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SAATCHI & SAATCHI

Fine Jewellery

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The doors of Saatchi & Saatchi Fine Jewellery first opened up on Robson Street on April 16, 1989. With five generations in the jewellery business, Mr. Ali Saatchi opened his first Vancouver location alongside his youngest son, Julio, and only daughter, Dina. Julio began working in the family business at the age of 17, coming into work after school and on the weekends. He was dedicated to helping his father's business flourish, and together the team of three worked tirelessly to get to where they are today. In July 2016, Julio took over the family business from his father and continues to work alongside his sister. What started out as a small store, will now be celebrating its 29-year anniversary in this coming year. Saatchi & Saatchi Fine Jewellery has a client base of tourists, as well as many locals who continue to come since the business' initial opening. Julio shares many fond memories with past and present customers. In particular, he tells the story of a couple who he originally met in 1992, who came to the store to buy their engagement and wedding rings. 23 years later, the son of that couple came in to buy his engagement rings for him and his partner. The company slogan "Let us create your family tradition" rings true! Julio explains that customers have become like family. From meeting a client's first-born child to then helping find their perfect graduation gift, the store holds many longtime customers.

Saatchi & Saatchi Fine Jewellery specializes in fine jewellery diamonds, precious stones, gemstones, gold, and silver. They travel around the globe to attend all major jewellery shows in order to bring their customers the most exquisite, one of a kind, and latest jewellery designs. This year, the jewellery store launched their brand new line of Saatchi Swiss watches.

From his hard-working beginnings of balancing his life with the family business, Julio has been able to successfully carry on the legacy of five generations and continues to be an inspiration for his children to do the same.

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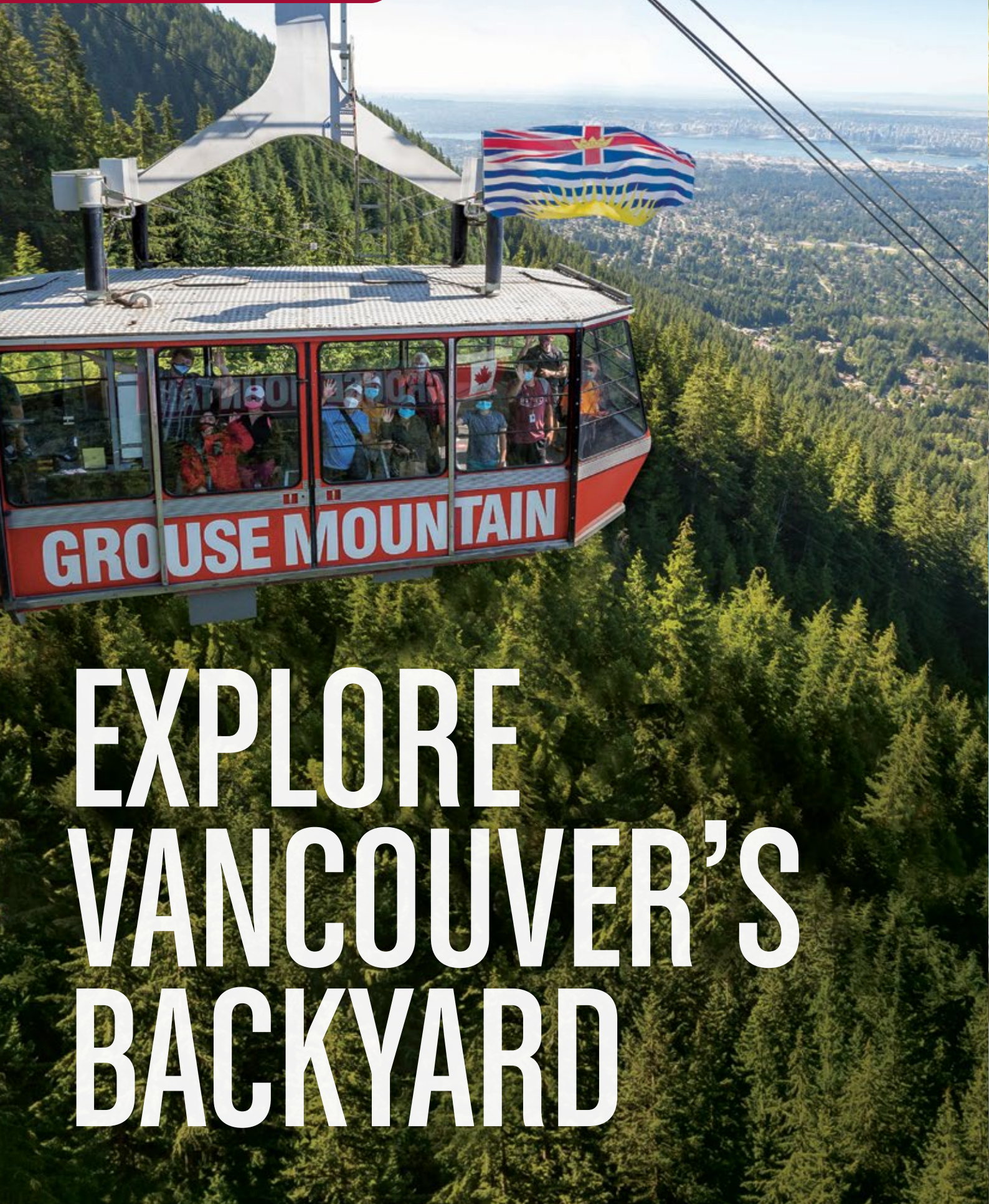
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A LONG INTERMISSION!

