

deteriorate as we age because of this fact. Research has shown that joint support nutrients are essential after the age of 40. Even if we eat five helpings of vegetables and fruit every day, we still would not be getting enough of the nutrients our cells require for optimum health.

How Can We Be Sure?

One of the best ways to assess our health is to have a hair analysis by computer. This tests for toxicities, mineral deficiencies and imbalances in the system.

We can then be more informed as to what herbs, vitamins and minerals are necessary, after a cleansing program, to counteract disease, build a healthy immune system and increase longevity.

As with Food, Quality is the Key

Many vitamins are sold at a very low price. Although we all love a bargain, quality is the most important factor when it comes to health.

For instance, a cheap bottle of calcium may have so little of the active ingredient it would be like sucking a rock to obtain the amount you need for healing. Quality is far superior than quantity. Either

contact a qualified health practitioner or visit a local health food store before you buy to ensure superior quality for best results.

FIRST AID & CPR COURSES

Are you heading to University or College in September? Be sure to check your course requirements to see if a valid First Aid & CPR certificate is a necessary prerequisite.

St. John Ambulance, Kawartha Branch offers many levels of training with courses starting on **August 4, 7, 9, 14 or 21**. A student discount is available on most courses.

The courses now include Automatic External Defibrillator (AED) training and courses are taught by well qualified instructors in the Lindsay and Fenelon Falls locations.

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