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# Focus On Business

## New to the western world

But acupuncture has been used by the Chinese for centuries in treating and preventing hundreds of problems and diseases

For thousands of years, the Chinese have been using acupuncture to prevent and treat everything from the common cold to respiratory problems.

But it has only been in the last few decades that the western world has begun to see the benefits of this ancient science.

One such person is Robert McDonald.

McDonald has been helping people to discover the benefits of the alternative - or complementary - medicine for the past six years. His studies are extensive, training in schools in Toronto, Shanghai and Sri Lanka.

In his office on Main Street Markham, McDonald practices traditional and spectrodyne (which uses a computer to treat and analysis patients) acupuncture, Chinese herbal medicine and massage therapy. By using a combination of all three sciences, McDonald is able to help treat and prevent a variety of illnesses.

"The World Health Organization has identified the benefits of acupuncture in the treatment of a wide range of medical problems including gastrointestinal problems such as colitis and irritable bowel syndrome, mental emotion such as depression and insomnia, neurological and musculoskeletal problems such as fibromyalgia and



PHOTO/LORI EMMERSON

Rob McDonald.

migraines, intolerances such as allergies, reproductive and respiratory problems, illnesses and more."

In order to help a person, an acupuncturist will insert needles into specific points in a person's body. The points are determined by the symptoms and genetic makeup of the person.

The points themselves were mapped out by monks over five thousand years ago.

"Acupuncture is based on ancient Chinese theories of the flow of energy and blood through distinct meridians or pathways that cover the body."

Inserting the needles stimulates the area. This in turn will heal and help treat a problem.

For most people, acupuncture is painless - at the worse it feels like a mosquito bite.

Many people discover dramatic results on the first treatment, others feel it about three treatments later.

The amount of treatments required depends on the severity of the disease.

For details call McDonald at 294-1990

or visit his website at

<http://members.home.net/rmcd/home.html>

The clinic is located at

12 Main St. N. Markham.

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A new bathroom is an excellent way to increase the value of your home. A new bathroom is also a small investment that may give you great returns when you go to sell your home.

Therefore, it is important to select a remodeling specialist with the knowledge and insight to help you make a decision on what you need to make your renovation practical and cost efficient.

Luxurbath Enterprises Inc. can help. Because bathrooms are what they specialize in, people are guaranteed that their bathroom will be remodeled with quality products and professional workmanship.

"That is why we are able to offer a six year warranty, beating the industry standard of five," said Mike Vurro, who owns Luxurbath.

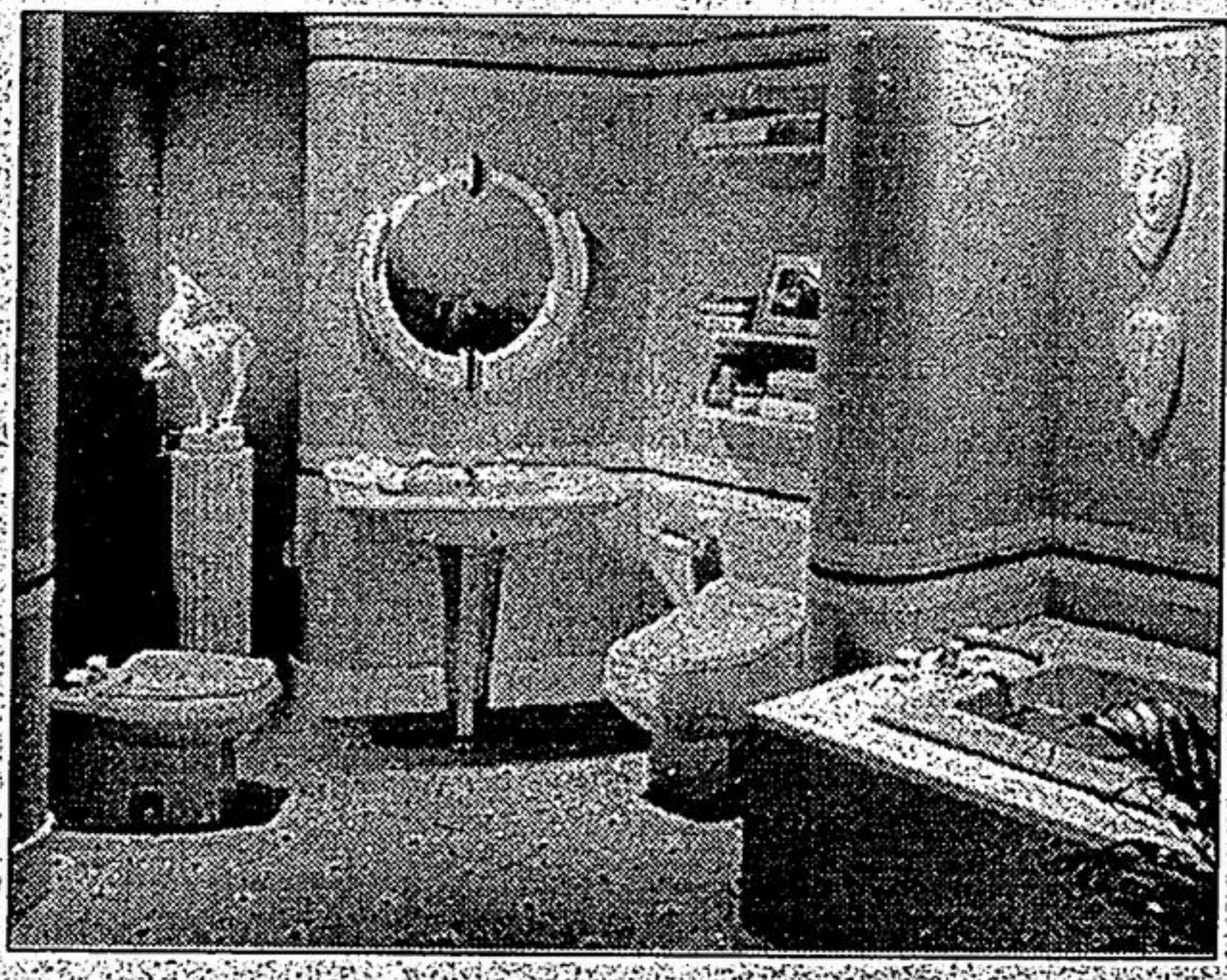
Because Luxurbath is family owned and operated, great care to detail is given on every job.

Serving Markham, Unionville, Stouffville, Durham region and surrounding areas for many years, Luxurbath has built a strong reputation and a large client base of satisfied customers.

Luxurbath also provides a convenient shop-at-home service that allows clients to visualize colour selection in the lighting and comfort of their own home.

If you're considering having your bathroom remodeled, but aren't in a hurry, Luxurbath will pay the GST and PST as well as provide free modern style faux painting in bathroom for projects that are booked to begin in February, March or April of 1999.

(Contracts must be signed by January 15, 1999.)



Luxurbath can create the bathroom of your dreams.

Luxurbath is also offering new year specials such as:

Powder room upgrade which includes a new white toilet and pedestal sink supplied and installed for only \$489.99.

Complete ceramic tile shower stall remodel (many tile colours to choose from) for only \$2450.

Premium ceramic tile supply and install for only \$8.90 per square foot.

All offers are valid until January 15, 1999. From large renovations to small installations Luxurbath offers it all.

Call today for your free, no obligation in-home estimate at 1-888-776-7366 or 905-426-6008.

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