

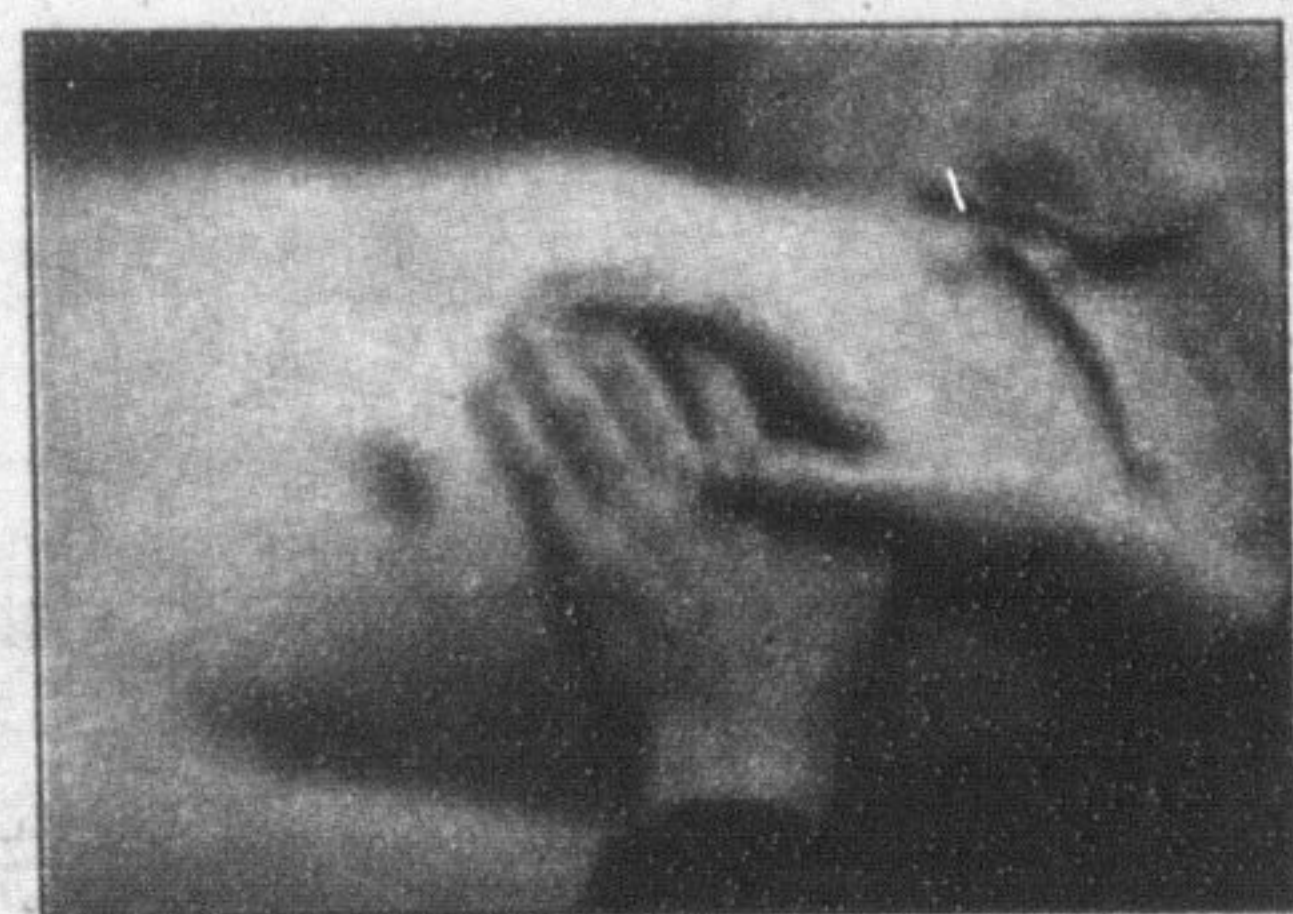
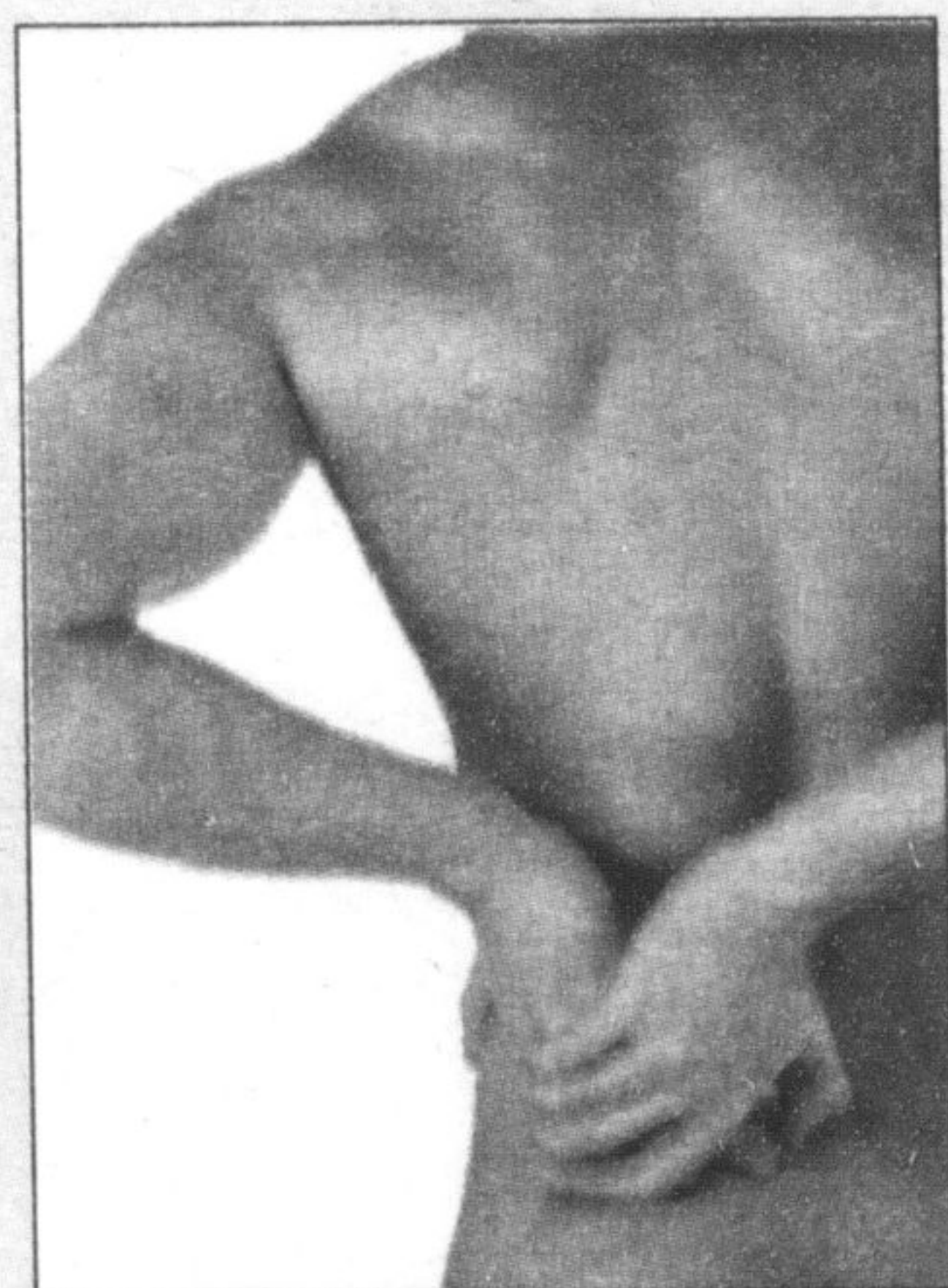
# Health & Tranquility

## Pain Relief through Osteopathic Techniques

Osteopathy is a 'hands on' manual therapy and one of the oldest approaches to treatment of injuries in the joints, muscles ligaments, fascia and tendons. Treatments take into account how the whole body moves and adjusts to pain. Osteopaths work with the patient to facilitate good structural alignment, tissue health and organ functions that will alleviate pain and prevent symptom re-occurrence. Osteopathy aims to improve the patients' long-term health and vitality.

