

Fast route to health!

“Fast food”, “fast and loose”, “fast asleep”, “fast and furious” and as we say in local parlance, “you too fast”. It is amazing the different meanings that the word fast connotes. “Fast is a word synonymous with so many parts of speech in the English grammar and is referred to as an auto antonym. It is actually one of the 500 most commonly used words.

“Fast forward” to this article and we can look at “fast” as a verb meaning to abstain partially or entirely from food. We are aware that fasting is commonplace in our history as part of our religious beliefs and the Catholic Church in particular recognizes this discipline as part of the teaching. As it turns out, there are a number of health benefits to be derived from fasting including reduced cancer risk, an improvement in cardiovascular health and of course longevity. Fasting can be difficult and hunger pangs can steadily kick in however there is evidence that the fast diet works.

In the process of fasting your body would

also need vitamins and minerals to stay healthy and we advocate for the use of multivitamin supplements like One a day energy. Also while fasting, to conserve energy your metabolism slows down. A key supplement which can assist in diminishing curb cravings is chromium picolinate. These supplements are available at Jolly’s Pharmacy.

Keep in mind do not fast if you have diabetes, eating disorders or during pregnancy. Whatever the reason for fasting, whether to lose weight, detox the body, religious beliefs or health reasons always do it the safe and healthy way.

Remember in this instance, “fast” is not about speed, it is about results. Have a Blessed Easter filled with joy, hope and warmth.

By: Edgar Jno Baptiste

Going Green in 2015



Did you know that **Jollys Pharmacy** has started a green initiative at its stores? Our first major move was installing solar panels to power our Great George St branch and the installation of LED lights. Thank you to EMS limited for their contribution to this project.

Paper usage has also been cut down. Hand dryers have now been installed in all our washrooms and this newsletter is printed on paper salvaged from our pharmacy department.



Important Notice

Schools looking for assistance for graduation ceremonies are asked to have these request submitted in writing no later than April 30th, 2015.

Thank you for your cooperation!!



GYM TIME

**Our new staff fitness facility is opened!!!
Health and wellness is important to us. How could we lead the way in health care without first ensuring the health and wellness of our Jollys Family.**

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