

Economist &amp; Sun • Stouffville Tribune

# LIVING

GLAMOUR CAN COST MORE THAN MONEY



STAFF PHOTO/STEVE SOMERVILLE

Not all nail salons offer the same type of service when it comes to the health of the client. Cut-rate work can lead to health problems.

## Nailing the bad ones

*No licensing body for nail salons*

BY LINDA JOHNSON  
Staff Writer

Nature may have given us fingernails for purely practical reasons, but that has never prevented many of us from turning them into fashion accessories.

And even if you're not the kind of person who wants her nails to match her handbag, they still say a lot about your personality.

They may also tell you something about your health. In all the buffing, shaping, lengthening and painting, we forget they're part of the living body and underneath the pearl coating can be serious problems.

Along with the rest of the personal

service industry, the number of nail salons has been growing. There are 393 in York Region alone. While they're all officially subject to inspection, if officials aren't aware of them, nobody is overseeing them.

"Anyone can open up a nail salon," said Selina Pittman, a health inspector with the York Region health department.

"In any personal service, whether it's hair, waxing, facials, ear piercing, body piercing, tattoos or nails, it's not a recognized profession, so there are no standards. There's no licensing body for these people."

One of the big problems with artificial nails is the glue used to attach them.

See CHEMICAL, page 13.

## Inventor creates new step for road to recovery

*Machine being used to help people with brain injuries*

BY LINDA JOHNSON  
Staff Writer

Richmond Hill inventor Jonathan Brillert had already spent more than four years and more than \$100,000 on his all-in-one fitness machine when he decided to put the whole thing on hold.

As it turned out, it wasn't on hold for long.

Not once he had mentioned the invention to Dr. Avi Nativ who runs a rehabilitation clinic. Soon after, the machine was part of the regular equipment in the doctor's clinic.

### EXERCISE SITTING

"It seems everybody loves it. You can exercise your whole body sitting," Mr. Brillert said. "To my knowledge, no other machine exists like this."

The machine, called the Biomech, is now at the NeuroGym in Downsview, where it's being used to help people who have suffered brain injuries, paraplegics and others who are undergoing rehabilitation.

While most exercise machines focus on strengthening one muscle, Mr. Brillert's invention allows a person to do 10 different exercises.

The Biotech, which works by air cylinders, is designed to be used as a fitness or rehabilitation machine. The person sits in it and calls up an exercise. Then the appropriate assembly moves into place.

Mr. Brillert said the machine offers a more practical way to provide rehabilitation.

"It's about helping people who have an inability to move, move again."

"With people who have muscle deficiencies, if their brain doesn't send a signal to the mus-

cle any more, you can re-establish new pathways to the muscle and, in order to do that, you have to train the muscle," he said. "So people who have partial movement can redevelop those muscles and lead a more normal life."

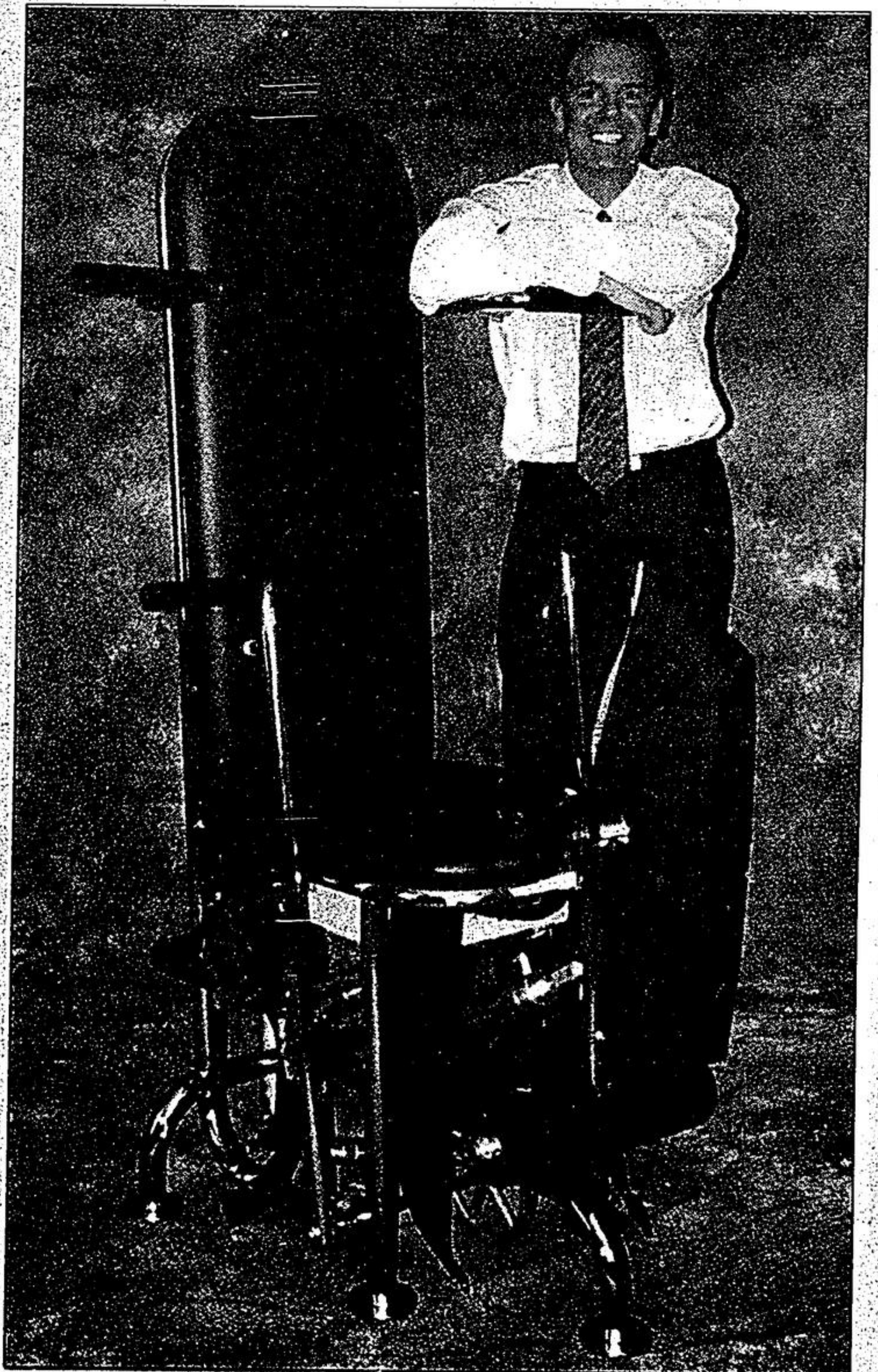
With standard equipment, he said, it takes a long time to go from one machine to another because patients are not very mobile.

"This cuts the time in half. So it's more efficient, especially if you have to get the patient out of a wheelchair."

It's also good for small clinics, he said, which don't have room for a lot of large exercise machines.

The Biomech is fully equipped to do both testing and training. It provides biofeedback

See CREATOR, page 14.



The Biomech, created by Richmond Hill inventor Jonathan Brillert, is being used both to rehabilitate people and as an exercise machine.



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