

Ask The Professionals

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MANON Dulude
PROFESSIONAL COUNSELING SERVICES
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Q: My marriage is in trouble and we do not seem to connect any more. Can Relationship Coaching help us?

A: With life moving at the speed of light, it seems inevitable for couples to stop prioritizing themselves and their relationship. Many believe that it is normal to neglect their relationship and that in time things will get better. However, the more time passes the greater the gap becomes.

These days, much time is spent commuting, working and driving kids to various activities. As a result, the relationship is left unattended and suffering. In my opinion, the relationship between spouses is the corner stone of the family, and can be compared to the foundation of a house. If left unattended for too long, cracks attack the foundation and eventually you find yourself with a seriously compromised and leaky foundation. Coaching for couples offers an opportunity to reevaluate how a couple prioritizes and attends to each other. It is a time to measure the impact of current behaviors on the relationship. Spouses explore how their values and needs may have changed over the years. Coaching assists them in developing a new vision and plan to move forward in a manner that will nurture both individuals and the relationship. As couples commit to a new direction, they become accountable together to revive their love and passion and strengthen their bond. Coaching is a positive and forward thinking approach to strengthen your relationship whether you have been together a few months or several years.

Manon Dulude is a certified member of the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapist and a Certified Professional Coach with the International Coach Federation. You can reach her at 905 873 9393.

ERAMOS A
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PHYSIOTHERAPY ASSOCIATES
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Georgetown, Ontario L7G 6E8
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Q: I injured my back and my doctor diagnosed me with facet joint syndrome. What are the facet joints and can physiotherapy help?

A: The facet joints are found on the back of each vertebrae in the back. Articular cartilage lines each of the bones. The role of the facet joints is to limit excessive movement and to provide the spine with stability. Facet pain can occur due to trauma, repetitive movements and arthritic changes in the facet's articular cartilage. Poor posture can also lead to undue stress on the joints as well as improper body mechanics. Injuries to the facet joints often result in one sided back pain that is accompanied by muscle spasm and stiffness and is aggravated by bending backwards and side bending to the affected side. Pain is often described as a dull and achy pain that can become sharp. It will usually occur with prolonged sitting or standing or lifting and carrying heavier items.

A majority of the time facet joint syndrome is treated without surgery. Physiotherapy or conservative treatment is usually prescribed. In the initial stages, treatment is directed to settling down pain and muscle spasm and improving your mobility. The Physiotherapists at Eramosa Physiotherapy Associates will then proceed to direct you into the positions and postures that will help to reduce your discomfort. Manual therapy techniques and modalities such as acupuncture, TENS, heat and ice can also be employed to decrease your pain while specific exercise will be incorporated to strengthen YOU and return you to your activity pain free!

DENTISTRY ON SINCLAIR
DR. MICHAEL HUTTER
99 SINCLAIR AVE., SUITE 306, GEORGETOWN
905-877-0107
WWW.DENTISTRYONSINCLAIR.COM

Q: Can an infection in my mouth affect my overall general health?

A: There has been some recent news that links oral bacteria and oral disease to a variety of serious and potentially life-threatening illnesses. The subject isn't really new as dentists have known for a long time that there is a strong relationship between oral health and general health. For example, some researchers have found that periodontitis (the advanced form of gum disease that can cause tooth loss) is associated with cardiovascular disease, stroke and bacterial pneumonia. Other research has found that pregnant women with periodontitis may be at increased risk for delivering babies that are pre-term, have low birth weight or both. Although reports suggest that periodontitis may contribute to these conditions, you should know that just because two conditions occur at the same time, it doesn't necessarily mean that one causes the other. These conditions and diseases are very complex.

What does this mean for you? Given the potential link between oral disease and general health problems, preventing oral health disease, like periodontitis, may turn out to be an important step in maintaining your overall health. A healthy mouth is an important part of a healthy body.

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Q: Is the tax-free savings account really worthwhile?

A: Yes, the tax-free savings account is a way to tax-shelter \$5,000 a year. Whether you are young or old, the tax-free savings account is a way to tax shelter income and growth. It allows you to split income with spouses/partners and you can withdraw assets (both original contribution and growth) from the TFSA at any time, for any reason, tax-free. If you are over the age of 18, you are eligible for a TFSA. To give you an idea of the power of this plan, a 22 year old who puts in \$5,000 a year and only earns 4% on the funds each year, will have \$470,000 at the age of 60. If you would like to see how this works, give me a call and I will send you the information.

