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Your Health & Beauty

NEWS

A proven solution to balding



Dr. Fremont (left) and his assistant perform a hair transplant.

Hungry, the Middle East, Hong Kong, U.S.A. and Canada.

The key to hair transplantation is the hair's ability to be re-located and continue to grow in the new location. Dr. Fremont's techniques involve removing grafts which contain the hair roots from the sides and back of the head—where hair loss is less likely to happen—and re-locating them to the balding areas. According to Dr. Fremont, removing the hair takes the least amount of time. It is the placing of grafts that requires patience and skill. "You've got to be artistic," says Dr. Fremont. "The objective is to create a natural flowing look to the hair."

He adds that the procedure is painless and performed using his unique method of administering local anaesthetic. "Many of my patients don't even realize I'm working on them."

Dr. Fremont stresses the importance of choosing an experienced doctor. Part two in our series on fighting baldness will introduce new techniques against hair loss.

Dr. Fremont's services are tax deductible with easy payment terms.

For more information contact Dr. Fremont's office at 2100 Ellesmere Road, #106, Scarborough, Ontario M1H 3B7, Tel: (416) 439-4247.

Hair: There is nothing more alluring about us than our hair. The way we style our hair reflects our personality; and when we are bored with our old self, we head to the salon for a new look.

With all this fuss over hair, it is no wonder that there are so many snake oils, potions and lotions promising to halt the relentless receding hair line. Aside from the gimmicks and scams, however, there have been some real advances in the fight against baldness.

Dr. Lawrence Fremont of Hair

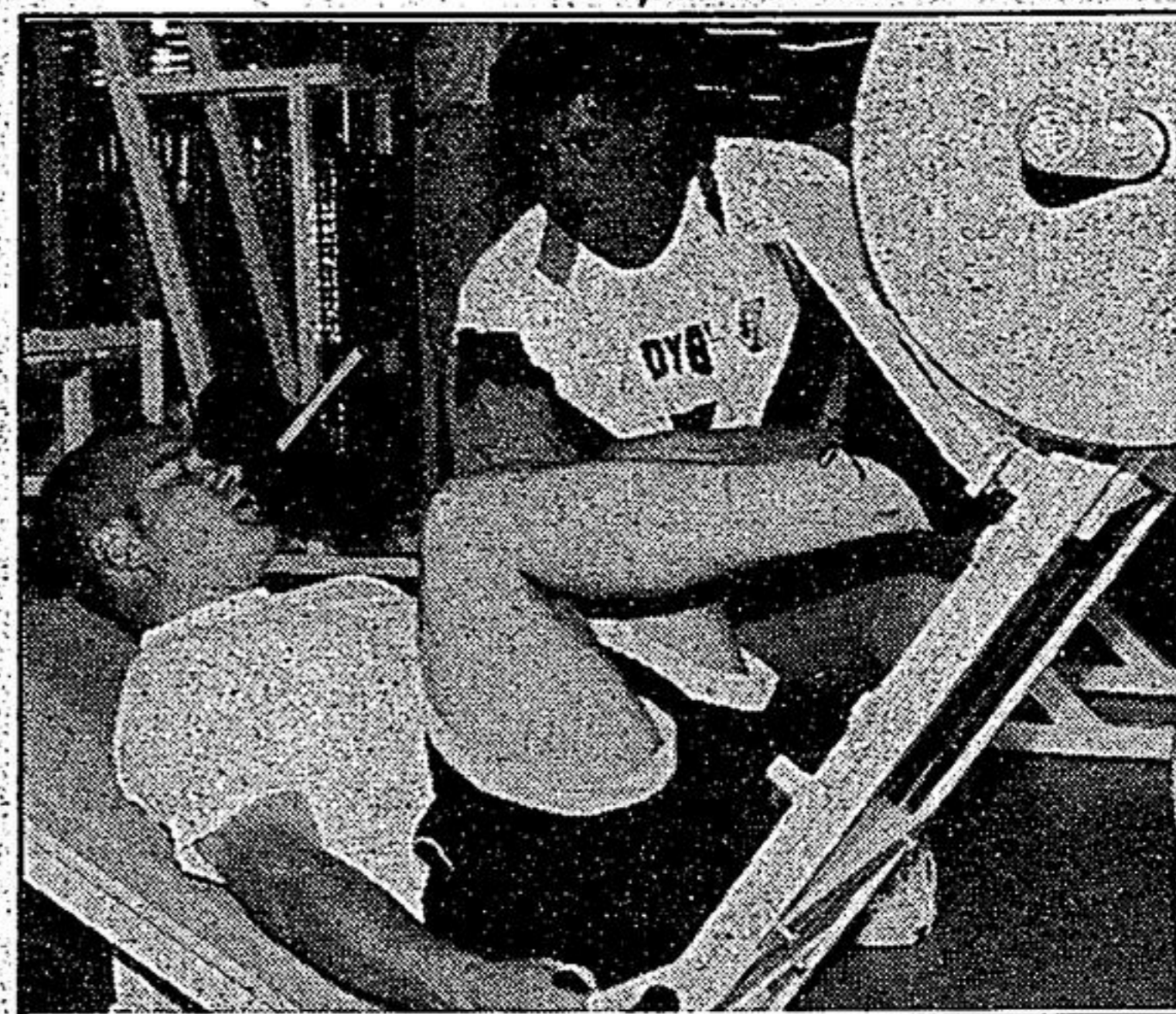
And Faces International knows first-hand what it is like to experience hair loss. He also knows what it is like to successfully halt his own balding condition (he had one of his own personally trained doctors perform a hair transplantation). Dr. Fremont has been performing hair transplantations and training doctors around the world in his techniques since 1983. (Prior to this he operated a family practice for 20 years.) Today, he and his colleagues have established clinics in England, Belgium, Austria,

