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2023 - 2024

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Скъпи българи,

Дълго мислих как да се обърна към Вас от страниците на това, 21-во наше издание. Искаше ми се да бъде различно, защото не бих желала всяко наше обръщение да прилича на предишното. Винаги има нещо ново, нещо друго, което бихме могли да си кажем, върху което да помислим.

И така, скъпи сестри и братя, вече двадесет и една години сме заедно! Двадесет и една Коледи, Възкресения Христови, Нови години ... Времето бързо тече – кога посрещаме новото хилядолетие, кога стигнахме 23-то му лято? Сякаш бе вчера, миналия месец, миналото лято, съвсем неотдавна. Но не бе ... Поне за нас... Възприятието за време е по-скоро психологическо и всеки го измерва различно. За младите, за които животът предстои, няколко месеца са цяла вечност; за възрастните, живеещи със спомени, всичко преминава тъй бързо. Времето е много и малко, не можем да го задържим, но може да го изживеем, а загубим ли го не може да го върнем. Времето е всичко което имаме....

За нас, тези които създадохме българският каталог, 21 години преминаха и бързо и бавно. Бързо, защото бяхме изпълнени с енергия и надежда когато го създавахме, и бавно, защото тези години ни донесоха много спомени. Хубави спомени - такива които искаме завинаги да носим в сърцата си; но и много спомени,

които започват да ни натежават и натъжават ...

2023, скъпи сестри и братя, е още една различна година. Изпълнена с предизвикателства и много промени. Поредна година, в която малкият бизнес трябва да доказва, че има място в един бързо променящ се свят. Корпоративен свят, в който големите компании стават още по-големи, средната класа намалява, а изкуствения интелект безжалостно настъпва. Свят, който ни се иска да се доближава към времето от преди 2020, но който изглежда все повече се отдалечава от него. .. Именно в тази година на нови предизвикателства, десетки професионалисти и собственици на малки бизнеси, работещи с българската общност в Канада, отделиха от времето и средствата си, за да можем отново да имаме нашата българска директория. За подкрепата и вниманието им към нас и българското в Канада най-искрено и дълбоко им благодарим!

Благодарим и на Вас, скъпи читатели, затова че все така търсите и ползвате нашият български каталог. И затова, че носите в сърцата си любовта към малката красива страна, от която всички идваме, че не забравяте миналото, настоящето, и отделяте от времето си за Родината ... Времето тече различно за всички. Времето променя много... Нека това не се променя, защото то е което ни прави онези които сме. Българи..



Накрая бих искала искрено да пожелаем на всички нас да бъдем здрави, добри, благословени и да носим сърца, изпълнени с християнски добродетели и любов към скъпата ни родина. Моля се да бъдем силни и свободни и никога да не забравяме, че свободата е най-важното наследство което може да оставим на поколенията след нас. *Свободата не е безплатна, а струва най-скъпото. Цената, платена с кръв**

Бог да пази всички нас.
Бог да пази България!

Вяра Димитрова,
редактор в. Пламък

** Freedom isn't free at all, that it comes with the highest of costs. The cost of blood.*
– Queen Gorgo, (300), Lena Headey, Battle of Thermopylae.

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21 years Bulgarian Canadian Business Directory

Dear Bulgarians,

I thought for a long time about how to address you in the pages of our 21st issue. I wanted my message to be different from the last one. There is always something new to think about, something new to say to one another.

Dear sisters and brothers, we have been together for twenty-one years now. Twenty-one Christmases, Easters, New Years... Time flies quickly - when did the new millennium begin, and when did it's 23rd summer arrive? It feels like last week, last month, last summer, a short while ago. But it wasn't... For us, at least... The perception of time is more psychological, and everyone measures it differently. A few months may seem like an eternity to the young people whose entire lives are ahead of them, but to an elderly person with lasting memories, time moves so quickly. We can't keep time, but we can live it, and if we lose it, we can never get it back. Time is long and short. Time is all we have....

For us, those who created the Bulgarian catalogue, 21 years have passed both fast and slowly. Fast, because we were full of energy and hopes when we created it, and slow, because those years brought back a lot of memories. Good memories - the ones we want to carry in our hearts forever; but also, memories that begin to weigh us down and make us sad...

2023 is a different year, my beloved sisters and brothers. Full of challenges and many changes. Another year in which small businesses have to demonstrate that they belong in a world that is changing quickly. A corporate world, where the large corporations are continuously expanding, the middle class is shrinking, and the artificial intelligence is relentlessly advancing. A world that we hoped was moving closer to the time before 2020, but which seems to be moving further and further away from it... Precisely, in this year of new challenges, many professionals and small business owners working with the Bulgarian community in Canada have given their time and money so that we can once again have our Bulgarian directory. We truly and sincerely appreciate their support of us and the Bulgarian community in Canada!

