

HEALTH • FITNESS • NUTRITION • WELLNESS

# body

MAGAZINE

ISSUE 90 SUMMER 2024  
WINDSORBODY.COM

EMBRACING THE RAINBOW: THE NUTRITIONAL  
BENEFITS OF EATING COLORFUL FOODS

**UNDERSTANDING CHIROPRACTIC  
AND THE VERTEBRAL SUBLUXATIONS**

THE SECRET TO SUSTAINED WEIGHTLOSS



**BECOME REJUVENATED**  
WITH REVITALIZE MEDICAL LASER CENTRE

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MEET THE FOUNDER  
**Vanessa Steele**

ASK US ABOUT THE LATEST ANTI-AGING & SKIN RESURFACING TREATMENTS - CLEAR + BRILLIANT

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**PUBLISHER**

Tony Catalano

**ART DIRECTOR**

Jayson Pynn

**EDITOR**

Jessie Gurniak

**SALES EXECUTIVES**

Tony Catalano

**CONTRIBUTING WRITERS**

Jessie Gurniak  
Paula Just  
Patty Hladki  
Vanessa Steele  
Jono Macri  
Dr. Sarah Dale

**AD DESIGN & LAYOUT**

Jayson Pynn  
Adam Patterson  
Erwin Parungo

**ON THE COVER**

Revitalize medical Laser Centre

**COVER PHOTOGRAPHY**

Pat Scandale

**ADDITIONAL PHOTOGRAPHY**

Jen Gurniak Photography

**GENERAL INQUIRIES**

519.969.3608  
windsorbody.com



Windsor Body Magazine is published four times annually by Myndlogic Publishing Inc. and distributed in Windsor and Essex County. A \$25.00 charge is required for mail delivery anywhere outside of Canada. Send a cheque along with address information to Windsor Body Magazine, 3337 Walker Road, Suite 200, Windsor, ON, N8W 3R9 or call 519-969-3608. Myndlogic Publishing Inc. holds full rights to original ads and photography and accepts no responsibility for graphic images used in ads. Nothing that appears in Windsor Body Magazine may be reproduced either wholly or in part without the permission of the publisher. Opinions expressed in Windsor Body Magazine are not necessarily those of the publisher.

# Are you ready to take back control of your health?

Hi, I'm Patty, and I help high-performing women just like you create health and wellness to last a lifetime!



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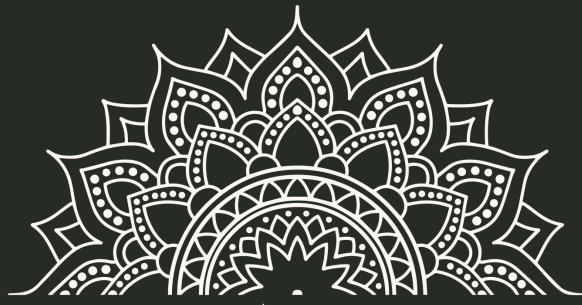
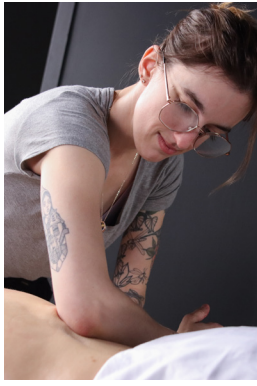
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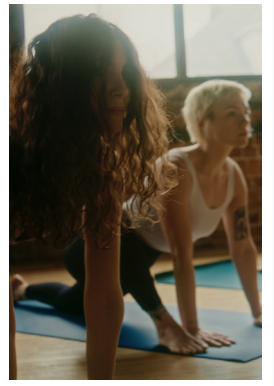
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With a Bachelor's Degree in Social Work and his ability to speak four different languages—Arabic, English, German and Hebrew—Mohamed, is one of the Realtors at Key Solutions Realty Ltd., an agent with an expertise in the real estate market, excellent skills in accessing important information pertinent to properties and ability to offer honest and knowledgeable advice to clients as their interest is his first priority. With proven customer/client satisfaction, Mohamed is one of the best realtors around!

If you are buying or selling a home, all it takes is a call to Mohamed and as his favorite phrase goes, "that's it, it's over!"

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# INTRODUCING VEGAN CHEESE



The cows couldn't be happier...



Thank you James & Juliee!

Antonino's—South Windsor manager, James Scott had a problem at home. His wife, Juliee—a long-time vegan—couldn't eat the delicious pizzas he'd bring home from work.

I have now “herd” (pun intended) the calling! Literally, hundreds & hundreds of calls! To the vegan pizza lovers of Windsor & Essex County, I can now say...

Buon Appetito!

Joe Ciaravino, President  
Antonino's Original Pizza Inc.



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# REVITALIZE

MEDICAL LASER CENTRE



Pictured above: Dr. Suga, Dr. Tomc, Dr. Rawlins, Dr. Jasey, Dr. Victory and the Revitalize team.

## BECOME REJUVENATED



By Jessie Gurniak

Revitalize Medical Laser Centre offers the newest and most up to date technology for cosmetic and medical procedures. Located at 2425 Tecumseh Rd. East, suite 216. Offering several services for skin treatments, body contouring, cosmetic injections and vaginal rejuvenation, Revitalize has everything you need to help you look and feel your best.



Using state-of-the-art laser technology, paired with the extensive experience of their physicians, nurses, and medical aestheticians, Revitalize offers a variety of services in their warm and relaxed atmosphere. The decision to get treated at Revitalize will leave you feeling confident in the quality of your care.

The team consists of 5 OB/GYNs, 4 medical aestheticians, and 2 nurse injectors, rounded out by their administrative team.

“Our incredible team consistently delivers outstanding results, blending expertise with a passion for enhancing our clients’ confidence and well-being,” says Dr. Tomc. “Their dedication to excellence is truly unmatched.”



Dr. Tomc and Registered Nurses Marlo & Allison

## VAGINAL REJUVENATION

Collagen is a natural protein found in many parts of the body, such as skin, bone, tendons, and muscles, that provides strength and structure to connective tissues. As we age, the production of collagen starts to decline, causing the skin to become thinner and more fragile. With the MonaLisa Touch™—one of the first treatments of its kind—minimally invasive and painless laser technology is used to stimulate collagen production in the vaginal wall. This treatment can also help relieve the uncomfortable symptoms of hormonal changes that many women experience, especially after menopause (e.g. vaginal dryness, itching, pain during sexual intercourse), and uses a CO2 Fractional laser to reverse vaginal atrophy and laxity. Revitalize also recommends the MonaLisa Touch™ as a way to treat Lichen Sclerosus, a skin condition resulting in patchy white skin in the genital and anal areas.

Revitalize also offers other treatments for rejuvenation that have been gaining in popularity, such as Votiva™. This treatment helps with the remodeling of the labia and vulva to improve laxity and the appearance of wrinkles, as well as strengthening muscles in the vaginal wall/canal—especially after childbirth.

Childbirth also commonly causes women to experience urinary stress incontinence, and the Votiva™ treatment can help fight incontinence, vaginal dryness, blood flow, sensitivity, and the painful sensations caused by labial hypertrophy as well. These treatments can help improve your self-esteem and sexual interest.

