

IT'S YOUR HEALTH

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Special advertising feature appearing in the Markham Economist & Sun and The Stouffville Tribune every other Saturday.

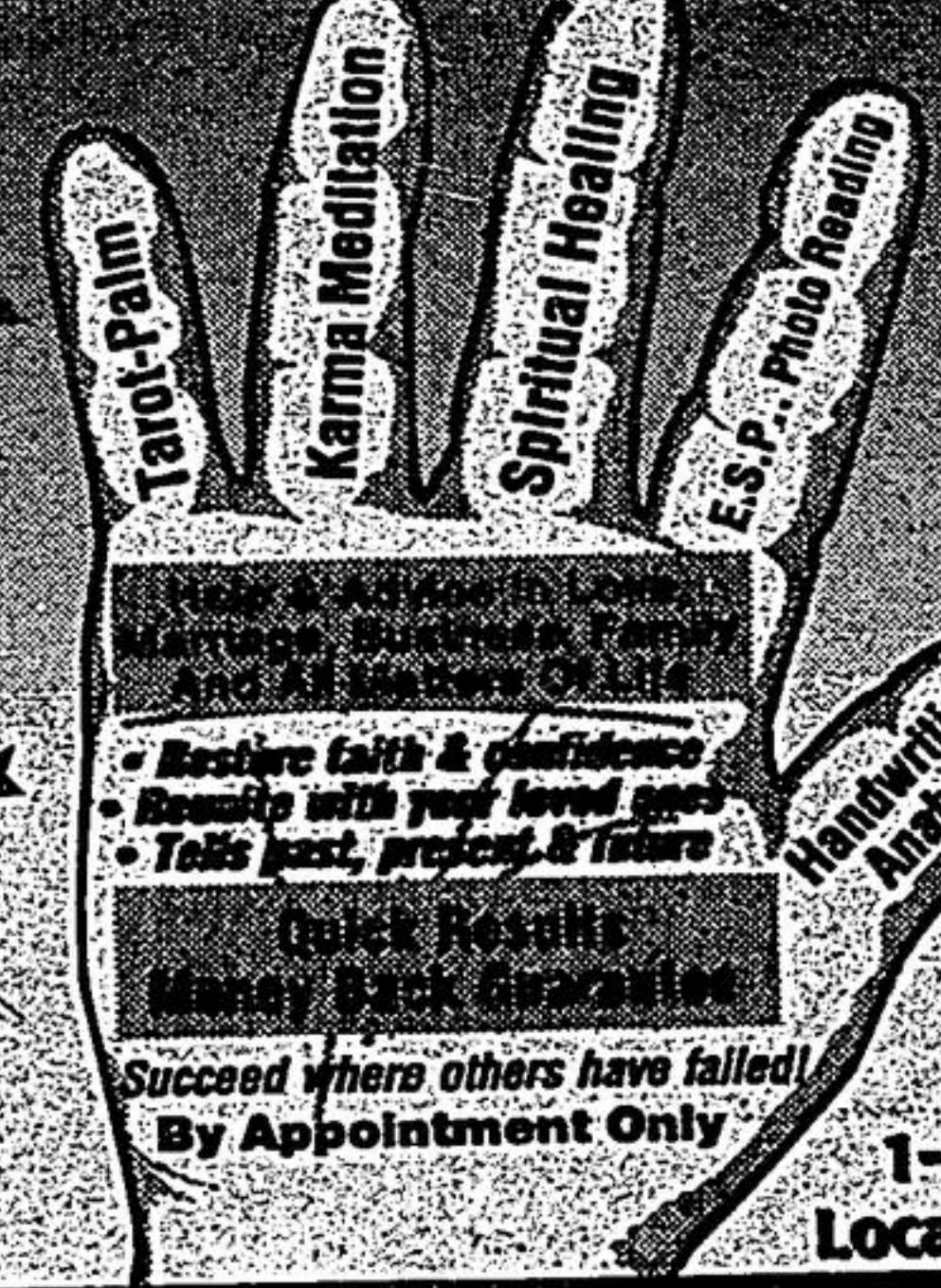
To advertise your business in "It's your health," call Inside Sales at

294-2200 or fax 294-1538



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Restore faith & confidence
Reunite with your loved ones
Tells past, present & future

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Local (905) 780-3825

Mention this ad and Receive a Discount. 2 locations

Bridle Post Dental

Dr. Georgia Voutsas
Family and Cosmetic Dentistry

Make an appointment for your examination and cleaning. Evenings and Saturdays available.