We also appreciate your strong support, dear readers, for searching for and using our Bulgarian catalogue. And for keeping in your hearts the love of the small, beautiful country which we all come from, for refusing to let the past or the present pass you by, and for continuing to devote your time to the Motherland... Time flows differently for everyone. Time changes a lot. Do not let that to change since it is what defines who we are. Bulgarians...



Finally, I would like to genuinely wish for the health, goodness, and blessing of each and every one of us, and that we carry hearts full of Christian virtues and love for our dear homeland. I pray that we will be strong and free, and never forget that freedom is the most valuable legacy we can leave for future generations. *Freedom isn't free at all, that it comes with the highest of costs. The cost of blood**.

God bless us all.
God save Bulgaria!

Viara Dimitrova,
Editor of Bulgarian Flame

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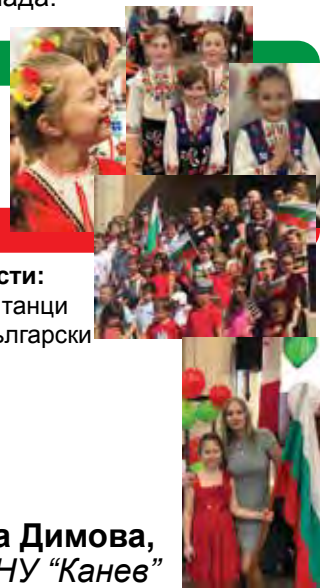
Класове и групи за учебната 2023 / 2024 година

- Детска градина "Снежанка" - деца 2-4 год.
- Подготвителна група "Патиланско царство" - деца 4-6 год.
- Предучилищен клас - деца 6-7 год.
- Предучилищен клас - деца над 10 год.
- Начален етап - I-IV клас
- Прогимназиален етап -IV-VIII клас
- Гимназиален етап - IX-XII клас
- Кредитен клас към Education permanente, Ottawa - IX-XII
- Български като чужд език за деца
- Bulgarian language classes for adults

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в СОУ, базов учител и ментор
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в България;

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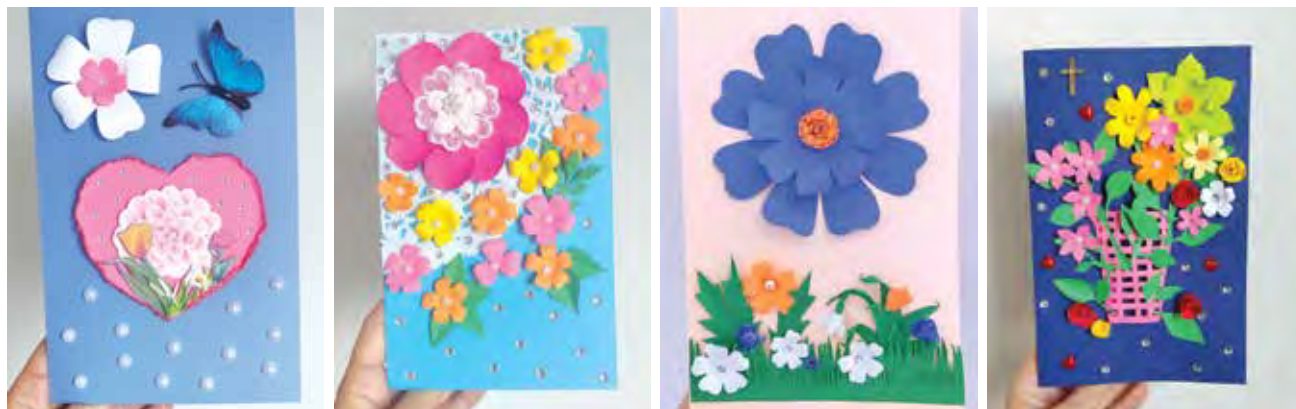
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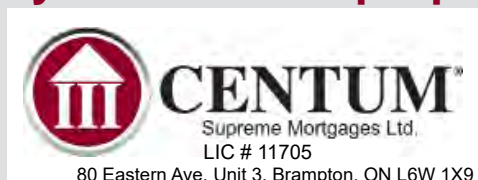


