

health & beauty matters

FEELING BETTER ALL AROUND

Chiropractors with Compassion

By ANN KORNUTA

Wouldn't it be great if a portion of everything we spend would go to help those who are less fortunate than ourselves? The Barrow Family Chiropractic service located on 180 Ontario Street in Milton is doing just that. Their programme, *Chiropractors with Compassion*, donates twenty dollars from new patients' initial fee to help the less fortunate. These funds are sent to help underprivileged children in Uganda to build homes, proper latrines and water collection units. It's something to feel good about.

Dr. Angela Barrow has been a chiropractor since 2002, sharing a practice with her father, Dr. James Barrow who has practised for over thirty years in Milton. The family's business is built on their solid

practice of the promotion of good health sciences which focuses on the body's neuromuscular skeletal system.

A chiropractor is concerned with how a patient's body's skeletal and nervous system is functioning. The spine is the key to the central nervous system and a chiropractor is trained to use a variety of diagnostic methods to examine and treat the spine and bone structure. Since the nervous system determines how well you feel physically, mentally, and emotionally, problems a patient is experiencing may be related to a problem with the spine and nervous system. "What I specialize in my practice is family health for kids, toddlers and pregnant mothers," Dr. Angela said. "We are working in the service of our community and our society. We wanted to take it one step further and formed *Chiropractors with Compassion*." This fund raising project needs \$61,000 to provide fresh drinking water to children in Uganda. Building water reservoirs and latrines will aid the families who are in need


of clean fresh water to survive. "We have collected around \$40,000 already and hopefully we will reach our goal in March," Dr. Angela explains. "We hope to go and visit these places where we are building the water reservoirs and latrines to see how it is benefiting the families down there."

To contact the Barrow Family practice and find out more on how you can help or talk about healthier medical choices call 905-878-4994.



PHOTO BY ANN KORNUTA
Dr. Angela Barrow at the Barrow family Chiropractic is a Chiropractor with Compassion.

BARROW FAMILY CHIROPRACTIC



Dr. Angela Barrow
180 Ontario St. S Milton
905-878-4994

CHIROPRACTORS with Compassion
healing hands reaching out to children's hearts

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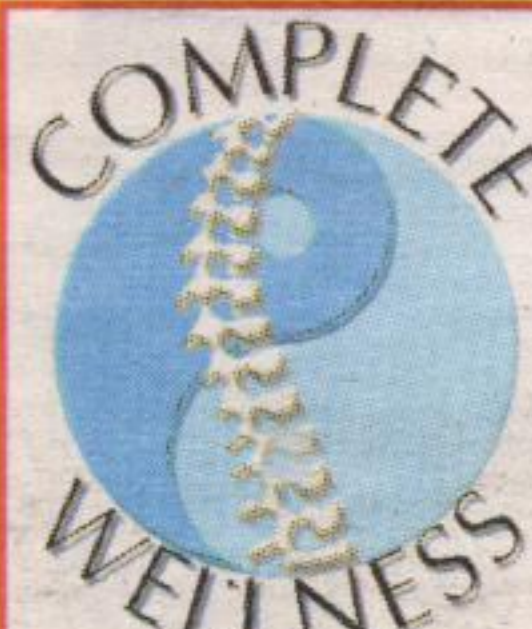
RELAXATION, STRESS RELIEF,
HEALTH RECOVERY

The Taoist Tai Chi Society of Canada will be starting a **NEW** Beginners Class
Thurs. Jan. 13, 2005 7:00 pm

at the Milton Seniors' Activity Centre
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