

All About Your Health

100-flush Niacin and Flax or Salmon Oil, as well as Cayenne and moderate daily exercise.

The regimen we have used with success in lowering homocystein levels known to be harmful to the cardiovascular system is as follows:

- Two weeks of cleansing of the upper and lower G/I tract (including liver and gall bladder), followed by
 - Susans Heartdrops and other Strauss heart health products
 - Standard Process CardioPlus
 - Standard Process CardioTrophin
 - CoEnzyme Q 10, Wheat Germ Oil and Garlic
- (Herbs generally are complimentary to other medication.)

Many people fear they are doomed for chronic or fatal heart problems because of inherited heart weakness. Much

can be done to strengthen the cardiovascular system the natural way. Keep this in your mind: Heredity loads the gun, but lifestyle pulls the trigger.

BE A FACE IN THE FIGHT AGAINST CANCER

~ only a few hours goes a long way ~

This year in Bobcaygeon dozens of volunteers will take to the streets to knock on doors in our community during the Canadian Cancer Society's annual fundraising campaign in April.

"By volunteering a few hours of your time, you can become a face in the fight against cancer," says Margaret McLean, President of the Bobcaygeon branch of the Canadian Cancer Society. "Everyone, including individuals, students and families can contribute to this worthwhile cause by canvassing a street within their own neighbourhood."

Currently in Bobcaygeon, we are looking to fill numerous vacant positions for the residential canvass including canvassers, team captains and zone captains.

The residential canvass is one of the Society's longest running and most successful fundraising events. In



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DO YOU WONDER WHY...

Your back aches?
Your legs ache?
Your knees pain?
YOU ACHE ALL OVER?