

Everyday Matters

Inspiring ideas for day-to-day living

October

BY DONNA PARIS



Marlene's Mission

In 2008, Marlene MacPherson's world changed: Her life came to a halt when she found a lump in her breast. After nearly a year of chemotherapy and radiation treatments, she realized she needed to take ownership of her body by changing her diet and lifestyle.

"You have a choice when you go through something like this," says the 44-year-old mom, who lives in Aurora, Ont., with her family. "You can either become a victim over what has happened to you or you can make a positive change." Marlene decided food and exercise were two things she could control.

So she started running on a regular basis and created Marlene's Meal Makeovers (marlenesmealmakeovers.com), a website dedicated to providing healthy meal options and inspiration for anyone affected by cancer. Complete with recipes, a blog and a series of videos, Marlene's website delivers advice on how to maintain a healthy lifestyle.

"What we put into our bodies helps us own disease, whether we're talking about cancer, heart disease or obesity," says Marlene. "We need to take better control over what we feed our kids and what we're doing to help prevent disease in the future." — Elizabeth Zahur

Enjoy apple picking this fall, then bake up a fabulous pie — visit canadianliving.com/october for our best apple pie recipes.



5 WAYS TO CELEBRATE THE HARVEST

1. ENJOY FARM-TO-TABLE CUISINE

at a restaurant such as Raincity Grill (raincitygrill.com) or Nu (whatisnu.com) in Vancouver.

2. GO GROCERY SHOPPING

and purchase Manitoba's local produce (go to gov.mb.ca and then search for "local produce guide").

3. PICK YOUR OWN APPLES

and eat them out of your hand at the Everett Family Orchard (everettapples.com) in Island View, N.B.

4. VISIT A FARMER'S MARKET

in your area, such as the one in Toronto's Withrow Park every Saturday.

5. GET FRESH ORGANIC FRUITS AND VEGGIES

delivered to your door from EcollegeY (ecollegey.com) in Montreal.

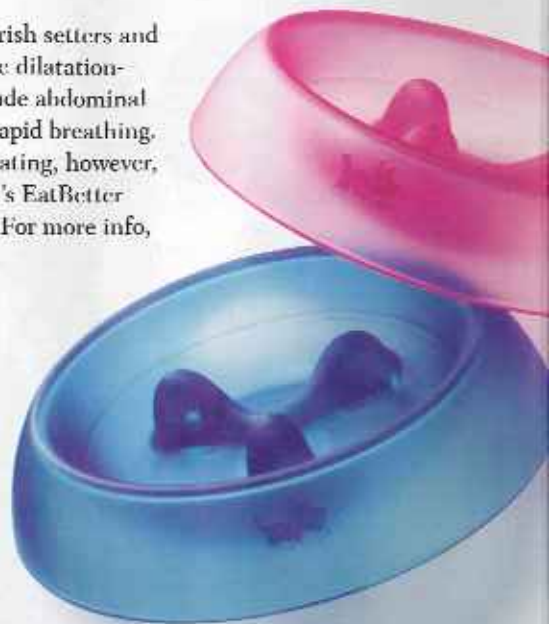
PHOTOGRAPHY: RYAN BROOK/TRANSCONTINENTAL; DIGITAL SERVICES (MACPHERSON): THINKSTOCK/JUPITER IMAGES; PAIR: DYLAN SIT, COLOUR, ALANA MURRAY, MAKEUP: RYAN MURCH, SON, CIVELLO SALON, AND SPA

No 1

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SLOW DOWN, FIDO!

Large dogs with deep, narrow chests, such as Irish setters and standard poodles, are at risk for bloat (or gastric dilatation-volvulus), which can kill them. Symptoms include abdominal distention and pain, restlessness and shallow, rapid breathing. If you can help them slow down when they're eating, however, you can help prevent bloat. Check out Contech's EatBetter food bowls, which are designed to do just that. For more info, visit contech-inc.com.



What's the 411?

Looking for a phone number? Use Google's free service: Call 1-800-466-4411 (GOOG-411) to get the numbers you need.



Go pink,
one screen at a time. Support Breast Cancer Awareness Month by turning your Facebook or Twitter page, or blog pink for October. For more info, visit pinkforoctober.org.



TAKE OFF YOUR CLOTHES - IT'S FOR A GOOD CAUSE

The S.W.A.P. team organizes clothing swaps across North America to promote sharing clothes that, for one reason or another, we all leave lingering at the back of our closets. All items that are unclaimed are donated to charity. For more info, visit theswapteam.org.