

# All About Your Health

PFD's and lifejackets must be in good condition, have a label that indicates they are approved for use in Canada and be of the appropriate size for the person. "If a PFD or life-jacket has a tear or the label is missing, it must be replaced," Harker said.

Operating a pleasure craft with an insufficient number of personal flotation devices or lifejackets carries a fine of \$240 under the Small Vessel Regulations of the Canada Shipping Act 2001.

## DEPRESSION & ANXIETY

by Muriel M. Grant D.C., N.D.

Depression has reached epidemic proportions. Thousands of drugs prescriptions are written monthly for mild to advanced cases of depression and anxiety. Some can give serious adverse reactions, although some are necessary. In our fast-paced and chaotic world, it is no wonder that we may need help coping daily with new and present challenges.

Depression can affect anybody at any time of life. There are myriad reasons slight anxiety may set in: health or financial problems, family disruption, loneliness, grief or loss, economic and environmental crisis. Change alone can create anxiety.

Many natural food supplements and therapies have been known to reduce and sometimes eliminate depression and anxiety.

- 1.) Improve diet- eat more protein, grains and vegetables.
- 2.) Increase family get together
- 3.) Restore friendships
- 4.) Daily outdoor exercise breathing deeply
- 5.) Laugh more - see the humorous side
- 6.) read positive literature
- 7.) Read the 91st Psalm
- 8.) Pray and meditate daily
- 9.) Volunteer your time - help others
- 10.) Adopt a puppy or a kitten

FOOD SUPPLEMENTS that may be helpful

- Siberian Ginseng
- Vitamins B & C Complex
- St. John's Wort
- Calcium/Magnesium
- Omega 3
- Brewer's yeast
- Ginkgo Biloba
- Valerian
- Chamomile
- Lecithin

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