

# Creating *your own* Healthy Habit

When you enter the Healthy Habit store in Truro, you'll receive a complimentary cup of herbal tea and a personal greeting from Kim, Paula or Cherie.

The business is based on meeting each customer's individual health needs through consultation with trained professionals. Owner Kim Langille has training as a holistic therapist and a background in recreation management. Paula Schofield is a registered holistic nutritional consultant and has a degree in science.

Healthy Habit has all the products you'd expect in a quality health food store, plus a few items you won't find in a lot of other shops or stores. For example, they are the only Truro outlet for a spelt bread made by an elderly baker. "This is porridge bread without the wheat, but with all the great taste," says Kim.

The store carries a new line of natural smoothies, containing hemp, pea and rice-based protein, probiotics and greens. Just add to water, milk or other liquid "and away you go."

Then there are survival candles, with a beeswax candle, iron grate, wick and matches all in a can. "These are real life savers," says Kim. "You can use them as a heat source in a power outage or as a cook stove and a light source."

Healthy Habit even has something for people's pets, including holistic pet food and dried liver and salmon-skin snacks. "Our customers tell us their pets love it," says Kim.

"We are the health store helping you."



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ALL PHOTOS BY STEVE HARDER

*Paula Schofield and Owner Kim Langille*

