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New Executive Medical Clinic Raises The Bar

Personal, prompt and professional – ExecHealth's new medical clinic raises the bar for medical care.


Since 2005 ExecHealth has been providing comprehensive medical assessments to executives, diplomats, professionals and their families. These ½ day assessments, which include detailed diagnostic testing, go far beyond standard physical exams and are designed for the early detection and prevention of diseases such as cancer and heart disease. Health assessments are conducted in a single morning by an onsite team of medical doctors, nutritionists, nurses, physiotherapists and fitness experts. Clients are provided with a written health report and action plan to ensure appropriate lifestyle modifications are made.

ExecHealth is pleased to announce that it is now offering a personal physician service to a limited number of clients in its new state-of-the-art medical facility located on Albert St. By limiting the size of this practice, ExecHealth is able to ensure that each client receives the

highest level of care including punctual appointments – usually same-day or next-day – and as much time with your physician as is needed to ensure all health concerns are addressed.

The new clinic also boasts equipment not normally found in a typical family doctor's office. Onsite ECG, vision testing, lung function testing, and hearing tests eliminate the need for ExecHealth clients to make separate appointments with 3rd parties. An onsite blood collection lab, which operates via punctual appointment, also allows ExecHealth clients to effectively schedule this service.

When further testing is needed, ExecHealth clients benefit from a medical concierge service that expedites surgeries, imaging (such as MRIs) and specialist appointments. Clients are given the option of scheduling these appointments through private channels when public wait times are too long.

ExecHealth is currently enrolling clients in its new personal physician service. For more information about this service, please contact our offices at 613-216-EXEC (3932), or visit our web site www.exehealth.ca. 



ExecHealth+

EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD


Take Charge of Your Health with Far Infrared Technology

Backed by medical research and health professionals, heat therapy is recognized as an easy and affordable way to ease the discomfort caused by such common health issues as **fibromyalgia, osteoarthritis, and rheumatoid arthritis.** Northern Lights Saunas is a local distributor of California-based West Coast Saunas, a manufacturer of fine wood far infrared saunas. Far infrared is a form of radiant heat, and is the safest and most beneficial type of light emitted by the sun.

Apart from sheer relaxation and stress relief, Northern Lights Saunas also allow you to **eliminate harmful toxins** from the body, reduce weight by ridding the body of cellulite, improve cardiovascular conditioning, and improve the **tone, texture, and elasticity of your skin.** One 30-minute session can burn up to 900 calories, and drastically reduce muscle aches and pains associated with lactic acid that builds up during physical exercise.



Right now get our new upgraded 2010 sauna models at 2009 prices! All our models come with chromotherapy lights, a Pioneer AM/FM CD/MP3 player, cup holder, towel rack and ionizer to remove toxins from the air. Our Malibu Hemlock CD 2-person model can be plugged into a 15 amp outlet, making it ideal for an apartment or home, or you can go for deluxe with our 5-person model.

Northern Lights saunas start at \$2195 and include free shipping. **Take charge of your health with Far Infrared Technology.** For more information on the benefits of owning a sauna, visit www.northernlightssaunas.com, or phone Tracy Wilson at 613-878-9199. 



Quality Life Services for Quality of Life

No one wants to think about aging or getting older or losing control. But it's a fact of life that as we age, our bodies change and often one of those changes can be incontinence. **Quality Life Services** is in the business of helping not just institutions, but individuals in managing incontinence. For over twenty years they have been providing support to Canadians so they can deal with the problem of incontinence in a dignified and more economical way. Quality Life Services makes sure you have the right product, in the right size, just for you so you can enjoy life and not feel embarrassed by accidents.

Are you a care-giver or providing support for an aging parent or relative? Quality Life Services has a tremendous array of other products to make life easier for you and your loved one. Everything from compression stockings to custom hernia belts for ostomates and of



course their wide selection of incontinence products – Quality Life Services has the aides to enhance your quality of life.

When you need reassurance and products that give you back your self-confidence, talk to the experts at **Quality Life Services.** Their highly trained and experienced team will provide you with advice and guidance on dealing with any of the issues that arise with incontinence. You can find all of their superior product lines at www.qualitylifecares.com or visit their show room at 12-770 Industrial Avenue. Call 613-247-7554 and put the quality back in your life. 



