



Georgetown's ONLY Authorized Dealer

Protect Your Vehicle Against SALT Damage.

RUST CHECK SPECIAL
SAVE \$10

with this coupon when you BOOK your appointment!



CANADA'S #1 RUST PROTECTION COMPANY

5 ARMSTRONG AVE, GEORGETOWN
905.877.9394

MON-FRI: 8-6 SAT: 8-4
www.superlubequakerstate.com

We Service All Indoor and Outdoor Home Equipment



Adams EQUIPMENT

Rentals For EVERY need!

- Tools & Lawn Equipment
- Skidsteers, Excavators & Trenchers
- Light Construction Equipment

SALES, SERVICE, RENT-ALL INC.

334 Guelph Street Georgetown, Ontario L7G 4B5
Tel: 905-877-0157 Fax: 905-877-0159

www.adamsequipment.ca

Hours of operation: 7:30 am to 6 pm Monday to Friday; 8 am to 5 pm Saturday; Closed on Sunday



Ask the Professionals



Find local professionals here every Thursday!
For advertising information please call 905-234-1018 or email kkosonic@theifp.ca

SEPARATION & DIVORCE MEDIATION



Professional Workplace and Family Services

www.pccs.ca

905-567-8858 REDUCE COST & CONFLICT

1-866-506-PCCS (7227)

DIVORCE WITH DIGNITY AND KEEP YOUR MONEY IN YOUR POCKET!

ACCREDITED MEDIATORS
GEORGETOWN, BRAMPTON,
BOLTON, MISSISSAUGA,
ORANGEVILLE
FLEXIBLE HOURS



DR. ELAYNE TANNER
Registered Social Worker

Counselling & Psychotherapy

Milton 905-854-0801
www.DrElayneTanner.com

Q: My New Year's resolutions are to get over my fear of flying and to quit smoking. Are these impossible dreams? Is there anything you can do to help me?

A: Those are two good, attainable goals and hypnosis may be the answer to both. Hypnosis, used as part of CBT (cognitive behavioural therapy), is very effective in dealing with fears, phobias and habits. A skilled hypnotherapist uses the brain's own ability to focus concentration on certain stimuli while ignoring other things. The therapist guides the thought processes so that the thinking patterns associated with the stimulus are altered. For example, currently, when you think of flying, your brain experiences fear. It is not rational and you don't plan to feel that way, but somehow, you associated flying (the stimulus) with fear. As a hypnotherapist, I would first get to know what things calm you and make you feel safe. Then, while under hypnosis, I would guide you through the stressful part of flying while simultaneously describing your safe, calm place. Of course it is much more complex than this for the therapist but is all very gentle and relaxing for you. With regards to smoking, the process is similar but the brain is tricked into not wanting the cigarette (stimulus) and seeking positive reinforcements instead.

Many people considering hypnosis have questions. They wonder if they can be hypnotized. The answer is that a good hypnotist can hypnotize anyone who wants to be hypnotized but you are ultimately in control.

Some question whether they might get stuck in a hypnotic state if the therapist was to become unable to complete the process. No, you cannot get stuck. Hypnosis is not an altered abnormal state of mind, but rather, a normal and relaxed state. If the hypnotherapist should be unable to continue, you would just either wake up or fall asleep and then wake up.

Lastly, people question whether you can be made to do things that you would not normally do. The answer is no! Your ethics, morals and sense of decorum don't change so you will not do anything that you would not normally do. Furthermore, an ethical therapist should not ask you to.

Hypnosis is a powerful clinical tool that can provide many benefits. Call to find out if it can help you.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,
Georgetown



Gerry Ross
H.B.Sc. PT, MCPA,
FCAMT

Q: I cannot sleep at night due to pain; I can manage all my daily activities without a problem but as soon as I lay down, I toss and turn all night. What is wrong?

A: Sleep quality and quantity is essential in life. Occasionally our sleep position, pillow and/or mattress can be the problem. However, very often it is the activities or postures we use throughout the day that have a huge impact on our sleep quality. Inflammation is a component of pain that is present all day; however our other body systems are also rapidly working all day which can minimize the pain levels. At night when we settle into bed, everything slows down; however, the inflammatory response in your body continues to be active, causing pain and not allowing you to sleep. A physiotherapist in discussion with you and with a physical assessment can help you determine the cause of your night pain and provide strategies in the form of home remedies and hands on treatment to assist you in getting a good night sleep.



75 Mill Street Upper Level
905-873-YOGA (9642)
CrystalTreeYoga.com



Lori King
RYT500, CRIK
Studio
Owner/Director



Q: Do You Have a Self-Care Plan?

A: The amount of responsibilities we take on can be overwhelming, occasionally to the point where many of us forget to take care of ourselves. Most are familiar with financial plans, budgets, and retirement strategies, yet do not always think to have a Self-Care Plan.

A Self-Care Plan is a simple guideline of activities determined by you that are personally important for your wellbeing, coupled with the commitment to engage in them on a regular basis.

The plan's intention is to set aside sacred time for yourself to rejuvenate, whether it be on a physical level (i.e. take daily walks), emotional (i.e. quiet time, reading, writing), social (i.e. lunch with a friend) or spiritual (i.e. taking a class on meditation).

Self-care is the core of our wellbeing and is an important aspect of stress management. Having a plan to follow through with will not only make you feel good (physically and mentally), but will convey to others that you value yourself and your life. Realizing what is vital to your happiness and health is a major step toward reducing anxiety, enhancing your health and feeling positive about the future.

Are you living a healthy, empowered life? Or do you think the quality of your life needs improvement? Where your attention goes, the energy flows.