

You Are Reading ... **The Independent & Free Press** Real Estate Digest

Ask The Professionals

Send your questions for any of these professionals
"Ask the Professionals"
 Independent & Free Press,
 211 Armstrong Ave., Georgetown L7G 4X5

COLONIAL TREE SERVICE

•Tree Trimming •Tree Removal •Stump Removal
 Fully insured and bonded with over 20 years experience.

R.R.1 LIMEHOUSE 877-8591



BRIAN BUTLER

Q: Why do trees have to be cut or trimmed for power and communication lines?

A: Power lines overhead are most often uninsulated wires. These overhead wires can energize anything that comes in contact with them. Trees can become conductors with power leaking down through the tree to ground. It's during electrical storms or inclement weather that this is more often noticed. It's a fact that 70% of power failures are from tree contact. This is a prime concern to the electrical utilities and becomes very costly during adverse weather conditions. Also, there is a safety aspect involved to the public. Power wires touching trees in damp weather can electrocute you. Children and even your pets playing near trees may not be aware there are lines in the area and make contact which may be fatal or receive serious electrical burns. All rural lines that are privately-owned are the property owner's responsibility. Colonial Tree Service can provide you with peace of mind with a proper clearance to your lines.

Cathy Kuindersma, B.Sc., N.D. DOCTOR OF NATUROPATHIC MEDICINE

• Homeopathy • Nutrition
 • Preventative Health Care • Botanical Medicine

(905) 873-2361

Natural Health Care for you and your family

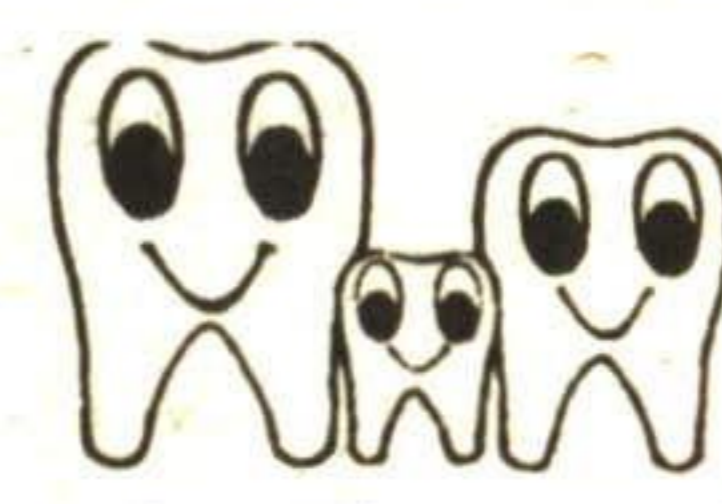


CATHY KUINDERSMA

Q: It appears that we are currently going through a major health care crisis. Do you have any insight on this?

A: It is not really a health care crisis as much as it is a financial crisis we are experiencing. There are more than enough hospitals and medical doctors to go around, it is the funding of the system that is in crisis. The current model (paradigm) we have for "health care" is one of intervention and crisis care. We wait until the function of the body breaks down to the point where we get sick. We then go to the medical doctor to have the symptoms treated until they stop... then we wait until it happens again. This "disease care" system is ineffective and costly and is in part responsible for some of the financial crisis we now face. The paradigm is shifting through. According to the Eisenberg study in the U.S.A. in 1990, there were approximately 1 million more visits to "alternative" care practitioners than medical (aleopathic) doctors. People aren't happy with the pharmacological approach to health care & are starting to look for different answers. So what we are witnessing is a health care revolution, a shift from a "disease cure" model system to a true health care or wellness care system.

DR. ANOOP SAYAL Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: I have heard that some foods actually help to prevent cavities. Is this true?

