

## How to get more distance & consistency

By Cory Gentes  
Special to The IFP

whether they are making a swing with their driver or chipping greenside.



From the  
Ground Up



Imagine under hand tossing a bean bag into a hoop from 15 feet. You can use just your arm to toss the bag in the air and hope it hits the hoop or I would argue the more efficient way is to allow your weight to transfer from back foot to front foot and use the whole body to swing your arm in the direction of the hoop.

Try swinging the arms and club to the target with your body instead of hitting the ball with your hands and you will create better contact which should equal better distance and dispersion in your shots.

*Cory Gentes is a 14-year PGA of Canada Teaching Professional and the Director of Instruction at The Old Pro Driving Range.*



**FOR STARTERS:** Cameron Wigle of Georgetown Volkswagen and Wilson Trophies' Oliver Fritsch duel for the ball during the Opening Day for the Georgetown Soccer Club's under-6 boys' division Saturday morning at Trafalgar Sports Park. Nearly 3,000 youths and adults make up the GSC and several tournaments are planned throughout the summer. It's still not too late to register for one of the house league divisions. Visit the website [www.georgetownssoccerclub.com](http://www.georgetownssoccerclub.com) [www.georgetownssoccerclub.com](http://www.georgetownssoccerclub.com) for more info. Photo by Jon Borgstrom

## Spring Classic results

Georgetown's Kristen Giles finished in a tie for 18th after rounds of 81, 80 and 74 at the Golf Association of Ontario Junior Spring Classic held at the Grey Silo course in Waterloo last week. In the boys' Spring Classic, held at the Wooden Sticks Golf Club, Callum Biehn tied for 34th (79, 80, 78) and Thomas Hunt was 38th (80, 78, 81).

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**Q:** How can I get rid of bad breath?

**A:** It's everywhere. Buy this and prevent foot odor; buy that and avoid body odor. It's no surprise that bad breath is socially unacceptable. Every year, advertisers spend millions to sell their mouthwashes for bad breath.

You must understand that using a mouthwash for chronically bad breath can actually mask periodontal, or gum disease. Diseased gums and tooth decay are the two most common causes of bad breath, or "halitosis." If you smoke, you're not only more likely to have bad breath, but also to get periodontal disease. Eating strong foods, like onions and garlic, is rarely the real cause of chronic bad breath.

If you must, a saltwater rinse can be used instead of a mouthwash. You may have guessed by now that the best way to keep your breath fresh is by daily brushing and flossing, and keeping regular dental checkups. Your gums need your help in this so they can fight off plaque and deposits.

## Carolyn Dew

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BPHE, RAC, RTCMP

**Q:** Can Acupuncture and TCM help with my fertility?

**A:** Infertility rates are on the rise with an estimated 1 in 5 Canadian couples now experiencing trouble conceiving. Chinese Medicine has gained much positive attention for its ability to enhance fertility. Whether you are trying to conceive naturally or are using assisted reproductive techniques, Acupuncture and Traditional Chinese Medicine (TCM) can help you prepare not only for conception, but also for a healthy and successful pregnancy.

The ways in which Acupuncture can enhance fertility include: reducing stress, improving circulation to the ovaries and uterus, and balancing hormones. This is evidenced in medical research that supports the incorporation of Acupuncture into IVF protocols and other assisted reproductive technology techniques.

This week of May 19-28 represents Canadian Infertility Awareness Week; an important week for patients, families, governments and communities across Canada to reflect on the challenges many face to have children. It is a time to recognize those struggling with fertility issues by offering support, compassion, and awareness. For further information on whether Chinese Medicine can address your reproductive health needs, please contact Carolyn at [cdew@healthspan.ca](mailto:cdew@healthspan.ca) or check out her website at [www.carolyndew.ca](http://www.carolyndew.ca).