In our first editorial in Vancouver SeaBuzz, to introduce our role as an advertising and cultural magazine, we praised Vancouver with all its natural beauty and cultural diversities, its sparkling downtown, and busy streets. We discovered food varieties in warm and classy restaurants where, in addition to their tasty cuisine, they offer the privilege of getting to see people from all around the world, either as tourists or as members of our outstanding local multiculturalism. We highlighted the artistic side of our city, specifically the Vancouver Art Gallery which is the fifth largest art gallery in Canada and has always welcome different groups of fans for different genres of art. We were enjoying our everyday social life with untold negligence until the series of so-called unfortunate events put it all on a halt!

In March, due to COVID 19 pandemic, some restrictions were implemented which entirely changed the face of our city. Some businesses started a lockdown, cultural activities and events were postponed without the announcement of reopening dates. Vancouver Art Gallery closed its doors, hotels, restaurants and bars stopped receiving guests, nightclubs and banquet halls were shut down. In less than two weeks our life was extremely different, so different that the empty streets and dim nights were unrecognizable even for us. Vancouver went to deep sleep for days and nights. People started to work from home. There was no need to rush to bus stops or looking for a parking space. Families suddenly had more time to spend with each other. Neighbours left heartwarming notes on each others' doors for a birthday or a wedding celebration. Social media became full of supporting comments and everybody took part in a love symphony which was played from every window of every home, to thank the medical heroes at 7 pm every day! The city sparkled again in the hundreds of lights which were illuminating the night sky of Vancouver to respect and support our doctors and nurses and frontline health workers. And a big smile appeared on Vancouver's face again!

We have almost overcome the difficult times by staying together and supporting each other; and although it seems like a long journey to get back to our old norm, we are halfway through and we are determined to pass the finish line shoulder to shoulder. The current issue of Vancouver SeaBuzz is our unique print for the time of the pandemic. We greatly appreciate the strong businesses in Vancouver who stayed put and provided their services with meticulous care for their clients' health. We bow to and praise those who helped others and made this time memorable and precious. Vancouver SeaBuzz advertising is proud to be able to promote and market the present businesses in our magazine and has big hopes for them to meet a brighter future.

M. Shahbandi

Mehrnoush Shahbandi
Editor-in-Chief



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HISTORY

BACKGROUND ON THE VANCOUVER ART GALLERY

Founded in 1931, the Vancouver Art Gallery is recognized as one of the most respected and innovative visual arts institutions in Canada and is committed to strengthening ties between artists and diverse communities throughout the City of Vancouver, the Province of British Columbia and beyond. As the largest public art museum in Western Canada, the Gallery features the work of groundbreaking contemporary artists from around the world, presents historical art of international significance, and provides a global platform for British Columbia's dynamic artistic community, including the work of First Nations artists as well as art of the Asia. Its growing collection of over 11,600 artworks represents the most comprehensive resource for art in British Columbia and is the principal repository for visual art produced in the region, as well as related works by other notable Canadian and international artists. The Gallery also places an emphasis on advancing scholarship through major publications and presents a multitude of public programs that offer new ways to consider art for visitors who come from throughout the region and far beyond.



The Vancouver Art Gallery is a not-for-profit organization supported by its members, individual donors, corporate funders, foundations, the City of Vancouver, the Province of British Columbia through the BC Arts Council, the Canada Council for the Arts, and the Government of Canada's Department of Canadian Heritage.

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HISTORY

HISTORY OF THE BUILDING

The Vancouver Art Gallery was constructed in 1931 on a 132-by-66-foot site donated by the City of Vancouver at 1145 Georgia Street, several blocks west of where the Gallery now stands. Funded by the \$130,000 raised by the Gallery Founders, it was built for a cost of \$40,000. The Gallery was erected in a lot between a row of houses and a service station in what was then a residential area at the edge of downtown. Designed by local architects Sharp and Thompson, the building was constructed in the Art Deco style as a single floor of gallery space. Its façade incorporated a frieze on which the names of great painters were carved and the entrance was flanked by the busts of Michelangelo and Leonardo da Vinci.



