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Through client care, counselling, resource services, food and clothing, Harvest Project provides a safety net between temporary setbacks and desperation for people in need on the North Shore.

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**north shore news**  
 connecting our community

**Extending a hand up,  
 not a hand out...**

# live

## Remembering much more than we think



**QUESTION: Can our experiences in infancy and early childhood affect how we feel about ourselves as adults?**

**Answer:** This is an important question because the answer is yes.

Repeated satisfying experiences of feeling understood and loved, or chronic feelings of being unable to rely on the safety and freedom that love and affection provide, can have long-term effects on a child's (and later adult's) feelings about themselves, their ability to cope with life's challenges

and form relationships.

You might ask how infants can remember, thinking that they are too young and unable to speak, and even if they do remember, how these memories can survive into adulthood.

Two learning/memory centres in the brain are important here.

One is learning that does not depend on conscious awareness, called implicit memory, stored in the amygdala (this is the memory system, also called procedural), that encodes learning such as playing an instrument or riding a bicycle.

This memory system is responsible for generating emotions, behavioural responses, perception and probably the encoding of bodily sensation.

This early non-verbal memory is present at birth and continues throughout the life span. Implicit memory also creates mental models which generalize repeated experiences. This means, for example, that if you learn as a baby that important people generally can be trusted to meet your needs, your mental model in adult-

hood will tell you, without your being consciously aware of it, that you can probably expect your needs to be met.

The other memory system is called explicit and involves the hippocampus, which comes online at one and a half to two years, coinciding with learning to talk.

Explicit, verbal memory is factual and autobiographical and requires conscious attention to be recalled.

Adults recalling important experiences with family or friends or accomplishments in childhood are accessing this kind of memory. We do remember meaningful positive and negative experiences, especially experiences of relationships, either implicitly or explicitly.

The positive and negative effects on children of a caregiver's habitual responses (which as described may be unconscious and unintentional) has been the subject of a large body of research called attachment research. One of

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# Weight Not Want Not...

So often I am asked for an effective yet safe weight loss product. There are many products on the market that offer great weight loss claims or insist they are safe yet they do not deliver in either of these areas. One product that will successfully do the job is CLA. BY STEPHANIE HALL

**CLA (conjugated linoleic acid)** a fatty acid known for promoting good health is found in the foods we eat; primarily in beef and dairy. Over the past 30 years, dairy has become low-fat and cows eat more grain than

grass drastically reducing the amount of CLA available for consumption. Today the recommended daily dose of CLA is 3.4 grams. To achieve this level through diet you would have to consume more than 4 gallons of ice

cream and seven pounds of beef every day. Fortunately scientists have developed a proprietary process to convert the linoleic acid of pure safflower oil into CLA

CLA actually changes the body's composition by reducing body fat and increasing or preserving lean muscle mass – giving you a leaner, healthier appearance. CLA inhibits lipoprotein lipase, an enzyme that breaks down fat from our diets. Once the fat is broken down, it is stored in the body. By suppressing this enzyme, CLA helps to reduce the amount of fat that is broken down, and therefore, the amount that is deposited and stored. CLA is not only effective as proven in many clinical studies, but safe too. Over the past 25 years, more than 600 CLA studies have been published illustrating the

many ways CLA may enhance your health including increasing the immune system, preventing free radical damage by acting as an antioxidant and offering safe, effective weight loss.

There are many CLA products on the market but the pure safflower oil product, Tonalin™, sold by Natural Factors is superior. Tonalin™ has been clinically tested and is the only form of CLA that has been clinically proven to help reduce body fat. Tonalin™ is completely natural, safe and has no known side effects.

Combined with a balanced diet and exercise, Tonalin™ CLA can help you lose body fat and keep it off. Why not get a head start on your weight management now, even before the holiday eating takes place. With New

Year's resolutions around the corner, why wait? We invite you to Nutrition House at either Capilano or Park Royal Mall so we can help you with proper dosage requirements for optimal weight loss success, today.



Stephanie Hall is a Registered Nutritional Consultant and Chartered Herbalist. Stephanie manages Nutrition House at Capilano Mall, where she enjoys helping people to achieve optimum health.



**nutrition house**  
 www.nutritionhouse.com

**Capilano Mall** 925 Marine Drive North Vancouver, BC TEL: 604.990.0229  
**Park Royal South** M32-2002 Park Royal, S. West Vancouver, BC TEL: 604.921.1120

live

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## Secure base allows child to explore

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the important findings of this research is that the caregiver's resolved or unresolved losses or traumas influences (usually unconsciously) whether they are able to be emotionally available and attuned to their child.

A child who experiences a caregiver as anxious, absent and unavailable or frightening will develop ways of coping that are reactive attempts to stay safe. If there is no relief from these experiences in the form of reliable and caring attention, levels of anxiety and depression that sometimes prove too difficult to regulate can, if left

untreated, continue to interfere in the adult's attempts to form satisfying relationships and live a rewarding life.

