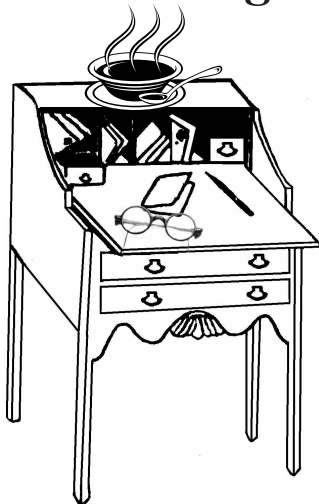


From: Her Desk Drawer

Mixed Vegetable & Chicken Stir Fry



- 2 tbsp vegetable oil
- 1 lb. boneless skinless chicken breasts, cut in thin strips
- 1 pkg frozen mixed vegetables
- 1 can (10 oz.) Campbell's Condensed Chicken Broth
- 3 tbsp Cornstarch
- 3 tbsp soya sauce

In large non-stick frypan, heat oil to medium-high and sauté chicken strips until cooked through. Stir in mixed vegetables.



In bowl, combine condensed soup, cornstarch and soya sauce; add to chicken/vegetable mixture in frypan. Bring to a boil then reduce heat and simmer, stirring occasionally, until liquid thickens and vegetables are tender crisp. Serve with cooked rice, if desired. - News Canada

Ask The Chiropractor

Milk - Is it good for you?



DR. KRISTA CARTER

One of my earliest memories of food is my parents coaxing me to drink milk. "Drink your milk, it's good for you!" Who hasn't heard that phrase - or possibly used that phrase to encourage their children to finish their milk? We all just know how milk "builds strong bodies".

Then there are all those healthy looking celebrities with milk mustaches in ads you see all over the place, asserting that drinking milk is healthful and wholesome. We just know milk is good for us, but how do we know what we know?

Could it be that what you (and your parents and grandparents) have been told all your life about milk is not necessarily true? The information that the average individual knows about milk comes from the hundreds of millions of dollars that are invested each year by the dairy industry to ensure that we drink milk and eat dairy products. They have been very effective.

Most people consume milk for the calcium content so they can build strong bones and prevent osteoporosis. Milk is loaded with calcium, but is it a good calcium source for humans? Unfortunately, it is not. The protein content in milk, even skim milk, can actual-

ly accelerate the loss of calcium from bones. The byproducts of the digestion of milk are acidic. The body uses alkalizing calcium from bones to neutralize these acid byproducts of milk. Research indicates that the countries with the highest intake of dairy products are invariably the countries with the highest rates of osteoporosis.

Many people consume milk for a good source of protein. Oops. Milk protein, known as cascain, is difficult for humans to digest and stimulates the production of mucus (the body creates mucus to get rid of the undigested protein). This can aggravate conditions such as asthma, bronchitis and sinusitis. Many children can reduce or even eliminate the reoccurrence of chronic ear infections just by removing dairy products from their diet.

Milk has another major

problem that creates health problems for people. The fat in milk is saturated fat. Cheese is often 70 percent (or higher) fat by calories. Even "low fat" 2 percent milk is 24 percent or 33 percent fat as calories.

Milk is a principal contributor to high cholesterol and artery-clogging atherosclerosis. Look at it this way: two cups of "low fat" milk has about the same amount of saturated fat and cholesterol as six strips of bacon. If you consume just two cups (about 1/2 pound) of "low fat" milk per day, in one year you will have consumed the equivalent amount of cholesterol in 2,190 strips of bacon (about 100 pounds)! Nobody would eat that much bacon because you would know that much fat and cholesterol would not be good for your health.

If you are interested in a much more detailed explanation, read the book, "Milk, The Deadly Poison" by Robert Cohen. You may also want to consider using dairy alternatives such as soy milk, rice milk, or almond milk. As for calcium, you can get plenty from where the cows got it from, dark leafy vegetables. Sesame seeds and broccoli are also good sources.

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CHATting IT UP



Cora Imeson, a resident of the Harrowood Seniors Community in Harrow speaks to Essex MP Jeff Watson during an "in your area" meet and greet, held in Harrowood's Community Centre Jan. 10.

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