In 1951, the Gallery was expanded to three times its original size in order to accommodate 157 works by Emily Carr, willed by the artist to the province of British Columbia before her death in 1945. Fundraising for the expansion was led by Carr's close friend, Group of Seven artist Lauren Harris, who was instrumental in raising \$300,000 toward the project, a sum matched by the City of Vancouver. Removing the Art Deco façade, architect Ross A. Lort remodelled the Gallery in accordance with the International Style popular in Vancouver at the time.

The Gallery remained at this location on West Georgia Street until 1983, when it moved to its present location bound by Georgia, Howe, Hornby and Robson Streets.

As part of a land exchange between the Province of British Columbia and the City of Vancouver in 1974, the City acquired a 99-year lease of the 1906 neo-classical courthouse building. The monumental structure was designed by Victoria architect Sir Francis Mawson Rattenbury (1867-1935), a colourful figure originally from Yorkshire, England who moved to Canada in 1892 and established himself as the major institutional architect in British Columbia, also designing Victoria's Legislative Assembly buildings and the city's landmark Empress Hotel.

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HISTORY

HISTORY OF THE BUILDING

The Gallery commissioned Vancouver-based Arthur Erickson Architects to renovate the courthouse, which was part of the three-block development became known as Robson Square, one of Erickson's largest and most renowned projects. Construction began on the \$20 million redesign of the courthouse in December 1981 and the new Vancouver Art Gallery opened to the public in October 1983 with 41,400 square feet of exhibition space.

In 2004, a master planning process undertaken by the Gallery determined that the museum required a greatly expanded facility on a new site to accommodate growing demand for education programs and the display of the collection, as well as adequate storage space for new acquisitions. In 2013, Vancouver City Council designated the site at West Georgia and Cambie Streets for the new Vancouver Art Gallery, and in 2014 the internationally acclaimed Swiss firm Herzog & de Meuron was selected as the design architect. The conceptual design for the project was unveiled in September 2015.

The site of the Future Vancouver Art Gallery



Rendering of the new Vancouver Art Gallery building: view across Queen Elizabeth Square, © Herzog & de Meuron





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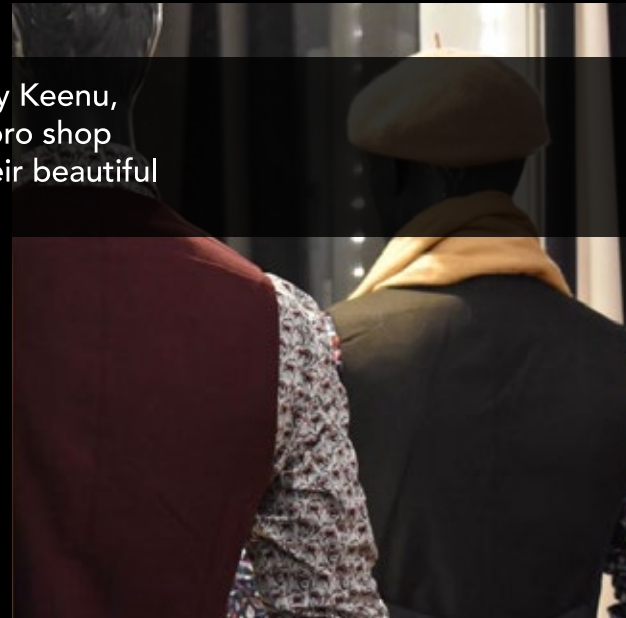
with connotations suggesting traffic, movement, fluidity, and flow of energy. When you say bia boro, you mean to say that things are busy, that there's stuff going on, moving and shaking, or there's a buzz happening.

Yes to all of that. You feel it when you step inside the shop, like entering into some chill beach boutique in Bali where characters with all the time in the world emerge from the back to warmly say 'hey'!

The style is urban, funky and dapper, as Bahram's goal is to discover unique garments for men that are unlike anything here in Canada. BIA BORO makes its own colourful underwear out of Bamboo for women and men, and these undies can also be worn as a bathing suit.



Co-Owner Bahram Djam, and his husky Keenu, hail from Nelson where the first Bia Boro shop was born back in 2004 followed by their beautiful Kelowna location in 2012





MANY CULTURES, MANY LANGUAGES, ONE CELEBRATION

Vancouver is known for its cultural diversity thanks to the effort of many organizations and individuals. Vancouver Asian Heritage Month Society (VAHMS) is one of them. The non-for-profit organization produces the annual explorASIAN festival in the whole month of May. The festival's objective is to integrate Pan-Asian artists into the mainstream with a special focus on reaching out to under-represented, lower-profile Pan Asian communities and creating opportunities to further cross-cultural communication, awareness, and understanding to enrich multicultural identities and cohesion and promote understanding and appreciation of Asian Canadian communities in the general public.

The festival promotes public awareness of National Asian Heritage Month; produce an Opening Ceremony event featuring Pan-Asian and Indigenous performers; promote more than forty Pan-Asian community events throughout the Lower Mainland; co-produce performance events; and hold a Recognition and Award Gala with a special focus on recognizing Pan-Asian Youth Leaders.

