

Ask The Chiropractor

Antacids: helpful or harmful?

Almost 1 billion dollars per year is spent by Canadians on over-the-counter antacids. TV commercials are constantly reinforcing the idea that by blocking the production of acid in your stomach, you'll immediately feel better and thus, be healthier. However, stomach acid is a critical component for proper digestion.

Typically, a healthy digestive system moves along without discomfort.

From time to time, we all experience digestive symptoms such as burning, cramping, bloating, or diarrhea. When discomfort occurs, we often grab an antacid that absorbs and neutralizes stomach acid and provides temporary relief of indigestion and



DR. KRISTA CARTER

digestion, but alter the structure and function of the cells lining the stom-

ach. The consumption of these antacids can cause headache, diarrhea and abdominal pain. Heavy use of antacids over a short period or in moderation over long periods can cause harm to your heart, kidneys and bones.

Dietary changes and nutritional supplementation is often the key to a healthy digestive system. Speak to your chiropractor about smarter alternatives to antacid use.

ach. The consumption of these antacids can cause headache, diarrhea and abdominal pain. Heavy use of antacids over a short period or in moderation over long periods can cause harm to your heart, kidneys and bones.

Dietary changes and nutritional supplementation is often the key to a healthy digestive system. Speak to your chiropractor about smarter alternatives to antacid use.

THE PASTA HOUSE

This Christmas make it Italian!

Fresh Pasta, Sauces, Tortellini, Gnocchi, Lasagna, Manicotti, Wild Mushroom or Lobster Ravioli, and much more.

MADE FRESH USING ONLY THE FINEST INGREDIENTS
MANUFACTURER OF FRESH PASTA PRODUCTS

635 Erie Street East, Windsor, ON
VIA ITALIA • 519-971-9910

Fireplace draw winners announced



Jeff and Lisa Rankin, left, are congratulated by Craig Armstrong, owner of SX Heating and Cooling. The Rankin family won SX Heating and Cooling's Fireplace Draw held Nov. 25 after the Santa Claus parade.

What's black and white and READ all over?
Your ad in the Essex Free Press.
Call Karen today @ 776-4268

COTTAM RADIATOR

Rads, Heaters, Gas Tanks, Air Conditioning & Tires

Get your vehicle under coated (oil spray, no drip) and let us inspect your cooling system.

If you need a winter boost or get stuck in the snow, we offer 24 hours towing service.

So come see us or call us at Cottam Radiator
51 Gordon Ave., Essex, ON
519-776-1361 or 519-776-9237 (towing)

WE HAVE GREETING CARDS

WE SEND AROUND THE WORLD!

We Have A Great Selection of Fruit Baskets, Gourmet Baskets, Fresh & Artificial Centrepieces, Blooming Plants and Gift Ideas for your loved one this Christmas.

Remember... Send out of Town Orders Early to avoid Disappointment

FTD CERTIFIED MASTER DESIGNER

Teleflora's Thomas Kinkades's Cozy Christmas Bouquet

ESSEX FLOWER BASKET

FTD

Daily Delivery available throughout Windsor & Essex County

40 TALBOT ST. N. ESSEX
519-776-5611
1-800-873-6854
www.essexflowerbasket.com

Teleflora

SAME DAY DELIVERY

SATISFACTION GUARANTEED

SEASON'S SAVINGS

Pre-plan with Heavenly Rest NOW THROUGH DEC. 17 and

Save up to 16%

call for details

5%

6%

5%

pre-need only

new sales only

Take advantage today of Heavenly Rest Family of Catholic Cemeteries' SEASON'S SAVINGS promotion running now through DEC. 17 and save up to 16% on selected NEW pre-need sales.

HEAVENLY REST FAMILY OF CATHOLIC CEMETERIES
519-969-4836

Pre-plan with Heavenly Rest
HEAVENLYRESTCEMETERIES.COM
Serving all faiths • Interest-free payment plans

Highest possible discount comprised of 6% GST savings + 5% for cash sales + 5% for Family Heritage. GST savings expires with promotion. Certain restrictions apply. Offer good on all public mausoleum product, gazebo and all ground burial arrangements. Call today for full details. Offer valid only on new sales. At-Need sales not applicable.