Autonomous caregivers who are not distracted by feelings left over from unresolved trauma or loss and are able to respond warmly and empathically most of the time, provide the child with what is called a secure base. With a secure emotional base at home, a child feels secure inside and can explore the world, learn and experience themselves as autonomous and free to express their individuality in their relationships.

Living in a secure environment in childhood makes it

much easier to create one as an adult. It increases the likelihood, though other factors are also involved, of mental well-being in adulthood, and is why the quality of parenting that adults can provide their children is so important in adult mental health and the health of communities.

*Bea Donald, M.A., R.C.C., B.C.A.M.E.T., is a program manager and clinical supervisor of the family counselling/employee assistance program at Family Services of the North Shore. Questions? Write onthecouch@familyservices.bc.ca or call 604-988-5281.*

East Second St., North Vancouver. Info: Nancy at 604-990-1793.

### SPIRITUAL AND EMOTIONAL HEALTH

**Quest Study:** Mountaintop Unity will sponsor a journey of spiritual rediscovery led by Hazel Swanson, Wednesday, Dec. 5, 7-9 p.m. in the community office at John Braithwaite community centre. Info: Hazel at 604-219-9759 or www.unitymountaintop.ca. Admission by donation.

**Christian Silent Meditation** following the teachings of John Main, Fridays, 9:30 a.m. Info: Colleen at 604-985-1592.

— Compiled by Kitty May and Sheila Jerczynski

E-mail information for your non-profit, by donation or nominal fee event to listings@nsnews.com.

## he th otes

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North Vancouver. Info: Barbara at 604-985-4800.

**TOPS:** Take Off Pounds Sensibly meets every Wednesday, 11:15 a.m. at St. Martin's Anglican Church, 195 East Windsor Rd., North Vancouver. Info: Verna at 604-985-6280.

**TOPS:** Take Off Pounds Sensibly meets every Thursday, 9-10:30 a.m., at West Vancouver United Church, 2062 Esquimalt Ave. Info: 604-926-1747.

**TOPS:** Take Off Pounds Sensibly meets every Thursday, 6:30-8 p.m. at the Alano Club, 176

# Acupuncture Facelift

## A natural alternative

Discover an ancient facial treatment that's truly more than just skin deep.

**But the benefits aren't limited to the facial area.**

People, who are seeking an alternative to surgery to remove facial wrinkles, are turning to an ancient Chinese treatment, "Acupuncture Face Lift", which was very popular among the wealthy in China.

North Vancouver's Dr. Tahmineh Nikookar, who has operated a clinic on the North Shore for more than 10 years, was one of the first practitioners of Traditional Chinese Medicine (TCM) to revive the procedure and re-introduce it to clients in British Columbia. Acupuncture facelift tightens tones and encourages firming of the skin by stimulating **natural production of collagen**; it also increases circulation which improves facial color as well.

But the benefits aren't limited to the facial area. Acupuncture face lift is a practice that promotes the overall health and well-being of the entire body. It helps with sinus congestion, symptoms of toothache, Bell's palsy, insomnia, dizziness, stress, depression, and aids ones self-

esteem, among other conditions.

Cosmetically, it can help to eliminate fine lines on the face and has a diminishing effect on larger wrinkles. It targets double chins, lifts drooping eyelids and reduces jowls, tightens facial muscles and pores, improves metabolism, slows down the aging process, and helps to release harmful toxins.

Manual lymph drainage is done to rid the body of harmful toxins which affects the face and upper body.

In the treatment sessions Dr. Nikookar uses "Floramin" anti-wrinkle herbal creams and toners, which are purely natural.

Clients often notice a difference in their appearance after their very first treatment, Dr. Nikookar also regularly sees younger patients in their 20's as preventative medicine and to stall the aging process.

Acupuncture facelift is not limited to women. Dr. Nikookar has a number of male patients who see the benefits of the treatment.

One of her clients who extols the virtues of the procedure is model and author Bet Gibson, who is now a firm believer in the merits of acupuncture facelift.

"I highly recommend acupuncture facial rejuvenation as an alternative to plastic surgery," she says. "The results are amazing even after the first session. Your skin looks firmer and brighter, years younger. The sessions are painless, relaxing and there is no downtime. Acupuncture rejuvenation is more than skin deep. It is as good for the soul as it is for the skin."

**DR. NIKOOKAR ALSO TREATS:**

- Whiplash
- Depression
- Arthritis
- Fibromyargia
- Sports/Auto Injury
- & many more

Look and feel younger today call Dr. Nikookar at Lions Gate Health Centre 604-904-7447 with any questions.



Gift Certificates Available

## THE AMAZING MBT SHOE



MBT Shoes transform hard, flat surfaces into softer ground. Wearing MBT Shoes can help increase circulation, reduce shock to the joints and improve posture.



## "Old Friend Slippers"

100% all natural sheepskin "skid resistant"



Romeo

Juliet

Ladies Scuff

Step In

Old Friend Slippers are 100% Genuine Sheepskin lined with suede leather uppers and skid resistant rubber outsoles.

**FOOT SOLUTIONS**

Exterior of Park Royal South across from The Keg

604.925.2282 Mon-Fri 10-6pm, Sat 10-5pm

