

OVERWEIGHT?

A new investigational medication for weight loss is now available in clinical research studies.

If you'd like to volunteer or simply for more information, please call an LMC Endocrinology Centre near you to see if you are eligible to participate.



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FOOT & HEALTH CLINIC

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Prostate Function and Men's Health

After reading an article in the Canadian Pharmaceutical Journal, I was surprised to see that over 40% of men tested had benign prostate enlargement (average age: 50). The numbers climb even higher in men over 60, to 70% of the sample group. It is important to remember that this was just one study and these numbers may not be an accurate representation of men in North America.

However, it does tell us men must learn to recognize symptoms of prostate enlargement. Some of these include: increased nocturnal urinary urgency, decreased urinary flow, increased residual volume in the bladder and edema. BPH is an acronym for Benign Prostatic "Hyperplasia" (increase in number of cells in the prostate) and Benign Prostatic "Hypertrophy" (increase in the size of the prostate gland) Natural Treatments and Drugs for BPH

The prescription drug Proscar (Finasteride) has long been prescribed to allevi-

ate symptoms of BPH. This drug works primarily by suppressing a testosterone metabolite (DHT). Saw palmetto is commonly used as a replacement for Finasteride, but, the herbal extract and finasteride can be used simultaneously. Since combining medication and herbal extracts is an area that needs more research, regular testing with your physician is important to monitor

your unique biochemistry. Finasteride and Saw palmetto both inhibit 5-alpha-reductase in order to reduce DHT stimulated growth in the prostate.

I would suggest reducing caffeine and increasing water consumption (caffeine can dilate smooth muscle in the prostate). Stress also plays a role in the inflammatory process and is a contribut-

ing factor to prostate enlargement. Lack of sleep is a form of stress on the body, along with the day to day stresses of life (take a vacation and get some sleep!).

George Tardik BSc, RHN, RNCP (ND candidate) has been practicing nutrition for 7 years. George specializes in weight-loss, diabetes and sports nutrition. He practices out of nature's source .

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Advertorial

Allergies

Guaranteed help available!

Experts write that over 50 million people in North America suffer with hay fever, watery eyes, rhinitis, sneezing, scratchy throats, stuffed nose, asthma or a throbbing head that makes life miserable. Some are affected for a short period while others are suffering repeatedly year-round making productive work difficult. Treatment with antihistamines, steroids or drugs may not be the best choice. However, there is a natural allergy relief available with rosemarinic acid, basil, sage, mint, and other ingredients that could come right out of your own garden, which can help most people quickly. Bell Allergy Relief capsules work so well that it comes with a money-back guarantee on the box.

Allergies are a modern epidemic

It really works! 100% natural. Try it risk free. **Refunded!** 5 million Canadians are suffering with year-round or seasonal allergies, sneezing, nasal congestion, inflammation of eyes, house dust, pets, perennial, food allergies and asthma. **Allergy to cats and hay fever gone.** After taking capsules in the morning and at night my bronchial asthma, sneezing, itching eyes and stuffed nose disappeared. **Feliz Kabacki, Montreal, QC • House dust allergy**

Allergy Relief #24 stopped. Was able to vacuum my house without sneezing, wiping eyes, coughing. Took all kinds of drugs that had side effects. **Helene Harrison, Victoria, BC • Golfer says radically changed my life.** Suffered with itchy watery eyes, sneezing, throat problems. **Martin Biefer, Waterloo, ON • 30 years sinus problems** morning, noon and night all gone. Can sleep at night.

- **Diabetic** says allergies kept increasing causing soreness in nose and throat. Antibiotic drugs were too hard on my system. **Eleanor Goold, Wetaskiwin, AB**
- **Asthma, hacking cough, sore throat,** sleeping problems. Changed my life. **Jean Bender, Listowel, ON All Natural.** No Side Effects. Many more on our web site.

Migraine headaches

Relief in 30 minutes or Money Refunded

- **Stabbing migraines** lasted for weeks. Felt helpless and depressed. Drugs were of no help. Can enjoy life again. **Nicole Maltais, Edmundston, NB • Was hospitalized** when drugs did not work anymore. Suffered 20 years. **MIGRAID** completely stopped my migraines. **Nicole Stewart, Oshawa, ON • MIGRAID** is awesome! Changed my life! Suffered since my teens every 2-3 days. Tried all drugs and herbals. I'm Relieved and thankful. **Darka Czernyanski, Winnipeg, MB • Amazing relief** after 10 years of suffering. I'm ecstatic. Will continue to take a maintenance dose. **Lynn Duchesne, Owen Sound, ON**

Many more on our web site

Arthritis

Quick pain relief in minutes or money refunded!

Works faster than any other topical cream. Many thousands are using it daily. Why are the other creams not guaranteed? Because they don't work well enough to be guaranteed! **Very inexpensive.** Topical pepper cream gives guaranteed immediate **temporary pain relief.** • **Had immediate pain relief.** I apply pepper cream twice a day. My husband is using cream for his stiff neck and can turn his head now while driving. **Shirley & Howard Stribbell, Kenora, ON • Sciatica relief** from first application, after all pills, creams, massages, chiropractor failed. **Linda Erickson, 50, Nanaimo, BC • Don't need pain killer** drugs anymore since using pepper cream before going to bed. **Mabel Booth, Jarvis, ON • Amazed with instant pain relief.** Never had anything in my life with such profound results. **Tina Karras, 56, Rocanville, SK • Fibromyalgia pain** almost gone. Can enjoy and look forward to future years. **John Wright, 80, Peterborough, ON • Lower back pain free.** Wish I would've known years ago. **Ruth M. Wile, 65, Bridgewater, NS**

Bell Shark Cartilage gives **long term** pain relief usually after 2-3 weeks (Money-back guarantee printed on all boxes): • **Doctor suggested knee replacement** after all his options failed with drugs and cortisone shots in knee and lower back. Suffered for 40 years. **Bell Shark Cartilage** helped. I recommend to those millions suffering needlessly like I did. **Pat Laughlin, 68, Coldwater, ON • Hip joint** completely pain free! Suffered 10 years. Very grateful! **Helen George, 55, Abbotsford, BC • Tried another brand** and pain came back. 2 weeks on Bell brand and I'm pain free again. **Gert Dupuis, Hammer, ON** (Ours is processed differently to preserve the natural ingredients) • **Glucosamine,** latest clinical studies say gives little or no relief. Our customers have been telling us this for over 10 years.

In the same stores ask for: Bell Prostate Eeze Flow Tea, stops frequent trips to washroom within 3-5 days. Guaranteed! **Bell Bladder Control Tea** for women, works for all urinary infections quickly. **Eroxil performance** for men and **Erosyn libido** for women. Dozens of true testimonials on our web site!

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AVAILABLE IN OAKVILLE: Abbey Pharmacy 1131 Nottinghill Gate; **Hooper's Vitamin Shop** Upper Oakville Shopping Centre, 1011 Upper Middle Rd. E.; **House of Health** 407 Speers Rd.; **New Health For All** 2441 Lakeshore Rd. W.; **Nutrition House** Oakville Place, 240 Leighland Ave.; **S & H Health Foods** Trafalgar Village, 1117 Cross Ave.