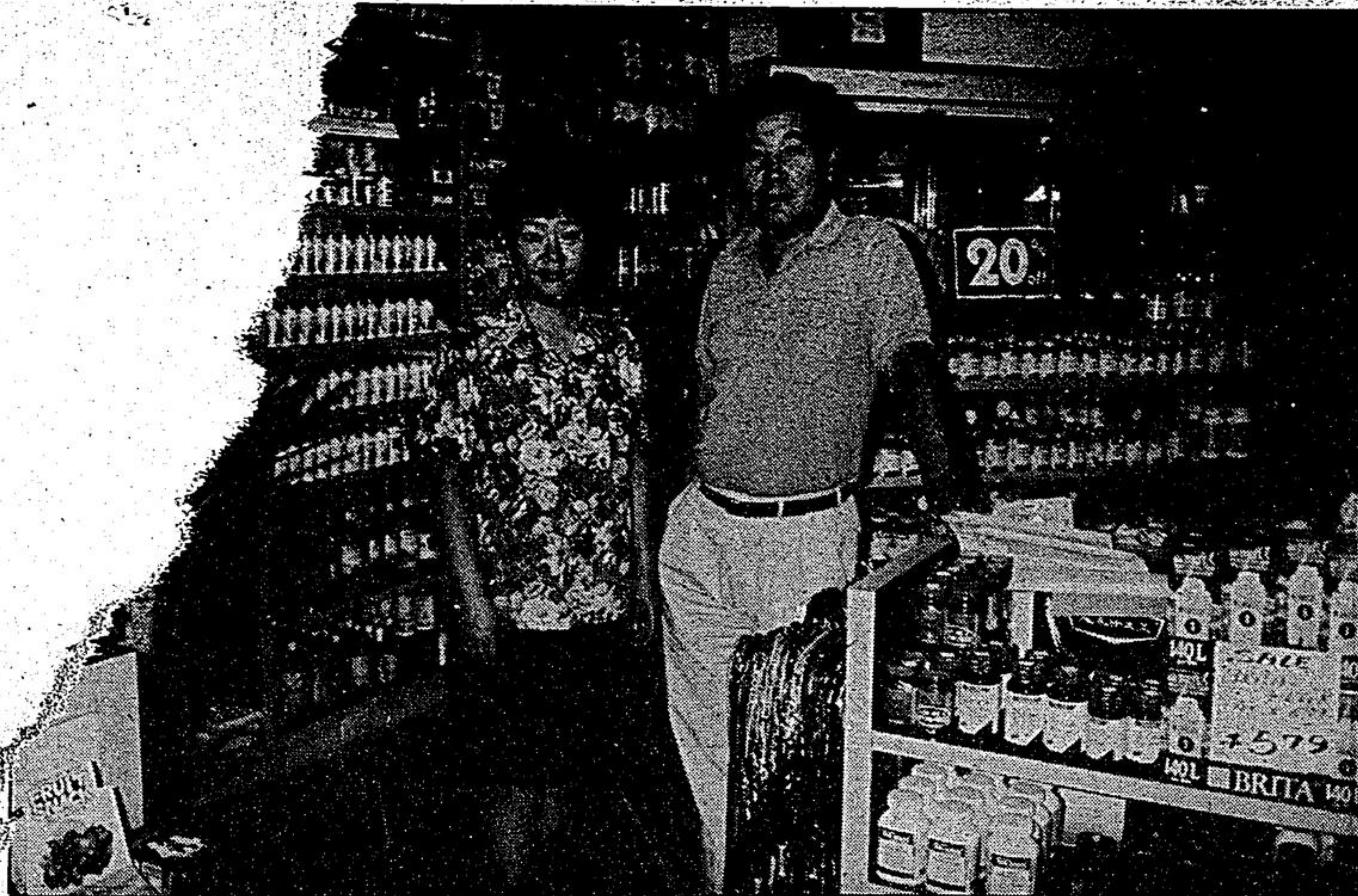


US ON BUSINESS



Located on the upper level between Sears and the Bay in Markville Shopping Centre, Nutrition Emporium is independently owned by Choon and Edward Koo, pictured above.

Nutrition Emporium opens in Markville

The state of our health is largely determined by the way we treat our bodies. Adequate exercise and a healthy diet are two key components for a healthy body.

The owners of Nutrition Emporium, Edward and Choon Koo, realize that, which is why they have stocked the shelves of their store with a wide selection of natural foods, herbs, vitamins and toiletries that pamper rather than pollute your body.

Although modern technology has indeed improved our lifestyles in some respects, the so-called modern advances that improve the appearance and/or shelf life of many products are eroding our health instead of improving it, said Choon.

"The idea behind natural foods is to go back to nature - to go back to the real thing and to stay away from chemicals," said Choon.

The Koo's have many years of experience, having owned a similar store in Toronto. Now residents of Markham, they opened the Nutrition Emporium in the Markville Shopping

Centre on June 1. Located on the upper level between the Bay and Sears, the store currently features opening specials on most items they carry.

Nutrition Emporium carries natural vitamins and herbs, a wide selection of herbal and medicinal teas for ailments such as bronchitis, nervous disorders, asthma, etc. Weight gaining programs and weight loss aids are also available. Natural toiletries include skin care, cosmetics, deodorants, baby items such as shampoo, powder and oil.

Grocery items include vegetarian "meats", gluten-free products, non-dairy products, natural cheeses, cold-pressed oils and more, plus a wide selection of natural "snack" foods such as fruit juice-sweetened candy bars, cheddar puffs, rice cakes and licorice ropes.

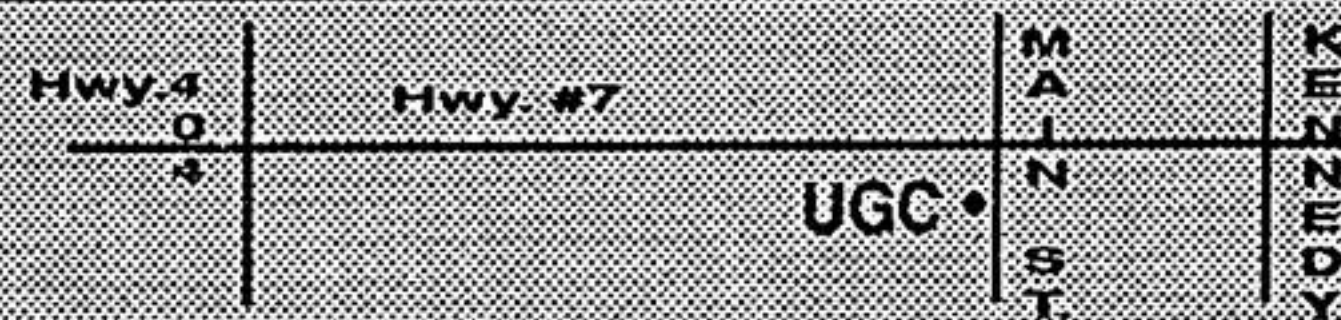
For those looking for advice on health-related issues, there is a selection of books to choose from.

Improve your lifestyle and be good to your body. Visit the Nutrition Emporium at Markville Shopping Centre, or call 415-8101 for more information.

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