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Любими читатели,

Доиде време да напиша поредното, 22-ро обръщение към вас, и откровено казано не знам какво различно да сътворя. Много пъти вече писах колко благодарни и признателни сме ви за помощта всички ние, които искаме да има български каталог в Канада. Десетки пъти се обръщах към вас като спасители на връзката ни с малката красива страна, от която сме дошли и любовта към която живее в сърцата ни. Безброй пъти търсех в обръщенията си думи, които да ни помагат да бъдем сплотена общност на сънародници, свързани от сходно минало, език, култура, обичаи, Христови ценности и смирение пред заповедите Господни. Всичко което можех да напиша в едно обръщение вече опитах. И поради това, посланието ми от този 22-ри каталог не бих искала да е обръщение. Бих искала да е откровение. А също и пожелание.

Откровението, любими читатели, че живеем в сложно време на битка между ценности. Време, в което съзнанието ни бива погълнато от пари и вещи, в което материята безметежно помита духовното. Време, в което умовете ни са атакувани от безброй предварително зададени алгоритми, чиято цел е или ние да мислим като тях, или те да мислят вместо нас. Време, в което непрестанно сме затрупвани от негативни новини, чиято цел е да се страхуваме и да правим компромиси със свободите си. Време, в което няколко шепа

хора със съмнително висок морал, но с безсметни глобални богатства, водят кръстоносен поход срещу свободата на духа, словото, собственото мнение и личностното себеопределяне. Време, което навява тревожни нюанси с едно минало, което всички ние, които помним последните десетилетия на миналия век, ни носи. „Време разделно“, както го определя народа ни... Такова в което много от нас ще приемат онова което преди са отричали и заради което са напуснали България на „социализма“, но парите и материалните придобивки ще накарат да „преоткрият“. Такова, в което други от нас ще изберат да запазят убежденията си и Християнските си ценности, независимо колко придобивки ще загубят. Това „време разделно“ ще определи не само нашето – и най-вече не нашето - но бъдещето на поколенията след нас. Бих искала да ви кажа, че съм сигурна какво ще се случи, и че бъдещето ще бъде светло и хубаво, но истината е, че не знам. Единствено се надявам духовното прозрение да достигне до повече от нас, защото „*каква полза за човека, ако придобие целия свят, а навреди на душата си? Или какъв откуп ще даде човек за душата си?*“ (Евангелие от Матей 16:26). Но възможно е и демократичния свят, който познаваме и обичаме, да тръгне по друг път - този на цензура, коварство, мрак, отричане на човешките свободи, бягство от Христовите ценности. Няма да е за първи път, и няма да бъде дълъг път за съжаление ... Това бе



откровението ми...

Сега идва ред на пожеланието.

Искрено желая на всички вас, скъпи читатели, рекламодатели, онези, които изпитваме желанието да четем и се учим, да продължим живота си свободни, с високо вдигнати глави, гледащи смело в бъдещето. Нека бъдем силни и ще се справим с предизвикателствата - ние сме народ, който знае как да пренесе през столетията онези несломими и неугасващи ценности, предадени ни от майка България.

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Бъдете скромни и пазете душите си чисти!

С много любов, благодарност и уважение,

Вяра Димитрова,
редактор в. Пламък

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Dear readers,

The time has come for me to write another, the 22nd letter to you, and frankly I don't know what different I can write. Many times I have already written how grateful and appreciative of your help all of us who want to have a Bulgarian business catalogue in Canada are. I have turned to you dozens of times as the saviors of our connection with the beautiful tiny country we came from and will always love in our hearts. I have often looked through my letters for the words that would bring us together as a nation, bound together by a common history, language, culture, customs, Christ's values, and obedience to God's commandments. Everything that I could write in the words of one letter I have already attempted. And because of this, I would not like my editor's letter from this 22nd catalogue to be just a letter. It would like to be a revelation. And a wish, too.

The revelation, my dear readers, that we are living in a complex time of battle of values. A time in which our consciousness is consumed by money and possessions, and in which the material things are heedlessly erasing the spirituality. A time when our minds are attacked by countless pre-set algorithms whose goal is either making us think like them or having them think instead of us. A time in which we are constantly bombarded with negative news that aims to make us fear and compromise our freedoms.

A time when a few handfuls of people of questionable morals but with untold global wealth are waging a crusade against freedom of spirit, speech, the suppression of individualism, and the right to self-determination. A time that conjures up unsettling shades with a past that all of us who are aware of the final decades of the 20th century recall. 'Time of parting', as defined by our Bulgarian people.... One in which many of us will accept what they had previously denied and for which they fled Bulgaria out of the "socialism," but money and material possessions will make them "rediscover" and accept. One in which some of us will decide to uphold our moral beliefs and Christian values regardless of the benefits we lose. This 'time of parting' will determine not only our future - and mostly not ours - but notably that of future generations. I wish I could tell you that I'm sure what's going to happen, and the future will be bright and wonderful, but the truth is, I don't know. I can only hope that the spiritual awareness spreads because *'What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?'* (Gospel of Matthew 16:26) But it is also possible for the democratic world we all know and love to go down another path - that of censorship, betrayal, darkness, denial of civil liberties, and fleeing from Christian values. It won't be the first time and it won't be a long road, unfortunately ... This was my



revelation...

Now comes the turn of my wish.

I truly wish all of you, dear readers, advertisers, anybody else who feel the desire to read and learn, to carry on living free, confidently facing the future, and with a head held high. Let us be strong and we will overcome the challenges, because we are a nation that knows how to carry through the centuries those unwavering and unquenchable values passed to us by mother Bulgaria.