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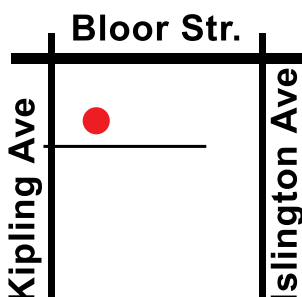
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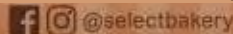
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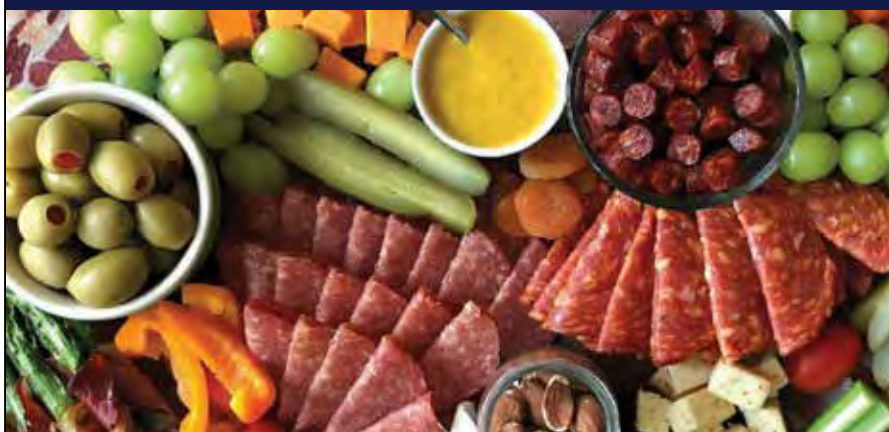
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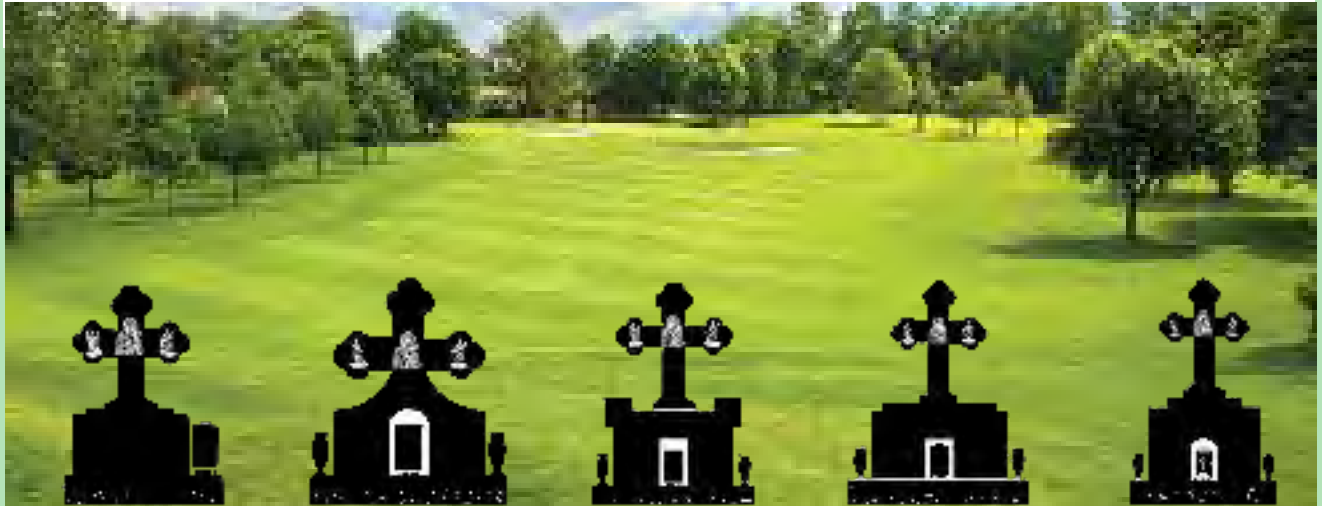
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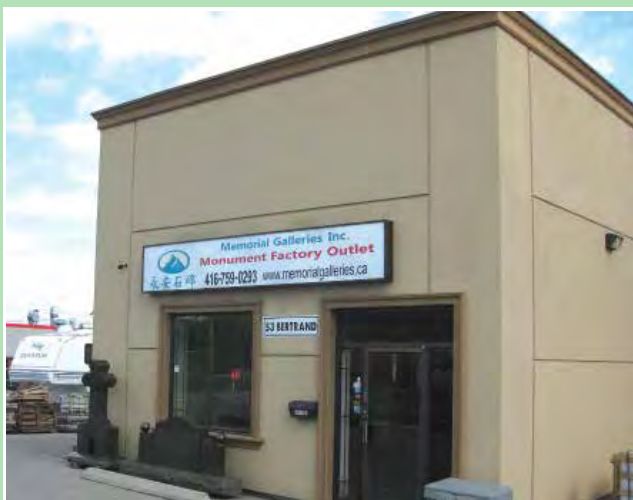
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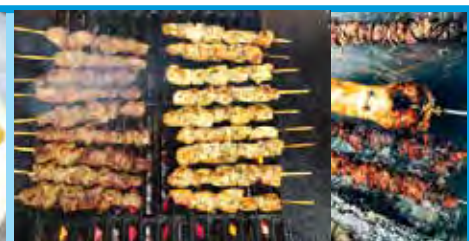
съда (тава или форма), в който ще се оформи. Тавичката или формата трябва да са добре намазани с олио или масло. Притиска се и се заглажда добре. След като изстине и се стегне напълно се нарязва на парчета и се поръсва с пудра захар (може и с счукани или смлени ядки).

