

THE MOM & CAREGIVER™

FEBRUARY 2019
VOLUME 21 ISSUE 2

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ALL YOU
NEED IS
LOVE

DATE
NIGHT

VALENTINE RECIPE
BE MINE
CREPE CAKE

Wherefore Art
Thou Romeo

Pregnancy - Baby - Toddler - Preschool - School Age - Family

A Free Magazine for Parents and Caregivers



WHEN DAY TRIPS BECOME DAY DREAMS



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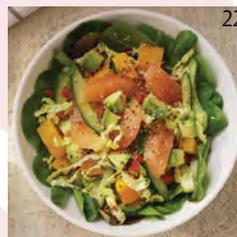
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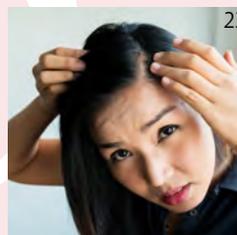
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ON THE COVER

Five year olds Khyshawn and Lilijana both brought huge smiles to our Valentines shoot! Khyshawn adores the song Thunder, and Lilijana loves Minnie Mouse. Big thanks to Lovebird Flowers for our roses (carefully de-thorned for our little ones, of course)

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Photostylists

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Sabina Manji
Melissa Warkentin

If you have any comments or suggestions, please contact us at 519.652.9226 or at editor@themomandcaregiver.com.

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LOVE, SWEET LOVE

It's a chilly, windy day as I sit down to write my editor's note. I should grab a sweater, but I'm slightly warmed by the thought of what I'd like to write to you – it is so important to me to get across my message during this month of love. I think that now more than ever it's paramount that we love one another – not just on Valentine's Day, but every day of the year. And not just those closest to us, but everyone – we're all going around this world together, regardless of nationality, religious or political beliefs.

We have a sweet issue for you this February that we're sure you'll love. As per usual, we're learning a lot from our youngest authors, Ella and Mikaeel. They help us remember that every person in this world should have the right to love whoever they choose, and they're both standing up to those who say otherwise! They're also giving us a laugh

by ending their article (page 11) with their famous jokes – this time, with a Valentine's theme.

Having a hard time finding the passion this month? Maybe you and your significant other need a date night! Easier said than done, right parents (newborn babies, cancelled babysitters, vomiting kids)? But dad, Frank, shares the importance of reconnecting with his husband by making time for date night on page 12. Maybe you and your love are ready for a short weekend away. Embrace your inner adventurer and book a roofed accommodation, complete with log cabin style beds and firepit, at Arrowhead Provincial Park. You'll be arm in arm skating along a tiki-lit ice trail in no time! Find details on page 17.

Ironically, at a time that I believe our world needs a major "love reminder", there's a pop song running through my head, not from current radio, but from 1965. "What the world needs now is love sweet love. It's the only thing that there's just too little of...No, not just for some, but for everyone." (lyrics by Hal David, music by Burt Bacharach) Sing along with me if you know it! From the bottom of our hearts here at The Mom & Caregiver, we send our love to you, our readers, and always feel it back from you tenfold. Wishing you all a happy Valentine's Day! 🍷

*"The more I think it over, the more I feel that there is nothing more truly artistic than to love people."
- Vincent van Gogh*

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FEB 2/2019 EVENTS

1st

The Wedding Singer
Grande Theatre
www.grandtheatre.com

7th

Margaret Atwood's
The Penelopiad
Grande Theatre
1st - 9th
www.grandtheatre.com

12th

Women's Rivalry Series:
Team Canada vs. Team USA
Budweiser Gardens
www.londonknights.com

16th

London Lightning vs.
Sudbury Five
Budweiser Gardens
www.lightningbasketball.ca

18th

Family Day!

22nd

London Knights vs.
Hamilton Bulldogs
Budweiser Gardens
www.budweisergardens.com

23th

Skateable
Western Fair District
Sports Centre
www.westernfairdistrict.com

5th

Early Years Play Dates
London Children's Museum
www.londonchildrensmuseum.ca

9th

Animal Resuce Foundation
Presents Cats!
London Children's Museum
www.londonchildrensmuseum.ca

14th

Happy Valentine's Day!

