

## Carolyn Dew

Acupuncture & Traditional  
Chinese Medicine  
@ HealthSpan Wellness  
www.carolyndew.ca



BPHE, RAC, RTCMP

**Q:** I am suffering from hot flashes but would rather not take HRT. Can Acupuncture help?

**A:** Traditional Chinese Medicine (TCM) has been effectively treating women's hormonal imbalances for over 2000 years, and provides an effective, natural, and safe alternative to HRT. Rather than trying to restore your hormones to levels they were at in your 20s and 30s, TCM works to ease your transition by nourishing the kidney system and bringing your body back into balance.

Acupuncture helps rebalance your reproductive hormones by improving function of the hypothalamic-pituitary-ovarian axis, through a process called homeostatic regulation. Herbal therapy can be used to replenish deficiencies, stimulate your own hormonal production, and address the specific symptoms that you are suffering from. Taking charge of your lifestyle through diet, exercise, and stress management can also greatly assist with hormonal transition.

For further information as to whether TCM might be the right fit for you, please take a look at [www.carolyndew.ca](http://www.carolyndew.ca)



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**Zachary Fiddes**  
B.ENG., O.L.S. President

**Q:** I want to build a fence and make a few other landscaping changes to my property. How can I find the bars on my property? Can I use an old survey I have?

**A:** Knowing the location of your boundary is important in order to avoid a costly dispute as a result of the incorrect location of a fence or other structure. By law, only a licenced Ontario Land Surveyor can mark property boundaries.

It is sometimes difficult to locate survey monuments as they may be buried deep beneath your lawn or maybe not set directly on your property corner. Bars and stakes may rot away, become displaced by construction activities, or even removed by angry neighbours. If you rely on your own location estimates you are assuming a lot of risk. Having an Ontario Land Surveyor locate your boundary is a cost effective choice when compared to the cost of moving a fence- or having a neighbour take you to court.

Take caution when relying on information shown on old survey plans as the details may be out of date, unreliable, or not sufficient for your current needs. Survey plans are prepared at a specific time for a specific purpose and the situation may change over time. A new upto- date survey will provide all the information you need before you build your fence or make other landscaping changes.

As a licensed Ontario Land Surveyor I will be happy to discuss your particular situation with you and help you determine if a survey of your property is recommended for your needs.

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