## POTENZA RF MICRONEEDLING

Potenza RF Microneedling achieves incredible rejuvenation of the skin. This treatment stimulates new collagen production by using ultrafine needles combined with radiofrequency (RF) energy to penetrate the skin’s surface, resulting in tighter, firmer, and more youthful-looking skin. It targets blemishes to create a smoother, more radiant complexion and offers faster healing and deeper serum penetration compared to traditional microneedling.

By stimulating your body’s collagen and elastin production, it effectively addresses advanced signs of aging, leaving your skin looking younger and firmer. The texture, tone, and clarity of your skin are smoothed, brightened, and significantly improved.

“Our goal has always been to bring the best technology with the best results to our clinic.” – Dr. Tomc



Medical Aestheticians Krystal, Desiree, Mairi & Alayna

Unlike some other skin revitalization methods, Potenza can be used on all skin types, anywhere on the body, and at any time of the year.

### COSMETIC INJECTIONS

Revitalize also offers a variety of treatment options for those seeking a younger appearance. Botox®, Xeomin Cosmetic® Injections, and Belotero® are all available options that the team is ready to discuss with you to find the right treatment for your personal goals. Revitalize aims to provide the best possible outcomes for their clients by discussing personal yet realistic expectations, addressing all questions and concerns.

“I am mostly proud of the incredible team that we’ve assembled. Each team member brings passion, experience and professionalism. It really is a 10/10 team.” – Dr. Tomc

The sought-after BeautiPHication™ technique is a cutting-edge, global approach to facial beauty, focusing on enhancing natural beauty. Dr. Tomc is trained in this technique, which emphasizes restoring what has been lost rather than over-inflating features, ensuring a natural appearance.

In addition to these treatments, Revitalize offers a comprehensive range of services to meet your aesthetic needs:

**Chemical Peels:** Enhance skin texture and tone by removing dead skin cells and promoting new cell growth.

**JetPeel:** A hydradermabrasion treatment that delivers nutrients deep into the skin without needles.

**Laser Hair Removal:** A long-term solution for unwanted hair, providing smooth skin.

**IPL Treatment:** Intense Pulsed Light therapy for skin rejuvenation, and treating pigmentation issues—including rosacea, and broken capillaries.

**Dermaplaning:** A manual exfoliation technique to remove dead skin cells and peach fuzz.



“Our incredible team consistently delivers outstanding results, blending expertise with a passion for enhancing our clients’ confidence and well-being. Their dedication to excellence is truly unmatched.”- Dr. Tomc



**Exosomes:** Advanced regenerative treatments that promote healing and skin rejuvenation.

**Forma RF Tightening:** Radio frequency treatment to tighten and lift the skin.

**Medical Grade Facials:** Customized facials that target specific skin concerns with potent, clinical-strength products.

**Microdermabrasion:** A non-invasive exfoliation treatment to improve skin texture and clarity.

**PRP/PRF:** Platelet-rich plasma and fibrin treatments for skin rejuvenation and hair restoration.

**Hair Restoration:** Innovative treatments to stimulate hair growth and combat hair loss.

#### **RETAIL BOUTIQUE**

On top of the wide variety of top-notch treatments, Revitalize also offers select products for retail sale. This includes AlumierMD, Eltraderm, UK Lash, Latisse, Revivogen Hair System, Anfisa, Colway Supplements, Hale Derma, Yes Women’s Intimate Line, and Jane Iredale.

Revitalize offers more than just solutions for wrinkles and fine lines; they provide a holistic approach to beauty and wellness, ensuring each client leaves feeling rejuvenated and confident. The team is committed to finding the solutions that best reflect the desired outcome, and making sure that each client is educated, comfortable, and happy with the entire process, from the first consultation to the final result.

From laser hair removal to body contouring, Revitalize has so much to offer. SculpSure, a laser that was approved by the FDA in 2017, uses heat to break down stubborn fat pockets on the body. As opposed to techniques that use freezing, SculpSure has no risk of hyperplasia or shark bites. With each treatment, patients can expect up to 24% fat reduction, taking about 2-5 treatments spaced out every 6 weeks.

“Our goal has always been to bring the best technology with the best results to our clinic,” says Dr. Tomc.

Call (519) 254-1444 or visit [revitalizelasercentre.ca](http://revitalizelasercentre.ca) to book your free consultation today.



# EMPOWERING RECOVERY:

## Kinetic Konnection's Role in Transforming Lives.

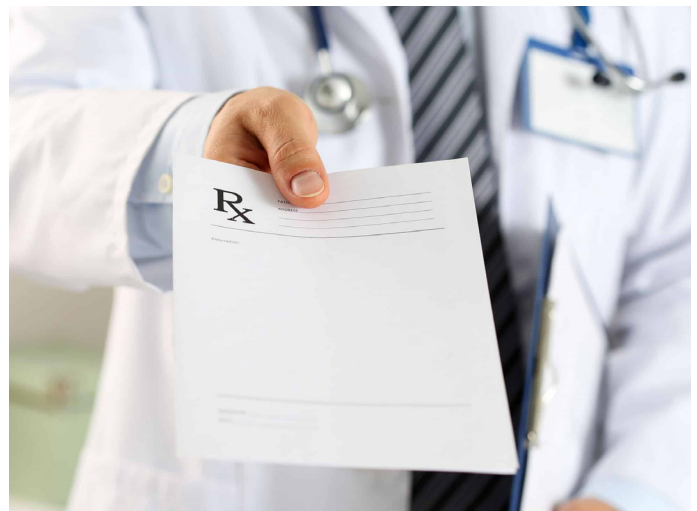
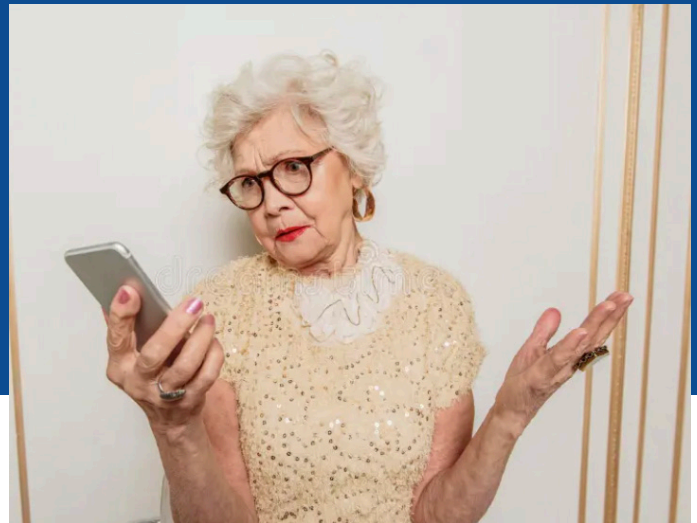
Since 1996, Kinetic Konnection has been dedicated to helping individuals overcome injuries, manage chronic diagnoses, and prevent further injury through orthopedic bracing, compression garments and recovery products.

Our mission is to empower our customers to regain control of their lives and manage their pain after injury. By using our high-quality, non-invasive orthopedic bracing products and recovery tools, they can take control back, heal effectively, and enjoy the activities they love!

