

Ask The Professionals

RE/MAX SUBURBAN (91) INC.



360 Guelph St.,
Georgetown

877-5211 873-1058

The better way - Donna Rae
Sales Representative



DONNA RAE

Q: We plan to list our house in the near future but think it would sell better if we finished the basement first. We have been advised that this is not necessary, what do you think?

A: It is quite possible that the cost of your renovations would cost more than the value than your home would increase. It is also possible that the buyer could have different plans for that part of the house. If you must hire someone to make these improvements the cost to you becomes even greater than if you did the work yourself. If your time is limited the best way to prepare your home for sale is to make necessary repairs and have it clean and tidy at all times.

Peter Zions Construction Ltd.

• ADDITIONS • RENOVATIONS Acton
• R-2000 HOME BUILDER 853-2464



PETER ZIONS

A FAMILY BUILDING TRADITION FOR 30 YEARS

Q: I want to replace my front entrance door and need a recommendation as to replacing with solid wood or metal.

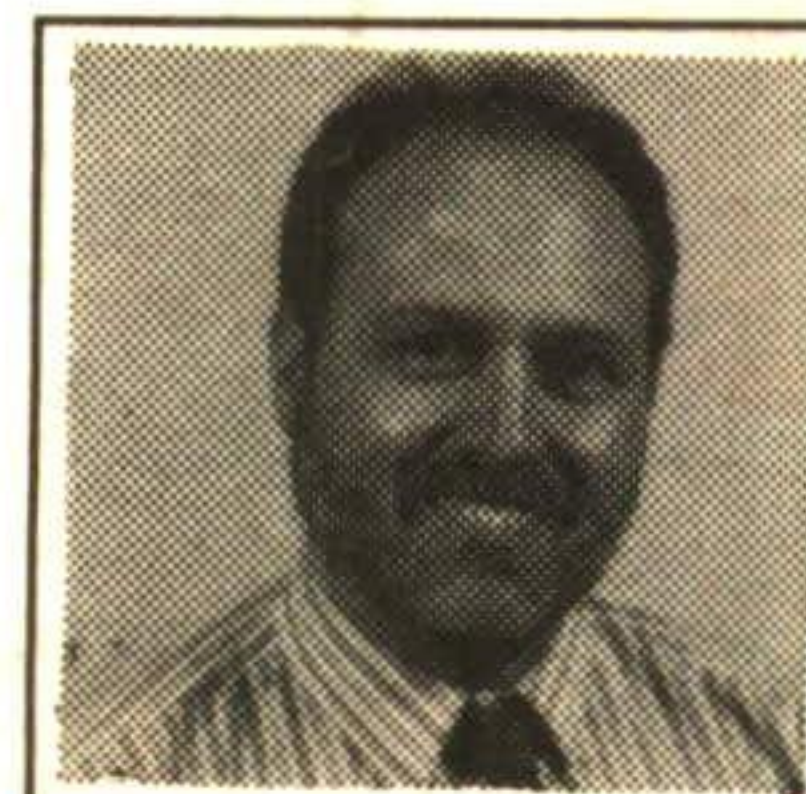
A: There are a number of differences between wood & metal doors. The most important is cost. A prehung steel door is usually less expensive than a solid wood door. A steel door structurally is less likely to warp as compared to a wood door. This is an important consideration, for your weatherstripping to work properly around the door frame and sill. From an aesthetic standpoint, a stained natural wood door is beautiful to look at but needs more attention and maintenance. An alternative to natural wood is a fibreglass door which looks and feels like wood, stains like wood and performs like a steel door.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO

877-4288

The Spine - The Life Line ROBERT H. CRANFIELD, D.C.



Q: My daughter injured herself playing soccer. Do chiropractors get involved in treating sports injuries?

A: The nature of the injury would determine whether or not a chiropractor was involved. Injuries involving fracture, cuts, etc. would be seen to by your medical doctor. Injuries of the strain, sprain nature are often handled best by your chiropractor. Chiropractors have been trained to diagnose and treat many of these types of injuries. Your chiropractor would take a case history, do a complete orthopedic, neurologic and chiropractic examination and probably take some x-rays in order to arrive at the cause of the problem. After this, your chiropractor would set your daughter up on a program of care to get her back to the soccer field as quickly as possible. Chiropractors are now involved with almost all professional teams and many amateur associations. Olympic athletes, realizing the benefits of chiropractic, and have insisted chiropractors be included in the olympic health care team.

