

HEALTH: Holistic medicine show

# 50 Shades of Wellness promotes alternatives

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If it's not based on science, it's hogwash. For many decades, that has been the mainstream attitude toward holistic or alternative medicine.

But as more people search out alternative remedies to cure their ailments without medications created in labs, holistic medicine has moved from the backrooms of Chinatown shops to front and centre Main Street Stouffville.

The second annual Health and Wellness Show — Fifty Shades of Wellness — takes place Jan. 19 at the Lebovic Centre for Arts and Entertainment - Nineteen on the Park.

The show, which is geared to people of all ages, is about taking a proactive approach to one's health and unpeeling the onion, according to Suze Joyce, event co-ordinator and owner of The Hearty Artichoke.

It's not a Band-Aid approach to health, but uncovering the root cause for that fever or re-occurring side pain, she said of holistic medicine.

J. H. George Hildebrandt, otherwise known as Maca George, is the show's keynote speaker. He takes to the stage at 11 a.m.

Mr. Hildebrandt and his wife Leonor run Woodbridge's Remedies Clinic and Health

Store. He is also the president and CEO of Hilgan Enterprises.

Also speaking will be psychic Jude Kingsmill, whose topic is entitled Is Your Child ADD/ADHD or New Generation Indigo? She speaks at 1 p.m.

*A number of local practitioners will also be at the event, including RMT Sheryl Gill, acupuncturist Rita Mustaff, chiropractor Tina Ting and naturopath Brandy Pridham.*

Ms Joyce will speak at 2 p.m. about 50 ways to health and happiness, which includes proactive approaches to health and simplifying health needs.

A number of local practitioners will also be at the event, including RMT Sheryl Gill, acupuncturist Rita Mustaff, chiropractor Tina Ting and naturopath Brandy Pridham.

"You'll be able to get a feel for the right fit for you," Ms Joyce said.

The event is free and runs from 10 a.m. to 4 p.m.

For more information, call 905-642-8643.

## Public transit on breakfast menu

The Whitchurch-Stouffville Chamber of Commerce is getting on the bus, specifically with Metrolinx, the area's public transportation co-ordinating authority next Thursday.

John Howe, vice-president of investment strategy and project evaluation, will address a breakfast meeting on the subject: "Advanc-

ing the Big Move: a conversation about the Metrolinx plan, the projects underway, and the next wave of projects that will be delivered once funding is procured."

The meeting will be held at Sleepy Hollow Golf Club, 13242 Tenth Line, at 7:30 a.m.

Ticket are \$15 for members and \$20 for non-members.

Call the chamber office (905-642-4227) for more information.

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