

# New You

An Advertising feature of The Markham Economist & Sun/ Stouffville Sun-Tribune

## 'Even today it looks great'

(From page 10)

parts, used a brown/mauve colour. Her lips she made a little darker, "to be a little more dramatic and to bring out her eyes."

Sarah also introduced Kathy to some new

colours, because sometimes you can get "stuck in a rut" with makeup colours.

"She does have two small children, so I made it as simple as possible," concluded Sarah.

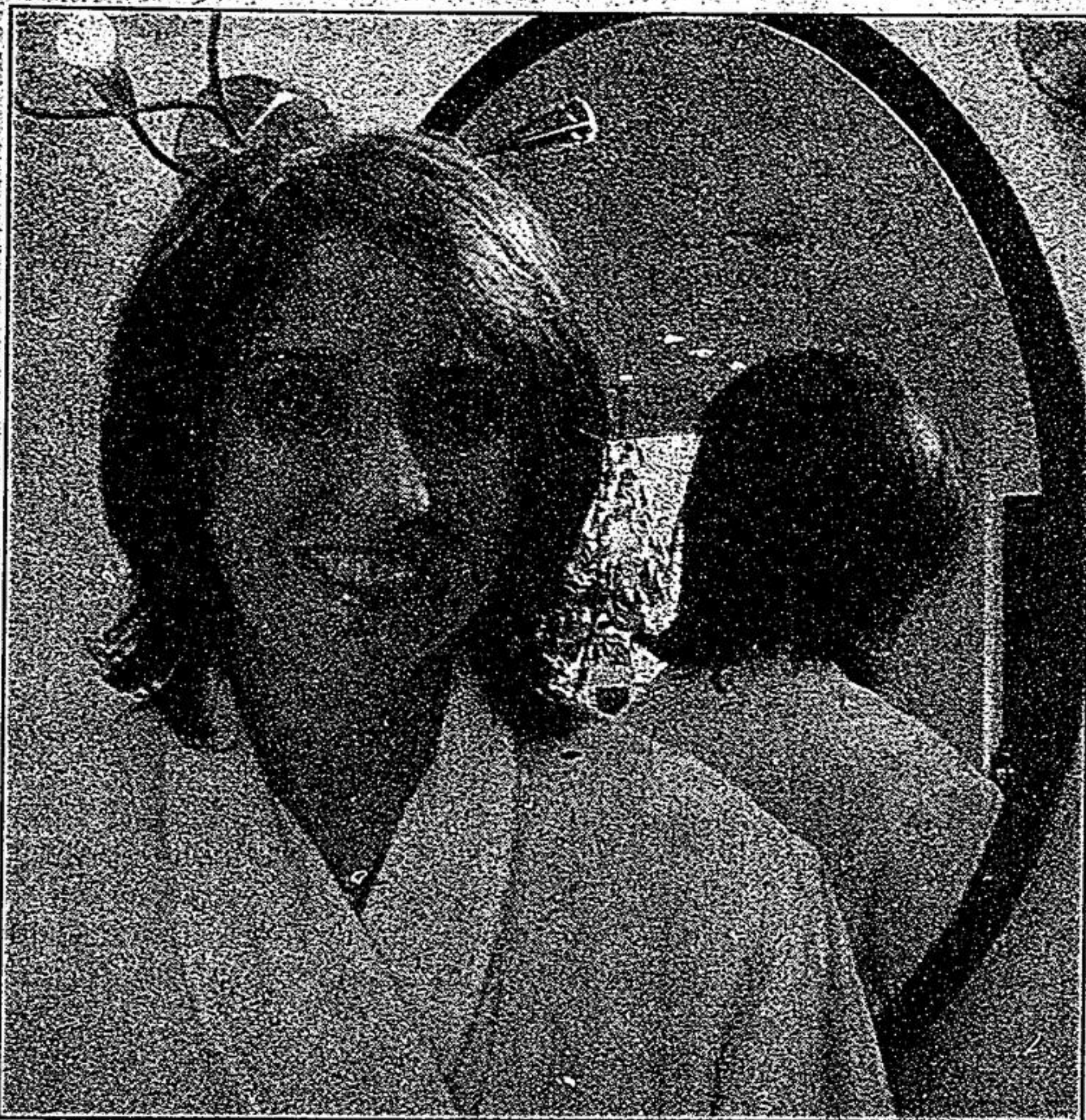
Kathy said she was "very happy" with the makeup and "with the way she changed the look of my brow."

Kathy, who lives in Unionville, noted later "even today it looks great!" She said she's already booked another appointment, she was so impressed.

She said her husband "loved it. It brought a little spark after having two kids' back into your relationship," she said.