Cathy Kuindersma, B.Sc., N.D. DOCTOR OF NATUROPATHIC MEDICINE

• Homeopathy • Nutrition
• Preventative Health Care • Botanical Medicine

(905) 873-2361

Natural Health Care for you and your family



CATHY KUIINDERSMA

Q: Winter is coming and every year I get many colds and flu. Is there anything I can do to prevent this from happening again this year?

A: The immune system helps fight off infections (including colds and flu) and helps protect us from cancer and other chronic diseases especially autoimmune diseases. Therefore it is beneficial to build up the immune system possibly preventing a flu or a cold or any other immune related disease. There are many factors that effect the immune system including diet, allergies, exercise, stress, sleep and emotions. The more common food allergies are milk, wheat, corn, chocolate, eggs, preservatives and sugar. A flu or cold may occur up to five days after ingestion of an offending food. A diet high in simple carbohydrates, refined sugar, white flour and processed food will suppress the immune system. The best approach is to maintain a healthy diet with adequate protein, good oils (cod liver, olive, or flax seed), lots of vegetables, whole grains and fruit, along with enough rest and exercise. There are supplements that will support the immune system including: Vitamins A, C, E and B's also bioflavonoids (makes vit. C more effective), zinc, beta carotene, selenium, and pycnogenol. Some herbs have a long history to help fight off infections including: echinacea, goldenseal, propolis, garlic, astragalus, licorice to name a few. Another important factory is balanced bacterial flora in the gastrointestinal system. Therefore if you have taken antibiotics it is important to take good bacteria (acidophilus and bifidus) to reestablish that balance.

Carol L. Reid, B.A., LL.B.

Barrister & Solicitor, Notary
(905) 451-9539

400 Queen St. W.,
Brampton, Ontario L6X 1B3



CAROL REID

Q: How do I choose a lawyer?

A: Many lawyers specialize in particular areas of the law. When you are looking for a lawyer it is important to find someone who has experience in real estate, family law, estates or in whatever area you are seeking assistance. It is important to consider the fees the lawyer will charge and to choose a lawyer who explains the law to you in a manner that you understand. Speak to friends, neighbours and co-workers. They may be able to refer you to a lawyer. The yellow pages of the telephone book will also provide you with the names of lawyers in your town. You may also call the Lawyer Referral Service (see the telephone book) for the name of a lawyer in your town who will give you one half hour of advice for free.



CUSTOM FURNITURE & CABINETRY

5 ARMSTRONG AVE., GEORGETOWN
873-9898



SUSAN and
KEITH KINDNESS

Q: What should I look for when shopping for wood furniture?

A: Don't let your first impression sell you on a piece of furniture. Falling in love with "the look" can sometimes lead to problems down the road. There are many simple features to look for.

Run your hand along flat surfaces. Is it smooth and are all edges evenly rounded? Are all joints snug and smooth. If tables have leaves, do the metal gears on the slides work easily and fit together tightly when closed? Do all drawers and doors operate smoothly? On chairs, do all the legs and spindles fit securely? Ask about the finish. Is it heat and stain resistant? Was the piece coloured with a penetrating stain or was colour added to the lacquer? A penetrating stain is best.

A finely crafted piece of furniture may seem expensive at the time, but keep in mind that it's something that will last a lifetime.



36 Main St. S., Georgetown
(905) 873-4907



DORRI BLAND

Q: What can an "Aromatherapy Treatment" do for me?

A: "New" to our list of services is our "Aromatherapy Treatment". This treatment of the face and body uses pure essential oils via the skin, using a therapeutic massage affecting the inner body and mind. Unwind your way to smooth radiant skin and a supple toned body. Feel immediately the soothing of frazzled nerves, relief of muscle fatigue and tiredness after a hard days work. Benefits from this service would include calmness, relaxation, tranquil feelings, relief of sinus congestion and treatment of skin problems. Aromatherapy is a total treatment of the face and body.

BETTY E. McTAGUE CHIROPODIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

Q: Could being overweight cause me to have knee pain?