“Life is an adventure in forgiveness.” Norman Cousins



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Develop Study Habits for Life from iTutor Learning Services!

Engaging, enthusiastic, passionate – about schoolwork! It's what sets **iTutor Learning Services** above the rest when your son or daughter needs academic support. If homework completion, understanding concepts and preparing for tests or exams have become difficult for your child, it's time to contact **iTutor Learning Services.** Their **FREE**, no-obligation, educational consultation will target your son or daughter's specific learning needs.

iTutor's results are impressive. Here's what parents in your community are saying - "I couldn't believe the difference in our son's work habits and motivation after receiving iTutor's support! Our son actually looks forward to his sessions! A truly unique service!" – Joanne R., Ashbury Parent. Even students are pleased with iTutor results – "I have never felt so good coming out of an evaluation until I wrote my grade 12 Calculus exam. I was never strong in



math, but now I have Rob to thank for helping me realize my potential" – Tory M., Grade 12 Ashbury Student.

Give your son or daughter the **iTutor** advantage for the next school term. Experience **iTutor's** unique and engaging style suited to all your child's academic requirements. **iTutor** hires young, Masters Degree and OCT certified curriculum experts who are comfortable working in your home, or at the school during spares. For your **FREE** student assessment or **FREE** educational consultation call **iTutor Learning Services** at 613.695.5665 or email info@itutorLS.com - there is no obligation! Visit www.itutorLS.com for more insight into **iTutor's** exciting brand of tutoring. 

Musical Ways Finding your own Musical Way...


Frank J. Wallace loves music. He'll help you discover what you love about music in either voice or piano. His patient, professional approach has grown from his experience with all ages and levels of students. For beginners, he'll teach you the basics of music, step-by-step. For more advanced students, he can expertly coach you to the next level with your voice or playing. He'll help you pay attention to the details of your voice or piano training, but also encourage you to explore your craft on your own.

Frank's own background includes three degrees in music; however he's always learning and particularly enjoys learning from his students. He tailors his lessons to each student's needs and is alert to how each student accomplishes and learns. Frank also brings a background in theatre to his music teaching. He makes his students aware of how the muscles of their bodies are used to



make music. Frank believes that a sense of drama helps students to move and feel the music and makes for a better performance.

So if you are thinking of taking either voice or piano lessons, or if you need coaching in theory or for RCM exams, give Frank a call. He'd love to share his passion for music and help you achieve your musical goals. Try a set of three introductory lessons and see for yourself.

MusicalWays is conveniently located in New Edinburgh – call 613-255-2077 or email musicalways@sympatico.ca. 




Say "I Love You" with a Valentines Dinner from Todrics!

Romance is in the air at **Todrics!** Chef Eric Patenaude has created two superb menus to choose from for a romance-filled Valentines Dinner. No restaurant hustle and bustle – simply follow the simple instructions, light the candles, pour the wine and a romantic evening with fabulous food is yours to enjoy. Menu One features veloute of Baby Scallop, Seven Hours lamb shank confit and Macadamia Nut Caramel Truffle with Cointreau for \$65 for two. Menu Two has Goat Cheese and Sauvignon Blanc terrine, Curried Carrot Soup with Coconut Milk, Cashew and Coriander, Maple-Cranberry Cornish Hen and Tiramisu Truffle for \$75 for two. There are possible substitutions, but you have to order and pre-pay by Wednesday, February 10. All orders must be picked up after 3 pm on either February 12, 13 or 14. Leave your Valentine star-eyed with a dreamy dinner from Todrics.

On weekends, one of the finest brunches available in the city is at



Todrics. Lunch is still served daily from 11am to 4pm and Chef Eric is getting ready to open for full table service dining from Wednesday to Saturday in the next few weeks. When you can't dine-in Chef Eric offers mouth-watering entrées for take-out and the on-site boutique has a large selection of epicurean delights to enjoy at home. Party plans in the future? Let **Todrics Catering** take care of everything – the equipment rental, bar, staffing, flowers – even the entertainment. Consultation is FREE.