17th

Moonlight Ski & Snowshoe
Dinner Event
Circle R Ranch
www.circrerranch.ca

19th

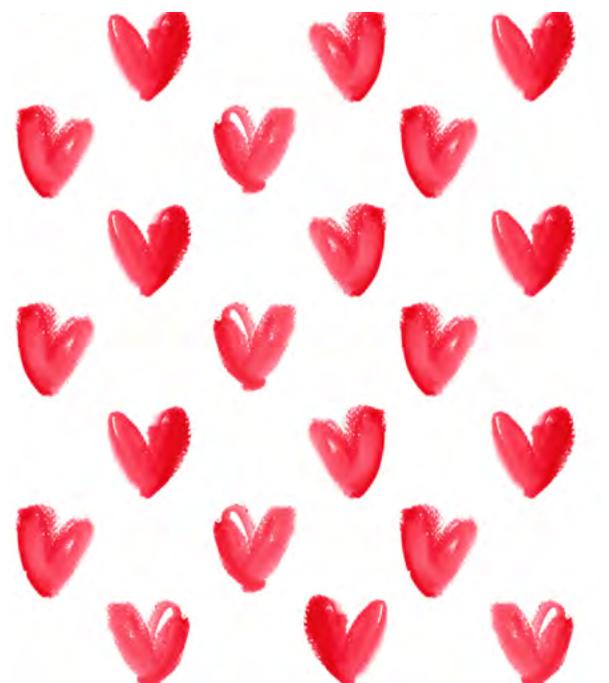
Winter Skating
Storybook Gardens Skate Trail
www.storybook.london.ca

22nd

London Boat Fishing &
Outdoor Show
Western Fair District
22nd - 24th
www.westernfairdistrict.com

25th

Blast From the Past! Encore
Alumni February Concert
Banting Secondary School
www.encoretheconcertband.ca



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Be Mine

CREPE CAKE

My dear hubbie made this cake for me a couple of years ago, and won my heart all over again! He reports it's a pretty simple recipe as long as you follow each step, and I report that the results were absolutely delicious!

Ingredients for crepes:

1 ¼ cups flour
 ¼ cup sugar
 ½ teaspoon salt
 2 tablespoons cocoa powder
 3 eggs
 1 ½ cups milk
 1 tablespoon vanilla
 ¼ teaspoon red gel food colouring
 2 tablespoons vegetable oil

Ingredients for filling:

8 ounces cream cheese
 ¼ cup butter
 1 ½ cups icing sugar
 2 teaspoons vanilla
 1-2 tablespoons milk

Directions:

Whisk together flour, sugar, salt and cocoa. Set aside. In a separate bowl, beat eggs for 1 minute. Add milk, vanilla and food colouring. Beat for 3 minutes. Add the flour mixture and mix just until combined – don't overmix! Cover with plastic wrap, touching right on the surface, and let sit for 30 minutes. When ready to cook the crepes, stir in the vegetable oil.

Heat a 7-10 inch skillet over medium high heat. Pour ¼ cup of batter and swirl to cover bottom of pan. When edges of crepe start to pull away (about 1 minute), flip with a spatula. Cook other side for 30 seconds and remove from pan. This should make approximately 20 crepes. Cool them completely.

Meanwhile, beat cream cheese and butter. Add icing sugar, vanilla and milk and beat until smooth. To assemble the cake, spread 1 tablespoon filling on a crepe and place on a cake plate. Place another crepe on top and spread with another tablespoon of filling. Repeat until all crepes and filling are used. Top with fun Valentines sprinkles if desired.



Recipe by: Melissa Warkentin



BABY BLUES

The perinatal period, from the time of conception up to one year after the birth of a baby, is often a time of celebration and joy. This is not, however, the case for all parents! Worldwide, as many as 1 in 5 women are known to experience challenges with perinatal mood and anxiety disorders. It is an experience that is common to all types of parents, no matter their age, ethnicity, income or culture. As many as 1 in 10 partners can experience perinatal mood and anxiety disorders as well. When mental health concerns go unnoticed and untreated, the consequences can be long lasting and can impact the whole family. By talking about mental health concerns and seeking treatment and support, parents can start to feel like themselves again!

