

# Tonic Tidbits

## Crystal Therapy

Carnelian is full of life-force and vitality: a translucent, orange coloured gemstone that can vary towards red, pink and brown. This stone resonates with and supports cycles and rhythms. It stimulates fertility and enhances creativity, thus supporting the manifestation of inner vision into physical reality.

Carnelian is a protector against negative emotions, yours or others. It may help you let go of emotional negativity, replacing it with a love of life.

Affirmation: "I am flexible and creative in my life."

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



## APPLETREE Market

The AppleTree Market is proud to feature products from Cheese of Canada - owned and operated by professional chef and cheese connoisseur, Gurth Pretty. Gurth's goal is to showcase the delicious cheese produced in Canada and share his knowledge with consumers. Pick up some fresh bread or crostini from one of AppleTree's fantastic bakers, some ripe Ontario strawberries and you've got a cocktail party in the making!

The Yonge-Eglinton AppleTree Market runs every Thursday from 3 p.m. – 7 p.m. behind the North Toronto Memorial Community Centre (200 Eglinton Avenue West) - behind the tennis courts. <http://appletreemarkets.wordpress.com/>

## TONIC LOVES THE WORLD WIDE WEB

[www.toronto.ca/beach/](http://www.toronto.ca/beach/)

Looking for a way to cool off during Toronto's hot and humid summer? Look no further than our very own beaches! Toronto Public Health posts daily water quality reports on the city's website, letting us know which beaches are safe for swimming. The reports include information about E. coli levels, lifeguard schedules and which beaches have met the international "Blue Flag" standards for consistently high achievement in water quality, environmental management and safety services. You can also find other useful information on this website, such as how to dispose of your waste or why you shouldn't feed the birds. Happy swimming!