You may be suffering with one of the following issues:

- Back Pain
- Repetitive Strain Injuries
- Whiplash Injuries
- Headaches/Migraines
- Frozen Shoulder
- Osteoarthritis, or other Degenerative Conditions
- Rheumatoid Arthritis, or other Inflammatory Conditions
- Neck/Shoulder Tension
- Sports Injuries
- Sciatic Pain
- Digestive Complaints
- Gynecological Issues

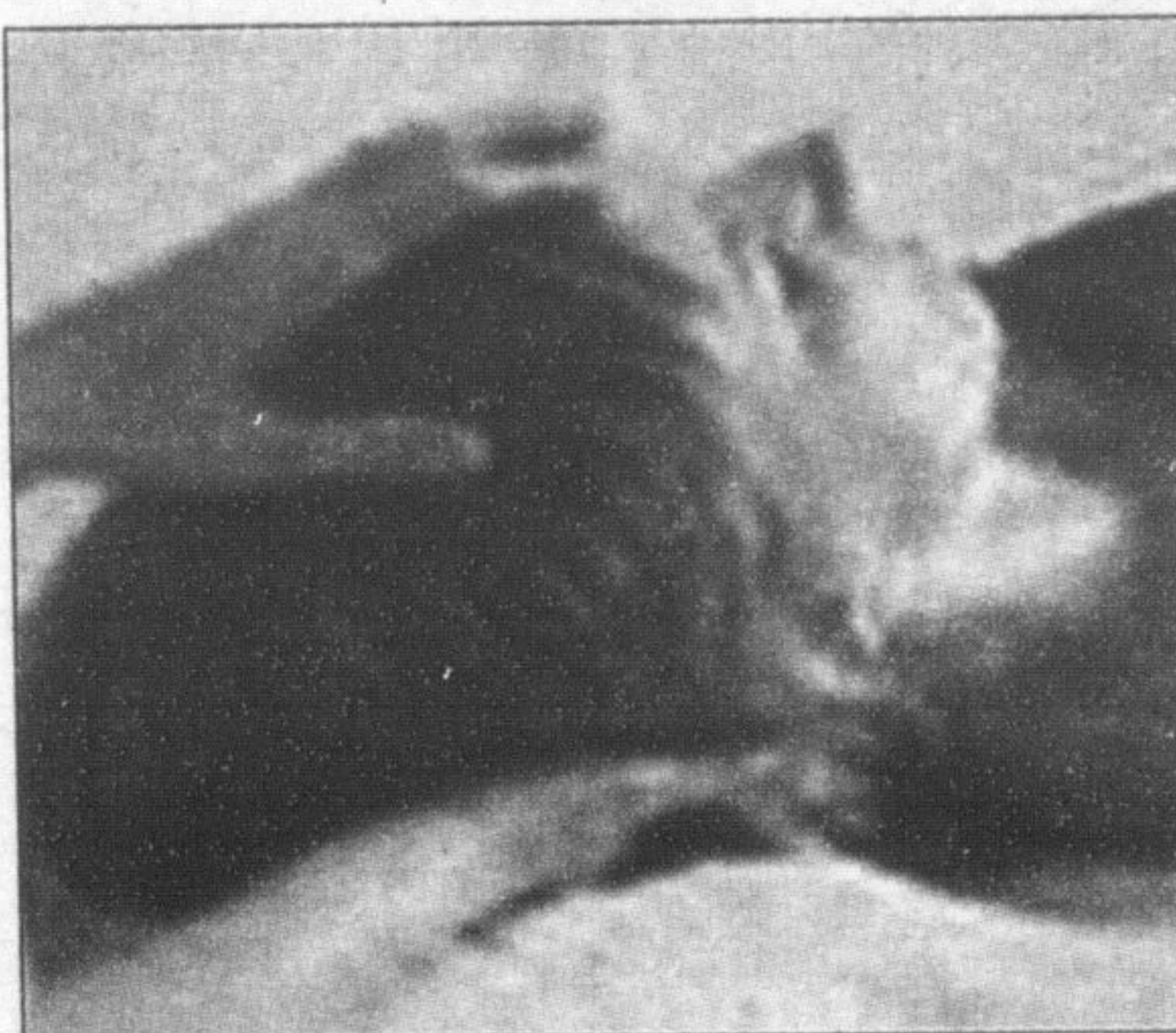


Treatment benefits typically include:

- Reduced Muscle Tension
- Reduced Levels of Stress
- Improved Spinal Health
- Increased Joint Health
- Improved Circulation
- Increased Toxin Elimination
- Improved Breathing and Digestion
- Enhanced Sleep
- Accelerated Injury Healing Time

**Meredith Craigie BPHE**  
hons., CK, CMT, NT, CC:  
Osteopathy, graduated in 2001 from Brock University with a degree in Physical Education with a speciality in Disability Studies. In her 5th year of post graduate studies in Osteopathy, Meredith is a Certified Kinesiologist, Registered Naturotherapist and Specialist in Myofascial Integration Therapy.

For more information, please visit Meredith at Advantage Physiotherapy of Milton at 550 Ontario Street Unit 7 or call 905-693-8043 with any questions about my services. I look forward to meeting with you and creating a long-term relationship.



