

**Spring Specials**

**DUCT Cleaning \$89**

**UPHOLSTERY Cleaning \$39.95**

**CARPET CLEANING \$39**

**V-Care HOTLINE 321-1974**

## Focus On Business

### Sit back, relax and let V-Care take care of all your cleaning needs

After a long weekend, you'll notice more dirt on your carpets than in the garden and more drink and food on your furniture than reached the mouths of your guests.

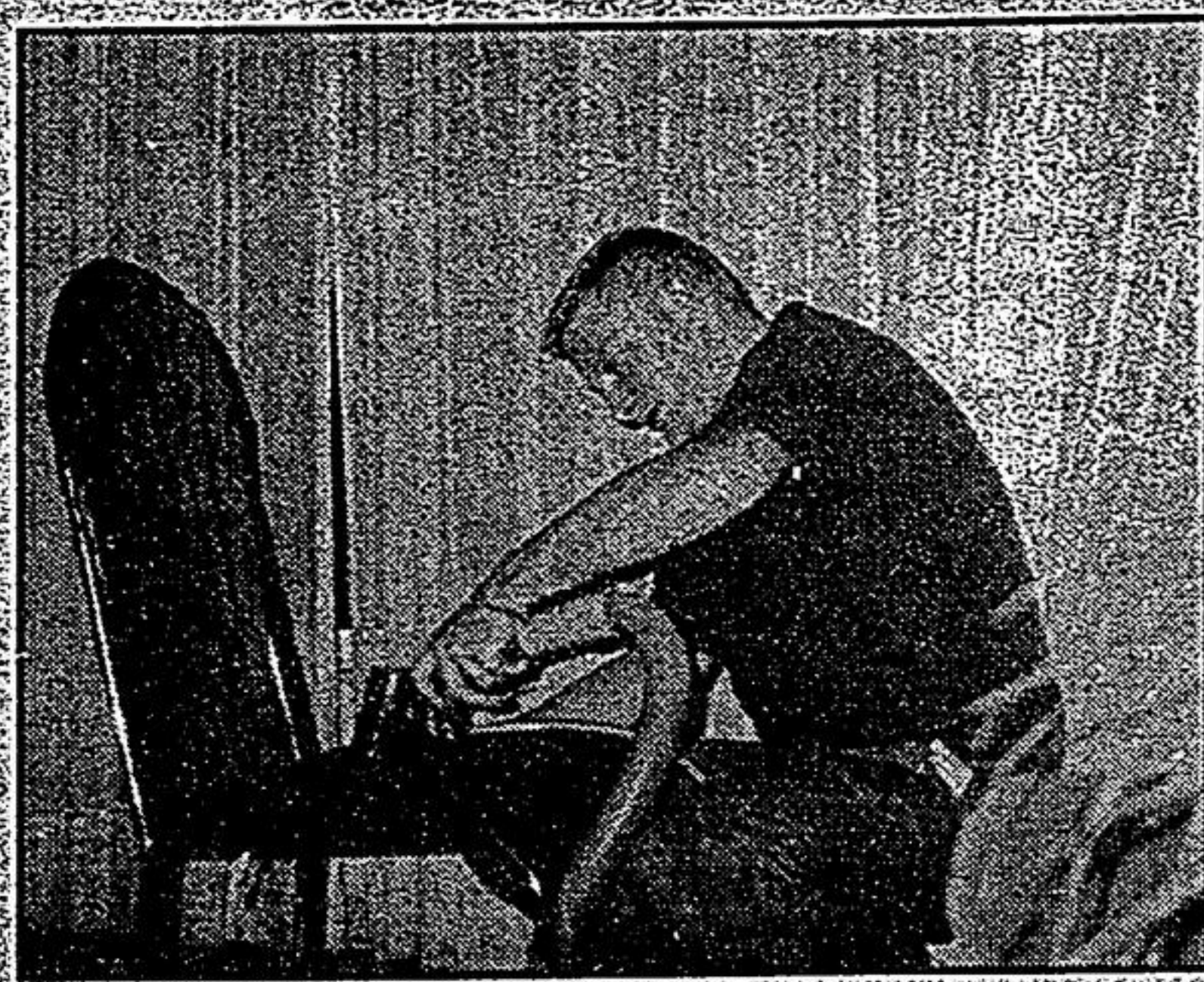
But before you give up entertaining and gardening forever, call V-Care Inc.

Cleaning carpets and upholstery since 1986, V-Care Inc.'s trained staff can take care of all your cleaning needs.

A member of The Floor Covering Institute of Ontario, which only accepts members who meet their strict standards, staff will come to your home at the scheduled time and complete any work quickly and efficiently.



V-Care Inc. also provides a duct cleaning service.



Knowledgeable and friendly staff at V-Care are able to look after all of your cleaning needs.