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Bangers and Mash



Author: Paul Stanimirov



For tips email at paul.stanimirov@yahoo.com

Prep Time: 20 - 25 min
Cooking Time: 40 min – 45 min
Total Time:
1 hour – 1 hour 10 min

Cost of ingredients:
\$4 - \$5 per portion
Skill Level: Easy
Servings: 2
Calories:
900-1000 per serving

Ingredients:

- 3 Yukon Gold potatoes (peeled and cubed)
- 4-5 cups water (for boiling)
- 1 large onion (fine dice)
- 1 tsp Dijon mustard
- 200ml chicken stock
- 1 tsp gravy browning (optional)
- 2 pork sausages
- 50g unsalted butter
- 50ml heavy cream
- 2 tsp garlic plus
- 1 tbsp parsley
- 1 tbsp chives
- 1 tbsp salt (for boiling) and 1 tsp salt (for tasting)
- 1 tsp black pepper
- 3 green onions (fine chop)
- 1 tbsp olive oil



Preparation:

1. In a pot, boil the water and add salt

2. Add the potatoes and cook for 15 min -18 min or until soft

3. While the potatoes are boiling, heat up some oil in a saucepan.

4. Add the onion and cook until soft – 3-4 min

5. Stir in the mustard then pour in the stock.

6. Bring the mixture to boil, then add the gravy browning

7. Cook for 8 - 10 min or until the liquid is reduced by about half

8. Turn off the heat and set aside

9. Preheat your oven to 375 degrees F and in a frying pan heat up the rest of the oil on a medium heat. Once heated add the sausages

and sear them for about a minute on each side

10. Place the sausages on a baking sheet and pop in the oven for about 8 minutes or until internal temperature has reached 165 degrees F

11. Once the potatoes are cooked, drain them. Then start mashing while adding the cream and butter. Once incorporated, add the salt, pepper, chives, green onions and garlic plus. Mix everything well and taste

12. Once everything is cooked, place some mash on your plate, add the sausage cut in half and pour the gravy on top

13. Garnish with parsley (and add a few steamed veggies if you want) and ENJOY!!!

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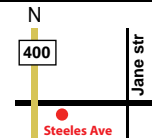
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Ajwa Dates: 5 Interesting Facts



Ajwa dates originate in Saudi Arabia from the date palm. It is one of the oldest trees in the world and may grow up to 12 inches every year, reaching a height of 100 feet. Saudi Arabia has the most palm trees in the world, and it also harvests over 35 different kinds of dates, with Ajwa being the most popular. This is one of the reasons the haj pilgrims prefer to bring home a pack of Ajwa.

significant role in Tibwi Nabvi, the Prophet Mohammed of plant-based medicine. Prophet Muhammad's (S.A.W) favorite dish was ajwa dates. These particular dates originate from Madina Sharif and are the most **advantageous and wholesome for physical and mental health**. In the holy city of Madinah, which is within the Haram boundaries, a few farms harvest Ajwa. In close proximity to Quba mosque lies a sizable Ajwa farm. Around the towns that surround the holy city, there are many more farms.



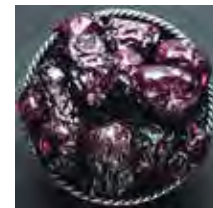
Here are 5 Interesting facts about Ajwa dates:

1. The texture and flavour of Ajwa dates are **meaty and chewy, with undertones of cinnamon, honey, and caramel**.

2. Ajwa dates are rich in natural fiber, which is **helpful for improving digestion**. The mineral potassium is abundant in this sort of dates.



