

Cleaning your toothbrush everyday could help keep H1N1 away

We have all been overwhelmed on the tips to avoid catching H1N1 Influenza the last few months. There is the hand washing and sneezing in the crook of your arm instead of your hands.

What about the germs found on your toothbrush?

If the germs found on your hands could wind up entering your system, then germs on your toothbrush have an even bigger chance of landing in your throat.

Depending on how humid and dirty your bathroom, cold germs can flourish on your toothbrush. Germs can live outside of the body from a few seconds to 48 hours, depending on the virus and the surface.

Flu viruses usually survive longer on surfaces than cold viruses do. Both kinds of viruses probably live longer on non-porous surfaces such as plastic, metal and wood, than on porous ones, including fabrics, your skin or paper.

Toothbrushes can harbor bacteria, viruses and fungus. Every time you brush, you remove plaque and particles, often tainting the brush with bacteria, blood, sali-

va and other debris. The pollution can come back to infect you.

Keeping your toothbrush clean:

1- If you have had a cold, flu or infection you should throw out your toothbrush and get a new one.

2- Disinfect your toothbrush daily in mouthwash for 30 seconds.

3- Deep clean your tooth brush or electric toothbrush head by running it through your dishwasher.

4- Avoid side by side toothbrush storage. Families who keep toothbrushes close to each other may have bacteria bouncing from one brush to another.

5- Keep your toothbrush as far away as possible from the toilet to cut down on airborne bacteria from waste reaching your toothbrush and always flush with the lid closed.

6- Use toothpaste from a pump dispenser to avoid contact between the germs that might lurk on the toothpaste tube and the toothbrush.

For more information contact Smile by Design at 905-337-3511 or visit the office at 1344 Cornwall Road, Unit 400.

Bellydance at BellyUp!

BellyUpBellyDance is Oakville's premiere dance studio specializing in Egyptian style bellydance. Our classes are ongoing so you can sign up anytime. Our environment is spacious, glamorous and feels as though you've been transported to Cairo. Our teaching style is fun, passionate and inspirational.

We offer beginner to advanced classes with a variety of convenient class times from which to choose morning, evening and weekend. Plus our popular BellyBlast Cardio class and Bellydance Bootcamp are great ways to get in shape, meet new friends and learn to feel good about your

body no matter what age, shape or size you are.

Bellydance is a timeless, elegant, graceful and utterly feminine art form. We think every woman should learn how to move her body this way. And bellydance is also a healthy, fun activity for girls too from ages 8 to 12.

BellyUp's dancers are available to perform at events, fundraisers and special occasions and our studio is a great place for a private party such as a bachelorette or girl's night out! Visit us for a FREE trial class anytime. www.bellyup.ca 905 465 3100.

Wake up to their envy

By Kelly Mencfeld

Have you ever woken up with neck pain that wasn't there the night before or with sleep lines across your face? If you are like most of us, the latter of the two may be a nightly occurrence that you thought could not be avoided.

It was with this knowledge and frustration that the enVy™ Anti-Aging/Wellness pillow came to be. As two health care providers in the anti-aging/wellness market, co-inventors and Registered Nurses, Kim Renton and Kathy Young Keefe spent two years perfecting their patented design which not only offers superior Chiropractic endorsed neck support and a quality sleep we all long for, but allows you to sleep comfortably on your side without creating or enhancing sleep lines as well as protecting sensitive skin after treatment or surgery.

As a stomach sleeper and a frequent TMJ pain sufferer, the idea of a good night's sleep hasn't really crossed my mind in a number of years; however, when I was introduced to the enVy™ pillow I couldn't help but wonder if it could alleviate the jaw pain I woke up to mostly every morning.

I have to admit my first night was, as I expected and warned by Kim and Kathy, a little tough to handle. I actually threw the pillow on the floor during my first attempt and went back to my original pillow. They explained to me that because it took many years to establish my poor sleeping habits (stomach sleeping) it might take a few nights to get used to my new and healthier sleep habits (side or back sleeping with proper spinal alignment). As Kathy explained, it may take a few nights to find the "sweet spot" or comfort zone. With this in mind, and the fact I was convinced that this pillow could make a world of difference for me, I went back to it each evening and within a few nights I was sleeping like a baby and waking up without my regular jaw pain.

To be honest, I never really thought of the sleep lines I woke up to every day as an issue before switching to enVy™. Now that I see what my old pillow was unnecessarily doing to my face, I have more reason to never stray away from enVy™.

The pillow helps you maintain a youthful



Handout photo

and refreshed look whether or not you have or plan on investing in a skin care line, I.P.L., use Botox, facial fillers for lines and defects or have had more intensive work done.

"There is nobody that couldn't benefit from this pillow," Kim explains, "and we truly believe this pillow will be the shape of the future."

There are many reasons why and how this Canadian made and patented pillow has helped not only me, but also the hundreds of people that have tried it for themselves.

- For back sleepers, the superior neck support is offered in two levels on each pillow. It is designed to offer optimal neck alignment, slight traction as well as a gentle cradling effect that keeps your head from rolling to the side.

- For side sleepers, the uniquely shaped design provides the same superior neck support with a slight comfortable tilt of your head to protect your face from the pressure of your pillow.

- The custom fitted pillow case is made from eco friendly 100 % Bamboo, which is anti-allergenic, anti-bacterial and has excellent wicking and dyeing abilities

- The inventors are so sure that you will love your enVy™ pillow that it comes with a high-quality travel bag so that you can take your pillow wherever you go.

It retails for \$199 at selected clinics in Oakville and across Canada. Unlike standard pillows which need to be replaced yearly, the enVy™ pillow does not harbour dust mites and will last at least 5 years which calculates to 10 cents per night.

For more information on the pillow and how you can benefit from sleeping on one as well as purchasing information, visit www.enVypillow.com

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