

## Vitamin Profile

### GLUCOSAMINE SULFATE

This mineral supplement is used to treat osteoarthritis or degenerative joint disease. Studies have shown Glucosamine Sulfate to be more effective than non-steroidal anti-inflammatory drugs. For sufferers of this discomforting ailment, this popular mineral supplement, available in 500 mg. capsules, will reduce pain and inflammation.

## Whitby Mental Health Centre Community Advisory Board

Cordially Invites All Members of the Public  
To The  
**ANNUAL GENERAL MEETING**  
January 26, 2000  
2:00 p.m.

Auditorium, Building 5  
Whitby Mental Health Centre  
700 Gordon Street, Whitby, Ont.

Special Guest Speaker:  
**DR. STEPHEN HUCKER**  
Professor/Academic Head/Forensic Psychiatrist  
McMaster University

### THE FUTURE OF MENTAL HEALTH FORENSIC SERVICES

Panel: Mr. Rob Adams, Exec. Director  
Colborne Community Services, Whitby

Mr. Neil Howard, Manager  
Mental Health Court Diversion  
CMHA, York Region

Mr. Bryan Davies  
Asst. Crown Attorney  
Ministry of Attorney General Whitby

For information call:  
Whitby Mental Health Centre, (905) 668-5881, Ext. 6057, (905) 427-9233, Ext. 6057

## Health & Fitness

### Book Review

## Prescription for nutritional healing

A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements

By James F. Balch, M.D. and Phyllis A. Balch, C.N.C.  
368 pages, softcover, \$19.95  
Published by Avery Publishing Group

More and more, we are learning that our "modern diet" falls short in providing us with the necessary nutrients to stave off disease, and to keep us in a general state of well being. Prescription for Nutritional Healing, first published in 1996 and now available in revised and expanded second edition, addresses this current phenomenon with a comprehensive guide to achieving good health through vitamins, minerals, herbs and food supplements.

The book is divided into three parts. Part one provides an introduction to nutrition, explaining that "the fuel we give our engines comes directly from the things we eat." In addition, we are educated about the vast array of products available on the shelves of health food stores. We are also given clear explanation of terms we are becoming

increasingly familiar with, such as "anti-oxidants" and "free radicals."

Part two deals with disorders, and A-Z guide, from acne to yeast infection. Each disorder is explained and then followed by non-intrusive remedies. The easy-to-follow list format, gives a choice of recommended treatments and the precise benefit that this has for the body. This allows you to custom design a therapy most suited to you.

Part three, "Remedies and Therapies," offers important information and natural food supplements and various programs to achieve an ongoing state of good health. The "ascorbic acid flush" and "fasting" are just a couple of the programs offered, with step-by-step explanations of the procedures and the ensuing benefits to good health.

The specific as well as the general recommendations in Prescriptions for Nutritional Healing suit everyone. This book is a must for anyone wishing to overhaul their nutritional lifestyle, as well as those simply interested in drug-free remedies for common ailments.

## Food For Thought

*In praise of onions and garlic*

There is nothing like the sweet, savory aroma of onions and garlic sautéing gently in a pan. In addition to tantalizing our palate, this pleasant combination promotes good health with inherent healing properties.

This is not news. The onion first appeared in 3200 B.C., and as early as 1550 B.C. onions and garlic were known for their medicinal benefits. Pyramid builders consumed garlic daily for endurance and strength. The Roman army used onions and garlic to cure soldiers of worms. Indeed, throughout history, there is ample evidence of groups of people immune to pestilence who consumed garlic daily.

A fair share of superstition has accompanied the virtues of onions and garlic. A few civilizations have worshipped the onion as a sort of demigod. Nero believed that garlic was an aphrodisiac and concocted a balm used to strengthen his sexual