3. These dates are helpful in cases of **male and female infertility**. It provides clear, healthy skin and has the ability to treat a number of skin conditions.



4. **Prophet Muhammad recommend Ajwa dates** because they are a date from Paradise, making them the best. There is an Aisha hadith that says that there should be dates in every home (not Ajwa necessarily).

5. These dates have a hue **range from dark brown to nearly black**. They are abundant in essential fatty acids and dietary fiber, both of **which promote weight loss**. It is acceptable to eat **six dates or less throughout the day**.



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7 Interesting Facts About Yogurt



Yogurt also spelled yogourt, yoghurt, or yoghourt, is one of the most popular worldwide food. The origin of yogurt is not singular. Yogurt can be found in nearly every culture that has kept animals for milk. Some sources say the Mongolians were the first to discover yogurt; after riding on horses with milk stored in animal bladders, the milk was curdled by the natural enzymes inside of the bladders. Nowadays,

it is produced by bacterial fermentation of milk. The bacteria used to make yogurt are known as yogurt cultures. These are the "good bacteria" responsible for all of yogurt's health benefits. Here are 7 Interesting Yogurt facts.

1. Liquid on top of the yogurt is known as whey. Although it consists mainly of water, whey also contains a little bit of calcium, protein and potassium.
2. Sixty-eight percent of women eat yogurt, compared to 43 percent of men.
3. In the United States, "yogurt" is a federally regulated term that can only

refer to products that were created with one or both of the bacteria Lactobacillus bulgaricus and Streptococcus thermophilus.

4. Bulgarian yogurt has a unique taste because the bacteria used to make it, Lactobacillus bulgaricus, is only found naturally in Bulgarian air.
5. The Japanese Crema D'or from Hokkaido, is apparently the world's most expensive yogurt. Packed in a jewelry box, it costs ¥5,000 (approx. C\$65) for jar of yogurt. Believe it or not, the retail price isn't all that surprising when you find out how it's prepared. First, the dairy is sourced from the Sea of

- Okhotsk in Hokkaido, a very remote, very ideal location to raise cattle. Only 50 heads are selected for this yogurt. Next, add a dash of honey, domestically-produced. Honey in Japan is a delicacy on its own. No colouring, artificial flavouring, preservatives or substances.
6. The most yoghurt eaten in one minute is 1.685 kilograms (3.71 lbs) and was achieved by the German Andre Ortolf in Augsburg, Germany, on March 25, 2017.
7. National Greek Yogurt Day is observed annually on November 9th.

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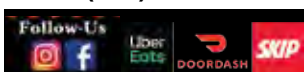
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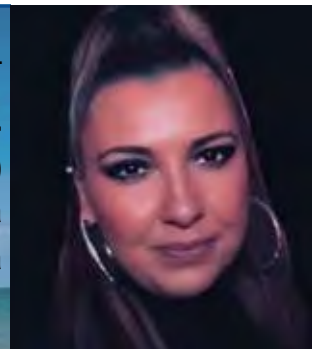
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ТУРИЗЪМ ✓ TRAVEL



71

CENTURY 21 VISION

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ВАШИЯТ REAL ESTATE BROKER

Всеки клиент за мен е V.I.P.



cell. 514/ 963-5600

vboudnikova@yahoo.ca

www.mamaisonmontreal.com



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*Най-добър агент на Century 21
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Български - Русский - English - French



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- Покупка, продажба и доверено управление на имоти в България.
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www.scmcathedral.com

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Адрес: 237 Sackville Street, Toronto, ON
Тел: 416-857-5439

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Tel: 905-861-9111, Fax: 905-861-9072
www.stdimitar.org

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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

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4871 Willmott Str., Niagara Falls, ON L2G 3B7
Tel: 905-354-3296, Cell (Отец Тодор): 905-246-4457

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

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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

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В-к „Форум” - 24 Ave Mont-Royal O, b.401, Montreal, QC, Тел: 514-737-0151, <http://www.forumbulgare.ca>

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Културен център “Паисий Хилендарски” - Моника

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

Българско Културно-Спомагателно Дружество - sites.google.com/site/bgmontreal

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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>

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Българо-канадско дружество - Bulgarian-Canadian Society
<http://www.calgarybulgariansociaty.com>