Breakfast, brunch, lunch or dinner – Todrics is all about great food. Executive Chef Eric Patenaude also offers simple and fun cooking classes. Visit www.todrics.com for more information, the Valentine's Dinner menu and Chef Eric's newsletter. Todrics Catering is located at 10 McArthur Avenue. Call them at 613-321-0252 or email info@todrics.com. 



Creative by PS design group 613-838-7212 • Writer: Sheryl Bennett Wilson 613-730-6660

A Gallery of Choices in Granite! FREE UNDERCOUNTER SINK*

Service, satisfaction and hundreds of selections! **Gallery Granite and Marble** will 'wow' you with their fabulous selection of granites, marbles, porcelain and mosaics. From flooring to counter tops to fireplace mantles, Gallery Granite and Marble does it all!


Owner Orlando Xardo has been in business for over 25 years providing not just excellent service, but expert design advice with a personal touch. He'll supply advice on how to choose your granite or marble and provide knowledgeable advice on how to care for your investment. Whether it's a bathroom fixture, a kitchen countertop, a fireplace mantel – Orlando and his team ensure a superior professional installation. All the work on your fine piece of granite or marble is done on site at Gallery Granite and Marble, where Orlando pays attention to the smallest details.

Need something really special for an entrance way? Gallery Granite and Marble has exquisite mosaics to choose



from. Would you like something just a little bit different? Why not try porcelain flooring. Gallery Granite and Marble carries exclusive granite from Brazil and India and exclusive mosaics. They also carry a stunning collection of glass with marble – unusual and beautiful.

Gallery Granite and Marble is easy to find – 800 Industrial Avenue, Unit 4 and 5. Visit their showroom and view the spectacular selection of granite, marble and more for yourself.

*Right now purchase a granite kitchen countertop and get a free undercounter sink. Call Gallery Granite and Marble at 613-736-6700 and check out www.gallerygranite.ca. 




THE BUZZ ON NATURE'S BUZZ!

Fresh, organic, locally grown – no wonder the neighbourhood is buzzing about **Nature's Buzz!** From fresh fruit and vegetables (local when possible) to gluten free, whatever your needs are for organic or natural food, Nature's Buzz has it. They have a spectacular selection of FRESH organic meats including beef, pork, chicken and lamb, as well as organic salmon, local bison and wild caught fish. In addition, owner Dale Heins and manager Eric Passmore have stocked the shelves with an excellent selection of dry goods, natural beauty products, and enviro-friendly cleaning products.

Nature's Buzz makes the world a little greener by supporting organic and sustainable farming and carrying products that are friendly to the environment. Some of the store's area suppliers include Field Gate Organics (meat), Les Viandes Biologiques de Charlevoix (cold cuts, bacon), Ferme Takwanaw (bison), Bekings Poultry Farm (free-roam eggs), YNEW Bakery, and Little Stream Bakery. Fresh supplies arrive every



Tuesday (produce, bread), Wednesday (meat, bison), Thursday (produce, salmon, bread), and Friday (bread, dairy products).

Today's focus on healthy living is rapidly changing the way people shop, so drop in and explore Nature's Buzz. The store is warm and inviting and even smells wholesome! Eric and staff are happy to help you find the products you need. Make sure you check out www.naturesbuzz.ca for great information on natural health, nutritional information and hundreds of healthy recipes. Present this article and get 10% off your next purchase! (Offer valid until March 31, 2010.) Open Monday to Friday 9 am – 7 pm, Saturday 9 am – 6 pm, and Sunday 11 am – 5 pm. **Nature's Buzz Organic and Natural Foods** is located at 23 Beechwood Avenue in Ottawa's trendy New Edinburgh village. Call 613-842-0280. 




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Anthony offers personalized service and brings with him years of sales experience. Whether you are buying or selling he will be with you every step of the way. In this ever changing real estate market he will keep you up to date with all the latest developments and can provide you with a comprehensive Market Analysis to ensure the most up to date pricing of any property. Interested in the price of your home? Not sure of the value of a home you are interested in purchasing? Count on Anthony Johnston!

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through the services offered by Anthony Johnston at Coldwell Banker Sarazen Realty. Call Anthony directly at 613-552-5553 or email him at anthonyjohnston@rogers.com Visit www.anthonyjohnston.ca for more information. Coldwell Banker Sarazen Realty is located at 1090 Ambleside Drive, 613-596-4133. 