Using only the best cleaning materials on the market, every job is completed thoroughly. The cleaning procedure that V-Care uses leaves no soapy residue in the carpet. The carpet also remains cleaner much longer. Often people wonder how we able

to provide a high-quality cleaning service at such a reasonable price," said Savio Vaz, owner of V-Care Inc.

One of the reasons is that we are an independently owned company that doesn't have the additional costs that other companies have. And, accordingly, we are able to pass those savings to the consumer.

But cleaning carpets and upholstery isn't V-Care's only speciality, the company also provides duct cleaning.

Having the ducts in your home cleaned every three to five years prevents them from clogging with dust and debris. Clogged ducts causes eye and throat irritation, breathing problems as well as ruin furniture and drapery.

For details contact V-Care at 416-321-1974.

**STEPPING STONE LANDSCAPING**

Quality & Service In Every Step

(905) 642-6348

**Waters Edge Landscaping**

- Design
- Build
- Maintain

905-642-5113

**"BETTER THAN THE BEST" ENCORE**

HOME IMPROVEMENTS

Window and Door Professionals

Sun Rooms and Porch Enclosures

**NO DEPOSIT MONEY DOWN**

PAYMENTS FOR 6 MONTHS OAC

INTEREST FOR 6 MONTHS OAC

905-470-0750

1-800-461-7644

450 ALDEN RD., UNIT 7, MARKHAM

**THERAPIES FOR THE MIND AND BODY**

**Hummingbird Holistix**

- Iridology
- Nutritional Analysis
- Chronic Fatigue & Candida Programs
- Alternative Medicine
- Certificate Courses - Iridology
- Reflexology • Tibetan Reiki

(905) 888-0008

**KAVANAGH ROOFING**

Home Improvements

472-9011

**edmunds** SINCE 1947

reroofing vinyl windows eavesrough & siding

472-0276

Free Estimates MARKHAM

### Hummingbird Holistix offers services to help the body and mind

In the past, people who had a medical problem had only one option - to do whatever their doctors told them to.

Now many people are turning to complimentary medicine to help them with both their medical and non-medical problems.

Complimentary medicine is a holistic approach to healing, said Jeannie Wardleworth, owner of Hummingbird Holistix, a clinic situated in the heart of York Region and a mere eight minutes from Unionville.

"Many people suffer similar symptoms such as aches and pains or lack of energy, but the remedial measures appropriate for each individual can be very different depending on where the root of the problem lies."

"One must look at the body as a whole functioning unit and not just the part causing the symptom," said Wardleworth, a Clinical Iridologist, Master Herbalist and Reiki Master teacher.

In order to find the problem, Wardleworth will begin a consultation with an iris analysis. (This is done by examining the colour portion of the eye).

The initial consultation may last two hours and during that time a personalized analysis is conducted taking into consideration lifestyle, diet and nutrition, medical history and remedial recommendations.

"Consultations are informative and empowering because the client learns how to stimulate the body's own natural healing abilities."

**Hummingbird Holistix offers many services.** Other therapies offered by the clinic are personalized diets, reflexology, ear candling



Hummingbird Holistix offers you a number of natural health therapies, workshops and courses including iridology and Tibetan massage. Photo by SJOERD WITTEVEEN

and Tibetan massage (a soothing and relaxing technique that the client can learn to do). Also, programs for candida, chronic fatigue and associated depression and more degenerative diseases are available.

"We are less than 10 minutes from the 404 making these programs easily accessible to our clients that come from the greater Toronto area."

Over the last five years, Wardleworth's practice has grown largely by word of mouth.

With some clients following in her footsteps, With the increasing requests and interest in holistics, the clinic now offers specialized certified courses in clinical iridology, reflexology and Tibetan massage.

For a personalized consultation or details call Hummingbird Holistix at 905-888-0008.

**THE GOLF STOP**

Computer Swing Analysis, Video Taping, Custom Made Clubs & Accessories

6545 Hwy. 7 East, Markham, Ontario.

Call Bruce Houghton (905) 471-0323

**SWEET MOMENTS** of Unionville

- Belgium Chocolates
- Mother's Day Gifts
- Gift Baskets for all occasions
- Specialty Foods

190 Main St., Unionville (905) 944-9996

**HOOVER STEAM VAC SUPREME C/W STAIR & UPHOLSTERY ATTACHMENT KIT**

**\$199.95** LIMITED QUANTITIES

Reg. \$329.95

Watch for our weekly specials

**THE VACMASTER**

172 Bullock Dr. 472-2036

**Prestige Studios** Wedding Photography Specialists

Now Offering Pkgs. from only \$498.00

ASK ABOUT OUR PLAIN Insurance POLICIES for your outdoor pictures

41 MAIN ST. S. UNIONVILLE (905) 313-6398

Every Thurs. 5:30-9:30 pm Sat. 10:2am-2pm

To Place Your Focus on Business Ad Please call Classified Advertising at 905-294-4331