### Why Choose Kinetic Konnection?

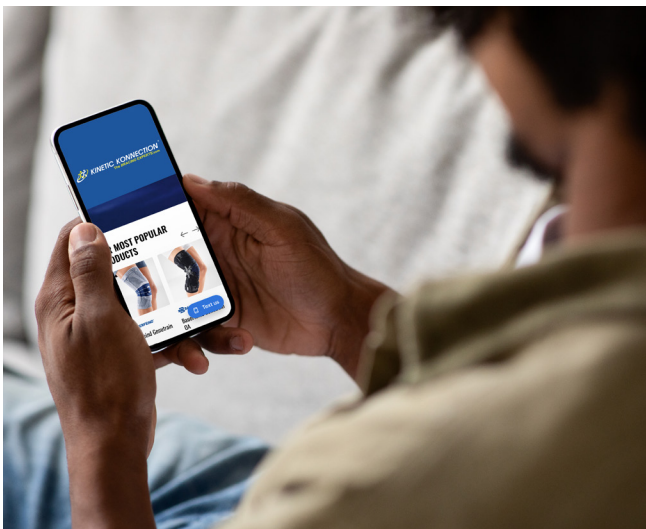
At Kinetic Konnection, we understand that every customer's recovery journey is unique. That's why we offer:

**Expert Guidance:** Our team of Human Kinetics graduates provide expert advice on product use and injury recovery, helping customers achieve the best possible outcomes.



**Insurance Assistance:** We simplify the insurance process by handling all paperwork, allowing our customers to focus on their recovery.

**Follow-up Care:** We don't stop at the point of sale. Our team follows up with customers to ensure progress, answer questions, and provide additional support if needed.





# A PATIENT STORY...

Dear Kinetic Konnection,

I was recently diagnosed with knee osteoarthritis by my doctor and was advised to get a brace. But, I wasn't given any guidance on where to find one.

I ended up purchasing a brace online from a popular website that ended up being the wrong size and came with little instruction on how and when to use it.

To make matters worse, there was no customer support to help me resolve my issues or get help for my insurance reimbursement.

Frustrated and uncertain I called a friend from my pickleball group and he recommended - well, more so insisted I go to Kinetic Konnection. He shared how your team had helped him tremendously after his diagnosis.

I arrived without an appointment and was welcomed warmly and received a free 45-minute consultation. A knowledgeable staff member listened to my concerns, helped me find the right brace, managed my insurance paperwork, and even provided advice on managing my swelling using ice.

I'll be telling everyone about your expert staff and my exceptional customer experience at Kinetic Konnection.

*Sincerely,  
Pickleball Sally*



## Our Response:

Dear Sally,

Thank you for sharing your story with us. Your experience highlights a challenge many customers face—the uncertainty and frustration that can come with finding the right medical products after a diagnosis.

Your initial experience with online shopping, where you ended up with the wrong size brace and no customer support, is unfortunately all too common.

It reinforces the importance of an in-person experience verses shopping online when it comes to orthopedic bracing and recovery products.

Your story reminds us why we do what we do, and it's stories like yours that inspire us to keep striving for excellence in customer care.

Our purpose remains to empower our customers to confidently manage their own injury recovery journey using our products and services, returning to the activities they love.

*Best regards,  
Kinetic Konnection*

**Discover the Kinetic Konnection difference—visit us today and let us brace and support your injury recovery journey!**



**KINETIC KONNECTION**<sup>®</sup>  
The **BRACING EXPERTS**<sup>®</sup>

GIVE US A CALL OR TEXT TODAY



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# FALL 2024 RECREATIONAL PROGRAMS



## MOVE

Badminton  
Basketball  
Dance Fusion  
Dancing Kids  
Dancing Tots  
Dodgeball  
Gymnastics & Totnastics  
Indoor Soccer  
Nerf Ninjas  
P&T/Preschool All Sorts of Sports  
Preschool T-Ball  
Youth Pickleball  
Youth Volleyball

## SPLASH

Adult Lengths Swim  
Aquafit  
Learn to Swim Lessons  
Leisure Swims  
Lifesaving Club  
Private Swim Lessons  
Recreational Swims  
Spin H2O  
Sport Fundamentals

## CREATE

Art Attack  
Get Messy  
Let's Create  
Music & Me  
Private Piano or Harp Lessons

## DISCOVER

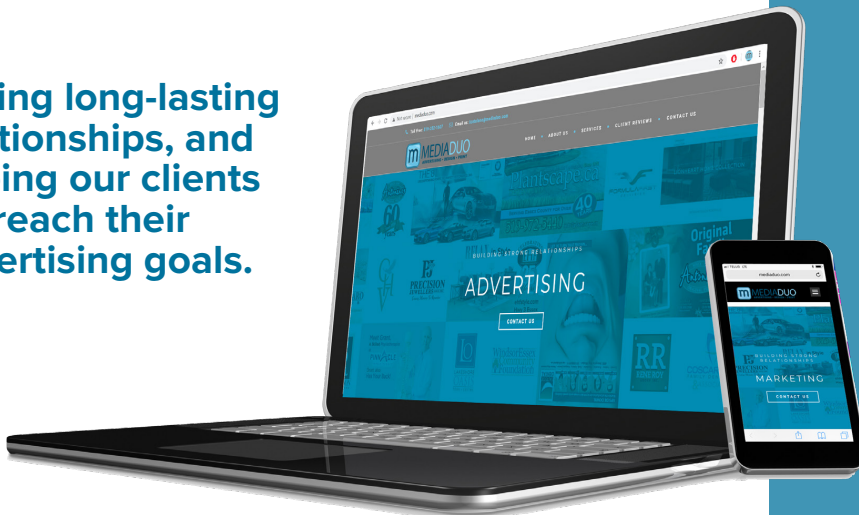
Clubhouse PA Day Camp  
Coding  
Cooking Kids  
Home Alone Training  
Babysitter Training  
P&T Stay and Play  
STEM Explorers

## LEAD

Bronze Cross & SFA  
Bronze Medallion & EFA  
Bronze Star & BFA  
High Five: PHCD  
LSS Assistant Instructors  
LSS Instructor School  
National Lifeguard & SFA

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### Whole Wheat Pasta Primavera

A hearty, veggie packed pasta dish that's perfect for serving year round! So much fresh flavor, it's a great way to use up those vegetables in the fridge, plus it's a bright and colorful dish so it helps get the kids to eat their vegetables!

Ingredients:

- 10 oz. Whole Wheat Pasta
- Salt
- 1/4 cup olive oil
- 1/2 medium red onion, sliced
- 1 medium red bell pepper, sliced into matchsticks
- 1 medium yellow squash, sliced into quarter portions
- 1 medium zucchini, sliced into quarter portions
- 3 - 4 cloves garlic cloves, minced
- 1 cup Tofu (chicken) optional.
- 1/2 cup pasta water
- 2 Tbsp fresh lemon juice
- 1/2 cup shredded parmesan, divided (optional)
- 2 Tbsp chopped fresh parsley



### Dirty Pasta Martini

Use the reserved pasta water, which lends a gentle salinity that compliments the herbaceous and floral qualities of Empress Gin. The pasta water has healthy minerals that add to the benefits of the cocktail.