Форум на Българското дружество в Калгари - www.calgarybulgariansociety.com/forum

Българско училище - Bulgarian school in Calgary - 2201 Clif Street SW



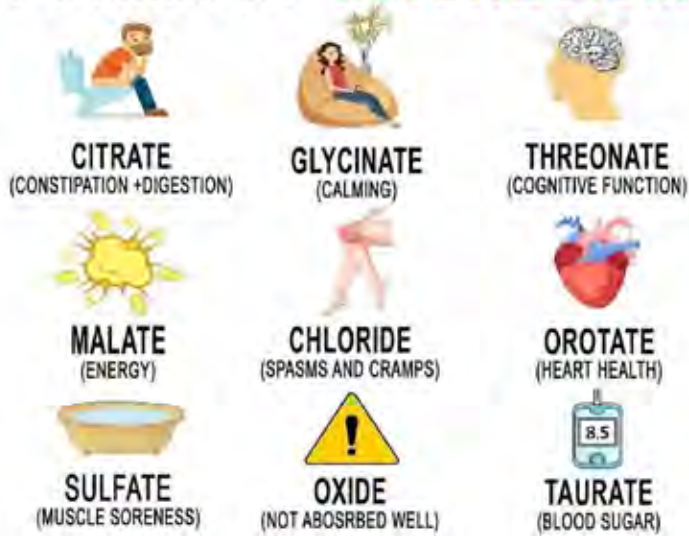
NATURE'S 11 MOST POWERFUL ANTIBIOTICS



FOODS THAT HELP CURB HUNGER



FORMS OF MAGNESIUM



HEALTHY FOODS TO BEAT LOW MOOD



WHY YOU NEED WATER



PROTEIN

ANIMAL BASED <small>per 100 grams</small>			PLANT BASED <small>per 100 grams</small>		
WHEY 80g	BEEF 31g	VENISON 27g	SEEDS 33g	NUT BUTTER 25g	ALMONDS 22g
LAMB 24g	SALMON 22g	CHICKEN 21.2g	TEMPEH 18.2g	TOFU 18g	BEYOND MEAT 18g
STEAK 21g	PORK 20g	COD 20g	CASHEWS 15g	EDAMAME 10g	CHICKPEAS 9g
EGG WHITES 11g	YOGURT 8g	MILK 3.5g	LENTILS 9g	SPINACH 3g	BROCCOLI 2.8g





BANANA



LUNCH


- STRENGTHENS IMMUNE SYSTEM
- IMPROVES SKIN



DINNER

- MAY LEAD TO MUCUS FORMATION AND DISTURB DIGESTION

HERBS FOR LIVER SUPPORT

 <p>-Burdock's bitter taste can help stimulate bile production, helping the liver flush toxins easier.</p> <p>BURDOCK ROOT</p>	 <p>-Works on phase 1 and phase 2 liver detoxification pathways. -Inhibits free radical damage.</p> <p>MILK THISTLE</p>
 <p>-Adaptogen, + Supports the regeneration of healthy liver cells.</p> <p>SCHISANDRA</p>	 <p>-Turmeric is hepatoprotective and helps protect and detoxify liver cells. -Anti-inflammatory benefits.</p> <p>TURMERIC</p>

@fatimaholistica @theholisticshop

HEALING WITH FRUIT

Just a few of the MANY benefits. Fruit is medicine!

			
papaya	blueberries	apples	cherries
digestive healing skin healing anti-parasitic <i>*best on an empty stomach!</i>	brain-boosting improved memory heart protection <i>*bonus if wild!</i>	anti-cancerous heavy metal detoxifying radiation protection <i>*eat the skin!</i>	pain-reducing nerve-soothing sleep aid <i>*darker the better!</i>
			
pineapple	kiwi	pomegranate	watermelon
wound + bruise healing eliminates mucus post-surgery recovery	restores stomach acid eye protection respiratory healing	oral health hormone support blood-building	boosts athletic performance muscle recovery emotional support

@theholisticshop

MY FAVORITE HORMONE BALANCING FOODS

		
Flax Seeds	Dark Leafy Greens	Quinoa
		
Brazil Nuts	Berries	Eggs







@kristen.mariel

PLANT-BASED FOLATE

Lower Risk Of Developing Type II Diabetes

(DV = daily value)

Natural Cures89

		
Asparagus	Lentils	Edamame
68% DV per 1 cup	90% DV per 1 cup	60% DV per 1/2 cup
		
Beets	Broccoli (cooked)	Wheat Germ
37% DV per 1 cup	42% DV per 1 cup	20% DV per oz

@naturalcures89

FOODS FOR HEALTHY GUT BACTERIA

		
Blueberries	Dark green vegetables	Broccoli
		
Chia Seeds	Apples	Almonds
		
Sweet Potatoes	Grape Skins	Green Tea

@naturalcures89

Foods High in Vitamin A

Natural cures89



Broccoli



Bell Pepper



Carrots



Cantaloupe



Lettuce



Sweet potato



Papaya



Mango



Spinach

HIGHEST IN VITAMIN C



Guava



Kiwi



Papaya



Oranges



Red Bell Peppers



Strawberries



Kale



Broccoli



Tomatoes

FOODS THAT SUPPORT KIDNEY HEALTH



Grapes



Cranberries



Seaweed



Bell peppers



Cabbage



Cauliflower



Blueberries



Garlic

DID YOU KNOW?