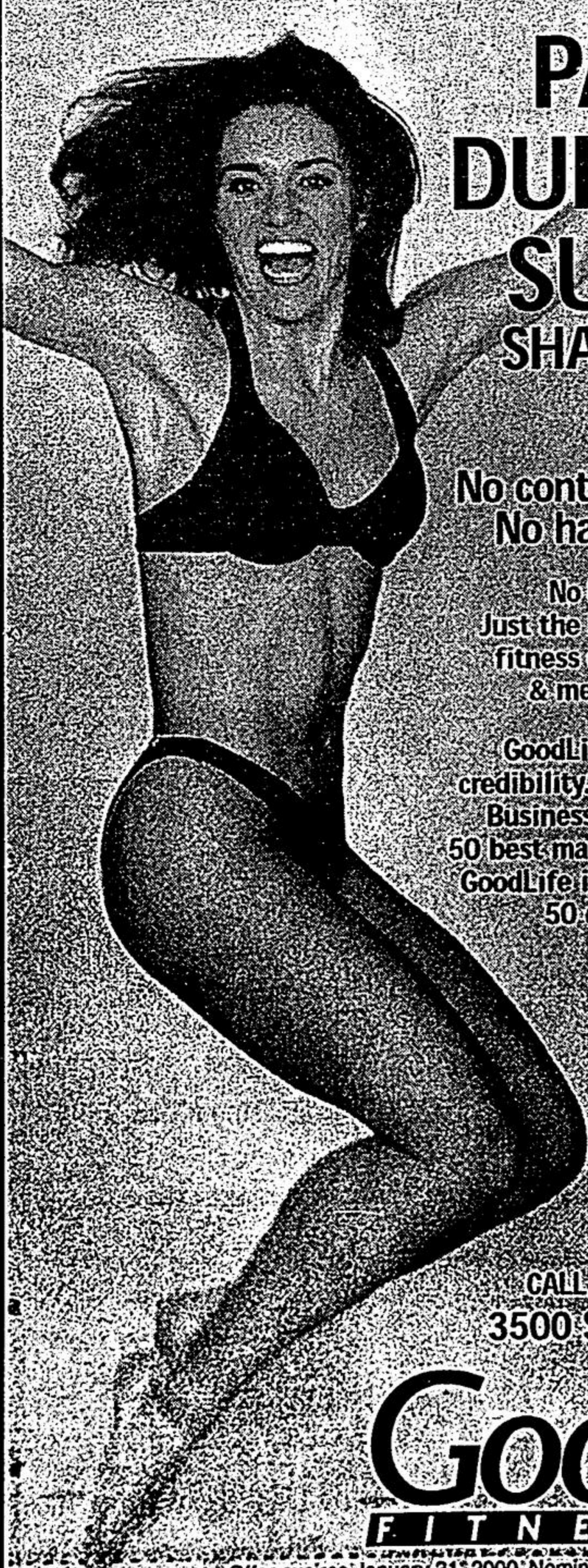
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Recent history has dispelled myth, concentrating on the practical benefits of onions and garlic. During both World Wars, the juice of onions and garlic was used as an antiseptic to treat wounds, when regular medical supplies ran out. Some claims promote the chewing of raw onions to kill all germs in the mouth, including those which cause tooth decay.

More recently, garlic has enjoyed a crusade of popularity, endorsed by nutritionists and health food experts. Garlic lowers blood pressure and thins the blood, thereby reducing the risk of blood clots and helping to prevent heart attacks. It also lowers cholesterol, aids in digestion and is effective in attacking a host of viruses, including athlete's foot and yeast infections.

Likewise, onions contain a chemical, "prostaglandin," which lowers blood pressure. The nutritional value of onions is underrated; one onion contains as much vitamin C as two apples.

For most of us, a daily diet of onions and garlic is not always practical. Luckily, a supplement for garlic has been made available to us. Kyolic is an odorless garlic which comes in the form of capsules, tablets and an oil extract. Now we may conveniently benefit from one of nature's most healthy foods, a benefit which has been known throughout history.



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**WINTER SURVIVAL TIPS**

**SNOW SHOVELLING TIPS:**

- Use a lightweight ergonomic shovel
- Lift / Bend at your knees and not your waist
- NEVER twist at your waist
- Use your knee or thigh as a fulcrum to move snow aside
- Don't scrape snow that is stuck; use salt pellets
- Rest when tired... your body is prone to injury when fatigued
- People with heart conditions and chronic back pain should refrain from such exertion
- In cold weather muscles are tense to start with, extra exertion can cause muscle strain. Do proper stretches prior to going out.
- Don't know any?... Give us a call at (905) 940-8188

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