Be free! Be healthy! Be humble and keep your souls pure!

With deep appreciation,
love, and respect,

Viara Dimitrova,
Editor of Bulgarian Flame

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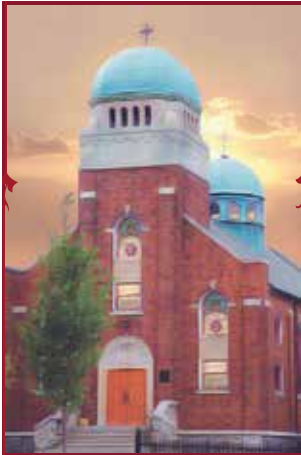
СЪДЪРЖАНИЕ

Автомобили.....	10-16
Адвокатски услуги.....	49
Акупунктура.....	46,47
Алкохол.....	8,9
Банкетни зали.....	6, 7
Банкови услуги.....	23
Ботокс.....	42
Български училища.....	18-19
Застраховки.....	20,21
Здраве.....	42-48
Здраве и красота.....	42
Зъболекарски услуги.....	43-46
Ипотеки.....	21
Козметика.....	42
Масажи.....	42, 46, 47
Мебели.....	50
Недвижими имоти.....	51-55
Очила.....	47,48
Паметници.....	38
Погребални услуги.....	38-40
Правни услуги.....	49
Превод на пари.....	23
Преводачески услуги.....	72
Ресторанти.....	56-69
Спедиторски услуги.....	70, 71
Счетоводители.....	9
Тракове.....	12,15, 16
Транспортни услуги.....	70-73
Туристически услуги.....	73
Училища.....	18-19
Финансови услуги.....	20-23
Физиотерапия.....	47
Хирургически услуги.....	47
Хранителни стоки на дребно и едро.....	24-37
Църкви.....	6, 74

CONTENTS

Acupuncture.....	46, 47
Accountants.....	9
Aesthetics.....	42
Alcohol.....	8-9
Automobiles.....	10-16
Bakeries & Deli.....	24-37
Banquet Halls.....	6, 7
Beauty.....	42
Bulgarian Schools.....	18-19
Chiropractors.....	47
Cosmetics.....	42
Dentistry.....	43, 46
Financial Services.....	20-23
Food Stores & Distributors.....	24-37
Funeral Services.....	38,40
Furniture.....	50
Health.....	42-48
Holistic.....	46, 47
Hypnosis.....	46
Insurance.....	20, 21
Legal Services.....	49
Medical Aesthetics.....	42
Money Transfer.....	23
Monuments.....	38
Mortgages.....	21
Psychotherapy.....	47
Optical.....	47,48
Real Estate.....	51-55
Restaurants.....	56-69
Schools.....	18-19
Shipping.....	70, 71
Translation Services.....	72
Transport.....	70-73
Travel Agencies.....	73
Trucks.....	12,15,16
Churches.....	6, 74





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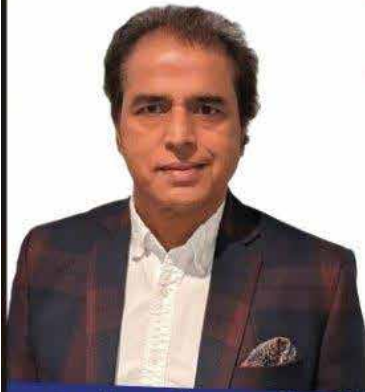
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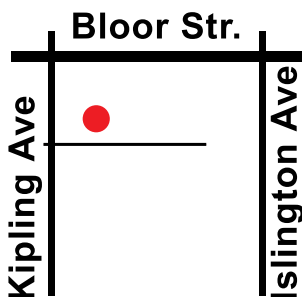
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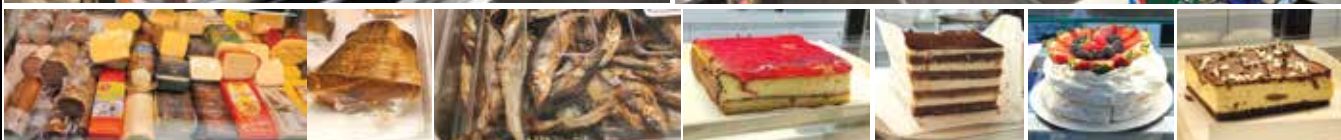
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Avocado oil: High in mono-unsaturated fats and antioxidants and with a higher smoke point, avocado oil is a great alternative to olive oil for high-heat cooking and baking.

Extra-virgin olive oil: Also known as "EVOO," it has high anti-inflammatory antioxidants and is an excellent source of unsaturated fats. Try it for low-heat sautéing.

Occasional indulgences: These oils have great health benefits but fewer than the essentials.

Peanut oil: Contains heart-healthy, natural compounds found in plants and is great for stir-frying because of its medium-high smoke point.

Grapeseed oil: A good all-purpose oil for cooking, baking and stir-frying that is high in omega-6 fats, which can increase inflammation when

consumed in excess, so use occasionally.

Flaxseed oil: The best oil source of omega-3 fats. It helps to reduce inflammation, lower "bad" cholesterol, prevent blood clotting and benefit overall health. It should not be heated, so use it in salad dressings, dips and marinades instead.

Hemp oil: Contains omega-3 fats and is high in polyunsaturated fats. Its medium smoke point makes it great for cooking over medium heat.