At Premier Health and Raquet Clubs fitness is more than lifting weights

For many Canadians being healthy has become synonymous with being physically fit. So as a result the local health and fitness club has become the place to gather.

Premier Health and Racquet Clubs' CEO, John R. Cardillo (bodybuilding's former Mr. Ontario and Mr. Canada) believed that people wanted more out of their health club than just a place to workout when he opened his first Premier Club four years ago. His philosophy for Premier then and now is, "I want Premier Health and Racquet Club to be the leader in the health and fitness industry. To do that we have to provide a high degree of service and various other lifestyle activities." And it is this philosophy that has pushed Premier beyond the parameters of the average fitness club and into a class of its own.

The club prides itself on taking an integrated approach to fitness, by offering a variety of services to maximize the individual's potential. Nowhere is this dedication to the individual more evident than in Premier's policy that all fit-



Trained fitness consultants assist clients in their routines.

ness consultants have a university degree in either physical education or kinesiology. Another example of this dedication is the creation of Mademoiselle Spa Woman's Health Clubs. Mademoiselle Spas came about as a result of Cardillo responding to the needs of Premier's female clientele. Mademoiselle Spa is a separate entity within the Premier Club, and offers women their own workout space.

Since Premier's humble beginnings just four years ago, the

company has grown to nine Premier Clubs and six Mademoiselle Spas.

"From day one I wanted to set up a proper, high quality fitness centre," says Cardillo. "With Premier Health and Racquet Clubs and Mademoiselle Spas, I think I have the formula down right. These are the clubs of the future."

For information call or visit Premier's North York location at: 34 Doncaster Ave., Tel: (416) 731-6941.

Body's own energy stimulates healing



Dr. David Tulbert

Health-conscious North Americans are finally catching on to something the Europeans have been practising for 200 years. Homeopathy—a therapy that uses the body's natural abil-

ity to heal itself—is becoming more popular as an effective alternative to traditional medicine.

In contrast to drug therapies, which suppress the symptoms of a disease, homeopathy stimulates the body's own natural biological-healing intelligence. Once stimulated, the body identifies the cause of the sickness and cures it from within. "Our bodies have a self-healing system so advanced," explains Dr. David Tulbert, "that even our best scientific minds are in awe of it. It works well even when the cause of the problem cannot be diagnosed."

Homeopathy does not use chemical drugs, and is totally free

of side-effects. Dr. Tulbert treats a wide range of acute and chronic conditions, including emotional problems. He also stresses that homeopathy is helpful for prevention of sickness and disease, and for improving one's health. For more information contact Dr. David Tulbert, B.Sc., D.C., at his clinic, 46 St. Clair Ave. E., Toronto, M4T 1M9, Tel: 927-9988

Special Notice: TVOntario will air a special 4 hour series called "Magic or Medicine?" on homeopathy starting Wednesday, May 12 at 8 p.m. Be sure to see Dr. Tulbert's guest appearance on the May 19th episode.

Cosmetic clinic turns back the clock on effects of aging

No more fixups and cover-ups. La Fontaine Cosmetic Clinic offers fast, permanent and practically painless answers to your fondest desires for personal attractiveness.

For over nine years Sonia La Fontaine has been one of the most knowledgeable and respected cosmetic enhancement consultants in Toronto and New York.