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Q: I have chronic digestive problems and have been diagnosed with Irritable Bowel Syndrome (IBS). How can a Naturopathic Doctor help?

A: With IBS it is important to have a systematic approach to 1) help with symptom relief 2) isolate triggers 3) replete nutrient deficiencies that occur as a result of irritable bowel including re-establishing the healthy bacterial balance in the GI tract and 4) heal the gut. Food reactions can be a cause or an effect of IBS and need to be ruled out sooner rather than later. The gut will not heal if there is a constant source of irritation. Food reactions include sensitivities, intolerances or allergies and can be determined by a therapeutic elimination and challenge diet or specialized testing available through a Naturopathic Doctor. Serotonin is produced in and widely distributed throughout the cells of the intestinal tract. These cells will dump serotonin under stress and this can affect bowel motility. Yoga as a form of stress management has been shown to be particularly effective in cases of diarrhea-dominant IBS. Repleting the digestive tract with specific strains and therapeutic doses of healthy bacteria, above and beyond those found in yogurt is an important next step. A range of effective naturopathic therapies exist for the relief of IBS and they are chosen based on the type of IBS you experience. In the short term a systematic naturopathic approach gets you feeling better; in the longer term it makes you less prone to IBS attacks and helps put you in the driver's seat.

Please join us Wednesday, May 5th from 7-8 p.m. at The Gallery, Halton Hills Public Library as four Naturopathic Doctors discuss food sensitivities and answer your questions.

PROFESSIONALS WANTED
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THE INDEPENDENT & FREE PRESS
Contact Special Features to find out about our booking specials
905-873-0301, ext. 237
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GSC founding member Lew Ward dies

By FLORENCE RIEHL
Georgetown Seniors Centre

It is with great sympathy that we announce the passing of a patriarch and founding father of our Centre, Lew Ward. Lew was there in the beginning and a strong advocate of the necessity of the seniors of Georgetown having a place to make our Centre a successful venture. We extend our sympathies to his wife Sheila.

A last reminder of the All You Can Eat Pancake Breakfast this Saturday, May 1. Serving from 8-11 a.m. Cost \$5.

The Come Shop With Us experience is on Saturday, May 8. Well known companies as Jockey, Pampered Chef, Avon, etc. will be represented with their product line for sale. Admission one loonie to go to the Centre.

Alia/Tan Jay of Milton presents their spring and summer line of new fashions at the Centre's Fashion Show on Thursday, May 13.

Tickets are \$5 and available at Reception. Light refreshments are included. Members of the public are welcome.

Mingle and Chat are holding a seminar titled *All you need to know about diabetes* on May 12 beginning at 10 a.m. Everyone is welcome.

A joint Acton/Georgetown Golf Tournament is to be held at Blue Springs on May 19. Tickets are \$35 and available from Terri.

On Saturday, May 15 you can bring your car into the Centre for a well-needed car wash. At the same time, indoors there will be a Mom-2Mom sale, an opportunity to buy gently used children's clothing and toys.

Some seats are still available for the Day Trippers' Port Dover excursion. The trip is open to anyone 55+. Please call 905-873-1210.

There has been enough interest in going to see *Jersey Boys*. Plans are underway but have not been finalized. If you would like to come along, come in and sign up.

Churches & Temples

Georgetown Alliance Church
Sunday Services* at 9:00 & 11:00 am
*A Nursery & Junior Worship are offered during both services
290 Main St. (S. of Maple)
905-873-0249
www.togetheratgac.com



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SUNDAY WORSHIP SERVICES: 11:00 A.M.

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St. John's Anglican Church, Stewarttown est. 1834
Trafalgar Road and 15th Sideroad -
The Friendly Little White Church on the Hill
All are Welcome to Sunday Service: 10:00 am
Interim Priest in Charge: Rev. Canon Terry DeForest
Church Office: 905-873-0235

HALTON HILLS BIBLE CHAPEL
SUNDAY SERVICES
• Lord's Supper 10 A.M. • Ministry Meeting 11:00 A.M.
• Fellowship Lunch 12:00 P.M. • Ministry Meeting 1:00 P.M.
Meeting In: Georgetown Seniors Centre
Address: 318 Guelph Street
Phone: 905-873-1005 Website: www.haltonhillsbiblechapel.com