Canola oil: Extremely versatile. It contains omega-3 fats and has a medium-high smoke point, so it works well for higher temperatures.

Sunflower oil: Naturally high in polyunsaturated fats and omega-6s. Great for browning, searing and deep frying due to its high smoke point.

Use sparingly: These oils are high in saturated fats and contain fewer health benefits.

Coconut oil: Despite the hype over other plant oils, both refined and unrefined coconut oil are high in cholesterol-raising saturated fats. Enjoy it but use it sparingly.

Ghee: Also known as clarified butter, it is made by slowly melting butter while allowing the water to evaporate. Ghee has been promoted to reduce inflammation based on animal studies, but more research is needed.

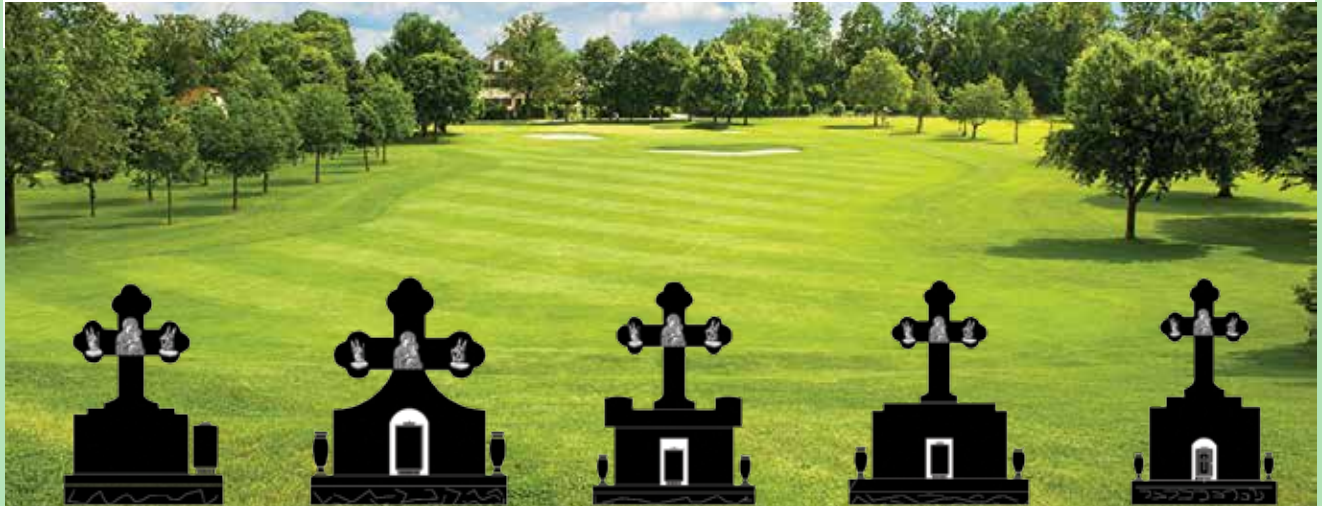
Palm oil: High in saturated fats and has a high smoke point. Consider using red palm oil as it's less processed than regular palm oil and has antioxidants and other beneficial plant chemicals.

Find more nutrition tips from Arthritis Society Canada at arthritis.ca/living-well.



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Prep time: 25 minutes
Makes: 4 servings

Ingredients:

Avocado mousse layer

1 large or 2 small avocados from Mexico, peeled and pitted
1 lime, juiced and zested
½ cup (125 ml) coconut yogurt (2% or more)
1 tsp (5 ml) honey
Pinch of salt

Base

2 ½ cups (625 ml) graham cracker crumbs (honey flavour or regular)
2 tbsp (30 ml) butter, melted
1 tbsp (15 ml) honey
Pinch of salt

Additional layers

1 cup (250 ml) coconut yogurt
Garnishes: toasted coconut flakes, graham cracker crumble, lime zest



Directions:

For the base layer, melt butter in a microwavable bowl. Stir in the graham cracker crumbs, honey and salt. Mix until well combined then set aside until ready to assemble.
For the avocado mousse: in a blender or food processor, combine the avocados, lime juice and zest (reserving some zest for garnish), yogurt, honey and salt. Blend until smooth.
Arrange four short, clear parfait glasses. Line the bottom of each glass with the graham cracker crumble and press down until it forms a sturdy base. Reserve some crumble for garnish.
Next, alternate layers of the avocado mousse and coconut yogurt. Garnish with toasted coconut flakes, remaining graham cracker crumble and lime zest.

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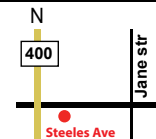
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(NC) Mornings are busy. And once the kids are back in school, this time of day can feel downright hectic. Since breakfast is an integral component to the morning routine, whipping up something that's ultra quick, easy and healthy can go a long way in easing into the start of your day.

A banana-berry smoothie bowl is a perfect way. You can take this bowl to the office or even drink it during your commute – and the kids will love it too. It's also nutritious – this version is made with Fairlife ultrafiltered milk, which has 50 per cent more protein and 50 per cent less sugar than regular milk.

Banana-Berry Smoothie Bowl

Prep time 5 min, serves:1



Ingredients:

- 1 cup (250 ml) Fairlife 2% ultrafiltered, partly skimmed milk
- ½ cup (125 ml) frozen blueberries
- ½ cup (125 ml) frozen raspberries
- 1 frozen banana (frozen in chunks for easier blending)
- 2 tbsp (15 ml) ground flax seeds
- ½ tsp (2 ml) vanilla

Topping suggestions:

sliced bananas, extra berries (fresh or frozen), chia seeds, hemp hearts, granola, nuts.