We look forward to your visit.

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L3R 0C6
(At Kennedy & Carlton Rd.)

477-7999

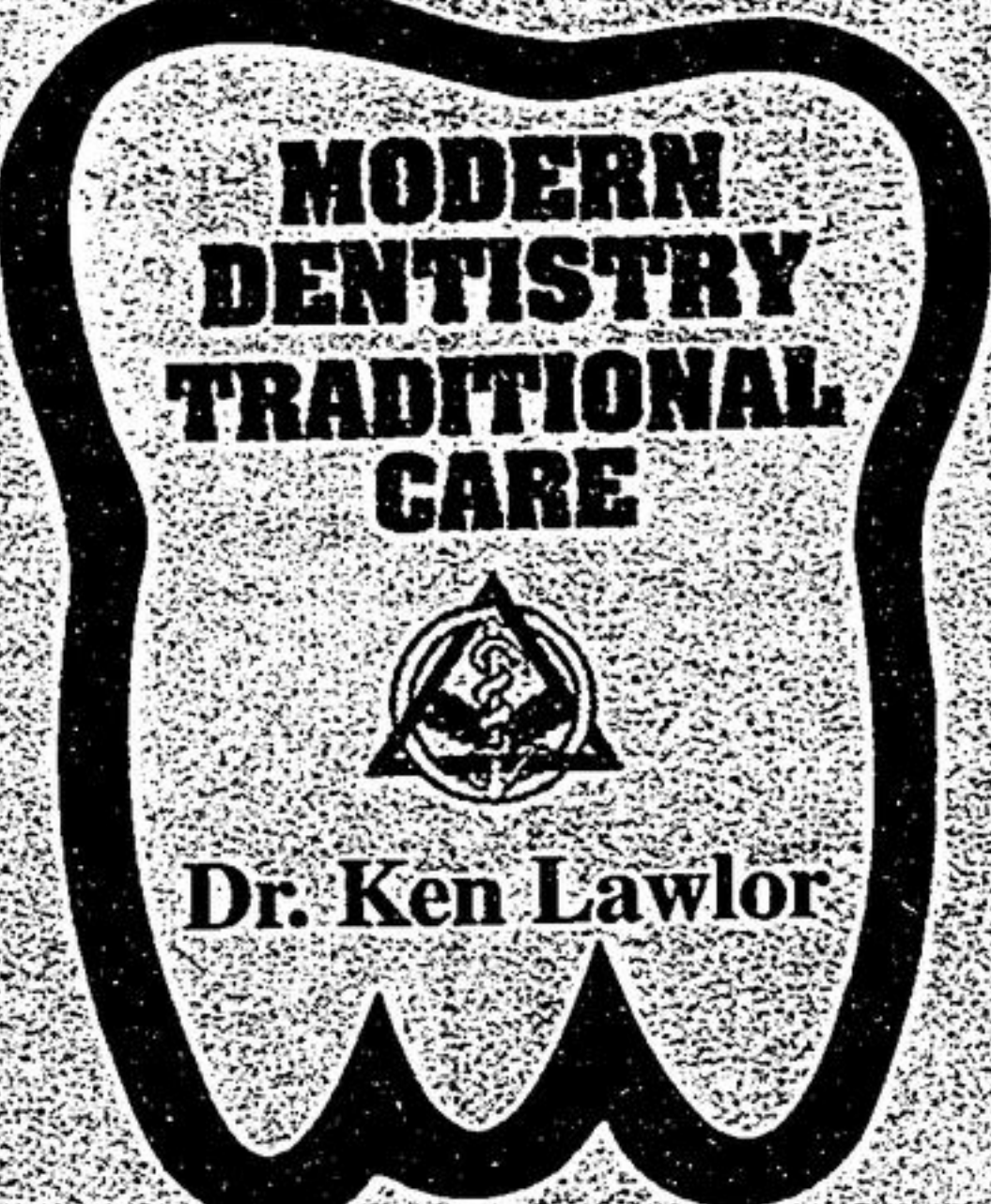


ASK US ABOUT OUR BLEACHING SPECIAL



Electronic Insurance Filing

GENERAL & COSMETIC DENTISTRY FOR THE WHOLE FAMILY



MODERN DENTISTRY TRADITIONAL CARE

Dr. Ken Lawlor

including Orthodontics for Children & Adults
Jaw Joint / TMJ Treatment
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Electronic Insurance Filing

Sleep checklist

Does it often take you more than 20 minutes to fall asleep?

Do you often wake up several times during the night and find it impossible to get back to sleep?

Following a night of restless sleep, do you awaken unrefreshed?

Do you experience aches, pains and muscle stiffness when you wake up?

Do you often feel sleepy at work, when driving or while socializing?

Are you experiencing stress, depression, anxiety (loss of job, family crisis or death, etc.) that is interfering with your sleep?

If you answered yes to some of these questions you may want to check with your physician if you sleep properly. If not, he may suggest you some changes to your activities or lifestyle to improve your sleep hygiene. In the eventuality this wouldn't work he may prescribe you a hypnotic to help you sleep. A relatively new medication for insomnia is zopiclone, which unlike benzodiazepine (the class of hypnotics most widely used in Canada) has few side effects.

It is important to remember that hypnotic medication should be used only for a short period (usually 7 to 10 days and no longer than one month) but people have to be aware that some of these hypnotic drugs may create dependency (like with many benzodiazepines).

Health & Nutrition Clinic
Optimal health & wellness for your entire family
Markham Community Library
Thurs., March 23/00
7 pm - 8:30 pm
Dr. Eleanor White
(905) 294-6810
Free Admission
Pre-registration

Allied PHYSIOTHERAPY & REHAB. INC.

If it happens put that smile back on your face



We can help!