What do perinatal mental health concerns look like? Women in their pregnancy and up to one year after the birth

of the baby may find themselves feeling sad, tearful or crying a lot. They may be anxious, can't stop worrying and seek constant reassurance. They may feel a range of emotions like hopelessness, worthlessness, guilt, or shame. They may find little or no enjoyment in things that used to make them happy. They may find changes in their eating or sleeping patterns and have difficulty sleeping despite being exhausted. They may have scary thoughts about hurting themselves or their baby. Partners may experience these symptoms as well.

What can you do if you feel this way? Talk about how you are feeling with a loved one or someone you trust. Speak with a healthcare professional. Seek support groups within your community, like the Mother Reach Support Group (<https://www.healthunit.com/mother-reach>) or the Parent and Infant

Relationship Clinic (<https://twitter.com/pairclinic?lang=en>). Find ways to build exercise into your day, even if it's just walking around the mall on a cold, wintery day. Consume a range of healthy foods from Canada's Food Guide. Rest and aim to get as much sleep as possible. Find enjoyable activities that help you to relax and feel centered- journal, meditate, listen to uplifting music, take a warm bath. Accept help from family and friends!

Many parents suffer from perinatal mood and anxiety disorders. If you are one of these people, know that you are not alone and it is not your fault. Help and support are just around the corner. For more information on perinatal mental health, and for a detailed list of resources in the Middlesex-London Community, visit: - <https://www.healthunit.com/pmh>.

Heidi Reynolds RN PHN IBCLC
Middlesex-London Health Unit for the
Community Early Years Partnership



VISUAL HEALTH FOR YOUR CHILD

The eyes are said to be the windows to the soul. Vision is indeed the sense that allows us to engage the most with the world. A study by the Society of Optometrists indicated that most children who were found to have low vision on school entry had not reported anything to their parents as they had no yardstick of normal vision to compare their own perception of the world.

Vision is key to cognitive development and learning. Undetected vision loss may be misdiagnosed as ADHD or dyslexia.

Vision screening may be done through your primary care practitioner but a comprehensive eye exam that identifies eye diseases can only be done through your optometrist.

Currently, comprehensive eye exams are covered by the Ontario government for children and seniors.

In addition, a program called "Eye See, Eye Learn" can cover the cost of one pair of eyeglasses for a child who qualifies. Children born after 2014 may qualify for this program.

The Society of Optometrists recommends having an initial eye exam before a child's first birthday. Many problems such as "lazy eye" are entirely correctible if caught early.

The society provides an excellent list of signs and symptoms to watch for on their website. In particular, if you notice your child bumping into things, squinting or feeling things to identify them, they may need to be assessed. Behavioral cues might include restlessness and inability to focus on visual tasks. This can be misconstrued as attentional difficulty or disruptive behavior.

When our children are born, they are pluripotent: they can do anything and we feel that they can become visionaries. Let's ensure that their vision does not hold them back!

For more information check out this resource:

https://www.optom.on.ca/OAO/Patients/Library/Does_my_child_need_an_eye_exam.aspx#important 📄

Dr. Bhooma Bhayana is a family physician in London and the mother of two young men and grandmother of one lovely princess! She continues to find wonder and enjoyment in family practice despite more than 30 years on the job!



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CscProvidence.ca/registration



ALL YOU NEED IS LOVE

Join 12-year-olds Mikael and Ella every month as they share perspectives on life as a child sees it.

How do you define love?

Mikael:

Love is when you have a deep affection for someone and you enjoy spending time with them.

Ella:

Love is when someone would do almost anything for you, they make you feel like you are special, they know your likes and dislikes and they will never give up on you, no matter what.

What kinds of love do you have in your life today?

Mikael:

I love my parents and my grandparents, and of course my pets.

Ella:

I have love from my amazing family: my sister Lily, my parents, my aunts, my uncles, my cousins and my grandparents.

Do you think everyone has the right to love who they choose?

Mikael:

Yes, I think anyone should be able to love anyone they choose and should not be forced to love someone.

