



New Products and Services to Make Your Life Easier

Add a bouquet of spices to your kitchen

Nayko of Quebec has introduced a new kitchen gadget to give your cooking a spicy helping hand. Le Bouquet Garni is a herb and spice guide that offers suggestions for herbs and spices for various dishes at the flip of a wheel. Its decorative style and colourful design makes it suitable for display purposes as well as providing information in an easy-to-use format.

Le Bouquet Garni is washable and its colours will not fade. Its suggested retail price is \$24.99. For more information call (418) 935-7075 or visit www.nayko.com.

Suit up for the cold with WoodHoodz accessories

Cold weather giving you the chills? Check out new accessories by WoodHoodz SuitAbilities in Munster, Ontario, for a variety of unique, highly functional fleece, leather and suede garments for those suffering from cold induced maladies.

From bedsocks, calf cuddlers and slippers to headgear, wrist warmers and palm protectors, WoodHoodz products will have you warmly outfitted from head to toe.

Products are made from high quality, anti-pill fleece for superior warmth and comfort. Available in a selection of colours, they provide simple,



pain-reducing solutions for persons with disabilities, respiratory, circulatory or joint-related illnesses. For more information, contact WoodHoodz SuitAbilities at (613) 838-2330 or woodhoodz@suitabilities.com.



days of the week, offering a practical way to develop a daily exercise habit. Set to seven Morris Dance tunes arranged and orchestrated by famed British composer Gustav Holst, these are exercises you'll look forward to as an enjoyable way to start the day. Rise and Shine (Video) by Ann Smith, (Scott Craig Productions Inc.)

demonstrates slow, continuous stretching movements that develop flexibility and strength. Joining Ann on this video is her husband, Roger, whose training is in sports conditioning, showing that the exercise system works for all body types and for men as well as women. With isometric and aerobic qualities, the exercises challenge the body without stressing it, making them perfect for exercisers of

all ages and abilities. Available in most book stores and health stores.

Pain in the back alleviated

So much of what we do in the day causes us to develop bad posture. Now celebrating 20 years, the lowback backrest support from OBUS FORME® Ltd. is supporting Canadian backs like never before. The S-shaped frame conforms to the contours of the back, according to OBUS FORME, guiding the spine into correct alignment and placing the user in a proper sitting posture. Lightweight and portable, the lowback device turns any chair into an ergonomic seating system. It can be used at home, at the cottage and in the vehicle. Available from most retailers. These backrest supports are the only ones endorsed by the Canadian Chiropractic Association; www.obusforme.com.



Easy exercises

Wake up from head to toe every day of the week with energizing movement set to spirited classical music. Seven different three-minute stretching sequences correspond to the seven

Precision massage

Want a massage and no one around to give you one? Well WaterPik™ might just have the answer for you. The AccuReach Precision Massager features an ergonomic design and is lightweight. It's easy to manoeuvre, according to WaterPik, and allows users to reach any part of the body by guiding the massager from the front of the body. Two vibration speeds are featured for gentle or more vigorous massage action for those hard-to-reach muscle knots. Call 1 800 268-4885 or www.waterpik.com.