"That's why I needed it!" she exclaimed. "As a stay-at-home mom, sometimes you come last."

The Hair Studio is a recent addition to the world-class Holtz Spa, allowing you to fulfill all your aesthetic and relaxation needs under one roof. The Studio specializes in all types of technical treatments, as well as hair design. Holtz Spa and the Hair Studio can be reached at 905-470-8522. Both are open seven days a week.



Kathy AFTER her New You Makeover at The Hair Studio.

## Renown Health Expert Reminds Public that Times of Crisis Call for Increased Immune System Support

For Immediate Release - May 1, 2003

MAY 1, 2003 – It's a critical time in the world... and also for your health. The war in Iraq is a great cause for upset and concern, while the outbreak of the mysterious SARS virus or 'Severe Acute Respiratory Syndrome' has Canadian health officials and media talking 'killer flu' pandemics. While paying attention to your immune system may seem like a low priority, in fact, according to Dr. James LaValle, R.Ph., N.D., C.C.N., a pharmacist, doctor of naturopathic medicine and certified clinical nutritionist and author of Cracking the Metabolic Code (Basic Health 2003), bolstering immune system function is never more important than during times of crisis.

### Dr. LaValle advocates plant nutrients can help support healthy immunity

Of primary concern is the effect of all this stress on the immune system, or the intricate system that fights sickness and disease. Under acute and chronic stress the body's adrenal glands secrete excess cortisol. High levels of cortisol cause cells to die in the thymus gland, spleen and lymph nodes, the centers of immune cell production and activity. Dr. LaValle says, "the impact of stress and excess cortisol on the immune system makes us more vulnerable to sickness. By maintaining a healthy immune system, especially during times of stress, people can increase their odds to fight infection." One of the most important things people can do for the immune system is to ensure adequate nutritional intake. In addition to vitamins and minerals, plant sterols and sterolins are known to help support the immune system. Sterols and sterolins are essential plant nutrients that occur naturally in all fruits, vegetables, nuts, seeds and soy products.

Dr. LaValle notes that Professor Patrick J.D. Bouic, Ph.D., the Head of Immunology at Stellenbosch University in Cape Town, South Africa, and one of the world's leading experts on natural plant molecules says, "more than two decades of clinical research shows that phytosterols play an important role in optimizing the immune system."

While healthy lifestyle and dietary choices are critical, individuals may also benefit from an immune support supplement. Moducare, a scientifically-proven and award-winning (2003 'Best Immune Supplement' from Health Products Business) daily supplement of sterols and sterolins supports the immune system ensuring it's ready when called into action.

### Science shows Moducare® to be safe and effective

The safety and effectiveness of Moducare® has been extensively tested. Since 1994, the successful studies using Moducare® have been published in six major medical journals including:

- International Journal of Immunopharmacology;
- Cell Biology International;
- Current Opinion in Clinical Nutrition and Metabolic Care and
- The International Journal of Sports Medicine.

