

Ask the Experts

Defining Flu Season

It actually isn't a season of more flu viruses being in our environment, it's the season when people's immune systems aren't functioning as well as they did in the spring and summer. When our immune function is low, our bodies don't fight viruses and bacteria as well as they should.

There are wonderful ways to tune up our immune systems using foods. Garlic, onions, cinnamon, cloves, pungent spices, hearty soups, fruits and vegetables, and friendly, live bacteria containing foods like some yogurts, for instance, all promote a healthy immune system.

At this time of year many people want to give their immune systems an extra boost with natural supplements. A few of the most common are oregano oil, probiotics, echinacea, vitamins C & D and zinc. You should consult with someone knowledgeable in the use of natural supplements to understand the proper use and dosage of these products.



Charlene Galloway is a Certified Nutritional Practitioner and graduated with honours from the Institute of Holistic Nutrition in Mississauga, Ontario

Your Introduction to Threading

Threading is especially effective for hair removal on the face and for eyebrow sculpting due to its gentleness and its ability to target specific hairs. Yet in North America, threading is often shied away from due to its perceived difficulty. More clients are demanding the service because of its superior results. In fact, as a teacher, I often have employers lining up for graduates that are talented in the area of threading.

Using 12 inches of 100% cotton thread, tie the two ends together to make a circle. Twist the thread in the centre, to make a figure eight loop with your thumb and pointer finger, which should be pointing toward the skin. Lay the thread on the skin and close one pair of the thumb and pointer finger while opening the other in the opposite direction of the hair growth. This creates a moving "V" in the center of the loop, which closes over the hair follicles and pulls them out. To make sure you are threading correctly, always ensure the thread is touching the skin.



Fariyal Alarakhia is an aesthetician and instructor, as well as Program Director of International Academy of Esthetics, in Alberta. She has a B.Sc. as well as 37 years experience in the industry.

Dear Spa Life: I have heard of something called Facial Acupuncture. Is that for skin problems, or more an anti-aging treatment? M. McKen, Ontario

Facial Acupuncture uniquely provides the firming and anti-aging results of a facelift, with a health-promoting treatment for the whole person. Performed by Naturopathic Doctors and Licensed Acupuncturists certified in Facial Rejuvenation Acupuncture, Facial Acupuncture naturally induces the production of collagen and elastin, proteins that tone and lift the skin.

The procedure involves minimal pain and is often deeply relaxing. Facial Acupuncture increases circulation to the skin, delivering oxygen and nutrients and removes toxins to restore the skin's healthy glow. Sagging skin is gently repositioned while the supporting facial muscles are toned and retrained to create a lifted, yet relaxed effect that diminishes jowls, double chins and crow's feet.

Scars, oiliness or dryness can also be addressed. Completely non-surgical, Facial Acupuncture does not cause scarring or require a recovery period. The small risk of bruising or bleeding is minimized by applying ice and firm pressure.

Sessions last 75-90 minutes and are concluded with a rejuvenating facial massage. A treatment course of 10-12 weekly sessions is recommended to enjoy clear, lasting results.



Dr. Elizabeth Cherevaty, is a Naturopathic Doctor in private family practice in Guelph, Ontario. She is certified in Facial Rejuvenation Acupuncture & Facial Massage.