Directions:

Add all ingredients (except toppings) to a blender and process until smooth. Garnish as desired and serve immediately.

Tip: Fresh fruit can be used if frozen is unavailable. Add ice to achieve desired thickness.

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(NC) This delightful recipe not only brings together the creamy goodness of avocados from Mexico but also packs a punch of freshness with a caprese twist. Perfect as a healthy and filling lunch, snack or appetizer, this dish is as easy to make as it is delicious.

Caprese-Stuffed Avocados

Prep time: 15 minutes
Makes: 4 servings

Ingredients:

2 large avocados from Mexico, peeled, halved and pitted

½ cup (125 ml) baby mozzarella balls
½ cup (125 ml) baby tomatoes, halved
2 tbsp (30 ml) extra virgin olive oil
2 tbsp (30 ml) basil pesto (homemade or store-bought)
2 tbsp (30 ml) freshly chopped basil, plus extra for garnish
Pepper and flaky Maldon salt to taste
Balsamic glaze (homemade or store-bought)

Directions:

Peel, halve and pit the avocados, ensuring to keep the flesh intact. In a small bowl, combine mozzarella, tomatoes, olive oil, pesto, basil, salt and pepper. Mix gently. Arrange the avocados on a plate and generously fill them with the caprese mixture. Drizzle with balsamic glaze and top with additional basil.



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How to Make 2 Ingredient Coconut Macaroons

Ingredients

6 cups unsweetened flaked coconut
14 oz can sweetened condensed milk



Combine Coconut and Condensed Milk

Preheat oven to 350 F. Combine coconut and sweetened condensed milk until all the coconut is covered in the condensed milk. Shape two tablespoons worth of the coconut mixture into balls (preferably with your hands) and place on a line baking sheet.

Bake Macaroons

Bake in the preheated oven for about 12-15 mins, or until the tops of the macaroons are lightly toasted.

Allow the Macaroons to cool completely then serve!

Optional: drizzle some melted chocolate on it allow to the chocolate to set, then serve.

No Bake Mango Lime Pie

Ingredients

10 graham crackers
1/4 cup almonds
4-5 large ripe mangoes, peeled, pitted and diced
1/2 can (7oz) condensed milk
5 tablespoons fresh lime juice
1/2 teaspoon lime zest
heavy cream, whipped to serve

Instructions

To make the pie crust, crush graham crackers and almonds in a food processor. Set aside. Combine diced mangoes, condensed milk, lime juice and some fresh lime zest in a bowl and using a hand blender, blend until really smooth. Place the pie filling into the fridge for about 10 -15 minutes to cool down.

Get your mason jars ready. Add crushed graham cracker and almond pie crust mixture to the bottom of your jars.

Remove the pie filling mixture out of the fridge and divide between jars.

Top it with some whipped cream, sprinkle on some more graham crackers, add a slice of lime and some fresh diced mango and serve!

