

New You Bridal

Advertising feature of The Markham Economist & Sun/Stouffville Tribune

Get together for the weekend at Women's Show

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"Imagine a weekend slumber party," says Debra Weller, "just for the girls. Get together with your mother, or sisters, friends, or old schoolmates, and have an unforgettable weekend."

The hotel weekend package includes a suite for two; day pass tickets to the show; a "cook-to-order" full breakfast; complimentary glass of wine; and a \$25 gift certificate at the new Holtz Spa in the hotel for each.

The cost for two women is \$179. Call 1-800-668-8800 to book your hotel reservations for the weekend. Don't forget to ask for the "What Women Really Want" package.

Women really want HEALTH

You may not realize it, but Lorna Vanderhaeghe has had her finger on the pulse of your well-being for the past 22 years! This renowned health researcher, journalist and best-selling author has written extensively on nutritional medicine to help Canadians take charge of their health.

The mother of four became interested in alternative and complementary health remedies when her first child developed severe eczema as a toddler. When doctors couldn't come up with a solution other than cortisone cream, Lorna approached a health food store. She used the product recommended there, and within three weeks her daughter's skin was clear of the problem. "That started me on my quest," she says. "I went back to University and got a degree in biochemistry. I have spoken to groups all over the world on how to prevent and treat disease naturally. I have trained medical doctors on using nutrients as medicine." And that is just the start!

Lorna's newest book, *Healthy Immunity, Scientifically*



LORNA VANDERHAEGHE

Proven Natural Treatments for Conditions from A-Z, was released in September, 2001, and is already a best seller. "The book contains advice on supercharging your immune system," she says, "through diet, stress reduction and nutritional supplements." The book has been so well received, that Lorna has become a much-sought-after speaker on topics such as: which foods are healing and which are harmful, ways to eliminate allergies and asthma, treatments for fibromyalgia that work, ways to prevent and treat arthritis naturally, and many others.

Lorna's impressive background spans a wide range of education and experience. She is former editor-in-chief of the national health magazine, *alive*, and Canada's *Healthy Living Guide*. In addition, Lorna co-authored *The Immune System Cure* (1999), which is now published in six countries and four languages. This popular book takes a look at conundrums such as what causes one person to catch a cold or flu and another to avoid it, and why one person with HIV may live without symptoms while another develops AIDS and succumbs quickly. Because the answers lie with the immune system, the book helps to bolster this body mechanism and allow it to fight disease.

To keep people abreast of current developments in health matters, Lorna publishes the popular newsletter, *Healthy Immunity*, which is distributed to millions of readers annually and is available free online at www.healthyimmunity.com.

Loblaws is presenting Lorna's presentation of "Healthy Immunity" at 11:00 a.m. on Sunday, May 5 at the What Women Really Want Show. For more information on Lorna's publications, visit www.pearsonptr.ca/authors/lorna_vanderhaeghe.html.

HAIR WAYS VIP SALON & SPA



This spring, add some spice to your life - colour your hair!

At Hair Ways VIP Salon & Spa, it doesn't matter what type of hair you have - there's a style for you. Fine, medium or thick? No worries... Chris Popovski, owner, artistic director, and long-time hair maestro at this highly chic salon, has been creating glamorous hair for over 15 years. So if your hair is starving for some TLC, let our team of experts come to your rescue. You'll experience great colour and fabulous shine that'll make every day a good hair day!

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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 Thursday, Apr. 18, 2002 from 7:30 to 9:00 p.m. 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