

**PGX-tremely/Helpful**

PGX president Orville Smith, left, and Sandi Switzer, PGX executive director, right, present Susan Mussleman and Vera Rickbiel of the Muscular Dystrophy Association with a cheque for \$6,500. The association was this year's beneficiary of the fall fair's charity auction. JENNIFER PARKS/FREE PRESS

**KAVA:**

AN HERB FOR OUR  
HECTIC TIMES

While many herbs rotate in and out of the limelight, kava will undoubtedly remain an effective and safe remedy for anxiety.

**KAVA at a Glance**

- Native to the South Pacific.
- The root is the part of the plant that is used medicinally.
- Small doses can produce a sense of well-being.
- Large doses may produce relaxation, lethargy, and drowsiness.
- Can improve vigilance, memory, and reaction time.
- Decreases anxiety, heart palpitations, chest pain, headaches, dizziness, and gastric irritation.
- Acts as a tonic for the gastrointestinal tract.
- Relaxes muscles and relieves spasms in both skeletal and smooth muscles.
- Exerts local anesthetic and analgesic (pain-relieving activity).
- Used to treat urinary tract infections.

**Rest & Relax**

The Kava Kava plant has been used as a calming beverage for 3,000 years in the South Pacific. It eases anxiety, relaxes tense muscles, lessens pain and is a safe, natural and non-addictive alternative to prescription drugs.

Reg. \$16.99

**\$9<sup>99</sup>**  
60 veg. caps

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**Christmas**

**While supplies last**

**Christmas**

**3 Piece Kitchen Sets**

• 100% Cotton • Great Patterns

Set includes: • 1 Tea towel  
• 1 Oven Mitt  
• 1 Pot Holder

**\$4<sup>99</sup>** /set

when you purchase two or more sets

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**3 Piece Towel Sets**

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• Choose from four colours

Set includes: • Finger Tip  
• Hand  
• Bath

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**Christmas Table Toppers**

• Two Styles • 36" x 36"

**\$19<sup>99</sup>** /ea.

Compare to \$29.99

**Christmas Patchwork Quilts**

• 100% Poly fill • 100% Cotton over • Machine Wash/Dry • Pattern: Joy Holiday

**\$49<sup>99</sup>**

Compared to \$80.00

**\$69<sup>99</sup>**

Compared to \$100.00

**\$59<sup>99</sup>**

Compared to \$90.00

**\$9<sup>99</sup>**

Compared to \$20.00

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