

Ask The Professionals

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Elayne M. Tanner

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.

IN FOCUS physiotherapy

& WellnesCenter Inc.

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JENNI VENERUZ

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.

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Julia Fountain, BSc, ND

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.

DR. ANOOP SAYAL

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DR. ANOOP SAYAL

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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 your 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 your 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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SUSAN S. POWELL

Q: What are the different types of custody?

A: 1. **Sole Custody** - the parent with whom the children resides makes all the decisions concerning the children. The other parent has a right to see the children and a right to information about the children.

2. **Joint Custody** - the children live primarily with one parent and the other parent has a right to see the children. Both parents make major decisions about the children together.

3. **Shared Custody** - the children generally live one-half of the time with each parent often on a week on /week off schedule. Both parents make major decisions jointly. The parents should live relatively close to each other so that the children may attend the same school, activities, etc.

4. **Split Custody** - This situation occurs when the children do not live together. For instance one child may live with one parent and the other child resides with the other parent. It does not often occur. There are pros and cons to each type of parenting and you should speak to a lawyer before making any decisions.

AMJ CAMPBELL MAKE YOUR BEST MOVE

Diana Coryn

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Q: My husband just got transferred and we need to plan a move to Calgary. What steps do I need to take?

A: The first thing you should do is call a professional moving company like AMJ Campbell. Unfortunately there are many movers out there who are fly by nighters and will take advantage of families who are moving. At AMJ we treat your possessions like they are our own and your family like it's our family. We have Quality Assurance guarantees that will give you piece of mind during this stressful time. As your local AMJ Campbell representative, I will personally visit your home and do a detailed walk through ensuring we evaluate everything that needs to be moved. We need to ensure that proper care is given to fragile and older items and make sure we have the proper size of truck and correct number of crew members on hand to do a great job for you on move day. As Canada's largest coast to coast moving company we have locations across the country to ensure your move goes smoothly from start to finish, whether its around the corner in Georgetown or across the country or even around the world! When I visit your home I will leave behind a detailed check list that will enable you to easily look after things you need to before your move. I look forward to assisting you and your family on life's next great expedition to Calgary.



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.

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



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

BELOW 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