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IT'S YOUR HEALTH

Even moderate exercise can improve your health

The mere thought of regular exercise leaves many Canadians weary. That's because many people assume that exercise means running five miles a day, or investing four or five hours a week at a gym. Recent studies have shown, however, that even a moderate amount of regular exercise can strengthen your heart and benefit other organs in your body.

Regular exercise could mean something as simple as taking a brisk walk just three times a week, or playing a

group sport such as volleyball. A recent article in the Wall Street Journal reported that people who lead moderately active lifestyles will outlive those who do not by two years on average. Even starting to exercise in middle age or late in life can yield many health benefits.

The benefits of regular exercise are documented in many scientific studies. For instance, regular aerobic exercise reduces one's risk of colon and breast cancer, diabetes and stroke. It also strengthens bones, boosts immune systems and has been linked to alleviating depression.

One of the unfortunate side effects of leading a sedentary lifestyle is the incidence of diabetes in adults and younger people. Diabetes can lead to blindness, kidney failure and permanent nerve damage. Researchers believe that regular exercise helps to prevent this debilitating disease.

Cancer is another disease that has been linked to prolonged inactivity. The most conclusive studies link inactivity to colon, breast and prostate cancers.

One theory about why sedentary people are more prone to diseases has to do with their diet. People who lead active lifestyles tend to eat more healthy and balanced foods such as fruits and vegetables, whereas inactive people tend to eat foods that contain fewer essential nutrients.

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Markham Village's Own Naturopathic Clinic - Opening This Month!!

258 MAIN STREET NORTH, MARKHAM, ONTARIO L3P 1Y7
 PHONE: (905) 201-6497 FAX: (905) 201-6498

- Clinical Nutrition
- Homeopathy
- Counseling
- Botanical (Herbal) Medicine
- Acupuncture and Oriental Medicine
- Bodywork

Services are covered by many extended health plans.
 Please call us for a complimentary consultation to discuss how we can be a part of your health care team!!

Health The Way Nature Intended

CORNELL CHIROPRACTIC CENTRE
Caring about the health of our community

- Chiropractic
- Registered Massage
- Customized Orthotics
- Therapy

16th Ave. Cornell Chiropractic Centre
 Hwy. 7 Cornell Park Ave. Markham Hospital

Dr. Richard Alexander
 B.S.c., D.C.
Dr. Laura Rowe
 B.S.c., D.C.

96 Cornell Park Ave, Unit 1, Markham, ON (905) 472-1225

DO YOU SUFFER FROM ALLERGIES?

hayfever
 asthma
 hives
 eczema
 digestive problems
 learning disabilities
 A.D.D.
 memory loss
 headaches

Do you dread the spring, summer or fall because of symptoms related to allergies?
 Come and learn about a new, natural and effective way of permanently eliminating allergies.
 Dr. Allen Turner, D.C. will be presenting a free lecture on May 11, 2000 from 7:30 to 9:00pm at the Stouffville Health Centre.
 Dr. Turner's methods have been featured on Dini Petty, The National News and Canada AM.

limited seating - must call to reserve seat
 (905) 640-4440 or www.drturner.org

Stouffville Chiropractic Health Centre

Markham Stouffville Hospital

**IN CELEBRATION OF
 2000 NATIONAL NURSING WEEK
 May 8-12, 2000**

"CHALLENGE YOURSELF - GET ACTIVE"

We celebration and thank
Markham Stouffville Hospital Nurses
 for their dedication in providing quality health care
 to our patients and the community.

MM M.A.N. to M.A.N.
 prostate cancer support group

**Prostate Cancer Support and Awareness Group
 Tuesday May 9, 2000**

7:30 p.m. - 9:00 p.m.
 Markham Stouffville Hospital, Auditorium
 (9th Line and Church St.)

Topic:
**Wellness: The Feel Good Prescription
 Workshop & Discussion**

Speaker:
Dr. James Carson, M.D.
 Family Physician - Unionville

Everyone Welcome
 Free Parking

Markham Stouffville Hospital

A special thanks to Markham Stouffville Hospital

CANADIAN CANCER SOCIETY SOCIÉTÉ CANADIENNE DU CANCER

In cooperation with the Canadian Cancer Society

Information: (905) 294-5925, 227 Main Street North, Markham, Ontario L3P 1Y6

Ashgrove SPA

Ashgrove Medical Center
 6633 Highway 7
 (SW corner of 9th Line)
 (905) 201-0343

SP A

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MOTHER'S DAY

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ASK THE SKIN CARE THERAPIST

Q. How much time can I safely spend in the sun?

A. Sun News + Sun Smart = No Photo-Aging.
 Even spending as little as two minutes in the sun can trigger skin damage.
 Scientific studies have shown that two minutes of direct sun-exposure triggers protein that breaks down collagen and elastin, the skin's major structural supports. Continuous skin-protection is the key to avoiding photo-aging. Preventing sun damage is the best decision you can make for the health and appearance of your skin.

Marika Pelyuas, President
 Ashgrove Spa

IT'S YOUR HEALTH

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

To advertise your business in
 "It's your health"
 call Inside Sales at
 294-2200 or fax 294-1538

MARKHAM ECONOMIST & SUN
Stouffville Tribune