Founded in 1996, VAHMS is a non-profit society dedicated to recognizing Asian Canadian participation as an integral part of Canadian society. In its 24 years of not for profit work, the Vancouver Asian Heritage Month Society has dedicated its commitment, and social contribution to promote cultural and educational awareness of the diverse Pan-Asian cultures in the Lower Mainland. In 2001, Senator Vivienne Poy proposed a motion in the Senate to officially recognize Asian Heritage Month in the month of May. Other Canadian cities celebrating Asian Heritage Month include Victoria, Calgary, Edmonton, Winnipeg, Montreal, Toronto, Ottawa, Halifax and Fredericton.

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A SUMMARY OF THE ARYAN MIGRATION TO IRAN

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We do not yet know where the Iranians originally came from. What has been ascertained is that they were a wandering people of Indo-European extraction, who around a thousand years before the common era, migrated down from southern Russia, along the shores of the Caspian Sea, towards Central Asia. Their route took them across the Caucasus mountains and Transoxiana. Gradually, these nomads settled on the Iranian plateau. In time, their descendants formed one of the greatest empires the world has ever known. Those, who had come by way of Transoxiana, moved towards western Iran, where they encountered a number of established civilizations such as those of Elam, Transoxiana, Assyria and Urartu. In an area, stretching from Pamir to the Zagros Mountains, a number of different tribes lived side by side, loosely knit together by Iran's political and cultural influence. Though all of these tribes were eventually integrated into the greater Persian culture, each maintained traces of its original cultural identity. Iranians first appear in historical records in 843 BC, in the calendar of the Assyrian King, //Shelmaneser// III. The calendar refers to a tribe, called "Parse", on the western shore of Lake Urumieh. The Pars Tribe was subjected to pressure from all sides, having to contend with two powerful civilizations Urartu in the northwest and Media in the south and east.

The latter was actually related to the Pars tribe. However, the Medes had the advantage of having migrated to the area some time earlier. Assyrian records refer to the Medes as early as 836 BC. Their capital, Ekbatana, was located at present-day Hamedan. The Medes were among the first Aryans to rule for more than a century and a half. (from 715 BC to 550 BC). Their kingdom, which lasted from 715 BC to 550 BC, was composed of areas, which are now known as western, southern, north-western, and central Iran. Eventually, however, they were overcome and absorbed by their Persian, or Achaemenid cousins. The Achaemenids were wise enough to incorporate the political experience of their predecessors. However,

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mounting pressures from Assyria and Urartu finally drove the Achaemenids south to the Zagros mountains. Around 700 BC, Persian tribes settled along the mountains of Bactria and in eastern Shushtar, along the Karun River. (Ghirshman 1374: p.124). According to slates unearthed at Susa, by 685 BC, the Persians had settled throughout Elam. As they grew in numbers, a man named Achaemenes, rose to prominence, who helped the Persians form their own local government. Achaemenes' son and successor, Teispes, enlarged his domain to such a degree it had soon encompassed all Anshan, stretching from northeastern Bactria to Parsumaanesh. Though Teispes had relinquished his Elamite nationality, his kingdom was still not powerful enough to stand on its own. He therefore had to accept the Median king, Phraorte-Khashathrita, as overlord. However, when Assyria defeated the Medes in battle and Khashathrita died, Teispes renounced his affiliation and enlarged his kingdom still further by annexing Pars, or modern-day Fars. Teispes divided his domain between his two sons, Ariaramne and Cyrus. Cyrus' son, Cambyses, inherited a kingdom, which included Parsumaanesh, Anshan and Parse. Cambyses, who proved to be as politically astute as his grandfather, married the daughter of the Median monarch, Astyages. The result of this union was Cyrus the Great, who, in 555 BC, overthrew his Astyages, and conquered Pasargadae. Cyrus then went on to lay the groundwork for the monarchical system in Iran.

THE ACHAEMENIDS AND THEIR MAGNIFICENT MONUMENTS



The appellation, "Achaemenid", derives from the name of the first Persian leader, Haxamanesh, or Achaemenes. The word, "Haxa", means friend, whereas "manesh" stems from the term "mant meaning thought. Thus, the name Haxamanesh can be translated as "Lover of Thought."

One of the main characteristics of the Achaemenids is the importance they attached to ethics. In fact, the name they chose for themselves is indicative of their mindset. The rudimentary kingdom, which Ariaramne and Cyrus I had inherited from Teispes, was transformed, by Cyrus the Great and his descendants into a strong, centralized government. It took Cyrus thirty years to turn the local monarchy of the Persians into the greatest empire of the ancient world. Initially, he chose Pasargadae as his capital, where he built

several temples and palaces. The order he issued for construction refers to him as "The Great Achaemenid and his descendants, King". Upon his ascension to the throne, Cyrus quelled tribal rebellions in the east, southeast, and northeast sectors of his domain. Then, he turned his attention to Media, where he overthrew King Astyages.

