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Family's health battles prompted career move

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Being the primary caregiver for her cancer-stricken parents as well as having a daughter with numerous food allergies and ailments, gave Dawn Forsyth a pretty good reason to switch careers.

The former consulting firm director of operations is now a holistic nutritionist and director of Health on Main, a Stouffville retail store that offers vitamins, supplements, herbal remedies, sports nutrition and natural foods.

It is scheduled to open Monday.

"We're really about bringing the body back into balance," Ms Forsyth said.

While caring for her parents, who spent time in the hospital, the Whitchurch-Stouffville resident was shocked doctors fed patients, who couldn't eat solid food, canned, off-the-shelf meal replacement drinks.

STORE OPENS MONDAY

"This just can't be real. This can't be what we're suggesting to people who aren't well and we want to get well," Ms Forsyth said, noting her disapproval of their chemical makeup and high sugar content.

Ms Forsyth's father died in 2012 of non-lymphoma Hodgkin's disease. Her mother survived colon/rectal cancer.

"Being diagnosed with cancer is almost akin to a death sentence. ... (Medical professionals) really don't look at you as a person ... it's almost like they remove the person from the disease," she said.

FOUGHT CANCER

Ms Forsyth said the products she and her business partner Jet Shum sell at Health on Main, 5892 Main St. in the Giant Tiger plaza, do not replace traditional treatments but complement them as well as help keep the body healthy and free of illness.

A study published late last year in a medical journal concluded there is no clear benefit to taking vitamin and mineral pills. In some cases, they may even cause harm.

Ms Forsyth agreed some commonly-found supplements provide no benefit, but not the ones she sells because, she said, they are of a higher quality. They are also products recommended by local naturopaths.

For more information, go to www.healthonmain.ca

with files from Torstar News Service

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