- 2 oz Empress Gin
- 1/2 oz reserve pasta water
- 1/2 oz olive brine
- 2 drops basil oil
- Stir 30 seconds (effective chill)
- Rim chilled martini glass with have moon fresh Parmesan or Asiago shredded cheese
- Spritz dry vermouth into cocktail glass
- Gently pour, and 3 dashes basil oil
- Garnish with marinated olives and basil sprig



# MEZZO

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By Jessie Gurniak & Rachelle Patterson  
 Photography provided by: Aylin Carolina & Adam Patterson



# DISCOVER THE BENEFITS OF SUP PILATES

Stand-Up Paddleboard (SUP) Pilates offers an innovative way to enjoy Pilates exercises while floating on water. Combining the stability challenge of a paddleboard with the precision of Pilates, this activity transforms traditional workouts into a fun and dynamic experience. With a paddleboard, life preserver and ankle leash for added safety, participants are well-equipped for their exercise adventure.



SUP Pilates welcomes participants of all fitness levels, although it requires some coordination and balance, beginners are encouraged to embrace the learning curve with patience and enthusiasm. Even falling into the water adds an element of fun, turning mishaps into memorable moments. The aim of SUP Pilates is to enjoy the practice, while reaping the benefits of a full-body workout in a serene environment.

Rachelle Patterson is a Nurse Practitioner and a Certified Pilates Instructor who also offers SUP Pilates classes here in Windsor-Essex County. With her background in neurosurgery and medicine, Rachelle brings a wealth of knowledge and a passion for fitness to all her SUP Pilates classes.

***“I do believe that there are always mental benefits in doing any exercise,” says Patterson.***







Pilates, known for its low-impact, joint-friendly movements, is an excellent choice for individuals with joint pain, back pain, or inflammatory conditions. It emphasizes gentle functional movements, full range of motion, and deep core engagement. These aspects are particularly beneficial for strengthening smaller muscles and improving overall joint health.

While on a paddle board, the movements are slowed down, requiring control and precision, which align with core Pilates principles: control, precision and breathing. This heightened focus enhances core engagement and overall body awareness. Sessions can be fresh and exciting, providing varied exercises and modifications for all fitness levels.

Pilates not only supports joint friendly movements, but also supports pelvic floor health, improved posture, flexibility, coordination and balance. Pilates is a modality which helps boost our mental health in growing one's confidence, reducing stress and providing overall holistic wellness.

For a fun and unique way to enhance your health, give SUP Pilates a try. Whether you're looking to improve posture, flexibility, coordination, or simply try something new, SUP Pilates is a unique way to include movement into your everyday life by providing a refreshing and rewarding exercise for all to enjoy!



***“In Pilates I hear people often tell me how the modality has helped them feel more confident in their bodies.”***

 **@rachellepatters**

Rachelle Patterson stands with her daughters Azalea (left) and Avery (right)





# THE SECRET TO SUSTAINED WEIGHT LOSS

UNCOVERING THE TOP 10 WEIGHT LOSS MISTAKES  
AND WHAT YOU NEED TO KNOW.



*By Patty Hladki  
Certified Health and  
Lifestyle Coach  
Connected Whole Health*



Many of us, especially women over 40, struggle with weight challenges. As the scale climbs and clothes tighten, frustration sets in, leaving us questioning why our bodies seem to work against us. Despite consistent eating habits and exercise routines, the pounds persist, leading to an increased internal struggle filled with shame and blame. The common strategy of deprivation—eat less and exercise more—no longer seems to work, and we assume the problem is us, a moral failing of sorts.

However, long-term weight loss isn't really about willpower. Instead, it's a complex interplay involving shifting hormones like insulin, cortisol, ghrelin, leptin, estrogen, progesterone, and testosterone, along with metabolic processes that dictate how the body produces and uses energy. These factors are directly impacted by lifestyle. What we eat matters significantly, but perhaps not in the way we've been led to believe for so many years.

As we age and hormones shift, we can't employ the same old methods and expect the same results. The game has fundamentally changed, but we never got the memo. Trying harder with an outdated rulebook leads to minimal short-term success and traps many in a long-term uphill battle. The good news is that it doesn't have to be this way.

Here are the top 10 mistakes commonly made when trying to lose weight—and what you can do to succeed!

## 1. Believing “A Calorie is a Calorie”

Food is more than mere energy; it communicates vital information to our cells and hormones, triggering biochemical reactions that can drive weight gain or loss. Interestingly, the quality of our food and even meal timing are likely more important than calorie count. Picture two 700-calorie meals: one of pizza and diet soda, the other of grilled salmon with greens and veggies, dressed in olive oil and lemon, paired with sparkling water.

The metabolic impact differs significantly between these meals. The pizza and diet soda combo triggers blood sugar and insulin spikes, signaling the body to store the consumed energy as fat. As blood sugar and insulin levels plummet back to normal, fatigue sets in, accompanied by cravings for more processed carbs—a frustrating rollercoaster many know too well. Additionally, artificial sweeteners in diet soda may still elevate blood sugar and insulin levels, while negatively affecting the gut microbiome.

In contrast, the salmon dish, rich in protein and omega-3s, triggers leptin, the satiety hormone, while the veggie fibre keeps you full and feeds good gut bacteria. With stable blood sugar, minimal insulin is released, avoiding unnecessary fat storage and making it easier to burn existing fat for energy.

Remember, food provides the building blocks for cellular function. Like any structure, using poor-quality materials leads to poor-quality workmanship and outcomes.

“For years, dietary fat was blamed for weight gain, leading us to avoid it at all costs. The calorie argument was strong since fat has more than double the calories of carbs or protein. But this logic was flawed.”

## 2. Not Consuming Enough Protein

High-quality protein has minimal impact on blood sugar and insulin levels while being both satiating and hard to overconsume. For adults, eating 30 to 50 grams of quality protein, especially at the first and last meal of the day, is a game changer for stabilizing blood sugar and curbing hunger and cravings. The “Protein Leverage Hypothesis” suggests that we continue to eat until we consume adequate protein levels. This means high-carbohydrate, low-protein meals often leave you hungry and prone to overeating.

Prioritizing quality protein also supports healthy cellular function, including the development and maintenance of skeletal muscle, which is crucial for managing blood sugar and insulin. This simple adjustment boosts energy levels and satisfaction, providing a longer-lasting feeling of fullness. Try it; you'll like it.



## 3. Eating Too Often

Intermittent fasting isn't about food deprivation; it's about fostering a healing state when practiced correctly. The body benefits from a 12 to 16-hour break from digesting food, which balances hormones, blood sugar, and insulin levels, initiates cellular repair, burns fat stores, and even repairs the gut lining. None of this can happen when we are constantly eating.

This break is equivalent to finishing dinner at 6 pm and having your first meal between 6 am and 10 am. There is no one-size-fits-all approach to fasting—particularly for women. Before making any changes, especially if you use insulin or other medications to manage blood sugar, consult your physician. This intervention is potent and may impact dosage requirements.