**Meredith Craigie**  
Osteopathic Services

Visit Meredith at

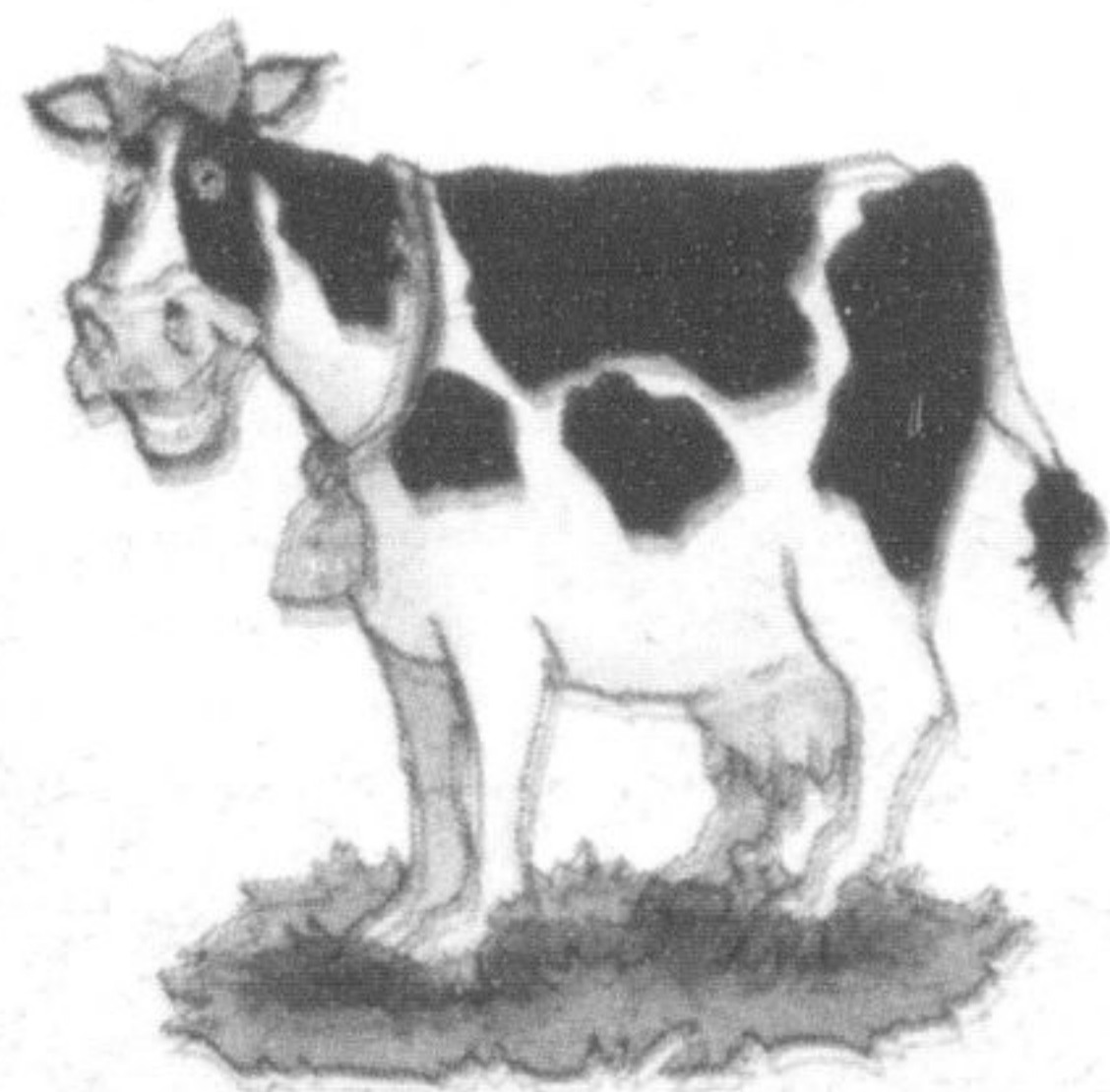


550 Ontario St. S.  
Unit #7, Milton

**905-693-8043**

## Should You Ditch Dairy While Dieting?

(MS) - Most researchers and health experts say, "no." Studies suggest that the nutrients in milk, cheese and yogurt, including calcium and protein, may help people lose weight and body fat. In fact, dairy products may play an important role in regulating energy metabolism. This causes a reduction in body fat and an increase in weight and fat loss. That means instead of eliminating dairy while dieting, replace it with low-fat options like skim milk or reduced-fat cheeses and yogurts to fuel optimal weight loss.



## The SureSlim Method

~ NO Pills ~ NO Injections ~ NO Starvation ~ NO Packaged Food ~  
~ NO Shakes ~ NO Counting Calories ~ NO Excessive Exercise ~

September is the time to get back into routine after the indulgence of the summer. Why not include a weekly visit to your personal consultant at SureSlim to get additional weight off safely and rapidly. You'll be a slimmer you and learn to **control your metabolism** for the upcoming Holiday Season!! It's just around the corner!

**It's not you ... It's your metabolism!!!**

We can't choose our metabolism but we can choose how we get it to work. Your metabolism controls your weight.

We have medical labs do your blood analysis so that our specialists & doctors can gain a detailed understanding of your metabolism. We then formulate your **personalized eating plan** to lose maximum unwanted fat safely and rapidly.

Bring in this ad and upon enrollment you will receive a \$25.00 Gift Certificate towards products! Refer your friends and neighbours too & we'll give you additional certificates when they enrol. Expires Oct 31, 2008.



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AGES 10-14 YEARS

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SEPTEMBER 20TH**

**MILTON LEISURE CENTRE**

**6:30PM - 9:30PM**

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**ORTHODONTICS**

Dr. Manish Aggarwal, Specialist in Braces  
420 Bronte St., Suite 113 (905) 878-5447