's United Church, 123 Main St. E., holds its Georgian Bay Whitefish Dinner from 5 to 7:30 p.m. with continuous servings. The cost is \$12 for adults and \$6 for kids under 12. For tickets, call (905) 878-7511 or (905) 878-8895, ext. 21.

Friday Apr. 27

The Express holds the Arts poetry group meets from 7 to 9 p.m. at Milton Café on Ontario Street across from Spokes 'n Slopes with an open mic format. Everyone's welcome, especially poets, musicians, artists and listeners.