To learn more about the science and benefits of fasting and how to tailor it to your goals, I highly recommend the book *Fast Like a Girl* by Dr. Mindy Pelz. I am excited to share that I recently trained under Dr. Mindy to become one of the first Fast Like a Girl Certified Coaches in Ontario! Stay tuned for local and virtual workshops to learn more about using a fasting lifestyle to reach your health goals, lose extra weight, and feel amazing in the process.

#### 4. Being Under-Muscled

Skeletal muscle is a beautiful thing. Not only does it make us look and feel better, but Dr. Gabrielle Lyon, a board-certified family physician who has trained in geriatric nutritional sciences, believes this endocrine organ may just be the most important organ for healthy longevity! When it comes to metabolic health and weight loss, the more muscle you have, the greater your ability to naturally lower blood sugar and insulin. Remember, insulin is the hormone that instructs the body to store weight and prevents the burning of existing fat stores. Additionally, the muscle acts like a sponge to absorb blood glucose, reducing the need for insulin production.

Many of us believe that cardio and HIIT exercises are important to weight loss while ignoring or misunderstanding the inherent value of muscle. But, as we age, resistance and strength training focused on building muscle is not just a good idea, it's critical to healthy and long-term weight management. Enhance your routine by incorporating resistance training—whether it's body weight, bands, or dumbbells—three times a week.

#### 5. Too Little Sleep

Quality sleep has a powerful and often overlooked influence on weight loss. Research indicates that getting less than 7 hours of sleep raises cortisol levels, leading to increased blood sugar and insulin, regardless of dietary choices. Additionally, sleep deprivation boosts the hunger hormone, ghrelin, prompting us to eat more and crave unhealthy, high-carb foods.

Lack of sleep also negatively affects cognitive function. It overstimulates the amygdala, the brain's "fight or flight" centre, and impairs the prefrontal cortex, responsible for rational decision-making. This makes resisting temptations, like office breakroom donuts, nearly impossible.

There's a strong and reciprocal relationship between sleep, weight loss, and lifestyle. Sleep deprivation makes weight loss challenging, while a stress-filled lifestyle, poor nutrition, unstable blood sugar, and an unhealthy gut microbiome can make it almost impossible to attain the restorative sleep needed for effective weight loss. Prioritizing a healthy lifestyle sets the stage for achieving the 7-9 hours of quality sleep our bodies truly need.

#### 6. Not Eating Enough "Good Fats"

For years, dietary fat was blamed for weight gain, leading us to avoid it at all costs. The calorie argument was strong since fat has more than double the calories of carbs or protein. But this logic was flawed.





Not all fats are created equal. Good fats like those in avocados, nuts, seeds, wild-caught fish, grass-fed beef, and oils such as olive and coconut, are beneficial. They play a crucial role in weight loss, hormone production, and overall health.

Your brain, composed of roughly 60% fat, relies on good-quality fats to build cellular membranes, ensuring proper function. Consuming the right fats satisfies the appetite, regulates blood sugar and insulin, and aids in burning stored fat. So, wave goodbye to trans fats, inflammatory vegetable oils, and oxidized fats found in restaurant fryers, and embrace healthy fats to support your weight loss journey.

## 7. An Unhealthy Gut

Within our bodies resides a vibrant ecosystem—the gut microbiome. This bustling community of trillions of microorganisms is essential for our health. Bacteria, viruses, and fungi work with us in a symbiotic relationship crucial for survival. We provide nourishment for their thriving existence, and in return, they help us by breaking down complex carbohydrates, producing neurotransmitters, vitamins, and nutrients, protecting against pathogens, training the immune system, supporting detoxification, and modulating the nervous system. The success or failure of this partnership hinges largely on what we choose to eat.

Unfortunately, our modern ultra-processed diet deprives these microorganisms of the plant fibres they crave and exposes them to harmful chemicals and additives, disrupting and damaging the broader ecosystem. As the saying goes, “what you reap is what you sow.” Conditions like obesity, systemic inflammation, and insulin resistance are linked to lower microbiota diversity and an increased likelihood of a leaky gut. Moreover, these microbes communicate with us, directly influencing cravings to ensure their survival.

In essence, your gut wields significant influence over weight loss, so nourish it with what it needs to excel on your behalf. Choose real, nutrient-dense, fibre-rich, organic, whole foods—a solid investment for you and your microbial companions!

## 8. Too Much Stress

Chronic, unmanaged stress and anxiety can wreak havoc on both metabolism and weight loss efforts. High cortisol levels triggered by stress increase blood sugar and insulin, once again instructing the body to store energy rather than burn existing fat. Sadly, this happens even in the absence of food.

Simple changes like avoiding “working lunches,” doing breathwork before meals, or taking a short walk after eating can lower cortisol and improve digestion. While exercise is a stress reliever, too much intense training, like running or HIIT, can increase cortisol. If you’re under chronic stress, try including more calming activities like meditation, yoga, walking, or stretching to reduce cortisol, blood sugar, and insulin levels.

## 9. Exposure to Toxic Chemicals

Continuous exposure to man-made chemicals in food, water, air, skincare, cleaning products, cookware, clothing, and even pharmaceuticals can disrupt hormonal balance and lead to weight gain. These substances, known as “xenobiotics,” aren’t easily recognized or eliminated by our bodies and are often stored in fat. Some experts even refer to these substances as “obesogens” due to their link to obesity.

Food is a major source of exposure, but environmental toxins are also pervasive and accumulate over time. Furthermore, genetics can influence our ability to detoxify these chemicals, increasing the risk for some individuals.

Take charge by being an informed consumer – read labels and make choices that limit exposure to these chemicals while supporting your body’s detoxification process. Prioritize a diet rich in fibre from colourful vegetables and low-glycemic fruits, drink plenty of filtered water, exercise regularly, and use sauna sessions to induce sweating. You can learn more about the safety of household and personal care products by visiting the Environmental Working Group website at [www.ewg.org](http://www.ewg.org).

## 10. A One Size Fits All Mentality

Finally, it’s incredibly important to recognize that we are all unique individuals with differing nutrition and lifestyle needs influenced by various internal and external factors. These factors include gender, age, genetics, gut health, hormonal status, environment, nervous system state, toxic load, mindset, culture, and more. Given these differences, our bodies may not respond identically to the same lifestyle interventions, leading to potential frustration. Understanding this concept can help you rise above the pain of self-comparison.

Be kind to yourself and approach lifestyle changes with curiosity. Pay close attention to the signals your body sends, and you’ll begin to discover what works best for YOU. Finally, embrace the process of trial and error—certain foods and lifestyles may work for you, while others may not, and that’s perfectly okay.

This article is not just about losing weight—it’s about creating health through lifestyle choices that lead to weight loss as a natural byproduct. Excess weight is a symptom of an imbalanced body, but you have the power to restore that balance. Remember, your body is a finely tuned, intelligent system capable of achieving and maintaining long-term health. All it needs is your support to do what it does best!

Cheers to gaining health and losing weight,

Patty, Certified Health and Lifestyle Coach.