Ella:

Yes! Everyone has that right to love whoever it is they love, no

matter of race, culture, religion or gender. It is your choice to decide who you love, not anyone else's. It's your life and your love.

How are you helping the world to better see this?

Mikael:

I am helping the world see this by not making fun of anyone because of who they love.

Ella:

I'm helping the world to better see this by not just standing back when someone makes fun of people who are gay or who love someone different than they do, but instead stepping in and saying that that's not okay.

What's the funniest line you would put on a Valentine's Day card?

Mikael:

"A guy knows he's in love when he loses interest in his car for a couple of days." - Tim Allen

Ella:

I hope I'm not giving you a *heart* time! 🧡

DATE NIGHT

Before becoming fathers, a wise nugget of advice we received was to make sure we took the time to take care of our relationship. Of course that made sense and at first it was easy! Date nights became a regular thing for us. We took turns planning, explored new restaurants, saw new movies or shows, and even met up with other couples for a drink. The idea that we could sustain these beautiful child-free nights throughout our parenting journey seemed feasible. And then (let's say it in unison my friends) life gets busy.

Date nights took a back seat almost instantly after our second child was born. Finding child care for an infant AND a toddler was a little more complicated. Even when the planets aligned and a date was actually planned, chances were pretty high that some hiccup would force us to cancel – a fever, the runs, a cancelled babysitter. As time passed, it seemed easier and easier to just forget about date nights, put on the ol' sweatpants, order in some food, open that box of wine, and do our best to not fall asleep while trying to enjoy a Netflix series together.

Date nights became this overrated unicorn and our relationship quickly slipped into the zone of comfortable cohabitating cohorts who sat on opposite ends of the couch. On one particular evening I was saddened over how little we talked anymore. The distance and the silence between us was growing and it was clear that the cycle needed to be broken. So when my husband's

birthday came up, I didn't think twice and bought us tickets to a show in Stratford.

Begrudgingly, we forced ourselves into some nice clothes and kept our date. At first, it was a bit of a challenge to clear our heads and enjoy the moment. We spent most of the drive there unloading about work, talking about our kids, and planned for some upcoming family events. And then, out of the blue, we started to laugh. Conversations slowly shifted and we began talking about future vacations, restaurants we miss going to, and the crazy people in our lives we love.

As the night continued I could feel my shoulders and mind loosening more. I found myself gazing into his eyes more and realized how much we really enjoy spending time together. He was thinking the same thing so we made a promise to bring date nights back into the fold and immediately starting planning the next one.

Making the effort to keep date nights alive is challenging but truly essential. Studies show that parents who go out as little as once a month have a much higher success rate at staying together. Not only does it keep you connected as a loving couple, it shows your kids what a healthy relationship looks like, and gives you the break you need to be a better parent.

So if your relationship is to survive the treacherous road of parenting, put this magazine down and plan a date night – right now! 🍷

Frank Emanuele is a proud father of two sons, a special education teacher, and a director of Dad Club London.



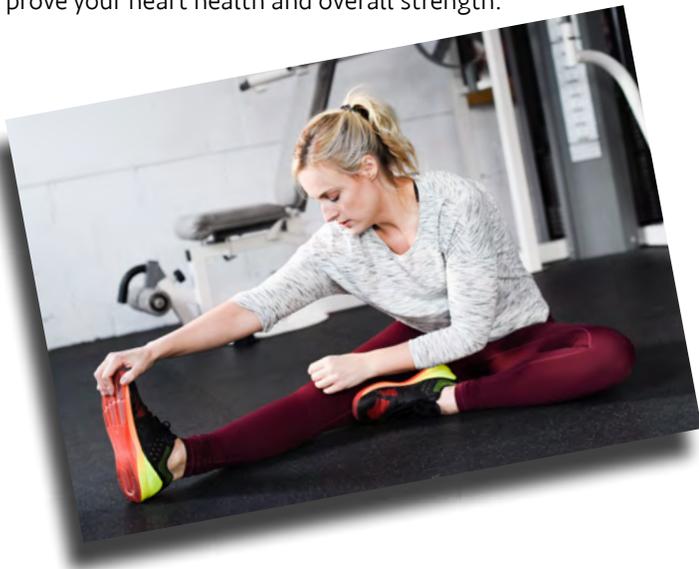
KETO & EXERCISE

One topic that comes up often when it comes to weight loss is the addition of exercise. Should you exercise on keto? What kind of exercise should you do and how often?