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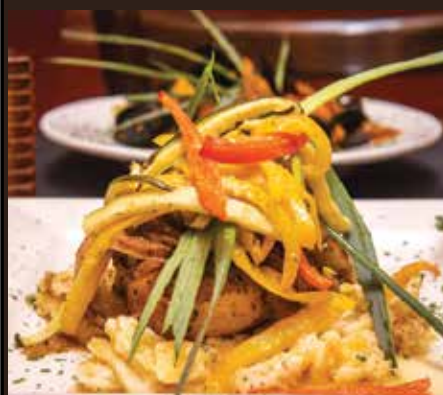
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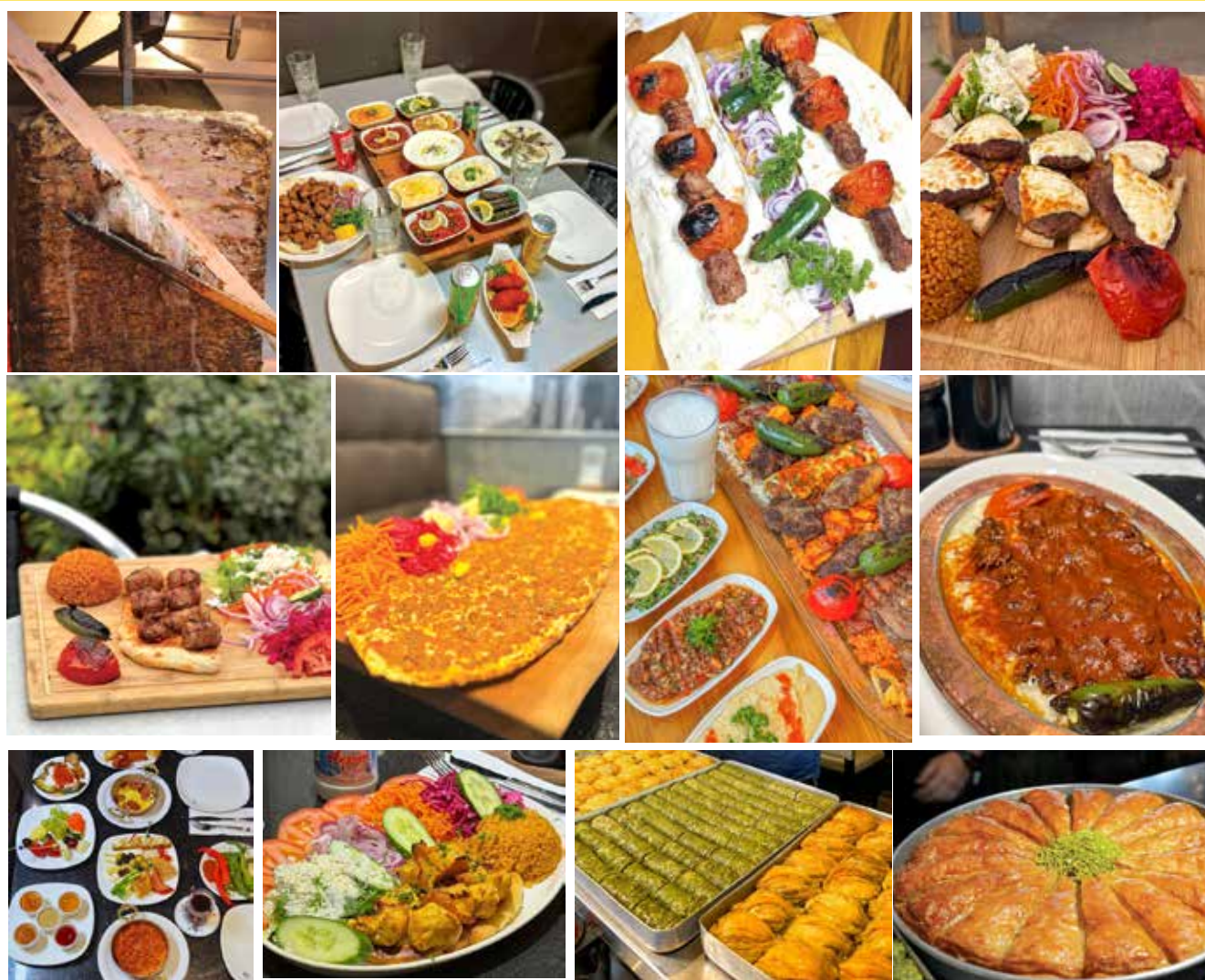
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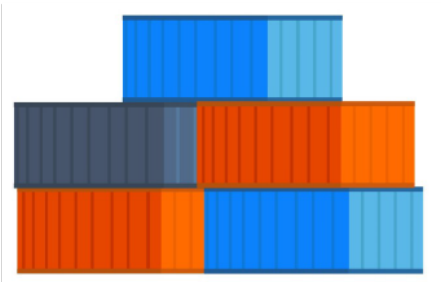
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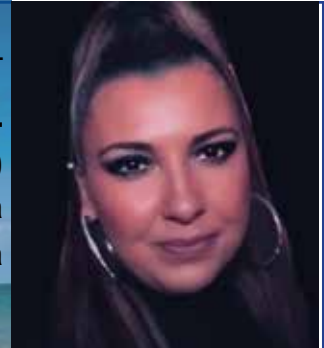
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Българско неделно училище "Канев" към църквата „Св.Димитър“ - 1555 Steeles Av. West, Brampton, (905) 861 9111, 3439 Fieldgate Drive, Mississauga, (647) 979 6043, Niagara Falls St.John's of Rila Bulgarian Orthodox Church, 4871 Willmott St, Niagara Falls, (647) 979 6043

БЪЛГАРСКА ПРАВОСЛАВНА ЦЪРКВА
Утешител Дух на Истината - о. Милан Радулович, тел: 647-773-9785
Comforter Spirit of Truth Bulgarian Eastern Orthodox Church. Адрес: 7250 W Credit Ave, Mississauga, ON L5N 5N1

БЪЛГАРСКА ИЗТОЧНО ПРАВОСЛАВНА ЦЪРКВА „СВ.ИВАН РИЛСКИ“ - Ниагара
BULGARIAN EASTERN ORTHODOX CHURCH "ST. JOHN OF RILA"
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Tel: 905-354-3296, Cell (Отец Тодор): 905-246-4457

ЦЪРКВА "БЛАГАТА ВЕСТ", 69 Long Branch Ave, Etobicoke, Тел.647-717-4766

ТОРОНТО - ОРГАНИЗАЦИИ / TORONTO - ORGANIZATIONS

Вестник " Пламък"
BULGARIAN FLAME NEWSPAPER
Tel: 416-821-9915
email: info@bulbiz.com, www.BulgarianFlame.com

Bulgarian Canadian Business Directory
email: info@bulbiz.com, www.BulBiz.com, 416-821-9915



Генералното консулство на Република България в Торонто
Consulate General of the Republic of Bulgaria - Toronto
65 Overlea Blvd., Suite 230, Toronto, ON, M4H 1P1, Tel: 416-696-2420, Fax: 416-696-8019
email: Consulate.Toronto@mfa.bg, www.bgconsultoronto.info



ОТАВА - ОРГАНИЗАЦИИ / OTTAWA - ORGANIZATIONS

Посолство на Република България, Отава, Канада

Embassy of the Republic of Bulgaria - Ottawa

325, Stewart Street, Ottawa, Ontario, K1N 6K5, Canada

Тел.: 001-613-789 3215, Тел.: 001-613-789 7174,

Факс: 001-613-789 3524, E-mail: embgottawa@hotmail.com

Българска общност на националния столичен район Отава
– Гатино

Bulgarian Community National Capital Region Ottawa – Gatineau

<http://www.bulgariancommunityottawa.ca>

Bulgarian Groups in Facebook



- Bulgarian Flame Promotions
- Торонто за България
- Bulgarians in Toronto
- Immigrant club
- Bulgarians in Mississauga
- EVENTS Balkanto | Season 201...
- Little Bulgarians in Toronto
- BulgariansInOntario
- Bulgarians In The Niagara Region
- Damski Klub
- Bulgarian Events in Ontario
- Immigration PATHS to Canada
- Bulgarians in Canada
- BG Niagara Community
- United Communities of Canada
- Bulgarians in the USA & Canada

МОНРЕАЛ - ОРГАНИЗАЦИИ / MONTREAL - ORGANIZATIONS

Православна църква „Св.