Papaya fruit kills parasites because it contains high concentrations of papain, an enzyme that naturally eliminates intestinal parasites. Papain also reduces gas and bloating, and promotes healthy digestion.



DID YOU KNOW ?



Eating one raw carrot per day can help balance hormones and detox bad estrogen from the body. Carrots contain indigestible fiber that aids in gut health

DID YOU KNOW?



Pumpkin seeds are high in powerful antioxidants that lower blood sugar spikes by 35%

DID YOU KNOW?

Natural cures89



Celery juice heals the gut by restoring hydrochloric acid, lowers blood pressure, aids the liver and improves digestion

DID YOU KNOW?

Natural cures89



Eating just one small **cup of cranberries** every day can improve memory and overall brain function.

Great Foods for Hydrating Your Skin



Watermelon



Strawberry



Avocado



Kale



Coconut oil



Olive oil



Chia seeds



pumpkin seeds



Cantaloupe



Walnuts

3 Ingredients

COLON CLEANSER

HOW PINEAPPLE, GINGER & LEMON CAN FLUSH POUNDS OF TOXINS OF YOUR BODY

The body does its heaviest detox between 7 AM - 11 AM every morning

Fruit, instead of coffee or a fatty meal, will give you energy for the day, cleanse your body, keep your brain sharp, and energized.



If You Didn't Know...

HERBSOVERMEDS



Anger weakens your liver.



Grief weakens your lungs.



Worry weakens your stomach.



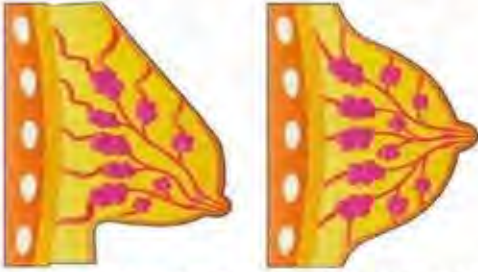
Fear weakens your kidneys



Stress weakens your heart and brain.



DID YOU KNOW?



Massaging your breast with olive oil will help increase blood flow to your bust, and help the lymph with circulation. Also, you'll get firmer, toned, and perkier breasts. Your skin will be soft, moisturized, and more elastic.

Inflammation

SYMPTOMS

1. bloating & passing gas
2. belching
3. burning skin
4. dark circles & bags
5. itchy ears & eyes
6. diarrhea
7. constipation
8. cramping
9. joint pain or stiffness
10. muscle spasms, twitching
11. fatigue
12. memory problems
13. rash, hives, acne
14. scaly, rough skin
15. cough or sore throat
16. stuffy or runny nose
17. loss of appetite
18. fever or chills
19. headache
20. puffiness, edema, water retention

REMEDIES

1. zinc
2. fresh fish and fish oil
3. vitamin D
4. probiotics
5. organic, no GMO foods
6. allergen-free diet
7. only coconut and palm oil
8. no trans fats
9. exercise regularly
10. yoga & deep breathing
11. meditation
12. biofeedback
13. massage
14. no microwave
15. basic greens
16. omega-3 fatty acids
17. spices - ginger, rosemary, turmeric, oregano
18. no refined sugars
19. antioxidants
20. electrolyzed water

Good

Better

Best



How to pick perfect watermelon!

GOOD

THE BEST



DID YOU KNOW?



Sleeping next to someone you love makes you fall asleep faster, reduces depression, anxiety, and helps you live longer.

BENEFITS OF DRINKING RED

Supports skin, memory, prostate, urinary tract and DNA health. Protects against cancer and heart disease.