A: Most people know that sugar in the mouth combined with bacteria cause tooth decay by forming acid that attacks the tooth enamel. The most obvious culprits include sticky, soft sugary foods like candy and cakes. Studies have shown that eating cheddar and aged cheeses after eating sweets seem to counteract the decay causing action. The exact reasons are not clear but researchers believe that the flow of saliva may help to wash away decay causing bacteria. Also, chemicals within the cheese have been shown to actually remineralize the enamel damaged by early acid attack. It has recently been shown that chewing sugarless gum actually helps to reverse the decay process. This may be due to the fact that chewing gum again increases the flow of saliva. Also, the bacteria cannot make acid from the artificial sweetener. The use of these foods to prevent cavities should be considered in addition to good brushing and flossing and regular check ups. With a bit of common sense and professional advice, we can help to ensure that your smile remains healthy for a lifetime.

Sara Cockton & Richard Lawson REGISTERED MASSAGE THERAPISTS

(905) 873-7679
80 Guelph Street, Suite 3,
Georgetown



SARA COCKTON

Q: I'm pregnant, is it ok to receive a massage?

A: Yes, pregnancy is a condition of wellness, and yet it is a time of great physical and emotional change. The massage therapist is aware of the normal and potentially abnormal changes during pregnancy with a focus of preventative treatment and the maintenance of wellness. Each trimester presents with a variety of different changes. These few changes can cause edema in extremities, low back pain, muscle spasms, hip/leg pain, sore feet, constipation, headaches, insomnia, breast tenderness or general stress and worry. Our clinic is equipped with a special pre-natal massage so mothers-to-be have the pleasure of laying on their stomach during a treatment. The therapist will aim to increase circulation therefore decrease edema, promote muscle relaxation, relieve spasming and pain of muscle groups primarily in back & pelvic regions and inform you on self care at home. The benefit experienced in your body and mind will also be felt by your happy unborn baby with the increase of oxygen & the touch you're both receiving.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO

877-4288

The Spine - The Life Line ROBERT H. CRANFIELD, D.C.

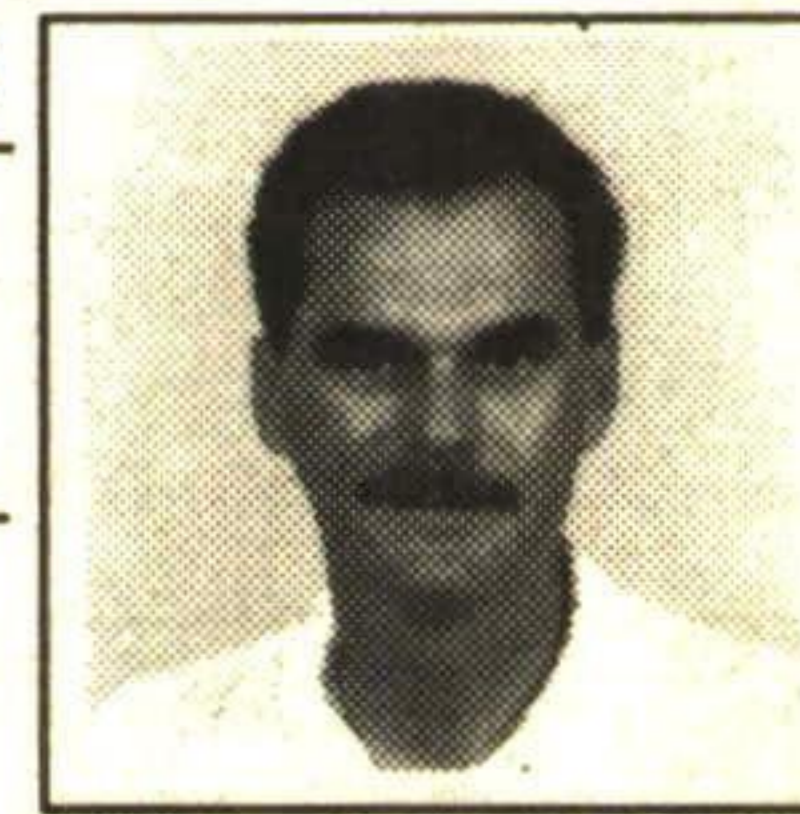


Q: I have been seeing my chiropractor for years. Why do the treatments seem repetitious?

