

HEALTHY LIVING

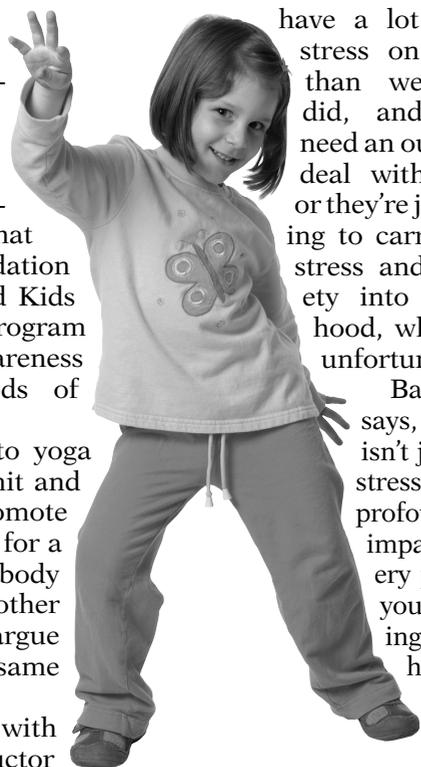
Overstressed kids can find their mind-body connection in yoga

By **MARIE GOLDWATER**

We no doubt live in a world where childhood is fast diminishing, and kids are over-stressed, and over-stimulated. Stress on kids has increased to the point that The Psychology Foundation of Canada has created Kids Have Stress Too! - a program developed to raise awareness and promote methods of dealing with it.

While adults turn to yoga to for its ability to limit and reduce stress, promote weight loss, and allow for a more developed mind-body connection among other things, could one argue that it would do the same for youth?

Sheri Bain of Lead with Light, a yoga instructor specializing in yoga for



youth and teens says, "over-stimulated kids nowadays have a lot more stress on them than we ever did, and they need an outlet to deal with that, or they're just going to carry that stress and anxiety into adulthood, which is unfortunate."

Bain says, "this isn't just for stress. Yoga profoundly impacts every part of your being, so it helps with concentration, gives kids a positive out-

look, teaches them to be calm, and also helps mould them into active, physical beings, which carries through their lives."

Sandra Whalen, 8, says, "I use to have trouble sleeping, now I know breathing exercises that help me get to sleep faster!"

Melinda Spring has seen her teen with special needs benefit from yoga as well, saying, "you can really see a difference in her moods and energy, and it's great. I feel good about bringing her and having her take part in a physical activity she enjoys and that does so many great things for her physically as well as emotionally."

If kids are truly a reflection of their parents, they surely lead stressful lives, and will benefit from an alternative like yoga all the more.

Submitted by Sheri Bain, Lead with Light 416-895-8382, littleyogi@hotmail.com



From left, Lisa Booth, Margaret Malicki and Shanna MacPherson practice chest compressions during the free St. John Ambulance CPR clinic held at Georgetown Market Place during November — CPR month. St. John Ambulance believes every family should make learning CPR a part of their "stay healthy" plan.

Photo by Jon Borgstrom

St. John Ambulance issues caution when snow shoveling

St. John Ambulance of Halton Hills remind people to be cautious when shoveling snow. Research has linked snow shoveling in extreme cold to an increase in hospitalizations or deaths due to heart attack.

St. John Ambulance has some helpful tips:

- **Don't be proud:** If you have a preexisting heart condi-

tion, ask for help.

- **Learn CPR:** If you're concerned about someone in your household or neighbourhood, consider training in CPR. For every minute a person goes without CPR, their chances of survival decreases by upwards of 10%. Call you local St. John Ambulance at 905-469-9325 to register or visit www.sja.ca.

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Hair Loss in Women: Getting to the root of the problem
(continued)

Stress: Severe or prolonged physical or emotional stress pushes large numbers of growing hairs into a resting phase. It may take 2-3 months after the stressful event for the hair to fall out. The hair typically grows back when the emotional or physical stress is resolved, although this can take 6-9 months.

Autoimmune: For some people, intense stress may trigger a type of hair loss called alopecia areata. The immune system activates and white blood cells attack the hair follicle. Within weeks the affected hair falls out. The hair loss usually starts as a small round patch but may eventually spread to the whole scalp. The hair generally grows back, but the cycle may repeat itself. This autoimmune condition is diagnosed by a dermatologist.

Medications: Some medications can contribute to hair loss such as the birth control pill, progestin-secreting IUD, beta blockers, NSAIDs (including ibuprofen), calcium channel blockers and some antidepressants.

Infections: Ringworm or fungal infections may infect the scalp and hair will fall out. Once infections are treated the hair will grow back.

Hair Care: Some hair care products and hair styling techniques are harsh on the scalp. In particular, avoid products containing sodium lauryl sulfate (SLS), a sudsing agent that can be irritating to the scalp and hair follicles.

Genetics: women with female-pattern baldness won't appear to have a receding hairline, a bald spot or a bald head. Instead, they'll have more diffuse hair loss evenly over the head. These women may be genetically more sensitive to the effects of DHT.

The best way to treat hair loss is to get to the root of the problem. Many factors can contribute to hair loss, some are easily corrected, others take time and persistence and yet others will continue to elude us.

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Christoph Summer
Owner/Administrator

Q: I am planning to move into a retirement home. How do I know what I can afford?

A: Affordability is a major concern for many. Keep in mind that the cost of retirement homes usually includes all meals, utilities and many services. You will no longer have to pay for hydro, heating costs, groceries, services such as meals on wheels, and help in the home and yard. Municipal taxes on your home will no longer be part of your budget and there will probably be a difference in your house insurance.

The first step, therefore, is to calculate all available resources. If you live in your own home, get the expert advice of a professional to appraise its value. (If you have lived in your home for any length of time, you may be very pleasantly surprised.) The next step is to determine a monthly budget and if needed, enlist the help of family members or a professional such as your bank/financial advisor.

There are many residences from which to choose with many options available. Your may be very pleasantly surprised at what you can afford.

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SUSAN S. POWELL

Dear Parents:

Christmas is an important time for children. The best gift you can give your children is happy, warm and loving memories of Christmas. Arguments, yelling and swearing usually lead to unhappiness and tears for your children. Put aside your differences with your spouse over the holidays.

Make the Christmas memories for your children joyful ones.

Merry Christmas and all the best for the New Year.

Q: I had a stroke 2 years ago. Can a physiotherapist still help me?

A: Even if you had a stroke in the past a neuro physiotherapist can still help you. They will perform a thorough assessment on your first visit to determine what needs to be worked on in therapy. They will help you establish goals to work towards. Research has shown that maintaining cardiovascular fitness is very important in the stroke population. A physiotherapist can help you develop a fitness program that is safe for you.

A Neurological Physiotherapist has advanced training in the treatment of people with neurological disorders such as stroke, brain and spinal cord injuries, Parkinson's, multiple sclerosis and cerebral palsy. In Focus Physiotherapy Inc. is pleased to offer this service to Halton residents. Call or ask your doctor for more information.