Apples



Watermelon



Pomegranate



Grapefruit



Beetroot



Strawberries



Raspberries



Cherries



Tomatoes



STRESS MAKES YOU SICK



10 Reasons To Eat OLIVES

-
1. Weight Loss
 2. Reduce Pain
 3. Improve Skin and Hair Health
 4. Cancer Prevention
 5. Cardiovascular Benefits
 6. Aids Digestive Tract
 7. Good Source of Iron
 8. Improve Eye Health
 9. Reduce Allergies
 10. Increase Glutathione Levels

THINGS TO EAT AFTER 8 PM

- ✔ APPLE & PEANUT BUTTER
- ✔ GREEK YOGURT
- ✔ NUST
- ✔ VEGETABLES
- ✔ POPCORN
- ✔ AVOCADO
- ✔ DARK CHOCOLATE
- ✔ BLUEBERRIES



@share.weieghtloss21day

6 FOODS FOR HEALTHY EARS



@plantbalancedworld

10 Benefits Of Drinking LEMON WATER On An Empty Stomach

@smoothiedietguide

1. Boosts metabolism
2. Relieves constipation
3. Speeds up athletic recovery
4. Acts as a natural diuretic
5. Prevents flu and colds
6. Reduces blood pressure
7. Relieves inflammation
8. Improves skin health
9. Rehydrates the entire body
10. Promotes weight loss

HIMALAYAN SALT LAMP

reasons to have one in every room in your home

- cleanse and deodorize the air
- reduce allergy and asthma symptoms
- ease coughing
- increase energy levels
- neutralize electromagnetic radiation
- better sleep
- improve mood and concentration
- treat seasonal affective disorder
- reduce static electricity in the air
- environmentally-friendly light source





Champion Doner Kebab

TURKISH CUISINE

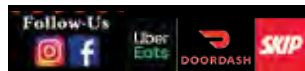
Ресторант с национална
Турска кухня

Location - 1

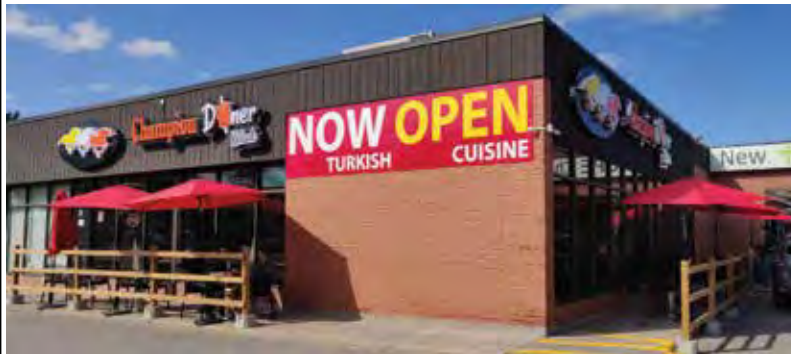
2810 Major MacKenzie Dr W., Unit 25, Maple, ON L6A 3L2
Tel: 905-832-6500

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

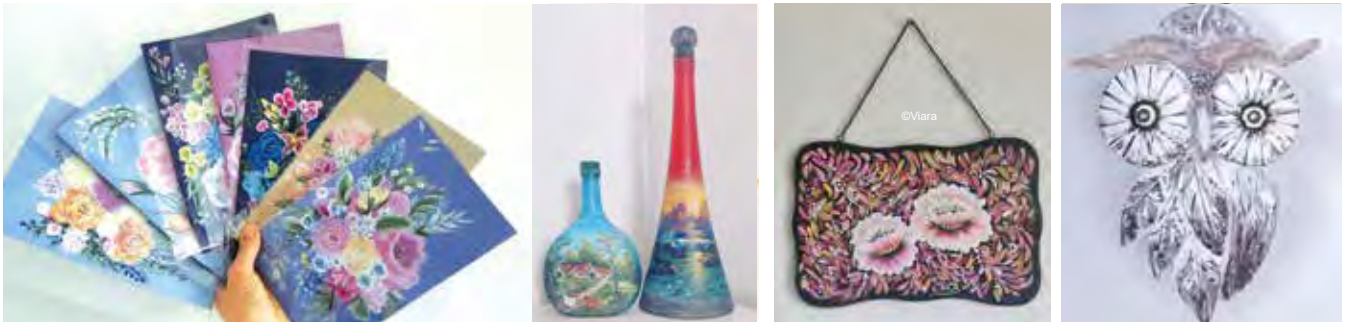


Turkish Coffee



Art for your HeArt

Original Acrylic Painted Art - Great gifts for all occasions! ©Viara



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The Spirit of Plum



SPIRITS

STARA SOKOLOVA PLUM BRANDY

FRUIT SPIRITS (DISTILLED)
Bogdanovic Distillery
HAS BEEN AWARDED WITH



95
POINTS