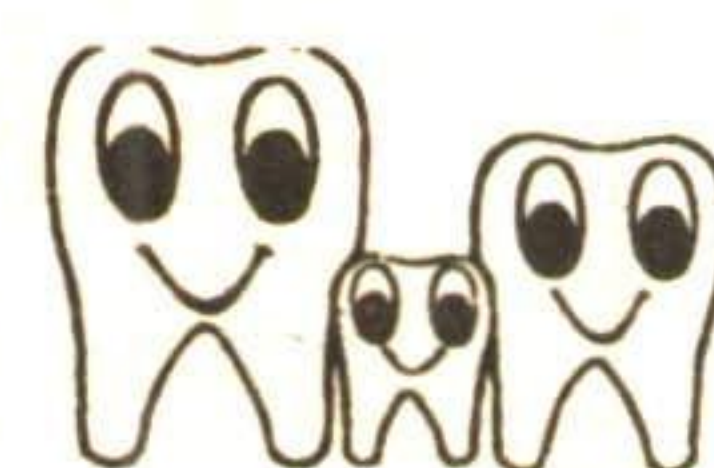
A: Most definitely. As when we were all cute chubby little babies with a natural fat pad in the arch of our feet to assist us by providing stability as we learned to stand, our little feet were far apart (this was not caused by diapering) and our knees were friendly being very close together.

However, if we carry extra weight our bodies try to resume this once natural now painful stance. This can lead to chronic knee pain, internal rotto knees, low back pain (at external rotation of the hips) heel spurs / plantar fasciitis.

Usually a reliable weight loss program is recommended along with daily light exercise program specifically for feet. The wearing of a custom made orthosis with a properly fitted shoe is most effective. Monitoring of progress will help keep patient on track.

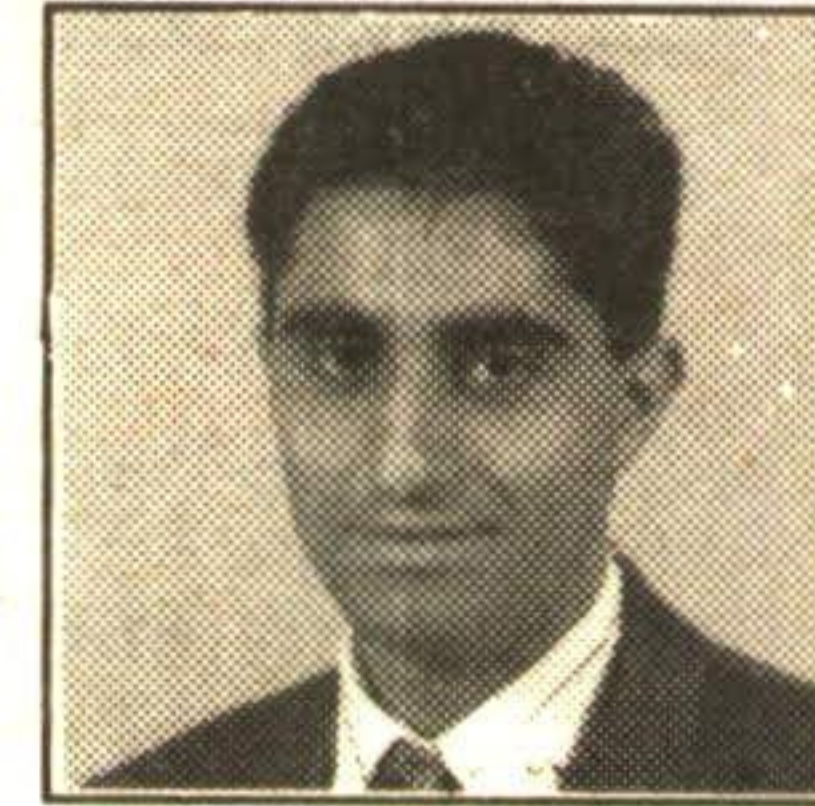
DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: Why is it important that baby teeth be cared for, when they will fall out anyhow?

A: This is a very common question. It is important to realize that the last baby tooth will remain until about age 12 and therefore we aim to keep them as healthy as possible for the longest period of time. Baby teeth are necessary for the following reasons:

1. They are used for chewing which helps develop the bones and muscles of the face, as well as aiding in proper nutrition;
 2. They give the child a nice appearance and smile which is important for their social acceptance and psychosocial development.
 3. They aid in the learning of speech;
 4. They maintain the arch space for the permanent teeth to grow into.
- Finally, if the baby teeth are not properly cared for, the child may develop cavities and abscesses which would result in a great deal of pain and suffering. It is recommended that regular visits begin at age 3 so that your dentist may establish good oral health for a lifetime.