After annexing Media, Cyrus wisely chose its capital, Ecbatana, or Hamedan as the seat of government for a unified Iran. By this action, Cyrus managed to successfully weld two separate nations into one. Before long, the Persian government could not be distinguished from its Median counterpart. (Gerschmann 1376 p 136). During his reign, this monarch enlarged Iran to such an extent that its borders



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stretched from Greece in the west to the Oxus and Yaksartes, in the east. Cyrus met his death in battle on the eastern frontier of his far-flung empire. In accordance with his wishes, his body was sent back to Pasargadae, where he was laid to rest. Cyrus' eldest son, Cambyses, who had governed Babylon during his father's reign, inherited the Persian throne, despite the fact that Cyrus' younger son, Bardia, enjoyed popular support. Therefore, fearing that Bardia might supplant him during his absence, Cambyses slew his brother before leaving for Egypt on a military campaign. However, the royal fratricide sparked widespread unrest, which a Zoroastrian magus, named Gaumata, was quick to use to his advantage.

There appears to have been some doubt as to whether or not Cyrus' younger son was actually dead. This being the case, Gaumata introduced himself as Bardia and laid claim to the crown of Pars. Upon hearing this news, Cambyses turned back towards Iran. However, he died on the way. On his expedition, Cambyses had taken with him, as his lance-bearer, his youthful cousin, Darius. This Achaemenid prince was the son of Vistasp and grandson of Ariaramne. Upon his return to Iran, Prince Darius slew the fictitious Bardia. Then, in the following year and a half, from the summer of 522 BC to the fall of 521 BC, Darius fought in nineteen battles, in which he managed to suppress all rebellions. The prince emerged the undisputed king of Persia. Thus, the crown was transferred from the house of Cyrus I to that of Ariaramne. (Koch 1379 p. 15)



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Will There Ever Be Another Worm To Fall In Love With Another Apple?

Written By
Saeed Azimi

Illustrated by
Golnoush Behmanesh

In an early morning on a sunny day, I found myself on a branch of an apple tree next to a beautiful apple with lots of yellow and orange spots on its very green skin. I slowly crept on its soft delicate skin, moved around it many times and looked at it with joy. "What a fragile pretty thing." I thought. I looked around, it was a big garden full of apple trees and thousands of apples hanging from the trees. But no other worms. I was the only worm in such a big garden and my apple was the only apple which was sparkling like a pearl. It was different from the others, very much different.

Filled with these thoughts, I saw the first morning sun rays touching the apple through the leaves. Under the sun light everything shone differently. It was a waltz of light and shadow and color on my apple. Looking at her being amazingly calm, intoxicated by her smell, I fell in love with her. Well, here I was! A little worm in a big apple garden in love with an apple.

I went down the branch and put my head on her skin and stayed still for long slow minutes. Then I crept on her until I could feel her with all my body. All I was thinking about was how I could tell her that I was in love with her.

I looked down the tree. There was a long distance between us and the ground, I stared at the ground for some time. I was too excited to keep silent any longer. I went over the apple again, caught my breath and said immediately "My dearest, I am in love with you". She didn't say a word. I broke the silence and said, "I don't know why, but I love you and I want to stay with you forever".

"Why did you fall in love with me? There are lots of other apples here", she finally started. I couldn't find a good answer: "I don't know, maybe because of your beauty, your smell or the color of your skin, but whatever it is this morning, I found myself in love with you". She kept silence for a moment. There was a soft

breeze. She jerked a little and warmly started speaking: "My little worm, you're an interesting thing too as well, when you crept on my skin, I enjoyed it to the bottom of my heart." I was filled with delight hearing that, and I thought to myself "she cares about me and she likes me. Perhaps, she doesn't love me but that is ok. After all she seems happy to make friends with me."

We talked about different things, butterflies, trees, leaves and other apples. It was joyful watching things from high above, everything seemed more beautiful. Suddenly, I asked her why there was no other worms except me, and she said: "Humans don't like worms. They don't let them be. They spray poison to kill worms". I had never seen any humans before in my whole life. I didn't have any idea what they were like, so I asked: "why? why do they do this?"

"I don't know!" she answered. "They like apples but don't like worms. They pick apples, put them in big baskets and take them away. They do it every year. They started picking the apples in our garden two days ago. Sooner or later, maybe today, maybe tomorrow they'll come for me too".

"Taking you away? Like the others?" I was shocked and worried.

"Yes." she replied sadly.

"I won't let them do that! I love you. No one can take you away from me. We should speak to them. Let's tell them that we are in love and ask them to leave us

be. They must understand! they must go away!

"It's not that simple." She said quietly.

"Yeah, I like you, but it doesn't make any sense to them. They don't speak our language. They'll pick me and take me away".

