



PHOTO CONTRIBUTED

## Swet support

Matthew and Jacqui Rouse, founders of The Swet Haus Cycling Studio, present a cheque to Gillian Tidey, United Way Resource Development Associate. The Swet Haus raised \$1,115 last month from the Swet Love class, a Friday night spin class for all levels. Anyone can sign up for a minimum donation of \$10 and all of the proceeds from this class are given to a local charity.



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## Cookie contribution

Dave Milne, centre, Caroline Milne, right, and their Tim Hortons staff deliver \$21,560 to Brenda Rositano of the Nanaimo and District Hospital Foundation, left. The money was raised through the sale of Smile Cookies in September at Nanaimo locations.

### Community news

Share your non-profit organization's news and events  
[editor@nanaimobulletin.com](mailto:editor@nanaimobulletin.com)

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## Chair Sale

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# Experts' Advice

## hypnotherapy

### What is the Hypno-Band weight loss program?

The Hypno-Band weight loss program that we offer at Nanaimo Hypnotherapy Center is a 6 week program which includes 2 hypnotic CD's, 6 hypnotherapy sessions, a healthy eating cookbook, and a nutritional guideline package.

How the program works is by using a combination of hypnotic suggestion and guided imagery combined with behavioural therapy techniques that help the client to make healthy eating changes which promotes sustained weight loss. By using the "Virtual Gastric Band" the deeper levels of the client's mind believe that they have undergone gastric band surgery thereby enabling them to eat smaller portions and have their hunger satisfied earlier. This solution to your weight loss is natural and safe.

For a limited time only we are offering a FREE weight loss CD with your complimentary consultation - Call today to book an appointment.



RON E. THOMPSON Hypnotherapist

**Nanaimo Hypnotherapy Center**  
 www.nanaimohypnotherapycenter.com  
**Ron E. Thompson**  
 ACCHT, NLP  
 Advanced Clinical Hypnotherapist  
**250.755.6479**  
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## Outdoor

### I need to have the rear yard of my house landscaped, but there is very little access from the front. How can this be done?

There is ALWAYS a way to make your landscaping dreams a reality. Various sizes of machines and tools can make the impossible a reality. Whether it is excavating for a new retaining wall, or importing soil for a new sod lawn, equipment specifically designed for narrow access will come in handy. In extreme case where a stairway or narrow path is all that provides access, highly skilled staff will be up to the challenge and find a solution.

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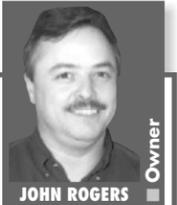
## Bedroom Furniture

### I've now purchased 3 mattresses in 5 years all over \$1500 each. I'm only 210 lbs and these things lose all the support almost right away, they say they aren't under warranty because they haven't sagged. Is there something wrong with me?

There is nothing wrong with you; the disease is in the mattress industry. We hear this story many times a day and it's always the same. There are 2 main problems.

- You can't flip today's mattresses. In 2003 the industry started switching to no flips, what amazes me is they must know they don't work.
- The foams and combinations they use on the top are nowhere near the quality they would need to be to come even close to lasting anywhere near the term of the warranty.

Read more in depth at [www.johnsbedrooms.com](http://www.johnsbedrooms.com) and click on John's blog.



JOHN ROGERS Owner

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## Bankruptcy

### Are low introductory rates from credit card companies a good deal?

Being a bankruptcy trustee, I may have a somewhat biased opinion on this subject. Low introductory rates are essentially a sales gimmick to entice people with existing credit card debt to switch to a temporarily lower rate card. Presumably the credit card holder would transfer debts from a higher rate card to the new lower rate card and get some interest rate relief during the introductory period. Of course, if you carry no credit card debt, then the difference in interest rates is irrelevant and card preferences would be based on such factors as annual fees and air mile points etc.

I take the view that any credit card debt is bad thing. Credit cards should only be used as a convenience and should be paid in full each month rather than used as a means of financing. This is not only because the rates that you will ultimately pay on credit card debt are simply too high. It is also because most items purchased with credit cards are consumables ( food, clothing, services etc. ). These items are either used up or depreciate in value immediately and therefore should not be financed at all.

Here is a statistic to keep in mind: If all you do is make the minimum payment on your credit card balance, it will you take eight years to pay off \$1,000 in debt.



GARETH SLOCOMBE, CA, CIPF Trustee in Bankruptcy

**G. SLOCOMBE & ASSOCIATES INC.**  
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 Unit 13, 6421 Applecross Rd.  
[www.slocombe-trustee.com](http://www.slocombe-trustee.com)  
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## Pedorthic FootCare

### Why Do My Heels Hurt?

Problems with our feet can be scary because the pain and difficulty walking may threaten our lifestyle and our livelihood. Often, problems can be corrected with simple, straight forward solutions.

Heel pain often falls into two categories; **Heel Spur Syndrome** or **Plantar Fasciitis**. If your pain is worse when your heel hits the ground, worse after long periods of standing and worse at the end of the day; you may have a traumatized heel fat pad and have the beginnings of a heel spur. If your pain is worse in the morning, worse when you lift the heel and worse when you stretch the plantar fascia ligament; you may have **Plantar Fasciitis**. These are treated differently; so ask questions, get explanations and understand your diagnosis.

At **Island Pedorthic FootCare**, our goal is to keep you on your feet, active and moving. Simple walking will help manage the five common causes of pain and suffering over the age of 50; Heart Disease, High Blood Pressure, Diabetes, Obesity, Osteoarthritis. Lets fight these problems on the ground, standing and walking!  
 Give us a call today to take a step towards painfree living.



DR. KATIA LANGTON Certified Pedorthist

**ISLAND PEDORTHIC FOOTCARE**  
[www.islandpedorthicfootcare.com](http://www.islandpedorthicfootcare.com)  
**Dr. Katia Langton**  
**Dr. Chris Anderson**  
 #102-5180 Dublin Way, Nanaimo  
**250.758.1716**  
 (New Pacific Station building, entrance on Metrol.)

## Real Estate

### Tim Wait expands his Real Estate Business into the Victoria market.

"I'm very excited to be able to provide this new level of service to my Nanaimo clients. Victoria is a very active market. Victoria will always be a desirable Island location to live and my research indicates that there are also many buyers looking to make a move into an affordable Vancouver Island location like Nanaimo."

Now with my new marketing program, I will be able to speak directly to Victoria REALTORS and buyers explaining the value of Nanaimo homes. This expansion will be a win-win for everyone from Buyers to Sellers in both markets.

I've lived on the island for 34 years, have raised my family here and developed a very successful Real Estate business in Nanaimo.

As Vancouver Island continues to attract people from all parts of the world, having a REALTOR on your side that understands and works in the island's two most active markets, will be a real advantage.

My Real Estate licences will be located at the RE/MAX Camosun office at 4440 Chatterton Way, Victoria BC.



TIM WAIT P.R.E.C. REALTOR

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