



**IF YOU DIDN'T SMOKE WHAT COULD YOUR MONEY BUY?**

It was 53 years ago when I quit smoking. I was 33. My average cost for cigarettes could have been \$20 per day. This would have totaled \$386,900. Instead of spending money on smokes. I bought shoes, clothes, household furniture, vacations, cars, and paid a down payment to buy my house.

If I spent it all on cars, at an average of \$35,000. each. I could have bought 11 cars.

If you are a smoker and quit today, the money that you didn't spend on cigarettes could buy you a car in 5 years.

**Regarding your health.**

There are a number of people who are 86 that are walking around carrying portable oxygen tanks. Not me. Nor will you if you quit smoking now.

When you quit smoking, cravings start attacking you, be in ten minutes or three years.


By applying the methods described in my book. Top Smoking N Stay STopped, at Amazon, craving are litterly wiped out.

Roger Farrell

STOP SMOKING N STAY STOPPED

BY: ROGER M. FARRELL

Do You Want To Smoke For The Rest Of Your Life




WARNING:

By reading this book you may become a non-smoker, or quit alcohol or drugs.

STOP SMOKING N STAY STOPPED

END INSTANTLY THE CRAVING TO SMOKE



Bonus: How to Quit Craving Sweets

Order the book from Amazon now while still available

Life-improving benefits await you

Here’s where the latest speed cameras are located in Pickering, Ajax, Whitby and Oshawa

**Permanent Automated Speed Enforcement locations:**

**Ajax:** Bayly Street, east of Harwood Avenue, near Ajax High School and St. Bernadette Catholic School.

**Oshawa:** Simcoe Street, between Taunton Road and Conlin Road, near Ontario Tech University and Durham College; Harmony Road North, north of Eastbourne Avenue, near Eastdale Collegiate and Vincent Massey Public School.

**Pickering:** Central Street, west of Brock Road, near Claremont Public School; Altona Road, south of Fiddlers Court, near Elizabeth B. Phin Public School.

**Whitby:** Anderson Street, north of Dundas Street, near Anderson Collegiate Vocational Institute; Myrtle Road West, west of Ashburn Road, near Burns Presbyterian Church.

**Uxbridge:** Regional Highway 47, west of Front Street.

Picture of Automated Speed Camera

**Mobile Automated Speed Enforcement locations:**

**Uxbridge:** Sandford Road, east of Smith Drive.

**Oshawa:** Simcoe Street North, south of Beatrice Street East; Stevenson Road North, north of Beurling Avenue; Simcoe Street North, north of Taunton Road.

**Scugog:** Reach Street, west of Old Simcoe Road.

**Clarington:** Courtice Road, north of Regional Highway 2.

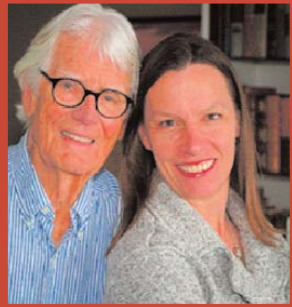
These mobile cameras will be rotated through various community safety zone sites, with “Automated Speed Camera Coming Soon” signs posted 90 days ahead to alert drivers.

The City says that speeding contributes to nearly a third of fatal collisions in Canada. This program is a crucial part of the Vision Zero strategy to eliminate severe injuries and deaths on roads.

The current penalties for speeding in community safety or school zones is on a sliding scale, starting at \$5 per kilometre over the speed limit. For example, driving 16 km/h over the posted speed limit would result in a total penalty of \$108.25.

The tickets would be sent to the owner of the vehicle, regardless of who was driving and no demerit points would be issued.

STOP KILLING THE KIDNEYS WITH GARBAGE



By W. Gifford-Jones MD and Diana Gifford

Multiple studies have shown that a diet of fruits and vegetables reduces blood pressure. Since hypertension kills millions of people each year, the message seems clear. But this is not the first time consumers have been told that a veggie diet is superior to one of meat. Now there’s another important message that millions of North Americans have not learned. It’s that people of all ages keep killing their kidneys by eating highly processed garbage day after day. Despite the evidence, they embrace this silent killer until the doctor says they need kidney dialysis or a renal transplant to save their life.

First, know the basic facts. The kidneys, like the gastrointestinal system, remove waste. These two bean-shaped organs, each the size of your fist, are master chemists too. They regulate blood pressure, balance body fluids, produce hormones and red blood cells, and keep the blood from being too acidic or too alkaline. To accomplish all these tasks, the kidneys filter the blood in our body over and over every day. It’s a huge undertaking.