One thing I learned from my past attempts at losing weight was that when I tried to do it all I was setting myself up for failure. It is extremely difficult to go from eating poorly and not exercising to eating healthy and killing it in the gym.

You need to take your time in implementing changes so that they stick and become a part of your new lifestyle. When I lost 60 pounds it was 98% diet. Changing your diet is going to result in significant weight loss just on its own. I would highly recommend focusing on the food you eat first and add in some form of exercise as soon as you feel comfortable to complement your diet.

When I lost the weight, I found that my body didn't look toned the way I had wanted. My bum was basically non-existent, and my arms didn't look muscular. This is where exercise came in. Beyond benefits of the shape and tone of your body, you'll improve your heart health and overall strength.



I always suggest starting with something you enjoy. Walking is a simple way to start – even at 20 minutes a day. I started with walking, moved on to running 5 km. You can go to a gym and try their group classes which are available in a variety of difficulty levels. Try out a yoga class or even search YouTube for workouts you can do at home. I personally found the accountability of a trainer to be necessary to keep me on track and getting workouts in.

It's important to work in rest days to your exercise schedule. I cannot stress enough the importance of starting with something manageable and growing into your fitness journey. Understand that this is not something you are doing for a short period of time to lose weight but more of your long-term lifestyle. You can do this! 🏃‍♀️

For more helpful info on the ketogenic diet, connect with Joanna Wilcox on Instagram: @ketoincanada, Youtube: ketoincanada, Facebook: IAmKetoInCanada or her web site where she offers a beginners guide and group support: lamketoincanada.com.

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Tips for a Healthy Smile

LUCKY NUMBER 7

One of the most commonly asked questions we get as orthodontists is “What is the best age to take my child to the orthodontist?”.

While most children are adolescents by the time they get braces, both the Canadian Association of Orthodontists (CAO) and the American Association of Orthodontists (AAO) recommend the first evaluation at or around the age of 7.

Why the early age recommendation if the child isn't going to get braces until the late “tween” or early teenage years? The reason, (and the rationale behind the CAO and AAO recommendations), is that most orthodontic problems begin to manifest themselves early in life, especially in the initial stages of transfer from the primary (baby) teeth to the permanent (adult) teeth. This stage of oral development is called the “mixed dentition”. Intervention at this stage frequently reduces the severity of the problem. Reducing the severity leads to less comprehensive treatment time in the future and very often improved treatment outcomes. While some braces may still be required to finish the job at a later age, the problem will be easier to manage, shorter in duration, cost, and effort.

This type of orthodontic treatment is known as Early, Interceptive or Phased treatment. As we discussed in past articles oral habits are an example of early treatment that if undertaken significantly reduces the treatment needs in a second or compre-



hensive phases. Sometimes early treatment even precludes the need for future treatment completely or moves it to an “elective” category where benefits can be had but are not critical to the overall health and function of the teeth and mouth.

So, the next time you are at your family or pediatric dentist with your child, ask about an age 7, early evaluation by a certified orthodontist. Most initial orthodontic evaluations cost less than one hundred dollars. And, should early treatment be indicated, could save you many times that much in the future. Also, who wouldn't want to make those teenage years a little easier? But, that's another story....

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Shop Local Perks is a London based company founded by close friends that all own individual businesses in the marketing, design, development and customer engagement industries. Jay Abbott, Erin Goris and Shane Harrison set a mission to develop an exciting and powerful mobile loyalty program that would give customers instant perks, while at the same time making sure the merchants maintain control of the perks program, allowing them to react to the market.

"We have built a perks platform that empowers local business owners with a customized and engaging tool without the large expense they would have otherwise had to invest to build", says Shane Harrison, Director of Sales. "Our goal is to encourage more local spending and drive traffic through our Merchant's doors where they can engage long term, Loyal Customers."

