



Healthy Skin Products

by Dr. Jacqueline Cooper, ND

While the weather makes it feel as though summer is long way off...now is the time to start preparing your skin to handle the sun's ray. Most [personal care products](#) are loaded with [chemicals](#). In addition to causing a wide range of health issues, these [chemicals](#) also make your skin more prone to damage from sun exposure. Making the switch to natural, chemical free products is the first step you can take toward preventing a sunburn this year and preventing increased aging of the skin in the future. Doing a complete overhaul of your products can be overwhelming, start prioritizing product replacement by screening for "[The Dirty Dozen](#)" chemicals.

Sugar and Salt - poisons or food?

By Dr. Iva Lloyd, ND

Increasingly research points to the fact that most [chronic diseases](#) are correlated with increased [sugar](#) and [salt](#) consumption. Both of these readily available "foods" are being designated in the research and medical community as drugs or poisons due to their extreme impact on health. Fructose, especially high fructose corn starch, is very detrimental to health. It is directly correlated with the increase in [diabetes](#) and [obesity](#), as well many other diseases. To learn more about the impact of sugar and salt on health read [my blog](#).

Join 30 x 30 Nature Challenge!

By Dr. Urszula May, ND

The [David Suzuki Foundation](#) has put forth a challenge to Canadians to commit to spending 30 minutes in nature each day for the month of May. Research shows that [spending time in nature](#) has significant beneficial effects on health, from reducing the incidence of [heart disease](#) and [diabetes](#), to improving [fertility](#) and immune function.

Join [Dr. May](#) this month in taking on the [30x30 Nature challenge](#), Read more about the health benefits of being in nature on [our blog](#).

Clinic Updates

Winnie Wong re-joins our clinic as one of our [massage therapists](#). To book an appointment please call the clinic at 905-940-2727. We also welcome Sharann to our clinic as one of our part-time receptionists.

Featured Products

It is looking like allergies this year will be intense. To learn more about allergy prevention check out [our blog](#). To help get those allergy symptoms under control pick up any of **allergy relief products for 10% off during the month of May.**

Seminar Schedule

[Dr. Cooper's](#) seminars: [Cellulite - Now What?](#) on Tues. May 7th. and [Boost Your Brain](#) on Tues. May 14th.

[Dr. May's](#) seminar: Preparing for Pregnancy on Tues. May 21st.

[Corey's](#) seminar: [4 Weeks to a New You?](#) starting Thursday May 7th.

Next [Thermography Clinic](#) is Wed. July 10th.

[Check out our website for a full outline of all seminars.](#)