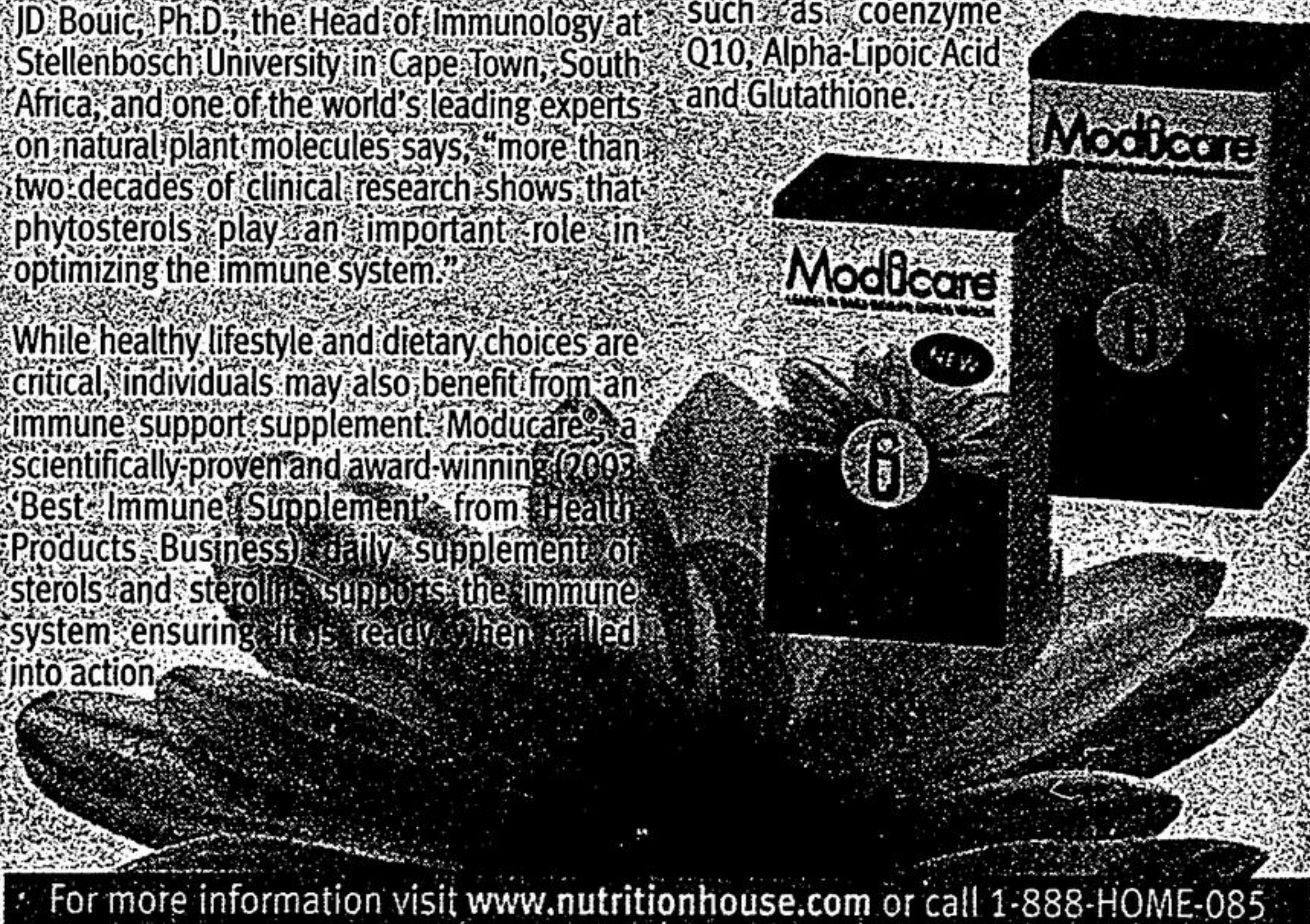
These studies investigated the effects of a proprietary blend of plant sterols and sterolins (found only in Moducare®) on various types of immune suppression. In addition, in both long-term and standard-toxicology studies, pre-clinical testing and clinical observations, Moducare® was found to have no negative side effects.

### Other immune system support includes...

Dr. LaValle says, "even in times like this we can limit the impact of stress. Once we grasp the connection between stress and the immune system, we can begin to take steps to control it. We can exercise more often, get the rest we need, adopt a healthier attitude and choose foods rich in immune support nutrients." These immune support nutrients include vitamins A, C and E, minerals such as magnesium and zinc, antioxidants such as coenzyme Q10, Alpha-Lipoic Acid and Glutathione.



Dr. James LaValle  
Pharmacist and  
Naturopathic Doctor



For more information visit [www.nutritionhouse.com](http://www.nutritionhouse.com) or call 1-888-HOME-085



**nutrition house**  
Come home to wellness  
Markville Shopping Centre  
**905-415-3993**

For the nearest mall location visit our Website at [www.nutritionhouse.com](http://www.nutritionhouse.com) or call Customer Service at 1-888-HOME-085

### Make Over Contest

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Send to:  
Markham Economist & Sun/Stouffville Sun-Tribune  
9 Heritah Rd., Markham  
Ontario ON L3P 4G9  
Fax: 905-294-1538



Hair Salon & Esthetics



INTRODUCING  
**CHI**™  
CATIONIC INTERLINK™



BEFORE AFTER

### The Power of Ceramic Heat, Ions and Silk to Permanently Transform Hair

The CHI Transformation System is an advanced American Technology utilizing 4 key elements to transform the hair  
Ceramic Heat  
Negative Ions  
Pure Natural Silk  
Cationic Hydration Interlink™

This scientific approach permanently transforms hair from Frizzy, Curly, Wavy or even coarse Straight hair into Silky, beautiful Controlled Straight Hair by using CHI Iron, Silk Negative Ions without the use of any harsh chemicals or Ammonia.

10% OFF SERVICE With this ad

Book a FREE Consultation

106 Cornell Park Ave., Unit 2 Markham

**905-294-9003**



### Your throat's constricting

2:59 AM  
**MedicAlert**  
SPEAKS FOR YOU  
1-800-668-1507  
[www.medicalert.ca](http://www.medicalert.ca)

This message brought to you as a community service of The Economist & Sun-Tribune