Based on the research, one would think we would all be eating predominantly fruits and vegetables to help ensure healthy longevity to kidneys. Each kidney contains between 200,000 and one-or-more million nephrons. The number declines naturally with age or at an accelerated pace when asked to work overtime. Each nephron is an individual filter that removes urea from the blood while returning water and nutrients into circulation. Fruits and vegetables, including plant-based proteins, are easier on aging or compromised kidneys because they generally involve fewer toxins or other nutrients such as sodium, potassium, protein, or acid content that must be removed or balanced.

Don’t be fooled by artificial foods that mimic meat and claim to be vegetables. If you can’t pronounce the ingredients on the label, think twice.

What are other bad habits that are damaging so many kidneys? Shakespearean described the problem best with the line from Julius Ceasar, “The fault, dear Brutus, is not in our stars, But in ourselves”. We are the victims of our own stupidity.

When you ask people to put all their pills in a paper bag, it’s amazing what you see. Look in that bag to get a clear picture of what’s been going on for years. North Americans have become victims of “Pillitis”. They rush to the pharmacy whenever they have simple ache and pain. Compared to our forebearers, we’ve become wimps about pain. Worse, they allow themselves to develop chronic conditions that doctors will treat with endless medication. What’s the result? Evolution did not prepare the kidneys to metabolize all this synthetic junk. The heavy workload causes them to start to fail, slowly and surely.

Researchers in the UK report that 34% of adults over 75 have severe levels of kidney disease. Use of non-steroidal anti-inflammatory drugs such as ibuprofen (Advil, Motrin) and naproxen (Aleve) is contributing to such shocking statistics.

Researchers at the University of California also reported years ago this damning statistic, that the misuse of drugs resulted in a 19 percent increase every year in patients requiring renal dialysis machines. We could point to many more studies. But people do not heed the advice, and they die prematurely. What’s the message? A diet of fruits and vegetables helps improve blood pressure. It also lowers risk of cardiovascular disease, stroke, macular degeneration of the eyes, arthritis and gastrointestinal troubles. But even if people adjust their diet, chronic kidney disease will continue to increase until people stop abusing their kidneys with garbage painkillers and endless other medications.

**Sign-up at [www.docgiff.com](http://www.docgiff.com) to receive our weekly e-newsletter. For comments, contact-us@docgiff.com. Follow us Instagram @docgiff and @diana\_gifford\_jones**



Foresight

from Wayne & Tamara

I'm 27 and my husband is 41. We've been together since I was 18 and he was 32. I got pregnant when I was 21, then we got married. I knew I never wanted to be with him forever. When I was walking down the aisle, I said to myself, "I can always get a divorce." Little did I know it wouldn't be that easy.

Now we have two wonderful kids. He makes good money, and I get to stay home. We have a nice lifestyle. The problem is he makes me sick. I do not love him and do not want to be with him anymore.

We have nothing in common, and he is not a very intelligent person. He is illiterate. He is not kind to others. He's good with the kids, but does and says things in front of them that should not be said or done. I don't want to waste any more time in this marriage. I want to leave, but I don't want to take the good life away from my kids.

I feel bad leaving him because I don't think he deserves to have everything taken from him, but having sex with him makes me ill. I don't let him kiss or touch me. I make him get it over with as quick as possible. He works offshore and is away more than he is home. I think that's the only reason I've made it this long.

I got married because I was pregnant, and I was ashamed. Please give me your thoughts.

**Brianna**

Brianna, 1400 years ago, when China was ruled by the Sui dynasty, soothsayers in the imperial capital predicted that the emperor would be overthrown by someone named Li. A popular song even repeated that theme. This caused the emperor to persecute officials named Li. Some of them he even murdered.

Meanwhile, north of the capital, there was a military garrison commanded by another Li. Again and again Li's son urged him to revolt and attack the emperor before the emperor could attack them. At last the father agreed, and father and son marched south with their army to overthrow the Sui. And so a prophecy was fulfilled, and a man named Li seized the throne.

Your marriage was also a self-fulfilling prophecy. You married a man who could provide for you, but he is a man you do not love. Now the marriage may end, and you may need to go to work. Like the last Sui emperor, you have brought ruin upon yourself. It's impossible to live with a person who makes you physically sick, but once you have children with them, you will be bound to them for the rest of your life.

Wayne & Tamara each word, and I had loved you so."

**Wayne & Tamara**

**SEND LETTERS TO: [Directanswers@WayneAndTamara.com](mailto:Directanswers@WayneAndTamara.com)**

**Wayne & Tamara are the authors of Cheating in a Nutshell and The Young Woman’s Guide to Older Men—available from Amazon, Apple, and booksellers everywhere.**