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# body TRANSFORMATIONS WITH CORY VOLUME 2

Photos taken at:  
RAW Training, Windsor

**Achieving true transformation requires more than just hitting the gym or sticking to a diet—it's the synergy of exercise, nutrition, and good habits that has the full potential of change. Body Magazine recently caught up with Cory Marchildon at Raw Fitness, where he began his remarkable transformation journey two years ago.**

Story by Paula Just  
Cory training with  
Jeremy Smith, Raw Training

Cory, (General Manager of Supreme Basement Solutions) who once weighed 287 pounds after an injury, approached the owner and personal trainer Jeremy Smith, intending to lose 100 pounds, build lean muscle, and improve his overall strength. "Meeting Jeremy was a turning point," Cory recalls. "I knew I needed to change, and he gave me the tools and direction to make it happen." Today, Cory is 67 pounds lighter and boasts significantly more lean muscle. He trains every day of the week and maintains a balanced diet, proper supplementation, and a healthy routine.



Central to Cory's health success has been his dedication to nutrition and the 40-40-20 diet, which balances macronutrients at every meal. "Nutrition is key," Cory emphasizes. "I eat five meals daily with the same calorie intake and macros—40% protein, 40% carbs, and 20% fat. This consistency has been crucial." This diet is particularly favored by bodybuilders who aim to increase muscle mass. Cory consumes approximately 4,000 calories daily, distributing these calories across five meals. His protein intake ranges from 260 to 300 grams daily. In his opinion, people - especially women - need to eat more protein. "We should all aim for proportional meals, like never eat a protein without a carb. It is also necessary to include good fats in our diet, like eggs, dark chocolate, fatty fish, avocado, nuts, and chia seeds."



Cory also highlights the importance of supplements in his diet, which aid overall performance and recovery. "Supplements bridge the nutritional gaps and make sure my body receives everything it needs." According to him, by complementing a balanced diet, supplements help maintain a consistent intake of vital nutrients, contributing to peak performance.

## CORY'S SUPPLEMENTS

Supplements play a crucial role in our nutrition by boosting vitamins, minerals, and other nutrients our regular diet may need. As shown on the right, Cory uses Protein Powder, Creatine, Fish Oil (Back), Rogue Hydration Drink, a Multivitamin, Pre-Workout, BCAA Branch Chain Amino Acids.

**Through discipline and commitment, he has transformed his body and adopted a lifestyle that promotes long-term health and well-being. "It's been a tough journey, but seeing the results makes it all worth it," Cory says.**



**Tune in next issue! Cory will introduce Mike Haifa, Supreme Basement Solutions Specialist.**



# Understanding Chiropractic and the Vertebral Subluxations



*By Sarah Dale, DC  
Community  
Chiropractic Centre*



Vertebral subluxations are subtle misalignments or dysfunctions in the spine that interfere with the nervous system's ability to function optimally. From a vitalistic perspective, these subluxations are not merely mechanical issues, but disruptions that impair the body's innate intelligence and its inherent capacity for self-regulation and healing. When vertebrae become misaligned, they can create tension on spinal nerves, leading to a cascade of physiological and even emotional repercussions throughout the body.



## The Impact of Modern Stress

Modern life presents a myriad of stressors that can profoundly affect spinal health and overall well-being:

- **Physical Stress:** Prolonged sitting, poor posture, repetitive movements, and physically demanding occupations can exert significant stress on the spine, contributing to subluxations over time.
- **Chemical Stress:** Exposure to environmental toxins, consumption of processed foods, medications, and other substances can disrupt biochemical processes within the body, affecting spinal health and contributing to subluxations.
- **Emotional Stress:** Anxiety, chronic stress, unresolved emotional trauma, and negative thought patterns can manifest as muscular tension and postural changes, further exacerbating spinal misalignments.

Each form of stress adds layers of tension and imbalance to the spine, potentially compromising overall health and well-being.

## Causes of Vertebral Subluxations

Identifying and understanding the root causes of vertebral subluxations is crucial for effectively addressing and preventing them:

- **Physical Causes:** Acute trauma from accidents, sports injuries, repetitive motions, and even minor incidents can directly impact spinal alignment, leading to subluxations.
- **Chemical Causes:** Poor dietary habits, exposure to environmental pollutants, and the use of medications can alter the body's chemistry, contributing to spinal dysfunction and subluxations.
- **Emotional Causes:** Psychological stress, unresolved emotional issues, and poor coping mechanisms can manifest physically as muscular tension and postural changes, which can ultimately lead to subluxations.

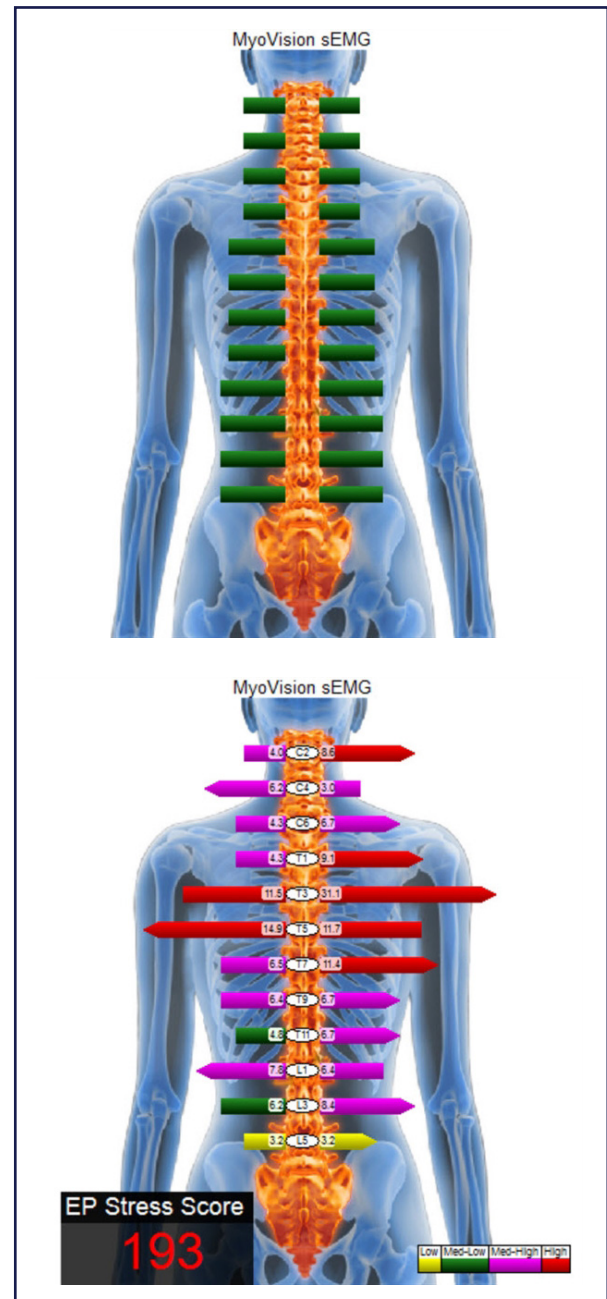
## Effects of Vertebral Subluxations

The effects of vertebral subluxations extend far beyond localized discomfort to impact overall health and well-being in multifaceted ways:

- **Musculoskeletal Issues:** Chronic neck and back pain, reduced range of motion, muscle stiffness, and joint discomfort are common musculoskeletal symptoms associated with subluxations.
- **Neurological Symptoms:** Nerve interference caused by subluxations can lead to headaches, migraines, and symptoms such as numbness, tingling, or weakness in extremities.
- **Organ Dysfunction:** Impaired nerve function due to subluxations can disrupt organ function, potentially contributing to digestive issues, respiratory difficulties,

hormonal imbalances, and other systemic health concerns.