Knowing the sad reality, that humans would come and take her away, made me so sad that I couldn't speak for a long time. Suddenly there was a noise. It was the garden's gate. "They are coming! they're coming!" she said worriedly.

We didn't speak and just watched the humans. They were not too far, and they were picking the apples from one tree after the other. There were just some trees between us. They were getting closer and closer. We could clearly hear them talking. "Will they pick her today? Will they take her away?" I was scared to death.

But fortunately, after they filled all the boxes which they had with them, they put the boxes in a van and went away. There was silence again between us. Each of us wanted the other to speak. We were sure that the human would come back again the next day. We had just that precious night together. We both were thinking: "We shouldn't waste it. Let's speak! Let's say something!" But there was still silence.

After some time staring into each other's eyes. she said: "There is a way. The only way to stay together".

"What is it? I'll do anything to stay with you." I asked.

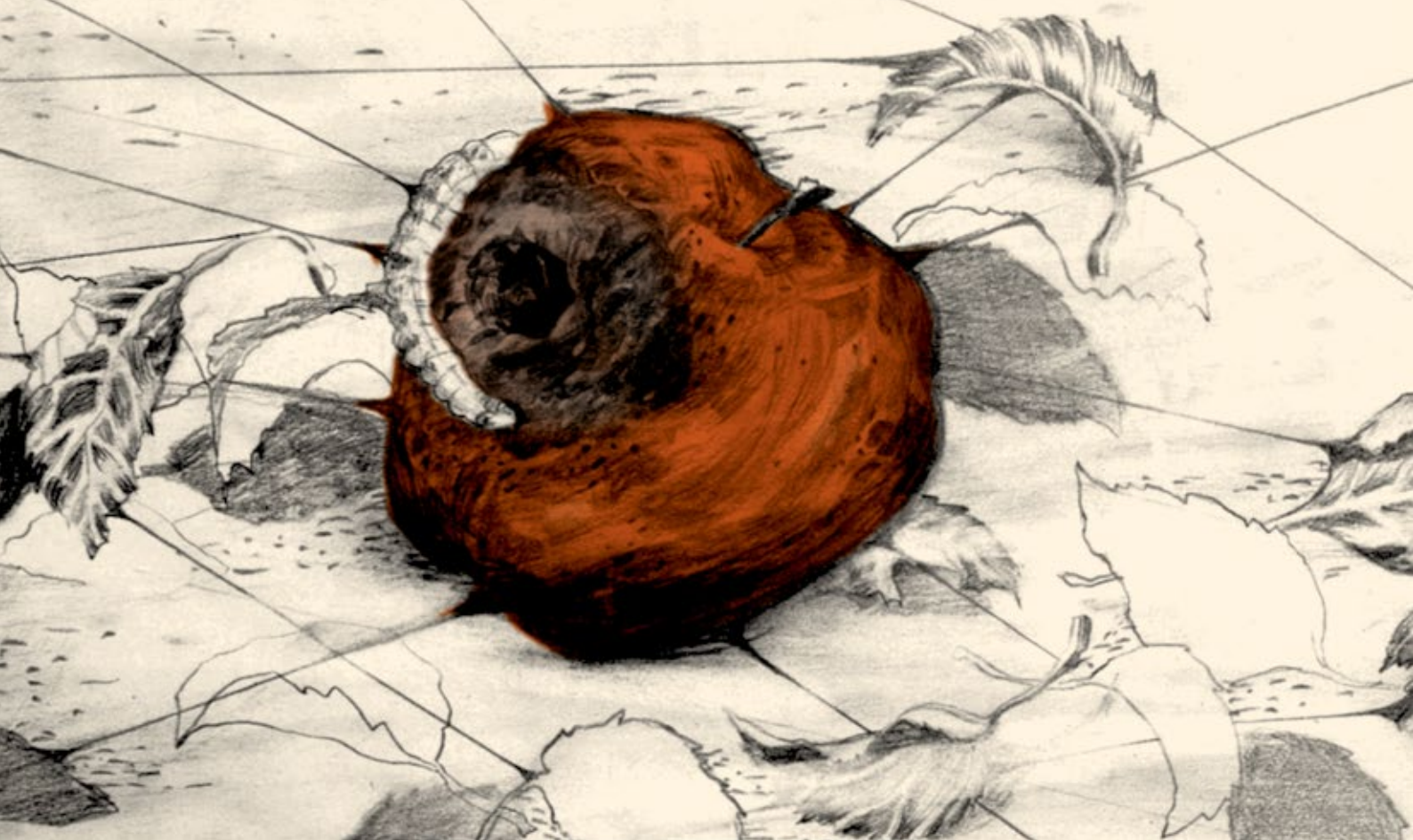
"You should make a hole on my skin, a big hole that everybody could see it easily..." she said confidently.

