

## BIG-TIME HONOURS

1st Stouffville Pathfinder Scouts Rex Spencer (from left), Matthew Hallam, Kevin Parks, Michael Kleiman and Nicholas Murray pose with Troop Scouter Dale Parks after receiving the Chief Scout Award during a ceremony at Stouffville United Church last week. The award is the highest honour that can be achieved at the scout level in Scouts Canada. It was inaugurated in 1973 by then Governor General of Canada Roland Michener.

STAFF PHOTO/SUSIE KOCKERSCHIEDT



## WOODBINE CHRYSLER IS PLEASED TO INTRODUCE OUR NEW SERVICE MANAGER DAVID COLALILLO



David Colalillo  
Service Manager

David has been with Longman's Woodbine Chrysler for the past 8 years and brings a wealth of knowledge and customer service to the dealership. Being a licensed technician enhances his qualifications to serve you better. David would like to extend an invitation to drop by and meet him, he looks forward to helping all his existing and new clients.

David can be contacted at 905.415.2260 or [dcolalillo@woodbinechrysler.ca](mailto:dcolalillo@woodbinechrysler.ca)

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## Gut and Psychology Syndrome (GAPS™): What's your gut got to do with it?

### What's GAPS?

Developed by Dr. Natasha Campbell-McBride, GAPS™ is a nutritional protocol which is based on the premise that a healthy gut equates to a healthy and nourished body. To achieve a healthy gut, GAPS™ focuses on eating foods that are easy to digest. This allows for the gut to rest, recover, and restore the correct balance of intestinal bacteria.

### How can GAPS help you?

Here is a brief list of some of the symptoms and disorders, related to the gut, which have been overcome by the GAPS™ diet:  
ADD, ADHD, learning disabilities, autism, dyslexia, dyspraxia, asthma, bed wetting, thrush, feeding difficulties, malnourishment, flatulence, bloating, chronic ear infections, MS, fibromyalgia, chronic fatigue syndrome, rheumatoid arthritis, lupus, diabetes, chronic cystitis, colic, eczema, IBS, Crohn's disease, ulcerative colitis, celiac disease, constipation, and diarrhea.

### Interested in Learning More?

Katalin Brown can help. Having trained under Dr. Natasha Campbell-McBride, Katalin is a certified GAPS™ Practitioner that is fully capable of guiding you through the diet by providing both direction and support. Katalin has prepared a seminar in which she will present the details of the GAPS™ protocol for those who are interested in learning more. You can also find a wealth of information online at [www.gaps.me](http://www.gaps.me).

### Seminar Details

The event will take place at the Vandorf Community Centre on September 15th and 16th. This information packed session will have keynote speakers on September 15th and cooking presentations on September 16th. Cost \$285.

For info, contact Katalin at 905-841-1636, 647-267-4409 or [katalin@gapsontario.ca](mailto:katalin@gapsontario.ca)



Katalin enjoying some time in the sun after a GAPS™ visit with Alana and Matthew. Their big smiles a testament of their happier tummies.

