

Ask The Professionals

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JENNI VENERUZ

Q: How can cognitive behavioural therapy (CBT) help my self-esteem?

A: Cognitive Behavioural Therapy (CBT) is often able to quickly and directly address a specific problem. Low self-esteem can negatively impact every part of your life and all your relationships. If you do not believe that you deserve to be treated respectfully, you are more likely to allow others to treat you poorly. That reinforces the belief that you do not deserve to be treated well! When used for self esteem, CBT identifies 5 steps.

1. Recognizing 'trouble' spots: Think about what "triggers" in your life make you feel down or troubled. It may be a relationship that causes you to feel insecure, a task that you must perform that you fear or emotional situations that cause you anger, depression or sadness.
 2. Become 'mindful' of your beliefs and thoughts: Once you recognize triggers pay attention to your thoughts related to them. Especially note your self-talk—the negative messages you say to yourself and how you interpret the situations.
 3. Identify negative or inaccurate thinking: Do you see opportunities or problems? Note all the responses that result from your 'wrong' thinking and beliefs.
 4. Challenge your thinking and correct 'wrong' messages: If you tell yourself that 'you can't do anything right', remember all the things you do well. Change negatives into positives; things are never good or all bad. Because you feel something does not make it true.
 5. Change thoughts and beliefs: Replace the negative and inaccurate thinking with accurate and positive thoughts. Encourage, forgive and give positive messages to yourself. No 'should' or 'must's. Become your own best friend.
- Changing your thinking is easier and more successful with professional guidance.

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Q: Dental Anxiety? Not!

A: It's a well-known fact in this country that large numbers of people are afraid of going to their dentists. Some people are so afraid that they neglect even the routine examinations and professional cleanings.

It doesn't have to be that way. Here are some tips to help reduce your anxiety. First, see your dentist before treatment is needed. Get to know your dentist and get comfortable discussing your concerns with the dentist and staff. Set you appointments for a stress-free time of day, not on your lunch hour or immediately after work. Second, have the dentist explain the dental treatment to you. Knowledge of the procedure should let you be more relaxed. Third, let you dentist and hygienist know that you're scared. It's nothing to be ashamed of and you're most certainly not their first patient to feel that way. Fourth, understand that times have changed. There are new methods of controlling and eliminating discomfort that weren't available until recently. Don't let dental fears keep you from having a healthy mouth and teeth.

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Julia Fountain,
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Q: How can a physiotherapist help someone with Parkinson's?

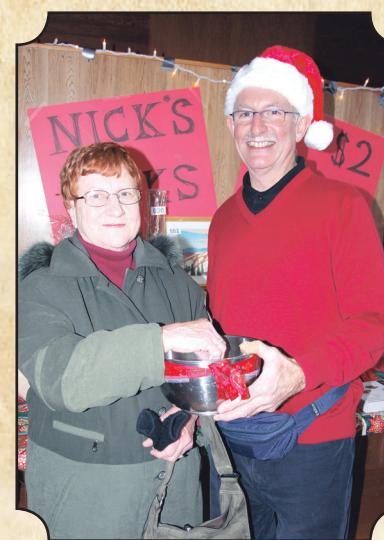
A: A Physiotherapist will perform a thorough assessment to see how Parkinson's has affected the individual. This can be done with the newly diagnosed, as well as those who have been diagnosed for some time.

The following are some areas the physiotherapist may focus on:

- Making movements easier. For example, the activities of walking, sitting down and standing up are some of the tasks that may become difficult as Parkinson's progresses, but can be improved by learning new ways of doing things.
- Helping to maintain independence by giving advice on aids and adaptations that might be of use.
- Working on stiff muscles and joints to maintain proper posture, keep joints flexible and help to relieve the effects of rigidity.
- Improving muscle strength and fitness by the use of specific exercises, or by providing an exercise programme for you to follow at home.
- Help prevent or manage falls. The physiotherapist may work on specific balance training and improving your confidence to decrease any fear of falling, or teach techniques to help you get off the floor or call for help.

Q: I understand some prescription medications can deplete nutrients in the body. What are these?

A: It's well known that some drugs can interfere with nutrient absorption. Some of these depletions can be directly related to the 'side effects' associated with the medication. The birth control pill puts women at higher risk of B vitamin deficiencies, particularly Vitamin B6, which may contribute to the fluid retention and mood changes associated with taking the pill. Antibiotics deplete the beneficial bacteria in the body, leading to gas, diarrhea and yeast infections as common side effects. Cholesterol-lowering drugs can cause deficiencies in CoEnzyme Q10, an important metabolic and heart nutrient. Reflux medications can induce deficiencies in vitamins and minerals dependent on an acidic environment for absorption. These include Vitamin B12, calcium and zinc. It's not always necessary (or advisable) to supplement each nutrient individually, but in the context of a repletion program that is streamlined to your needs.



ABOVE: Connie Rudzitis serves up some tasty soup at the Norval United Tea Room.

LEFT: Trudy Edwards (left) hopes to win big at Nick Mutton's "Nick's Picks" table at St. Paul's bazaar.



RIGHT: Donna May, Marilyn Baxter and Marion Cunningham entice shoppers with homemade baked goods at the Norval Presbyterian bazaar.

BETWEEN: Vicki Richardson and Shelley Plant sell raffle tickets for this beautiful quilt at the Norval United bazaar.



BETWEEN LEFT: Jack Hutton from the Bala Museum plays a few festive tunes at Norval Presbyterian Church.

BETWEEN RIGHT: Heather Perry put together this creative display for the Norval United bazaar.



Norval celebrated its most famous resident – Canadian author Lucy Maud Montgomery, who lived in the village from 1926 to 1935 – on November 27 during Montgomery Christmas. The annual event started in the morning when St. Paul's Anglican Church, Norval Presbyterian Church and Norval United Church hosted old-fashioned country bazaars, lunches and tea rooms. The Norval United Church brass band roamed the village, entertaining the shoppers with festive holiday music. The festivities continued in the afternoon when Montgomery scholars Benjamin Lefebvre and Donna Campbell visited the Lucy Maud Montgomery Museum at Crawford's Village Bakeshop to sign copies of their books.

Photos by Andrea Lefebvre