I was shocked: "You're kidding, right? I can't do that. I can't make a hole on your body like that".

She interrupted me: "Look, we don't have much time. The humans are coming, and this time is surely my turn. The old apple tree told me that humans don't like worm-eaten apples, and they don't pick the apples which have worms in them. Also, a worm should be inside the apple, making a big hole on it to make it look bad. Otherwise humans would throw the worm away and take the apple. There haven't been any worms for a long time here because of the poison they spray each year. There is no other choice. you should start immediately. We haven't got much time!"

I understood that it was the only way. Although it was difficult for me I decided to do it. I crept on her. Feeling her shiny, eggshell skin and tried to start from somewhere.

The next morning there was a hole on her body. Working fast and continuously, I fell asleep inside her. In the morning, a noise woke me up. I stretched my head out of the hole and I saw that humans were picking the apples. I was hoping that they wouldn't get to us or if they would, they could see the hole on her skin and go away. One human put the apples he had picked in a basket and came toward us. He wanted to pick her, but he stopped,





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looked at us carefully for a minute and then screamed and call the others. Other humans came. They showed us to each other and became surprised seeing a worm-eaten apple after so many years. They decided to use a stronger poison next year and then they started picking other apples again. There were no apples left in the garden by the end of the day, but her. And we felt very much happy that we could stay together. We celebrated all night. The other trees shared our happiness with us. The old apple tree said that humans make stronger poisons every year to destroy worms, but there is one at least each year! And we all laughed. It was wonderful in the beginning. Waking up together and being together all day and kissing each other goodnight every night. But each day the bruise around the hole on her skin was spreading. I saw it everyday, I felt that pain inside me, on my skin, and deep in my heart. But I couldn't mention it to her, knowing that it was her who had the pain. She also didn't want us

to talk about the hole, after all it was the only way to stay together. Days and nights passed, half of her body was brown, she told me that she might fall sooner or later and wanted me to go to a higher branch not to fall with her and be safe. But I couldn't even imagine to be an inch away from her. Sometimes she thought of other apples and wondered where they were and what they were doing. But after a second, she would say that she didn't want to be anywhere far from me. She seemed very happy, happy because of all different things we had done during her short life. However, she was weak. She shook even by a soft breeze. I was very worried about her but

the joy of being together was stronger than the fear of future. In an evening in the fall when the sun was gathering its rays from over the leaves, I felt that she couldn't hold herself to the branch any longer. On that very day, she fell down. We fell down! I was on her skin kissing her and talking to her. She was happy that I was with her. She was trying to look healthy and fresh, although a big part of her body was brown. A soft breeze shook her, and we fell. It was a hard crash. She was fragile and I was old, but we both were together, and that was the only thing that mattered. There we were, on the ground, she was lying, and I fell asleep forever inside her.

Alkaline Water, A Hype?



Amir Shaani
B. Eng. Certified Master
Water Specialist

Among the various buzzwords often heard in the alternative health world is the term “alkaline water”. Studies abound showing that we are all too acidic today and that this potentially dangerous acidic state of the body is a common precursor to many chronic illnesses.

Arising along this surge of information, we also see a growing variety of alkaline water products in the marketplace. These days bottled alkaline water and alkaline producing electric water systems are commonly available for home use as well as for commercial purposes.

Natural alkaline water as found in nature is, for example, water that comes down a mountainside moving through rocks and mineral rich landscape. As it journeys over the rocks, it picks up minerals from the rocks and soil and becomes more alkaline as it meanders seaward. How is it possible to recreate this perfection that nature gives us so generously?

Interestingly, upon investigation of that very topic it seems that purchasing true alkaline water is just not that simple an affair, as there are different methods of producing what is termed “alkaline water”. And in fact, there are parameters that we must look at to make sure we are getting water that actually promotes true wellness and that actually alkalizes.

To clarify the confusion around alkaline water and what we should be more aware of when using such water as a part of a healthy lifestyle, I, as a WQA-Certified Water Specialist, share insights gathered through research done with AQUAVITA over my many years of extensive experience in the realm of water treatment, that highlight the importance of several factors that allow us to realize real health benefits from the water we drink.

First and foremost, this question arises “is our water clean and contaminant free to start with?” We have all seen many different water filters on the market, usually starting from a couple of hundred dollars going all the way up to a few thousand dollars! What are the differences? Well, there is a huge difference between filtered water and purified water. Filtered water will decrease some particulates depending on the pore size of the filter used. However, when water is PURIFIED as with the **AQUAVITA** Water System, microbial contaminants, heavy metals, chlorine and chloramines, dissolved

organic material as well as inorganic matter are all removed, providing some of the cleanest and purest water you can find. This is done through the special process of Micro-glass Ultra purification technology, which is one of the most effective technologies for removing water contaminants.