Иван Рилски” - 1191 Blvd.

Sauve Ouest, Montreal, QC,

H2C 1Z8, Tel: 514-956-7835

www.stivanriilsky.org,

E-mail: board@stivanriilsky.org

Българско училище „Св.

Св.Кирил и Методий” - 5625

Decelles, College de Breboef,

Motreal, QC, Тел. 514-369-0589

В-к „Форум” - 24 Ave Mont-

Royal O, b.401, Montreal, QC,

Тел: 514-737-0151,

<http://www.forumbulgare.ca>

Канадско-български

културен център “Зорница”
и в-к „Зорница” 7448 Kingsley

Suite 501, CSL Montreal, QC

H4W 1P2, Тел: 514-369-0589,

<http://www.zornica.com>

Културен център “Паисий

Хилендарски” - Моника

Вълева /450/ 691 2497, monika@balgari.org, www.balgari.org

Българско Културно-

Спомагателно Дружество -

sites.google.com/site/bgmontreal

ВАНКУВЪР - ОРГАНИЗАЦИИ / VANCOUVER - ORGANIZATIONS

Българо - Канадското дружество в

Британска Колумбия

Тел: 604-294-1212, <http://www.bcsbc.ca>,

Българско училище - Burnaby Central

Secondary School

4939 Canada Way, Burnaby, BC, V5G 1M1,

<http://www.bcsbc.ca>

КАЛГАРИ - ОРГАНИЗАЦИИ / CALGARY - ORGANIZATIONS

Българо-канадско дружество - Bulgarian-Canadian Society

<http://www.calgarybulgariansociety.com>

Форум на Българското дружество в Калгари -

www.calgarybulgariansociety.com/forum

Българско училище - Bulgarian school in Calgary - 2201 Clif

Street SW



BEFORE SLEEP

DOS



EATING JASMIN RICE GRADUALLY RELEASES GLUCOSE INTO YOUR BODY BLOOD STREAM, CUTTING THE AMOUNT OF SLEEP YOU NEED BY HALF.

@NATURETHECURE

DON'TS



ALCOHOL IS A DIURETIC AGENT WHICH MEANS YOU WILL HAVE TO GET UP DURING THE NIGHT MORE THAN ONCE IF YOU DRINK IT BEFORE SLEEPING. DOING SO CAN ALSO CAUSE LOUD SNORING.

BEFORE SLEEP

DOS



RENNOWNED AS A GOOD SOURCE OF **HEALTHY FATS**, WALNUTS ALSO HAVE A HIGH **MELATONIN** CONTENT THAT CAN LEAD TO A **LONGER NIGHT** OF UNINTERRUPTED **SLEEP**.

@BETTERREMEDIES

DON'TS



IT'S THE DESSERT OF CHOICE FOR MANY OF US, BUT BECAUSE OF ITS **CAFFEINE** CONTENT, **CHOCOLATE** IS NOT THE BEST THING TO EAT **BEFORE** BED. CONSIDER THIS A GOOD REASON TO EAT CHOCOLATE FOR **BREAKFAST** INSTEAD.

FOODS TO CALM THE NERVOUS SYSTEM

- Dark Chocolate:** Increases serotonin levels.
- Green Tea:** L-theanine & EGCG have anti-anxiety effects
- Bananas:** Has amino acid tryptophan that converts to serotonin for relaxation
- Blueberries:** Protects brain & nerve cells from inflammation.
- Grapes:** Super -Antioxidant resveratrol for nervous system protection.
- Chia Seeds / Avocados:** Healthy omega 3 fats to protect nerve cells & brain tissue.



wishinguwelltoday

HIGH-FIBER FOODS YOU SHOULD EAT

FIBER /100 GRAMS

@leticiatown

 Pears 3.1G FIBER	 Strawberries 2G FIBER	 Avocado 6.7G FIBER	 Apples 2.4G FIBER
 Raspberries 6.5G FIBER	 Bananas 2.6G FIBER	 Carrots 2.8G FIBER	 Beets 2.8G FIBER
 Broccoli 2.6G FIBER	 Brussels Sprouts 3.8G FIBER	 Lentils 7.9G FIBER	 Kidney Beans 6.4G FIBER

BEFORE SLEEP

DOS



HONEY STIMULATES **MELATONIN** AND SHUTS OFF **OREXIN** IN THE BODY. THE **NEUROPEPTIDE** THAT MAKES US FEEL SHARP AND ALERT. A MUG OF HOT WATER, LEMON AND HONEY IS A GREAT **EVENING DRINK** FOR SOOTHING THE BODY AND INDUCING SLEEP.