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What's your retirement dream? A house in the country? A fabulous trip? By wisely investing your money today, your RRSP can help make your retirement dreams a reality tomorrow. Desjardins makes it personal. Your RRSP, for your situation so you get a winning investment strategy. It's never too early to think about your RRSP's. Desjardins will help you personalize your investment strategies so you make the most of your retirement finances. They'll also help you properly plan this year's RRSP contribution, so you maximize your return.

From your first one-on-one meeting with a Desjardins Personal Finance Advisor you'll realize that your retirement plan will be tailored to suit you and your needs. Your Personal Finance Advisor will thoroughly discuss the essentials of an investment strategy that works for you. Desjardins offers a wide range of investing options including Guaranteed Investment Certificates, Mutual Funds and Market-linked guaranteed investments.



Desjardins

Through their subsidiaries Desjardins has access to stocks, bonds and private management. Everything you need to help build a personal, tailored RRSP portfolio is at your Personal Finance Advisor's fingertips.



Make your wise investments today, work to make your retirement dreams come true tomorrow. Call today and make an appointment with a Personal Finance Advisor. Desjardins has many convenient locations, including Caisse populaire Vision at 99 Beechwood Avenue – 613-745-0071 and Caisse populaire Rideau d'Ottawa at 522 Montreal Road – 613-241-1316. Visit www.desjardins.com/caissevision or www.desjardins.com/caisserideau for more information. 

“Give all to love; obey thy heart.” Ralph Waldo Emerson

Holistic Health through Chiropractic

Discover Chiropractic and re-discover the ByWard Market! ByWard Chiropractic opened its doors in July of 2009 and has made its home in the city's oldest and most exciting neighbourhood. Opened by the management team of Glebe Chiropractic, ByWard Chiropractic offers quality chiropractic and massage therapy services in a state-of-the-art facility. Dr. Ken Brough, who has owned Glebe Chiropractic for 16 years, saw the need in this flourishing community and launched ByWard Chiropractic Clinic and ByWard Massage Therapy Centre at 333 A Cumberland. Dr. Sasha Hamid, a long-time Chiropractor at the Glebe location, moved her practice to the ByWard Market.

The ByWard Market is the place for all your needs, including healthcare. ByWard Chiropractic's architecturally designed 3000 sq ft. facility caters to the individual's health care needs. They include care for low back pain, headache, neck pain, arm and leg pain. In addition



to Chiropractic, this modern space offers a clinical spa for Massage Therapy that has been designed with relaxation in mind. Soothing colors and soft lighting provides a calm atmosphere for all. Full sixty minute massages are offered by Registered Massage Therapists at reasonable rates with a “no tipping” policy.

The ByWard Chiropractic Clinic and ByWard Massage Therapy Centre is conveniently located at 333A Cumberland Street. Next time you are out shopping or dining, stop by, as they are pleased to welcome new clients for chiropractic and massage therapy services. Visit www.bywardchiropractic.com or www.bywardmassage.com for more information. Call 613-860-8600 to book your appointment in the Market's source for your healthcare needs. 



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Remember the first time you saw your favourite show, or a Senators hockey game in high definition. The clarity was amazing and it's difficult to go back to “regular TV”. The revolution in television viewing has now come to eye glass viewing. The newest lens technology by lens manufacturer, Carl Zeiss, has taken vision to the next level. Once you try these lenses you will not want to go back!

Dan Klein, owner and Registered Optician of Klein Optical, invites you to come and experience the Carl Zeiss lens difference. Your vision will become sharper, clearer and it will feel like everything around you will be brighter!

Klein Optical is an independently owned and operated optical store and has been serving the Ottawa region for 19 years, providing quality eye glasses, sun glasses and low vision products. Customers come back to Klein Optical year after year because of the personal, friendly and bilingual



service and the wide variety of frames carried in the store from invisibles to the latest European styles.

The store is conveniently located on the ground floor of the Eye Medical Building at 879 Shefford Rd. Klein Optical in open weekdays at 9 a.m. Free parking is available. For more information visit www.kleinoptical.com or call Dan at 613-745-0616. Revolutionize your vision today! 