Trained by New York cosmetic surgery authority Dr. Benito Rish, Sonia offers male and female clients a host of beauty enhancement and corrective procedures, some literally in minutes.

Today, La Fontaine is working with plastic surgeons and cosmetic surgeons in both Toronto and New York. For Toronto patients, initial consultation with a doctor is fully covered by OHIP.

Sonia La Fontaine has more than 6,000 grateful clients in Toronto alone. Better-looking, more self-assured, happier men and women who have discovered how quick, easy and painless it can be to put your best face forward.

The following are many of the services offered at La

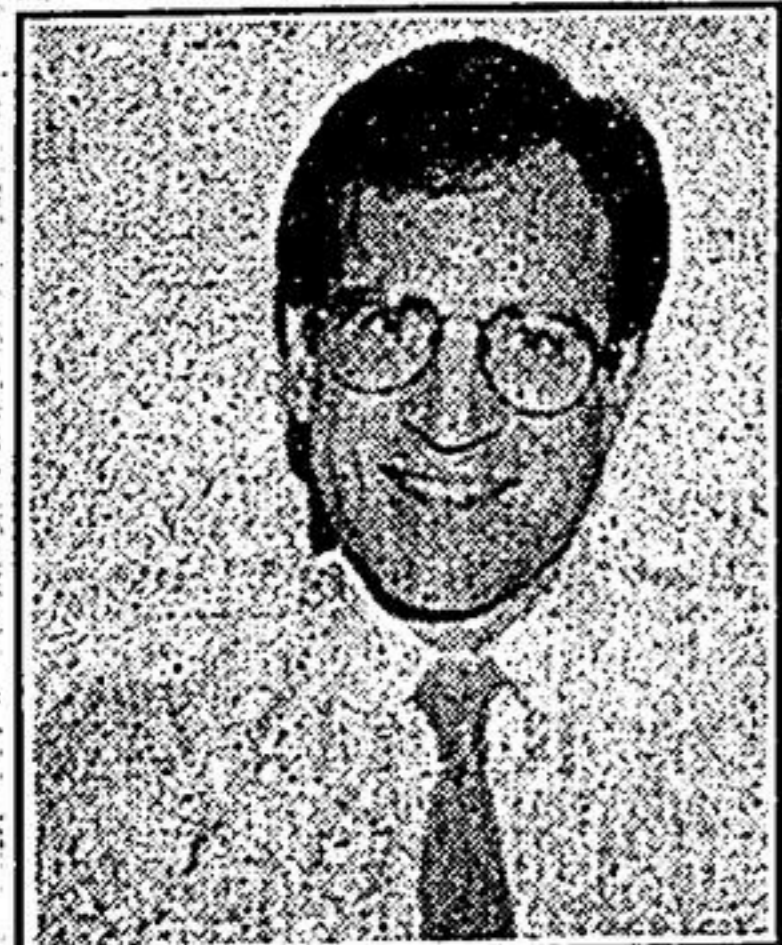


Fontaine's clinics: body and breast contouring, eyebrow hair transplants, permanent upper and lower eye liner, upper and lower lip enhancement, reduction of facial wrinkles, removal of birth marks,

non-surgical "Aculift" facelifts, glycolic peels and permanent hair removal.

For more information contact the La Fontaine Cosmetic Clinic, 890 Yonge St., Toronto, (416) 962-4444.

It has never been safer to see the Dentist



Dr. Barry Schwartz

Never before has safety in dentistry been more of a concern. Media reports of the threat of AIDs, viruses or chemical con-

tamination at the hands of the dentist have raised fear in the public's mind.

The truth of the matter, however, is that it has never been safer to visit the dentist. "Dentistry is a constantly changing profession," explains Dr. Barry Schwartz. "There have been several advances in patient safety."

In Dr. Schwartz's office, instruments and handpieces are heat sterilized after each patient. New x-ray equipment greatly reduces the level of radiation a patient is exposed to during an x-ray, while lead shields deflect scatter radiation.

Furthermore, Dr. Schwartz

and his staff maintain thorough medical histories on each patient so that materials and techniques can be modified to best ensure the health and safety of the individual patient and the entire dental office staff. Materials are chosen based on the individual's needs, desires, cosmetic and economic concerns. Dr. Schwartz advises those who have been postponing ongoing dental care because of health fears to relax. "The patient's safety is our first priority."

Dr. Barry Schwartz is a general and family dentist in the Shops-on-Steeles and 404. Tel: 881-3434.