A: There are a number of reasons why it may appear this way. First is genetic. Your spine has a certain structure to it that may lend itself to weakness in specific areas. As a result, those areas of the spine will be predisposed to recurrent subluxation and thus correction. Second is the type of work that you do. Your particular job may stress specific areas of your spine and again make the subluxation a recurrent problem. An example is some working at a computer all day will usually experience recurrent subluxations in the neck and upper back. Finally, your posture will also affect the subluxations in your spine. This includes sitting, standing, walking, sleeping, etc. Because of these factors, your chiropractor will often have to adjust the same areas of your spine.

ROBERTS & ASSOCIATES LOCALLY OWNED & OPERATED Custom Homes, Additions, General Contracting

(905) 877-2807



JEFF ROBERTS

Q: Could you please explain about fire codes for basement apartments.

A: There's too much to explain in this small column but in basement apartments there should be a minimum of 30 minutes rating on all materials (ceilings, doors, etc.) between floors and furnace room common walls. This is to ensure a time delay in case of fire. I would recommend a battery-powered and electrical powered smoke detectors along with a fire extinguisher in the apartment. A second exit out of the basement is now required so a new window or door might also have to be installed. All basement apartments in Georgetown must now be inspected by the building dept. and fire marshal to meet present Ontario Building Codes.

RE/MAX SUBURBAN (91) INC.



360 Guelph St.,
Georgetown

877-5211 873-1058

The better way - Donna Rae
Sales Representative



DONNA RAE

Q: My husband and I were recently shown a home and what made the house appealing to us were extras such as fancy light fixtures and a gas barbecue but after inquiries on behalf of our agent we found that a lot of these items would be replaced or removed and so we decided not to purchase the home and I found it very frustrating. What is your opinion on this?

A: Some sales have been lost through a lack of understanding over such items as a dishwasher or gas barbecues. The usual proceedings is the Listing Agent lists those items to be removed on the listing form but many times the Vendor has a change of thought at the offer table. Maybe have your representative check with the listing representative as to whether the items will or will not be part of the before the sale offer stage. Sometimes the vendor does choose to remove these items before the home is shown.

BETTY E. McTAGUE CHIROPODIST FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

Q: Could being overweight cause me to have knee pain?

A: Most definitely. As when we were all cute chubby little babies with a natural fat pad in the arch of our feet to assist us by providing stability as we learned to stand, our little feet were far apart (this was not caused by diapering) and our knees were friendly being very close together. However, if we carry extra weight our bodies try to resume this once natural now painful stance. This can lead to chronic knee pain, internal roto knees, low back pain (at external rotation of the hips) heel spurs / plantar fasciitis. Usually a reliable weight loss program is recommended along with daily light exercise program specifically for feet. The wearing of a custom made orthosis with a properly fitted shoe is most effective. Monitoring of progress will help keep patient on track.

Carol L. Reid, B.A., LL.B.

Barrister & Solicitor, Notary
(905) 451-9539

2 County Court Blvd. Suite 230
Brampton, Ontario L6W 3W8



CAROL REID

Q: My husband and I are thinking of buying our first home. We want to buy a new townhouse. What steps should we take?

A: The purchase of a house is a big decision that requires much thought and planning. Information is your best asset. You must consider what municipality you wish to live in, what services you consider important, what type of home you wish to buy and what you can afford, to name a few considerations. I would suggest that you visit several builders and look at re-sale townhouse to compare prices and styles of homes. When looking at a townhouse you can buy freehold or condominium. If it is part of a condominium, find out and include the monthly common expenses in your budget. You may also want to review any rules that may restrict your use of the townhouse. If you are mortgage financing your purchase, I would suggest that you visit your bank to ensure that you will qualify for a mortgage and to determine how much money the bank would be willing to lend you. Financial institutions offer various packages so shop around to find the mortgage which best suits your needs. Before signing an agreement to purchase, make sure you read it carefully. An agreement to purchase is a contract and is sometimes quite lengthy and full of small print. You should review the agreement with a lawyer to ensure that you understand your rights and obligations before signing.