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1 Felcher Blvd., Stouffville (off Hwy 48, one road south of Aurora Rd.) www.ballantraeveterinaryclinic.com



PROGRESSIVE MONTESSORI ACADEMY

CELEBRATING 13 YEARS IN STOUFFVILLE

"In a nutshell, I'd have to say that our children always arrived home wanting to eagerly return the next day! Their curious minds always wanted to learn more!"

Luisa Angheloni



6411 Main St., Stouffville (at the corner of Park & Main)
416-220-8070 | www.thepma.ca

GETTING THEIR KICKS



Steve Somerville/Metroland

Canadian Olympic judo team member and 2015 Pan Am Games silver medallist Antoine Bouchard gives a demonstration to students from Sheffield Judo Club in Stouffville and Ryuokan Judo Club in Keswick.

FINALLY - Straight talk About Sciatica

ADVERTORIAL

Are you suffering from back pain or sciatica? Then it's likely your biggest problem is pain. But there's another major problem: bad information.

To end sciatica misery you must have the right information. Pay close attention because I'm going to destroy sciatica myths and give you the facts.

MYTH: Sciatica will just "go away" with some rest.

FACT: If you are dealing with back pain, buttock pain or leg pain, then you must seek help from a sciatica specialist *immediately*. Left untreated, sciatica can lead to permanent nerve damage - and lifelong pain.

MYTH: Pain is the only problem associated with sciatica.

FACT: In severe cases, sciatica can lead to the inability to control your bowels or bladder - leading to embarrassing situations.

MYTH: You must take pain medications to deal with sciatica.

FACT: Drugs like muscle relaxants, pain killers, narcotics, antidepressants, and anti-seizure medications have serious potential side-effects and do not cure the root cause of sciatica.

MYTH: "I must have done something wrong to get sciatica."

FACT: Physical work or simply sitting at a desk for long periods can lead to sciatica.

Accidents and trauma can also be the culprits. Pregnancy can cause sciatica. Sciatica can affect anyone - including super-fit celebrities like Tiger Woods, Sylvester Stallone, and British Olympic medallist Ian Wynne.

MYTH: Stop exercising and get several weeks of bed rest to overcome sciatica.

FACT: Staying active can help to relieve sciatic pain and prevent the pain getting worse. Staying inactive in bed could be the worst advice - based on a recent study in the Netherlands.

MYTH: Sciatica requires surgery.

FACT: NO! There's been a huge breakthrough in the treatment of sciatica and lower back pain. The procedure is called Advanced Bio-Structural Correction Spinal Care Chiropractic. The excellent results from this chiropractic have been published in major medical journals.

MYTH: "There's nothing anyone can really do. I'm just stuck with this for the rest of my life."

FACT: With the correct treatment from a healthcare professional who specialises in sciatica, you can find relief from the core cause - and the symptoms.

MYTH: Getting Sciatica properly diagnosed is expensive.

FACT: Not true. Zunaid Kagdi DC of Elite Care Chiropractic in Markham is currently offering an initial consultation for **Just \$27.**

Zunaid Kagdi D.C – Sciatica Chiropractor in Markham. Zunaid and his team of fully-trained spinal care staff have helped over 1,000 patients find relief from agonising back pain and sciatica. He uses Advanced Bio-structural Chiropractic.

This procedure does not require a hospital stay. The focus is on finding - and correcting - the original cause of the back pain and sciatica.

According to Zunaid, "We use a combination of comprehensive diagnostic techniques, for precisely diagnosing the cause of your low back pain and sciatica. This means superior long-term results for most people."

Almost Immediate Relief From Pain

Because the treatment is non-surgical, safe, and easy, most patients report an almost immediately relief from their back pain.

Patient Sean D. from Richmond Hill wrote, "My back pain was unbearable but the worst thing was the searing burning pain I felt in my buttock and leg... my wife insisted I see a Chiropractor. I'm 95% better in just a couple of weeks."



Take the Next Step - END the Suffering... Initial Consultation Just \$27.

Stouffville on Thursday is teaming up with the spine therapy Chiropractor at Elite Care Chiropractic to help readers find relief from their persistent back and sciatic pain.

The first step is a thorough sciatica examination with a Chiropractor at Elite Care Chiropractic.

Call **905-554-8444** to schedule your appointment. Mention this article (CODE:LOW5443) and Zunaid will happily reduce his usual consultation fee of \$167 to just \$27!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$27. The normal cost of such an exam is \$167 so you will save \$140!

Call them now at 905-554-8444 and cut out or tear off this valuable article and take it to your appointment. You'll be on your way to safe, lasting relief!

You can even call on the weekend and leave a message on their answering machine to secure your spot and they promise to return all calls. During the week staff can be very busy helping patients so if they don't pick up straight away, do leave a message.

Call **905-554-8444 NOW.** If it's the weekend or they're away from the phone - the Staff at Elite promise they will get back to you. So call now on 905-554-8444 and quote this special discount code: LOW5443.