

THE HALTON COMPASS

Published by

MRK Communications Ltd.

35 Crawford Cres., Box 129,
Campbellville, ON L0P 1B0

PHONE: 905-854-3333 FAX: 905-854-4761
CLASSIFIEDS: 905-873-2925 FAX: 905-873-1528
EMAIL: info@haltoncompass.com

Publisher and Editor: Stephen Baker
Office Manager: Audrey Allison
Executive Assistant: Cathy McLeod
Production Manager: Karen Coleman
Designers: Brandon Porter, Nina Gunby
Assignment Editor: Donna Danielli
Columnist: Jeff Lumby
Journalists: Jennifer Enright, Laura Cook, Ann Kornuta, Bren Chisholm
Advertising Manager: Louise Cook
Sales Representatives: Elaine Thomas, Trish Burkholder,
Distribution & Circulation: Echo Distribution
Humour: Jeffrey Mueller

The Halton Compass is published weekly on Friday. Copy and advertising deadline is Monday at 5pm prior to publication. All editorial and advertising content is copyrighted and the sole property of MRK Communications Ltd. The Halton Compass is distributed to homes and businesses throughout the rural and urban communities of Halton, encompassing Acton, Erin, Georgetown, Kilbride, Milton, Rockwood, rural Oakville & Burlington and surrounding areas.

Circulation: 50,536 Homes, Businesses and Subscribers

Compass Subscriptions: 52 issues per year: \$104.00 plus GST

Cheques payable to: **The Halton Compass**
35 Crawford Cres., Box 129, Campbellville, ON, L0P 1B0
EMAIL: info@haltoncompass.com

Massage therapy heals many ills

Christmas is over and the New Year has arrived. This is the time when most of us take a good, long hard look at ourselves and decide to make some health-related changes. Giving up smoking, losing weight or cutting back on red meat are the typical resolutions but many people are plagued by constant stress-related or post-injury pain and want to alleviate their discomfort.

The Halton Massage Therapy & Wellness Centre on 5014 New Street (East of Appleby Line) provides effective treatment for acute and chronic pain, Fibromyalgia, MS, Lymphedema, as well as back and neck pain. They have been serving Burlington and Oakville since 1996 and have a growing clientele based on a high success rate and word of mouth.

All of the registered massage thera-

pists at the centre are highly trained specialists. Each will thoroughly and compassionately assess your condition to decide what route to take for your tailor-made treatment.

Vanessa Wells has been a professional massage therapist for 4-1/2 years and has worked at the centre for 1-1/2 years now. She has noticed a growing trend based on a more pressurized lifestyle. "Society is experiencing higher levels of tension. There are more car accident-related injuries and subsequently, people who are not taking the proper care to get better. Massage can definitely help with this."

Fibromyalgia sufferers can also benefit from massage therapy. Fibromyalgia is a widespread musculoskeletal pain and fatigue disorder for

which the cause is still unknown. This often-elusive pain affects the muscles, ligaments, and tendons (the soft fibrous tissues in the body). "It's often linked to depression so many doctors prescribe antidepressants," says Wells. "What we do is assess the trigger points of pain within the body. If the number count is above 16, the most obvious being 18 or 19, then Fibromyalgia is often what we're dealing with."

"What massage therapy does is help decrease toxins and pain within the body. If there are high levels of tension in the body, a person who wants to get better has to be dedicated enough to come in at least two days a week to feel results."

The Halton Massage Therapy & Wellness Centre also deals with Lymphedema, a condition whose sufferers experience an increase of lymphatic fluid due to an impaired lymphatic system that causes uncomfortable swelling of the arm, shoulder, breast, and flank area. It is often a direct result of surgery, radiation, infection or trauma. Again, massage can lessen the discomfort.

Wells specializes in pregnancy massage and was originally interested in becoming a midwife but discovered she could work with expectant women in the form of massage therapy. She looks forward to taking a special labour training course this February and applying her skills in an even more expansive method.

What makes massage therapy so beneficial for pregnant woman is that it can ease the pain for muscles and stretched ligaments that are due to hormonal shifts. Massage can even make delivery more manageable. Right now, Wells' effectiveness is helping her clients no matter what their condition.

She remembers clearly the very first client she had who came to her with chronic shoulder pain that they had been dealing with close to a decade. "I was so thrilled when after only several sessions, this very same person experienced 90%

relief with massage", says Wells.

A massage treatment at the Halton Massage Therapy & Wellness Centre usually runs for an hour but

can extend to an hour-and-a-half depending on your individual needs.

Vanessa Wells' father, Dr. John Luyk, is a chiropractor, and runs the Scarlett Corners Rehabilitation Clinic on 400 Scarlett Crescent, Burlington (905-632-4772) where Vanessa works out of performing massage therapy part-time. It is there that Dr. Luyk, using the only machine available of this kind in Burlington thus far can perform Low Intensity Laser Therapy.

Laser therapy is the use of monochromatic light emission from a low intensity laser diode (250 milliwatts or less) or an array of high intensity super luminous diodes (providing total optical power in the 1000-2000 milliwatt range) to treat musculoskeletal injuries, chronic and degenerative conditions. It is also used to heal wounds by rejuvenating cells. The immune response is stimulated and lymphatic drainage is improved. See main website on this new technology at www.meditechbioflex.com for further information.

Health and wellness takes time but the benefits are longevity and the ability to enjoy life to its fullest. If a New Year resolution is what takes to ease your pain, massage is an excellent, pleasurable option you may want to look into.

The Halton Massage Therapy & Wellness Centre's hours of operation are Monday to Friday, 9:00 a.m. - 7:00 p.m. and Saturday's, 9:00 - 3:00 p.m. Please call to confirm 905-634-5585.



Therapist, Vanessa Wells

Bergsma's Home Decor

PAINT • WALLPAPER & BORDERS • LIGHTING • WINDOW COVERINGS • HOME DECORATOR ACCESSORIES & SUPPLIES

36th Annual PAINT & HOME DECORATING SALE



Eggshell LATEX
\$39.99 /3.79 litres
\$49.99 MSRP

- Versatile paint for walls and trim
- Splatter-resistant application
- Brushes easily, dries rapidly
- Over 1800 custom colours
- Decorative low sheen that can be washed



Pearl LATEX
\$41.99 /3.79 litres
\$51.99 MSRP

- Especially suited for kitchens, bathrooms and children's rooms
- Splatter-resistant application
- Brushes easily, dries rapidly
- Washable pearl finish

Semi-Gloss LATEX
\$41.99 /3.79 litres
\$51.99 MSRP

- Beautiful semi-gloss finish for trim, doors, furniture and walls
- Splatter-resistant application
- Brushes easily, dries rapidly
- Over 1000 custom colours
- Durable, can be washed again and again



Benjamin Moore
The Colour Experts

SALE ENDS FEBRUARY 5th



Define your space with colour in the comfort of your own home. Call today to schedule an in-home decorating consultation.

Sara Bergsma
905-876-4922

20-50% OFF
ALL WALLPAPER
BOOK ORDERS

1/2 PRICE OR LESS
ALL IN-STOCK
WALLPAPERS

134 MAIN ST. E. • DOWNTOWN MILTON • 905-876-4922 • MON-WED: 7-6 THURS-FRI: 7-8 SAT: 9-5:30 SUN: CLOSED

www.bergsmahomedecor.com