"We personally know so many local businesses... friends and family that have started local businesses... some that have done very well and some that have struggled", says Jay Abbott, President of Shop Local Perks. "We have now developed a tool that levels the playing field for these small businesses to be able to compete against big box stores."

To find out how you can receive exclusive Perks from Local Businesses visit www.london.shoplocalperks.com.

If you are a locally owned business and would like to learn more on how to become involved with Shop Local Perks, email Shane Harrison at shane@shoplocalperks.com.



COTTAGE COUNTRY WINTER FUN

ARROWHEAD PROVINCIAL PARK: HUNTSVILLE, ON

Imagine skating along a winding forested frozen trail with flaming tiki torches lining your route. You can do that on select days this winter at Arrowhead Provincial Park near Huntsville. But if evening fun isn't on your radar, day skating (sans tiki torches) is also possible throughout February and March, so long as the ice stays frozen.

Skating is one winter activity – yes, imagine snowy family fun in cottage country – growing in popularity at Arrowhead, and you can rent skates too. In fact, you can rent cross-country skis, boots, and snowshoes at the new Visitors' Centre, designed to provide participants with equipment efficiently. A winterized picnic shelter is part of the design, as is a floor-to-ceiling fireplace inside the 'warm up' area of the Centre.

Winter trails are open including the easy walk to Big Bend Lookout, a panoramic review of the circular Big East River. If crazy fun calls your name, the tubing hill is open all winter and very popular particularly on weekends – and tubing is included in the price of admission. If you're really loving the winter wonderland vibe, stay the night.

That's right, stay overnight, but not in a tent. Available during the winter months, the park has several 'roofed accommoda-



tions' with log cabin-style bunk beds, kitchenettes, a firepit in the yard and heated showers... a short walk away. Picture yourself at a Provincial Park quietly curled up with the great Canadian novel, or reading The Paper Bag Princess aloud, one more time.

<https://www.ontarioparks.com/park/arrowhead> 📍

Sherri Telenko is a Southern-Ontario based travel writer. Please check out her four-footed adventures at www.dogtrotting.net.





**MAYBE IT'S THE FLU,
MAYBE YOU MANIFESTED IT**

**WHY ARE WE SO HARD ON WOMEN
WHEN THEY ARE SICK?**

When I was 19, I was living the high life drinking buckets of gin and tonic and getting Pita Pit delivered to my residence dorm at 3 am. One innocent Saturday night, I headed out with my gaggle of instant best friends from university in search of more first-year merriment.

I remember waking up the next day with a predictable hangover, but as I looked at myself in the mirror, I knew something was very wrong. My skin looked... grey. And my lips were blue. I remember very little before I lost consciousness in the ER. Turns out that I had a bacterial lung infection that antibiotics weren't able to clear up and my lungs both collapsed under the pressure.

Huh. Who knew?

When I returned to classes, I suddenly felt like a complete outcast. I heard my former best friends whispering together about what had happened. "I just think she wasn't eating properly or taking care of herself", said one. "I know", said another, "she is just so.... skinny".

I heard rumors that I'd been unable to recover from the loss of my high school relationship, so it was grief that took my lungs out. My stress levels were too high. I hadn't been getting enough sleep. On and on it went: the rumors, the side looks, the insinuation that at 19, having both of my lungs collapse and me nearly dying was all my fault.

I left my first year of university with my tail between my legs. I had done something to bring this on myself, right?

WRONG. I am now a non-skinny, middle-aged woman. I have watched friends and family members wrestle with cancer, diabetes, mental illness, autoimmune conditions... you get the picture. I see the cycle of victim-blaming over and over again.

The internet is a wonderful and mystical place, full of Web MD symptom checkers. It has also allowed for many people to award themselves with degrees in women's health, and namely, what women do to

cause their own health problems. Got cancer? You're resentful, sister. The flu? You're emotionally off-kilter and should sprinkle some lavender essential oil over that shit. Oh, shucks- did you have to have a C-Section? Fear, babe, it was all fear.

