

**2008 Swimsuit Season**  
**Do You Fit In?**  
 Now's the best time to get in your best shape!



Exercise all your major muscle groups with our **Basic 8 Get In & Get Fit Summer Workout** - you can do it in just 30 minutes. There's no better way to lose that extra weight and tone up so you'll look and feel your best all summer.

**THE 8000 MINUTE BASIC 8 PLAN**

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**Dr. Barbara Frackowiak**  
 D.D.S., Cert. Ortho.  
 Specialist in Orthodontics



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**Mr. George Winder, DD**  
 37 Sandiford Dr. #104, Stouffville

**For an appointment call: (905) 640-1144**

# Your Health Care

## Suze's Scratch and Save

Take the bite out of summer with Suze's Scratch and Save Kit. Prevention is at the top of her list. To prevent mosquito bites take Vitamin B1 and use Calendula, Goldenseal or Tea Tree Oil topically.

Avoid using perfume, sugar and alcohol as they attract mosquitoes and horseflies. Use apple cider vinegar, calendula, or tea tree oil on affected areas.

During the warmer months, it is imperative to keep foods properly stored. Chillers are great for dips in hot weather. In the case of suspected food poisoning take charcoal tablets and goldenseal extract. Garlic, Potassium and Vitamin C detoxify, restore electrolyte balance and enhance the immune system. Acidophilus is key in restoring good bacteria to the gut. Oregano Oil is also key for parasitic conditions. Always call poison control immediately for up to date info regarding treatment.

Prevent environmental Allergies with homeopathic remedies and boost your immune system with Astragalus, Grape Seed Extract or Immunosenescence. If Allergies strike use Slippery Elm, Quercetin, and Oregano Oil.

Manuka Honey is a must for your first aid kit for boosting your immune system, soothing a sore throat and topically on wounds.

Tea tree oil is also a must for your kit. Put it in your child's shampoo to keep away lice and use it to spray on your pets to deter fleas. Tea Tree is also great for rashes, splinters, toothaches, ticks, bites, stings etc.

*Pick up a Suze's Scratch and Save Kit that will take you anywhere at The Hearty Artichoke*  
 6333 Main St. • 905-642-8643

## Certified Mastectomy Fittings and Professional Bra Fittings

The Pink Ribbon Boutique in Markham is a caring environment where Marie Randorf focuses on mastectomy prosthesis and professional bra fittings.

Marie, a certified prosthesis fitter for more than 15 years, is a designated provider of Amoena Airway & Trulife mastectomy prosthesis. She believes you can actually enjoy shopping for a new you after a lumpectomy or mastectomy surgery, and find just the right European style bathing suit. Marie works directly with various hospitals and cancer clinics in the GTA to help breast cancer patients with post surgery needs. She also participates actively in Breast Cancer Awareness fund raising events.

Live life to the fullest. Wherever you go, whatever you do, Marie can fit an external breast form that gives you the natural silhouette, softness and security you need after breast surgery.

The fitting of a breast prosthesis is not only for aesthetic appearance, it is also a therapeutic measure that replaces the weight of the breast, keeping the weight equilibrium of the body in balance. Not wearing breast prosthesis or wearing one that is heavier or lighter can result in spinal curvature, shoulder drop, muscle contracture (pain) and balance problems.

After a lumpectomy, or after or even during reconstruction, Balance shapers can help you regain symmetry, fitting into a traditional bra to even out your figure in just the right places.

The Pink Ribbon Boutique carries a collection of post-breast surgery bras designed with every woman in mind. Ask about coverage for breast forms and post surgical bras. Some plans provide assistance.

*Pink Ribbon Boutique is located at 377 Main St. N., Ste. B in Markham. (S.E. corner Main & 16th Ave.)*  
 Parking at rear. Call 905-201-7371 for an appointment.  
 Or visit [www.pinkribbonboutique.ca](http://www.pinkribbonboutique.ca)

## Herbal Magic

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Suze Joyce R.N.C.P.

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## Pink Ribbon Boutique

Certified Mastectomy Fittings  
 also Professional Bra Fittings



**NATURAL WEAR**

natural beautiful you

**TRULIFE**

Mastectomy Bras  
 Mastectomy Bathing Suits  
 Balance Shapers

**905-201-7371**

377 Main St. N., Suite B, Markham  
[www.pinkribbonboutique.ca](http://www.pinkribbonboutique.ca)

Please call Marie for appointment