@BETTERREMEDIES

DON'TS



SUGARY FOODS, SUCH AS **ICE-CREAM** AND **SWEETS**, SEND **BLOOD SUGAR** LEVELS SPIKING AT FIRST, WHICH THEN CRASH WHILST YOU ARE ASLEEP. A CRASH IN BLOOD SUGAR ALERTS THE **ADRENALS** THAT THERE IS AN EMERGENCY, WHICH, IN TURN, INCREASES **CORTISOL** LEVELS, AND WAKES THE BODY FROM SLUMBER.

BEFORE SLEEP

DOS



SO LONG AS THEY'RE **NOT** IN **FRENCH FRY** FORM, SWEET POTATOES CAN HELP YOU SLEEP BETTER. SWEET POTATOES CONTAIN **B6** WHICH BOOSTS **MOOD** AND **MELATONIN** WHICH PREPARES FOR SLEEP.

@NATURETHECURE

DON'TS



INSULIN YO-YOS WREAK HAVOC ON SLEEP PATTERNS. THAT IS WHY YOU SHOULD AVOID OVERLY SUGARY SNACKS WHICH CAN CAUSE YOUR **BLOOD SUGAR** TO SPIKE, THEN **CRASH**. SUGARY CEREALS, DESSERTS AND CANDY CAN DO JUST THAT.





DID YOU KNOW?

3 DATES IN A DAY MAKES YOUR HAIR FOLLICLES STRENGTHEN, PREVENT HAIR LOSS AND PROMOTE FAST HAIR GROWTH DUE TO ITS IRON CONTENT. IT WILL FULFILL YOUR IRON DEFICIENCY.

Did You Know?



Slice a lime for underarm smell and sweat. Just apply it after your shower. You can Store in the fridge but label it clearly. It can be used for about a week. It's non-toxic and works great!

BEST TIMES TO EAT TOMATO



✓ Breakfast

- Improve Digestion
- Increases Metabolism

✗ Dinner

- Pectin and oxalic acid in tomatoes may cause stomach swelling if eaten for dinner

BEST TIMES TO EAT NUTS



✓ Lunch

- Lowers risk of blood pressure and keeps heart healthy

✗ Dinner

- High in fat and calories. So eating for dinner may lead to weight gain.

BEFORE GOING TO BED...

@HERBSOVERMEDS



BLEND 1/2 TBSP OF TURMERIC AND 1/4 TBSP OF GINGER WITH 1 CUP OF COCONUT MILK BEFORE GOING TO BED IN ORDER TO FLUSH YOUR LIVER OF TOXINS WHILE YOU SLEEP.

Natural Painkillers



Pineapple
stomach bloating, gas



Blueberries
bladder/ urinary tract infections



Turmeric
chronic pain



Ginger
muscle



Peppermint
sore muscles



Apple cider vinegar
heartburn



Cherries
joint pain, headaches

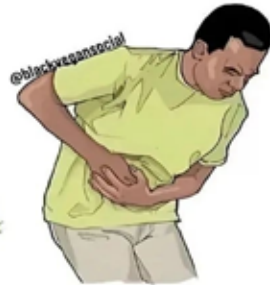


Cloves
toothache/gum inflammation



Garlic
made into a special oil for earache

GOT GAS?



AT THE FIRST SIGN OF GAS, EAT A FEW BASIL LEAVES OR BOIL 3-4 BASIL LEAVES IN A CUP OF WATER AND LET IT SIMMER FOR A FEW MINUTES. SIP ON IT FREQUENTLY. THIS IS ONE OF THE BEST HOME REMEDIES FOR ACIDITY.

12 FOODS FOR BETTER HORMONE HEALTH

BRIT+CO



GREEN SMOOTHIE

CLEANSE STOMACH FAT



Fat Burning smoothie



BEFORE SLEEP

DOS



THE **MELATONIN** CONTAINED IN **CHERRIES** HELPS CONTROL THE BODY'S INTERNAL CLOCK AND HAS A BENEFICIAL EFFECT ON THE **QUALITY** OF YOUR SLEEP.

DON'TS



HOT SPICES SHOULD NEVER BE ADDED TO ANY FOOD YOU EAT BEFORE SLEEPING. THEY CAUSE **HEARTBURN** AND IN TURN ENSURE THAT YOUR SLEEP IS **FAR FROM PEACEFUL**.

@NATURETHECURE

BEFORE SLEEP

DOS



EATING WHITE RICE BEFORE BED CAN INCREASE HOW LONG IT TAKES TO FALL ASLEEP. IT'S HIGH IN **CARBOHYDRATES** WHICH PROMOTE A SENSE OF **FULLNESS & RESTFULNESS**. IT ALSO HAS A HIGH **LYCEMIC INDEX** WHICH DECREASES THE AMOUNT OF TIME IT TAKES TO FALL ASLEEP.

DON'TS



TO INCREASE SLEEP **QUALITY**, CUT OUT FOODS THAT HAVE A HIGH AMOUNT OF **TYRAMINE** LATER IN THE DAY. **TOMATOES, SOY SAUCE, EGGPLANT** AND **RED WINE** ARE RICH IN TYRAMINE.

@NATURETHECURE

POOR VISION



The vitamins found in the carrot can help promote overall eye health. It contains beta-carotene, a substance that the body converts to vitamin A, an important nutrient for eye health.

ACNE & BLACKHEADS



Eating red grapes with seeds can help in preventing the early signs of aging, they are filled with antioxidants that are beneficial to heal the redness and swelling around acne.

ULCER



Because of its antioxidant activity, tumeric may help reduce ulceration. It might also reduce the inflammation and swelling in the stomach lining.

MIGRAINE PAIN



Bananas are a great food for quick energy recovery, and they're high in magnesium, which can be helpful when people have headaches.