Guys. Can we get real here for a minute? Look, I did my entire MSW project on the link between the physical and emotional health of women. So, I get it. I really, truly do. Yes, the mind and body are one. Yes, when we are stressed we are much more susceptible to illness. Yes, I have read and know the Adverse Childhood Events study inside and out. Obviously, if we are drinking buckets of G&T and smoking menthol skinies (do they even make those anymore?) you're not going to be living a life of vitality. It is irresponsible to deny the connection is there.

That said, what is more, irresponsible is to presume that women in your life, when in such a vulnerable state (illness) have somehow "energetically" brought this on themselves. Reality check: genetics and science are real. Traumas that are not our choosing happen. Health is a combination of lifestyle, luck, and choice.

To offer positive thoughts and apple cider vinegar as the cure to a serious medical problem is, among other things, dangerous. To suggest that someone in the throws of a health crisis has somehow brought this on themselves is humiliating and shameful for the person going through it. Who wants to be sitting at chemo trying to figure out where it all went wrong emotionally?

Plus, you do remember that the energy you put out will come back to you ten-fold right? By the light of the full moon, let's drop the crap. If your friend is sick, just drop by with some chicken noodle soup and call it a day. And if you're sick and reading this: honey, do what you can to get better, when you can, how you can. You are a miracle and I hope you feel better soon.

May you be happy,

Jordan 🍷

Jordan Thomas is a registered social worker and the owner of Nourish Counseling Services. Jordan works with women on improving their mental health and self-compassion. Follow along on IG @nourishcounseling .



THE STINKY SYMPTOM

Whether eating poop, getting in the trash, or drinking from the toilet, our pets seem to love getting into nasty things! As pet parents, we know from experience that our furry family members don't mind getting a little stinky.

Perhaps this is why we seem to accept foul breath as "part of the package". Considering all that our pets' mouths get into, stinky breath doesn't seem out of the ordinary. However, it's far from normal; a foul odour is actually a sign that your pet may be ill and even in pain.

Bad breath is an easy-to-dismiss symptom, especially because our furry family members have an amazing ability to hide pain from us. This survival instinct makes it difficult to know when they need our help, so bad breath is often one of the first ways that their body tells us that something is wrong.

Usually, it's a sign of dental disease. Dogs and cats suffer from gingivitis and periodontitis, which are conditions with similar equivalents in human dentistry. When we have dental pain, we can call the dentist and make an emergency appointment. However, our pets rely on us to act on their behalf.

Bacterial infection, which causes the smelly odour, is not only painful but dangerous too. When left untreated, it can spread throughout the body, affecting organ function and overall quality of life.

Although dental disease affects many, many pets, it's almost entirely preventable! A brushing regime is always recommended, but there are also treats and diets for our pets that are designed to keep dental discomfort and bad breath at bay. Additionally, your vet can perform regular dental cleanings to treat plaque and tartar, clean below the gum line, and use X-rays to check for issues under the surface before they manifest into larger complications. For dental disease, prevention is the best cure!

If your pet has smelly breath, don't delay in contacting your veterinarian to create a treatment plan and to rule out kidney disease, diabetes, and tumours, which can also cause pungent smells.

A healthy mouth is not only important for your pet's overall health and happiness, it means fresher puppy kisses and kitty snuggles for the family, and most importantly, more years to enjoy that love. Now that's a breath of fresh air! 🐾

Dr. I. Wonder is here to answer your questions regarding your furry family members. If you have a question, email it to us at brent@NeighbourhoodPetClinic.com. Our team at Neighbourhood Pet Clinic will tap into their collective experience to answer your questions.

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MYTH BUSTING: DETOXES & CLEANSSES

If I had a dime for every time I get asked about detox or cleanse diets, I would have – er, well you get the point! It's a question I get asked often, especially around this time of year where New Year's resolutions are in high gear. I'm here to bust the myths around detox and cleanse diets and to leave you with a few tips to help you feel better, eat healthier and have more energy!