Addressing subluxations through chiropractic adjustments aims to restore proper spinal alignment, alleviate nerve interference, and promote the body's natural ability to heal and maintain optimal function.



## Vitalistic Approach to Healing

In chiropractic care, the vitalistic approach emphasizes the body's inherent ability to self-regulate, adapt, and heal. The chiropractors at Community Chiropractic Centre apply this philosophy in their practice to:

- **Restore Alignment:** Through precise spinal adjustments, chiropractors aim to realign vertebrae, alleviate nerve pressure, and facilitate improved communication within the nervous system.

- Promote Holistic Health: Chiropractors consider the interconnectedness of body systems, addressing lifestyle factors such as nutrition, exercise, sleep, hygiene, stress management, and emotional well-being to support overall health.
- Empower Patients: Educating patients about the importance of spinal health, proper posture, ergonomic practices, and proactive self-care strategies empowers them to take an active role in their well-being and long-term health outcomes.

**Integrating Traditional Wisdom with Modern Understanding**

In a world driven by technological advancements and scientific discoveries, the vitalistic principles of chiropractic care offer a complementary perspective on health and healing. By acknowledging the body's innate wisdom, resilience, and capacity for self-healing, chiropractors can collaborate with patients to optimize health outcomes through personalized care plans that integrate traditional wisdom with modern understanding.

The chiropractors at CCC use modern diagnostic equipment to aid in the development of treatment plans which are tailored to each individual patient's needs.

Surface electromyography (nerve scans) is an objective way to measure progress as the treatment plan progresses and determine what type of care the patient needs.



Furthermore, x-ray study can also aid in determining the advancement of spondylosis (degeneration of the vertebral column) and which type of care would be the most appropriate for each individual patient.

Book with one of the chiropractors at CCC to get a nerve scan and see if chiropractic is right for you!

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# YOUR TOP SUMMER QUICK SKIN TIPS



By Vanessa Steele  
Esthetician/Owner  
Steele Beauty Clinic

## *Prevent those Acne Breakouts:*

Summer is always that time of year that we are able to enjoy the outdoors and all the activities it has to offer. Diving in our pools or weekend getaways to the beach, taking long walks in the beautiful sunshine, bike riding, running, or being more active at the gym to stay in shape. But as we enjoy these outdoor activities, it is important to be mindful of maintaining skin that is prone to active breakouts especially during these hotter months. How do we do this? Staying on top of sweat and bacteria that easily forms during those activities we love the most. Cleansing the skin as often as possible is the easiest way to rid any build up post sweat and heat. Having a good foaming cleanser on hand in your bag after the pool, a day at the beach, or even after a good workout. Cleansing is not only key to prevent the formation of acne, but to decrease our pores from clogging, and prevent white head and blackhead congestion under the skin.



Prone to breakouts on your back? Keep the sweat off of your clothes, especially post-workout clothing that is tighter fit, and rinse your body with a good exfoliation either with a wash that contains exfoliants or the best option is a loofa sponge in the shower to exfoliate your back and body daily or as often as needed.

### *Best type of moisturizer for Summer?*

Summer skin is always treated differently than our winter skin. Opting for a light-weight, oil-free formula is always best to allow our skin to have just the right amount of hydration it needs while in the outdoor heat. Choosing one that is high in antioxidants is also a great option as it will protect your skin from environmental stressors like the sun, pollution, and even the use of tanning beds. Our bodies should also be hydrated with more oil-free options instead of coconut oils, or any oil based lotions we tend to use to add extra hydration during the winter months. You want to prevent the sun from adding in too much heat to those oil-based products which then cause further sun-damage and more. There are also products that contain active ingredients (glycolic, lactic or salicylic acid) to maintain oils in the skin that may be used at night so you are not hypersensitive to the sun during the day. It's a great option to maintain your skin treatments and keep dead skin build up from forming. We want to not only keep our skin exfoliated but also hydrated as needed so finding the perfect balance for your skin type is always key. Consulting with your skin aesthetician which products are best for you during this season is always ideal.

### *Which sunscreens are most beneficial?*

Always look for a broad spectrum sunscreen 30+ so you know you are fully protected from the harmful UVA/UVB rays that penetrate into your skin and are what cause damage. Your sunscreen is your last step of any skincare routine and by far the most important to protect the youthful results you are wanting to maintain, especially for aging and skin health purposes. As there are a variety of ways to apply your sunscreen nowadays from liquid form, spray on, to brush-on applications to keep on-the-go, your SPF step should never be missed. Reapplication throughout the day whether outdoors or working in the office by a window is beneficial to protect the skin you are in. Body sunscreens should never be forgotten after you apply your daily lotions to keep the skin on your most exposed areas by the sun safe as our clothing options are lighter in the summer time with tank tops and t-shirts. Do not forget to get the top of your feet as sunscreen should be applied to all the areas we expose.

### *How to protect further from the sun?*

Summer hats! As fashion is always changing with the latest trends, wearing a wide brimmed hat is ideal to keep that sunshine directly off of the face whether relaxing by the pool, enjoying the gardening, or grabbing a bite on a patio with friends. Of course ball caps are still a great option, but if possible, always opt for the wider brim to keep exposure lessened if the option is there. Keep in mind your feet! Yes, we always choose to grab those easy flip-flops or slides, but how often do we feel the top of our feet get burned? A lot of times! So when possible to wear a closed shoe, especially during long walks, your feet will thank you later! Sunglasses are always fashionable, nowadays the bigger the sunglasses the more fashionable we feel, but nonetheless, it's great protection as well as style! If we may choose ones with UV protection, that is always a bonus and safer to wear.

### *How often do we hydrate?*

All day long! Our bodies are an organ that is made of more than 50% of water in order to function healthily, therefore reminding ourselves to drink water as often as possible, especially during the hot months as we sweat and lose water from our bodies and want to avoid dehydration. For those coffee lovers, for every cup of coffee, ensure to have a bottle of water to balance after each cup. Whether working out, or sitting at your desk at work, keep your water on hand! Those that do not always enjoy water, opt to make it tasteful with some fresh cut lemons, mint leaves, or a slight bit of fruit juice to keep you enjoying and drinking it often.

### **Vanessa's Favourite Summer Skincare Items:**



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# TORCH FAT & **BUILD** **MUSCLE**



*By Jono Macri*

In the quest for the perfect physique, the dual goals of burning fat and building muscle often seem at odds. However, with the right strategies, you can achieve both simultaneously, transforming your body from good to great. There is nothing on planet Earth more frustrating than putting work into something and seeing zero results. This article will help you become intentional with your training and give you the desired transformation you've been wanting!



## 1. Strength Training: The Cornerstone of Muscle Building

Strength training is essential for muscle growth. Focus on compound exercises like squats, deadlifts, bench presses, and pull-ups, which target multiple muscle groups simultaneously. These movements not only build muscle but also increase your metabolic rate, helping you burn more calories even at rest. Aim for at least three to four strength training sessions per week, progressively increasing the weight to continually challenge your muscles. “But I don’t want to look too manly. Do I still have to use weights?” The short answer is absolutely yes you do. By weight training you’re also boosting metabolism, improving bone density, supporting joint health, improving posture, mental health, weightloss and cardiovascular health.