- Motor Vehicle Accident
- Sports Injuries
- Tendinitis
- Carpal Tunnel (Wrist)
- Foot Problems
- Post-cast Fractures
- Osteoarthritis
- Jaw Pain (TMJ)
- Mechanical Headaches
- Fibromyalgia
- Neurologic Movement Disorders

- Extended Hours
- Convenient Locations
- Free Parking
- Leading Edge Equipment
- Help with Insurance Matters



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2677 Kennedy Road, Unit 2 & 3 Scarborough, ON M1T 3H8 4581 Hwy 7 East, Suite 103B, Markham, ON L3R 1M6

Sleeplessness a society problem

Canadians are in the grips of sleeplessness resulting in lower productivity, more accidents, illness and premature death. Much of the problem is lifestyle: burning the candle at both ends to meet career and social goals. Equally insidious is shift work, which forces people to ignore the normal urge to sleep when it's dark.

people more susceptible to disease. One way to compensate for losing sleep at night is to grab some in the early afternoon. Biologically, our clock is made to have two sleep periods in a 24-hour cycle. A half-hour nap in the afternoon can significantly increase your productivity.

But too many doctors know too little about sleep disorders so the problem frequently goes untreated. Studies indicate that even two consecutive nights of inadequate sleep impair creativity and increase the risks of being involved in an accident.

Medication is also often used (and unfortunately abused) to treat sleep disorders. A new alternative is zopiclone, a new class of hypnotics not related to benzodiazepines (an older class of hypnotics with stronger side effects and dependence potential).

People who have trouble sleeping also get sick more often. Chronic fatigue affects the immune system, making

So, if you feel you may not be getting all the sleep you need you should talk to your doctor.

Looking for a snoring solution?

a gentle nudge, a swift kick, move to the couch...

move out?

ASK US ABOUT

The Silencer SYSTEM

with the

Halstrom HINGE

CALL DR. FRED WEIZENBERG, D.D.S. (905) 472-5522