Now that we are sure the water we are drinking is PURE, let’s talk about the health benefits. Water should be **alkaline** naturally (not artificially, by using electricity/electrolysis or chemicals); however, it should ideally also have **antioxidant** properties, as well as be **micro-clustered** and have enough **active molecular hydrogen** to give the body optimum hydration. It is a common misconception that we should have water with more oxygen, when in fact it is more hydrogen that makes the water easier for us to absorb throughout the body at the cellular level. I'll briefly explain **each of these four health-benefit-enabling properties**:

Natural Alkalinity

There are waters branded as alkaline that have a high pH, but not all of them are not actually able to alkalize the body. This is key. You can create high pH water with chemicals or with the familiar water ionizers that use electrolysis (and therefore require electricity). A pH above 7 on the scale of 14 is considered alkaline. Yet here there is a large misunderstanding with the term “alkaline water”. Water with simply a high pH can neutralize the tissues it contacts directly, such as the mouth, the stomach and small intestine, but it will not enter the bloodstream and impact the tissues and the organs outside of the intestinal tract. It is not alkalizing the body’s systems at the cellular level, which is where we need the help to reduce tissue acidity that can lead to a myriad of diseases. Our diets, in part, are a main contributor to the rampant acidity and ensuing inflammation we are dealing with today in our society. I encourage you to ask questions about your water systems to make sure that they are actually alkalizing and not just making alkaline (high pH) water.

Antioxidant

Now the question is, are we done with our water when it is “alkaline”? Of course not. This is just the starting point. The antioxidant function reduces free radical damage

to all our cells. Free radicals are formed by the body’s own metabolic processes as well as being introduced environmentally and by our lifestyle choices. If we can reduce free radical damage we can help retard the aging process and improve our health tremendously.

Micro-clustered

Micro-clustering is another interesting piece of the puzzle. Often times when we drink a lot of water, we either feel bloated or end up running off to relieve ourselves. When water is truly alkalizing and made into smaller clusters, as happens with **AQUAVITA** technology, the water is absorbed far better by the body at the cellular level. We become more hydrated rather than just passing the volumes we drink right through us. Without micro-clustered water, we may drink lots of water but still remain poorly hydrated, as the body relies on water for all its systems to function properly.

Molecular Hydrogen (H2)

Because of its importance and significant health effectiveness, it will extensively be explained in the next issue. Stay tuned!

Studies on different conditions such as cholesterol, blood pressure, diabetes, blood circulation and the very common complaint of fatigue note that the body responds positively with regards to those conditions with the ingestion of high-quality natural alkaline water.

AQUAVITA, with its cutting-edge technology, provides a cost-effective ultimate water solution that may just be the key to addressing the many health issues that become a concern as we age, and for the younger generation that faces even more health assaults so early in life. Really, there isn’t anyone that wouldn’t benefit from powerful, cleansing and energizing **AQUAVITA WATER**. If we can change our habits one sip at a time, we can certainly make a big difference in our overall health and quality of our lives. Little by little a little becomes a lot. Going back to the basics is a big part of the answer. Good water is a huge start and an essential element in any long-term health strategy. For more information and to see how to get a system of your very own visit us at www.aquavita.ca.

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Cora Breakfast and Lunch

Serving breakfast dishes since 1987, Cora Breakfast and Lunch is Canada's largest breakfast and lunch restaurant chain with 130 franchises across the country. The well-established restaurant offers guests quality food and service in a warm, family atmosphere.

At 40 years of age, the founder, Madame Cora Tsouflidou, became a single mother of three with little financial means. To provide for her children, she sold the family home and bought a small snack bar on the Island of Montreal (Quebec). Thanks to her creativity, her passion for food and a rare devotion to pleasing her guests, she created a totally new concept of breakfast specialties. Her unique and amazing dishes immediately generated daily lineups.

The family restaurant is famous for its breakfasts, boasting mountains of fresh fruit artfully prepared by specially trained on-site "fruiters." Over the years, inspired by family traditions, customer requests and suggestions from her children, Madame Cora has conjured up more than 100 menu ideas, most of which still bear the names of the customers or family members who inspired her.

The menu includes a wide variety of healthy and sweet 'n salty dishes: egg dishes, fresh fruit, cheese, oatmeal, omelettes, pancakes, crêpes, French toast, smoothies and sandwiches. Healthier options provide a good balance of carbs, fat and protein, and are low in sodium:

- Peggy's poached (520 Cals)
- Spinach and cheddar crêpe (smaller serving)
- Buckwheat blessing (smaller serving)
- Buckwheat and sorghum crêpe with fresh fruit (smaller serving)

The restaurant offers Early Bird, Lunch and kids' menus as well as delivery with SkipTheDishes. Customers can also join the Cora loyalty program to accumulate points and rewards in-restaurant.

Whether you are looking to indulge in eggs Ben et Dictine, a crêpe filled with bananas and cocoa-hazelnut spread or a more traditional egg dish, Cora Breakfast and Lunch is sure to satisfy every appetite.



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