

PHOTO FEATURE



Debert Legion Branch 106 President Bob Pash presents Dave MacPhee with an Education Bursary for Sophie Gilley, who was unable to attend the presentation. (Harrington Photo)



Debert Legion Branch 106 President Bob Pash presents Emma Toole with an Education Bursary on behalf on the Branch. (Harrington Photo)



Debert Legion Branch 106 President Bob Pash presents Jackie Murphy with an Education Bursary for her daughter Rachel Murphy, who was unable to attend the presentation. (Harrington Photo)



Debert Legion Branch 106 President Bob Pash presents Deanna Martell with an Education Bursary for Rebekah Williams, who was unable to attend the presentation. (Harrington Photo)

Senior Wellness Expo

September 27 @ 9:00 am - 2:00 pm

The Downtown Truro Partnership is happy to announce we are teaming up with the Rath Eastlink Community Centre (RECC) to host this year's Senior Wellness Expo!

Thursday, September 27 9:00 am – 2:00 pm.
The RECC will be open to Seniors only for free swimming, climbing, use of fitness centre, skating, with demonstrations and showcases from our experienced service provider vendors. New this year, we're offering a spin on "speed dat-

ing" to give you more exclusive time with Seniors that are interested in your business or service.

Coupled with Live entertainment and fun interactive activities, this year's expo will engage Seniors more than ever!

Contact the Downtown Truro Partnership office if you would like to get involved:

info@downtowntruro.ca

Why a Multivitamin?

By *Kim Langille*

Contrary to what some nutritionists and health care providers insist you cannot get all your nutrients from food as it is provided today. And even if you do eat a varied diet of organic fruits and veggies, wild fish, organic meats, whole grains, healthy fats, and clean water, our environment is polluted. Most foods are harvested before they are ripe, grown in soils that are exhausted of essential elements and stripped of their nutrients during processing.

Vitamins and minerals play biochemical roles in the body. They convert food into energy and build bones and tissues. Vitamins and minerals are constantly being depleted and must be replenished.

Our bodies have not kept pace with our ability to change our environment. This results in stress. Food and its nutrients provide a primary means of dealing with stress. Studies indicate that stress stimulates the breakdown of serotonin, a mood affecting hormone in the body.

The following list of snacks can help soothe stressful moments: apricots, (unsulphured), baked apples with cinnamon, black beans and cilantro, carrots, raisins with homemade poppy seed dressing, figs (unsulphured), lentil soup, canned peaches in their own juice, and sprinkle quality wheat germ on anything! Fuel your body with the right nutrients and you will be helping your body fend off disease and protect itself from the effects of stress, and supporting its efforts to rid itself of chemicals we are exposed to daily.

Your money may be wasted if the supplement you take does not do the job. Unfortunately, many health consumers shop for supplements using price as a key to their decisions. Private label and major brands, in their quest to give you the best price,

may cut corners and not offer you the most absorbable and effective form of supplement. You get what you pay for, but you may not get what is best for your body. Vitality, youthfulness, energy and clear thinking are greatly enhanced with proper nutritional supplementation.

The biological availability (what your body will absorb) of different forms and delivery systems of multi's differ in absorption times. Time released and hard tablets take the longest to absorb; therefore, minimizing the percentage of nutrients the body actually receives. Capsules are better than tablets at increasing the percentage of nutrients absorbed, while powders and liquids are superior for absorption.

Generally, supplements are best taken during or at the end of a meal. It takes time for pills and other delivery systems to break down in your digestive tract. If you experi-

ence digestive problems or if you are in your forties or older, your multi nutrient should have digestive enzymes or it is recommended that you take these enzymes at the same time.

As we mature in years, our secretions of enzymes decrease resulting in nutritional deficiencies that cause disease and illness. These enzymes help your body break down and absorb the nutrients in your supplements.

Supplements, when used appropriately, help restore inner balance by boosting deficient nutrient levels in the body.

Nutrients are not an option, they are essential. They ensure that our hearts stay strong into our nineties, our breasts are protected from disease, thyroid functions properly and that our bones don't crumble.

Kim Langille operates O'Healthy Market, Prince Street, Truro

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