Detox and cleanse claims

I think I've heard it all...from weight loss; improved digestion, energy levels, and immune system; to banished cellulite, healthier skin, and stronger nails and hair! Detox and cleanse diets can range from one day to a month in length and may require:

- Fasting for short periods
- Cutting out wheat and dairy foods
- Eating only veggies and fruit
- Eating a limited range of foods
- Avoiding things like caffeine and/or alcohol
- Taking pills, solutions, lotions...or potions (insert eye-roll)

The truth about detoxes and cleanses

Truth? They are a marketing myth. Our bodies are incredibly well-developed systems that filter, break down and excrete toxins and waste in our bodies. Our organs (like our skin, liver, kidneys and gastrointestinal tract) are constantly working to 'detoxify' our bodies by removing waste products. No magic potion or lotion or pill can do a better job.

"But I feel better when I do it...". People often claim to feel better and have more energy when they follow a detox or cleanse diet. Not smoking, drinking alcohol, getting good sleeps, fresh air and exercise also help us feel better and more energy. These are the habits that are more likely the cause of feeling better - not the pills, potions and food exclusions.

Wouldn't it be awesome if they really delivered their promise?! Unfortunately, that's not the case - many of the claims are ex-

aggerated and not based on evidence-based science. Any benefit you may get is usually short-lived.

Wheat and dairy

The nutritional reality is that these foods provide us with important nutrients. It's unnecessary to eliminate these foods from the diet for detox or cleanse. Think you have an allergy or intolerance? See your doctor for a proper diagnosis. They can refer you to a dietitian for safe, evidence-based advice.

Facts about fasting

Sure, rapid weight loss can occur - but this weight loss is largely water and glycogen, not fat. Fasting can also leave you feeling tired, dizzy and with less energy than ever. To remove fuel from the fire, your body won't have enough energy to be active - which is an important aspect to health and wellbeing. Could it get any worse than that? Yup. Any weight lost during the fast will likely be gained back once your return to your regular eating habits.

Tips for a healthier, happier you!

While detoxes and cleanse may encourage some positive habits like eating more veggies and fruits, it's best to enjoy a balanced diet and active lifestyle. Here are some tips to help you feel better, eat healthier and have more energy!

- Give vegetables a leading role at every meal.
- Make water your drink of choice more often.
- Cook more often and plan your meals ahead - make the healthy choice the easy choice.
- Be active daily - whether it's taking your dog for a walk, tobogganing with your kids, skating or hitting the gym with a friend!
- Take time to unwind and get good sleep.

Yours in fitness and health,

Jenn 🍓

Jenn Giurgevich is a Registered Dietitian and former contract Professor at Brescia University College with a wealth of nutrition knowledge. Over the last 10 years, Jenn has paired her love for nutrition and health with her undeniable love for fitness, working as both a personal trainer and a fitness instructor.

Look and Feel Your Best



POSTPARTUM HAIR

Going, going gone. Or at least that's what it feels like. Not to fear! Postpartum shedding is a natural process, and here are some helpful ways to manage your tresses during this time of transition.

Choose the right products

Proper hair care is vital during the shedding process. Invest in professional products that are formulated with high-quality ingredients designed to thoroughly cleanse, hydrate and repair. Volumizing styling products are great to achieve thicker, fuller hair, however, I recommend more nourishing formulas when it comes to shampoos and conditioners.

Brush your hair daily

On average, we lose approximately a hundred hairs a day; however, when you're pregnant, you tend to have very minimal shedding due to a significant increase in hormones. This is why it feels like you are losing so much hair at once postpartum.

Brushing your hair daily not only helps to rid of loose strands, but it also stimulates the scalp; increasing blood flow and circulation, which promotes new hair growth.

Visit the pro's

Treat your tresses to a good hair-cut. You don't necessarily have to go for a big chop, but a good trim or fresh cut will help to thicken and strengthen hair. I also highly recommend booking a treatment to strengthen and repair weak, fragile hair, and rid of any impurities and build up on the scalp.

Nourish your body

Our hair is the last thing to be fed by the foods that we consume, so it is essential to consume a healthy, nutritious diet consisting of good fats, vegetables, fruit and tons of water daily. To ensure that you are receiving all of the vitamins you need, give yourself a beauty boost by taking a multivitamin, omegas and a source of iron supplement every day as well. 🍷

Lisa Aquilina is a beauty and wellness professional who strives to help women take care of themselves and support their well-being.

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