Why You Should Eat Fruits Every Day

@DeHiwi



STRAWBERRIES
Fight aging



BANANAS
Boost your energy



CHERRIES
Calm your nerves



GRAPES
Relax your blood vessels



PINEAPPLES
Relieve arthritis pain



BLUEBERRIES
Strengthen your heart



WATERMELONS
Promote weight loss



ORANGES
Protect your skin and vision

DID YOU KNOW EATING JUST 2 BANANAS DAILY



NORMAL



ANEMIA

Reduces **blood pressure**, boosts brainpower, prevents **anemia**, strengthens the bones, helps to quit smoking, reduces depression & gives energy.

TEECX

BEST CARBS TO BUILD MUSCLE

Oats



Rice



Potatoes



Fruits



Quinoa



Pasta



@smoothie.healing

STRENGTHEN YOUR IMMUNITY

Citrus fruits



Yogurt



Red bell peppers



Spinach



Ginger



Broccoli



Garlic



Turmeric



Papaya



@smoothie.healing

BENEFITS OF GINGER



Help promote digestive regularity and prevent constipation.



Helps prevent and heal inflammation.



Fresh ginger may help protect the respiratory system.



Ginger extract may help with cardiovascular disease.



Ginger may also relieve nausea and vomiting.



Effective against exercise-induced muscle pain.

BENEFITS OF COCONUT WATER



- KEEP THE BODY COOL
- ORALLY RE-HYDRATE YOUR BODY
- CARRY NUTRIENTS & OXYGEN TO CELLS
- RAISE YOUR METABOLISM
- PROMOTE WEIGHT LOSS
- BOOSTS YOUR IMMUNE SYSTEM
- CONTROL DIABETES
- DETOXYFY & FIGHT VIRUSES
- CLEAN YOUR DIGESTIVE TRACT
- BALANCE YOUR PH
- TREAT KIDNEY & URETHRAL STONES
- BOOST POOR CIRCULATION

ANTI-CANCER FOOD



Seamoss



Soursop



Oregano



Black seed oil



Ginger



Sea buckthorn

The Clean Fifteen



Avocado



Sweet Corn



Pineapple



Onion



Papaya



Sweet Peas



Asparagus



Honeydew



Kiwi



Cabbage



Watermelon



Mushrooms



Mangoes



Sweet Potato



Carrots



BEST TIMES TO EAT APPLE



✓ Breakfast

- Apple contains pectin which lowers blood sugar and cholesterol levels

✗ Dinner

- Pectin is hard to digest at night Increases stomach acid



BEST TIMES TO EAT YOGURT



✓ Dinner

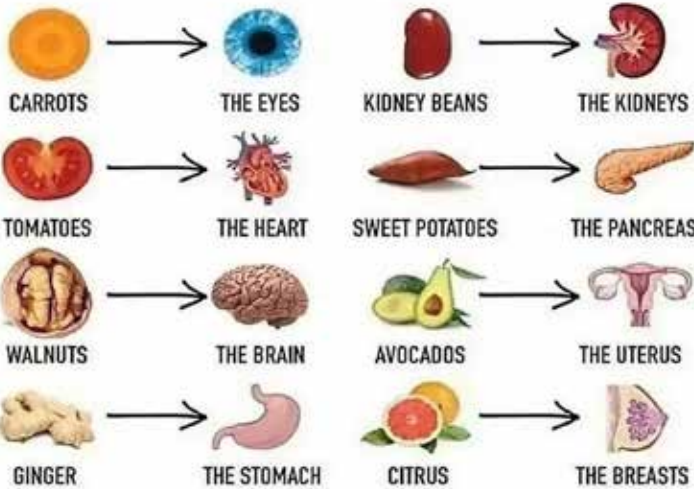
- Helps in faster digestion of dinner
- Curbs late night snack craving

✗ Breakfast

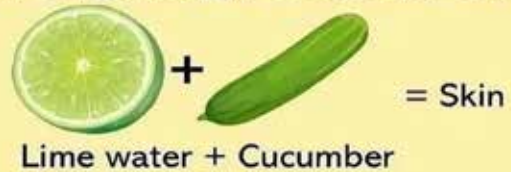
- Makes the empty stomach very acidic and has the potential to damage the stomach lining



FOOD IS MEDICINE



Everyday Detox Drinks



TOP BENEFITS OF NUTS



Produce Storage

REFRIGERATE



DON'T REFRIGERATE



©IIN





Champion Doner Kebab

TURKISH CUISINE

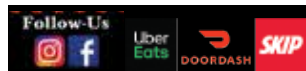
Ресторант с национална
Турска кухня

Location - 1

2810 Major MacKenzie Dr W., Unit 25, Maple, ON L6A 3L2
Tel: 905-832-6500

Location - 2

2555 Dixie Rd, Mississauga, ON L4Y 4C4
(Just south of Dundas St.)
Tel: (905) 232-9009



www.championdoner.com



Plates



Doner Sandwich



Pide



Doner Wrap



Pizza



Champion Mix



Salad



Deserts



Turkish Coffee



Art for your HeArt ©Viara

Original Acrylic Hand Painted Vases - Great gifts for all occasions!

Hand painted vases with painted dry flowers. It is sealed with varnish with glossy finish for extra protection. If needed, gently wipe outside of the vase with gently damp cloth.



call Viara: 416-821-9915, also Available at: [Preston Gallery](#), 77 Brock St W, Uxbridge, ON





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