

Wellness Centre offers holistic health to all

By **FRANCES NIBLOCK**
The New Tanner

Patients become partners in their health care at The Wellness Centre opened recently by Acton chiropractor Dr. Tom Thompson. Staffed with five health care professionals the centre offers one-stop shopping to people who want natural methods, pre-

vention, health awareness and non-invasive procedures.

"What we need to do is teach people about health, what causes sickness, and not to be so tied into the treatment of symptoms," Dr. Thompson said, adding sickness, symptoms and disease are only manifestations of abnormal body functions.

The word "chiropractic" is Greek meaning "done by hand" and involves manipulations to correct misaligned vertebra. Also on staff at the Wellness Centre is a massage therapist, a chiropodist a homeopath and a chiropractor who does bone marrow density screening.

Dr. Thompson said modern medicine interferes too much with over-prescribed antibiotics and vaccinations.

"If you kick Mother Nature in the teeth you will pay the price and we're paying the price big time in every way physically," Thompson said, adding that the first thing he asks new patients to do is leave any pre-conceived notions at the door.

An American Medical Association's survey in 1997 found that 242 million people went to a non-medical practitioner, more than went to medical practitioners and Thompson said the "writing is on the wall."

"The public is creating a mandate for non-medical practitioners because they aren't satisfied with the 'health care' they are getting because they aren't getting

health care. They're getting illness and disease care," Thompson said.

Chiropractor Barbara Jeans, who operates a clinic in Cookstown, comes to Acton approximately every two months to do osteoporosis screening, checking bone marrow density using ultrasound.

Jean's own surprise diagnosis of low mineral density led her into the field and Jeans recommends women aged 25 to 35 get screened.

"You don't want to be told at 80 that you have a problem," Jeans said, adding statistics show by putting 50-year-olds with low bone marrow density on \$50 worth of calcium supplements a year,

the half-a-billion dollars spent to treat bone fractures in elderly patients could be saved.

Acton native Deanna Wilson, a recent graduate from the Mitchener Institute of Chiropody in Toronto, joined The Wellness Centre team in August and was attracted to the team approach to health care. Wilson said her clients all have one thing in common.

"Their feet hurt. They have ingrown toenails, flat feet, heel pain or just can't care for their feet any longer," Wilson said, adding treatment could include physiotherapy, taping, icing or custom orthotics, which she casts and sends out to a lab to be built. Wilson also does diabetic foot care

and sports injury treatment involving the foot and ankle.

Massage therapist Mark Weider joined The Wellness Centre a year ago and enjoys sharing new ideas and therapies with his colleagues.

"With more professionals around you get more enrichment and we can cover all the bases," Weider said, adding there's a growing demand for massage therapy in the Acton area.

Valerie Stevens is a homeopath whose practice at the Wellness Centre involves treating the whole person, dealing with the mental, physical and emotional aspects to the individual.

The Wellness Centre can be reached at 853-3460.

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WELLNESS TEAM: Staff at The Wellness Centre include (from left) osteoporosis screener Barbara Jeans, massage therapist Mark Weider, chiropodist Deanna Wilson and owner/ chiropractor Dr. Tom Thompson. - Frances Niblock photo

YOUR OPINION COUNTS!

The community is cordially invited to attend a public meeting in order to provide input to the Halton District School Boards Strategic Planning process. Input to the Boards draft mission statement and twelve belief statements will be considered by the Boards Strategic Planning Steering Committee in the development of the document during the next few months. Public input meetings are as follows:

ACTON, HALTON HILLS, MILTON, GEORGETOWN

(North Area)

Monday, October 25

6:30 - 9:00 p.m.

Centennial Public School

233 Delrex Boulevard

Georgetown, Ontario

BURLINGTON (West Area)

Friday, October 22

9:30 a.m. - 12:00 p.m.

Mainway Arena (Auditorium)

4015 Mainway

Burlington, Ontario

OAKVILLE (East Area)

Thursday, October 21

6:30 - 9:00 p.m.

White Oaks Secondary School

(South Campus)

1330 Montclair Drive

Oakville, Ontario

For more information, please contact Beth Shelswell, Superintendent of Education (905) 335-3663, (905) 878-8451, or (905) 842-3014 - ext. 2227

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