## 2. High-Intensity Interval Training (HIIT): Maximizing Fat Burn

HIIT is an effective way to torch calories and shed fat. This training involves short bursts of intense exercise followed by brief periods of rest or lower-intensity exercise. HIIT can be done with various exercises, such as sprinting, cycling, or bodyweight movements like burpees and jumping jacks (I hate burpees too, but trust me they work). A typical HIIT session lasts 20-30 minutes but can burn more fat than a longer, steady-state cardio workout due to the afterburn effect, where your body continues to burn calories post-exercise.

## 3. Nutrition: Fueling Your Transformation

What you eat is just as important as how you train. To build muscle and lose fat, you need a diet rich in protein, healthy fats, and complex carbohydrates. Protein is crucial for muscle repair and growth, so include sources like chicken, fish, lean beef, beans, and protein shakes. Healthy fats from avocados,

nuts, and olive oil help support hormone production, while complex carbs like sweet potatoes, quinoa, and whole grains provide sustained energy for your workouts. Don’t think of eating healthy as a “new diet” but rather a lifestyle. Focus on eating single ingredient foods, and cut out the encyclopedia of processed chemicals and ingredients in your “healthy snacks”, and watch how fast you cut body fat.



## 4. Rest and Recovery: The Unsung Heroes

Muscle growth happens not in the gym, but during recovery. Ensure you get enough sleep, ideally 7-9 hours per night, to allow your muscles to repair and grow. Also, include active rest days where you’re not lifting heavy weights but rather doing pilates, yoga, bike riding, paddle boarding, hiking, or swimming.

## 5. Stay Consistent and Patient

Transforming your body is a marathon, not a sprint. Consistency is key. Stick to your workout routine, maintain your healthy eating habits, and stay patient. Progress may seem slow initially, but over time, the results will speak for themselves.

## 6. Make it Fun!

If working out is a constant struggle, and you’re doing it by yourself in your basement, then it’s going to feel like a chore and eventually you’ll quit. Make it a point to make it fun! Grab a friend, go do things together, challenge yourselves, or switch gyms. If you’re interested in changing you’ll never change. If you’re committed to the process and do whatever it takes then change is inevitable

Burning fat and building muscle simultaneously is a challenging but achievable goal. By combining strength training, HIIT, proper nutrition, rest, and consistency, you can transform your body into a lean, muscular machine. Remember, the journey requires dedication, but the rewards are well worth the effort. There is nothing better than being proud of your hard work, and having the confidence to achieve your goals will bring you that pride! MAKE IT HAPPEN!





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But don't just take their word for it. Their previous projects speak for themselves, including the Patti France Promenade at St. Clair College, the Zekelman building, and the Welcome Centre. Stonebrook's portfolio has a great deal of stunning work, which has led to them being entrusted with the landscaping for the upcoming Legacy Beacon on Riverside Drive, as well as the new k-12 school in Kingsville.

From vibrant gardens and inviting walkways to green spaces, they use top-quality materials and the latest techniques to create sustainable and visually appealing landscapes. With Stonebrook Landscaping, your business's landscape will stand out and make a lasting impact. Discover the difference that professional landscaping can make for your commercial property and experience the benefits of working with a team that truly cares about your success.

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# EMBRACE THE RAINBOW: THE NUTRITIONAL BENEFITS OF EATING COLOURFUL FOODS



By Paula Just

In Psychology, colors influence emotions, behavior, and even the decisions people make every day, whether consciously or unconsciously. When used strategically, colors can stimulate feelings such as passion, energy, excitement, joy, optimism, creativity, and even appetite. In Nutrition, colors are also significant allies for human health. According to experts, a colorful plate is vital because colors can indicate nutritional composition, helping to create balanced menus. Imagine the joy and excitement of a vibrant, colorful plate of food, not just for the eyes but also for the taste buds.

A study published by Harvard Medical School confirmed that colorful fruits and vegetables contain phytonutrients, compounds that give plants rich colors, characteristic flavors, and aromas. According to the study, these are the nutrients found in the colors of foods:

**Red:** It is rich in the carotenoid lycopene, a powerful antioxidant that scavenges gene-damaging free radicals, potentially protecting against prostate cancer and heart and lung diseases. Foods containing lycopene include strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, and red onions.



**Orange and Yellow:** These foods provide beta-cryptoxanthin, which aids intracellular communication and may help prevent heart disease. They can be found in carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut, acorn), peaches, cantaloupe, and corn.

**Green:** Green foods are loaded with cancer-blocking compounds like sulforaphane, isothiocyanates, and indoles, which inhibit the action of carcinogens (cancer-causing agents). These nutrients are present in spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi, collard greens, green tea, and green herbs such as mint, rosemary, sage, thyme, and basil.

**Blue and Purple:** Blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, and purple cabbage contain anthocyanins, powerful antioxidants believed to delay cellular aging and promote heart health by preventing blood clots.

**White and Brown:** The onion family is wealthy in allicin, known for its anti-tumor properties, while other foods in this group contain antioxidant flavonoids like quercetin and kaempferol. These beneficial compounds are found in onions, cauliflower, garlic, leeks, parsnips, daikon radish, and mushrooms.

Varying your diet and the items you consume also help maintain a healthier diet. By expanding your options and ensuring your plate has a diverse menu, you will naturally consume more varied vitamins and antioxidants. Antioxidants can prevent or reduce cell damage caused by free radicals and harmful molecules. By minimizing the damage from free radicals, antioxidants help shield the body from certain diseases and slow aging. Incorporating a wide range of colors in your diet helps ensure that your body receives a complete variety of nutrients necessary for good health and, most importantly, for disease prevention. With the power of colorful foods, you can take control of your health and reduce the risk of diseases.

In addition to all these benefits, increased consumption of fruits and vegetables ensures better intestinal function, which has been highlighted in various studies in recent years as the 'second brain' of the human body. This concept refers to the complex network of neurons that line our guts, which are so extensive that some scientists have nicknamed it our 'second brain.'

Experts point out that the intestines and the digestive system are responsible for much of the production of serotonin, the hormone responsible for mood and sleep. Colorful foods are rich in fibers, vitamins, minerals, and antioxidants that help regulate intestinal transit and maintain balanced gut flora.

To help you, here are some practical methods for boosting your daily fruit and vegetable intake: Incorporate various forms such as smoothies, juices, and whole-food powders into your meals; Expand your options by diversifying the types of produce you have on hand;

Choose to have home-cooked meals rather than eating out; Enhance the flavor of vegetables with different seasonings; Utilize technology like photos, apps, and games to stay motivated.

Including a variety of formats is also beneficial. Experiment with raw, steamed, or boiled fruits and vegetables, and don't hesitate to add spices, seasonings, and herbs. Enjoy blended drinks, herbal teas, infused waters, juices, and whole-food powders to keep things interesting. If you put some of these ideas into practice, take photos of your colorful plate and tag us!

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