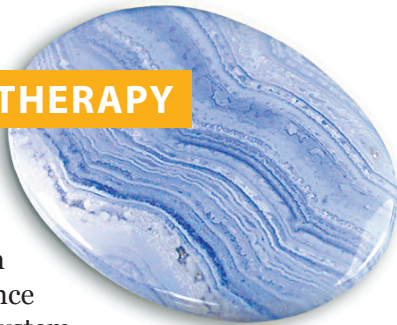


# Tonic Tidbits

## MARCH 22<sup>ND</sup> IS WORLD WATER DAY

### CRYSTAL THERAPY

Traditionally blue lace agate has been used to balance the nervous system and throat chakra (or energy centre). It has a cool, soothing energy for the emotions.



Blue lace agate nurtures confident self-expression and is excellent for those who are introverted, bringing them out of themselves and into greater harmony with others and their environment. It relieves stress and is the colour of peace. It encourages patience, kindness and honesty.

Affirmation: "I am at peace and express myself with ease."

*Enzina*  
~ Crystal Yoga Instructor  
[www.TheRisingSun.ca](http://www.TheRisingSun.ca)

The 22nd day of March is World Water Day, a unique occasion to remind everyone that concrete efforts must be made to provide clean drinking water across the globe and that we all play an important role in the conservation of clean water. You can make a big difference by turning off the water when you brush your teeth, only running the dishwasher when it's full and making sure you don't take tooooooo long in the shower. It may not seem like much at first, but a little water conservation here and there will surely add up over time!

<http://www.un.org/events/waterday/>



[www.dailyapple.ca](http://www.dailyapple.ca)  
[www.culinarium.ca](http://www.culinarium.ca)



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**Daily Apple** is committed to making food that is gourmet and delicious using local and organic ingredients wherever possible. As an added benefit, they use no refined sugars or flours and their delectable soups, dips and casseroles are 100% vegan – but don't tell anyone, your family need not know these delightful dinners are good for them too! Try one of their seasonal winter soups (in a refundable returnable glass bottle) or a fantastic family meal. Just heat, serve and enjoy... guilt free. Available at Green Barn Farmer's Market (Christie Ave. & Wychwood Ave.) and Culinarium.