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If you suffer from chronic fatigue, persistent neck or back pain, weight gain, headaches or digestive problems, you may be suffering from adrenal burnout. To find out the latest research on this topic, attending this free symposium may be the most important thing you do this year. You will discover the true causes of these conditions and natural solutions you can use right away. Many are feeling healthy again for the first time in years. Dr. Allen Turner is an international speaker and lecturer who has been featured on the Dini Petty Show, National News and Canada AM. He will present a free symposium on Thursday, May 10th, 7:30 pm at the Stouffville Health Centre. Call 905-640-4440 for reservations.



Toronto race on Ashley's comeback trail

From page 1.

Healthy again, she will compete in the Ontario Sportsman Series and selected Super Touring Car races this year, including a stop at the Steel Back Grand Prix of Toronto in July.

Her goal was to race the speedy Formula Atlantic cars. "But the G forces are just too much for me now," she said. "At one point, I wondered what was the point if I can't race them. But I'm almost fully recovered now and a lot stronger than I was."

The compromise is stock and touring racing.

Racing stock cars is new. She has only raced once on an oval, almost seven years ago.

She spent last week on the oval at a driving school near Daytona Beach, Fla. and saw quick improvement.

She'll have to put up with lingering pain on race days in her back and knee.

The Super Touring Car will feel more like the light formula cars she is used to.

Ms Taws makes her return to competition driving the touring car at Mosport International Raceway May 19 in the United States Enduro Racing Association Sundown GP, a three-hour endurance run that she will co-drive with two drivers. Her debut in stock goes June 16 at Mosport.

Ms Taws and her stock car will make more than 30 appearances the year at Wal-Mart stores across Ontario.

"It's a pleasure and an honour to, once again, provide support to a young lady who epitomizes the Barbie ideal to 'B Who U Wanna B' with young girls," said Nilo Del Bel, senior national account manager at Mattel Canada Inc.

For more information, go to ashleytaws.com

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