


THE ARTHRITIS SOCIETY
 Richmond Hill
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This message brought to you as a community service of The Economist Tribune.

Dr. Estralita McCarthy & Dr. Carolyn Wong are pleased to announce the opening of their new optometric practice at the Markville Shopping Centre, 2nd level by Sears.
 Call (905) 940-1013 (for appointments)
NEW PATIENTS AND WALK-INS WELCOME

YOU WANT TO FEEL GREAT ALL THE TIME
 Experience the Ultimate in Health and Wellness services. Pathways Canada is expanding. Our Life Cell Analysis is now available to provide you with a personalized wellness Profile. Our location has expanded to meet the needs of our Growing clientele. We open our new doors at 144 Main St., Markham Village Lanes, Suite #8 on July 12, 1999.
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ADVERTISING FEATURE
HEALTH & FITNESS
Learn about potential nutritional problems through a drop of blood
Life cell microscopy shows a complete picture of your health on screen
 Your blood is a perfect biological blueprint. The complete picture of your physical vitality illustrates through its patterns of cell groups and structural definitions. Life cell microscopy, which is now available through a highly specialized instrument of magnification, allows you to see this living picture of your blood on the monitor screen. Skilled technicians, who are specifically trained to interpret these living pictures, are able to outline personalized profiles of nutritional support for you, which are as individual as your finger prints. Life cell analysis through a single drop of blood from a fingertip detects any indication of nutritional deficiencies or imbalances which may develop into health challenges if left unattended. This revolutionary new wellness support instrument is able to reveal health of blood cells, nutritional status of blood, incomplete or delayed digestion of fats and proteins, liver stress, undesirable bacterial and fungal forms, signs of yeast and parasites, hormone imbalances, immune system status, presence of cholesterol and arterial plaques, sugar imbalances, oxygen carrying capacity of blood and much more. This new technology allows you to view the changes which take place within the body at the cellular level. This article was submitted by Pathways Canada.

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Lower back pain is the second biggest cause of loss of work for people under 45
 NC - It is estimated that 85 per cent of Canadian adults will experience at least one episode of serious lower back pain in their lives. Separating the facts from the fiction and taking the appropriate precautions early in life are the best ways to avoid ending up on your back. Myth: Only senior citizens suffer from back pain. Fact: Most back pain sufferers are between the ages of 25 and 60. Lower back problems are the second biggest cause of loss of work in people under 45. Strains and spasms are the most common complaints among people in their 20s and 30s. Myth: A back ache is a sign that the back has suffered some degree of permanent damage. Fact: A backache is a sign that you're putting too much strain on your back — either through posture, activity or pressure loads. Isolating and changing certain habits will make your back feel better. Most back pain goes away on its own within a few days — no matter what you do. The short term goal is to manage it in a way that minimizes disruption to daily activity. The long-term goal is to prevent it from happening again.



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