

# 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 have just listed our home but because I know I will be asked a lot of questions by the neighbours I prefer not to have a sign.

**A:** The agent says a sign is a must. What does a sign do that the agent can't? One of the major advantages of a For Sale sign is that it does inform all the neighbours and it is amazing how many people move from street to street in a town seeking a larger, better or different house. The neighbours are a great source of referral of friends or family. People who do contact the real estate office as a result of the sign are already partially qualified in that they have seen the property and the neighbourhood.

## 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:** Should I take my children to see a chiropractor?

**A:** Many spinal problems begin in childhood and develop gradually. In infancy such serious problems as vertebral subluxation (misalignment), spinal curvatures and other structural distortions have their early beginnings. The birth process is one of the most traumatic experiences many of us will ever go through. In 1989 a Danish research program studied 316 colicky infants and showed a 94% success rate after 2 weeks of chiropractic care. So yes, it is a good idea to take your children to see a chiropractor for a complete spinal examination.

## 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:** I have been diagnosed with a stomach ulcer and I'm taking medication for it. Is there anything I can do to prevent further episodes?

**A:** Ulcers can sometimes occur in the stomach and small intestine. These are usually the result of some type of stress which has damaged the lining. Symptoms of an ulcer may include stomach pain, lower back pain, headache, choking sensation, and itching. Cigarettes, aspirin, steroids, and other drugs may compound the problem. The following suggestions may help your ulcer.

1. Relaxation: Anxiety and stress have been shown to be a contributing factor in the development of stomach ulcers. Try incorporating some type of relaxation technique in your daily life.
2. Diet changes: Eliminate fried foods, salt, strong spices, alcohol, black tea, coffee, chocolate, cola and other carbonated drinks. Studies done in England strongly suggested that sugar is involved in the development of gastritis and perhaps stomach ulcers. Use well tolerated foods such as millet, cooked rice, avocados, bananas, potatoes, squash, yams, broccoli, carrots, chicken and fish.
3. Healing Herbs: Licorice, Slippery Elm, Goldenseal, and Marshmallow root are a few excellent herbs that can be used to promote a healthy stomach lining.
4. Supplements: L-glutamine, Vitamins A, B6, buffered C, E and Zinc and flaxseed oil promote a healthy stomach lining and may prevent any further discomfort.

Work with your naturopath or nutrition oriented M.D. for a personalized treatment program.

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

Barrister & Solicitor, Notary  
(905) 451-9539

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



CAROL REID

**Q:** What is a Power of Attorney?

**A:** A Power of Attorney is a written document that authorizes someone else to act on your behalf. Under the new Substitute Decision Act you can make a Power of Attorney for Property and a Power of Attorney for Personal Care.

Powers of Attorney for Personal Care are new to the Province of Ontario and allow you to appoint someone you trust, a family member or close friend to make medical and other personal care decisions for you should you be incapable of making these decisions yourself. It also allows you to indicate your wishes as to your personal care and to give specific instructions.

Powers of Attorney for Property are not new to Ontario, however, the format has changed somewhat. Again, this document allows you to give general powers to another person or persons to look after your financial affairs or to restrict their powers.

Your choice of attorney ("attorney" does not mean a lawyer here) is very important as they may become responsible for making profoundly important decisions for you. Your "attorney" should be someone you know well, that you trust completely, and who would look after your best interests.

Powers of Attorney are important to do NOW regardless of your age. Planning ahead saves your family time and expense should you become incapacitated and lets your wishes be known.



CUSTOM FURNITURE & CABINETRY

5 ARMSTRONG AVE., GEORGETOWN  
873-9898



SUSAN and  
KEITH KINDNESS

**Q:** I'm looking for a specific piece of furniture to fit into a specific spot in my home. Can it be custom built at a reasonable cost?

**A:** Yes, with a little bit of thought and some accurate measurements on your part, it most definitely can be done. While it may cost slightly more than a mass produced item, you can take pride in the fact that your special piece of furniture has been designed by you and built specifically for your needs. The problem of fitting furniture into a tight spot or oddly shaped corner - for instance, can be solved by supplying us with a diagram of the area along with accurate measurements. Your piece of furniture may have to be modified somewhat, but the overall look can still be achieved. However, there are a few important factors to keep in mind. Allow for the extra space needed that top and bottom mouldings take up. Also, can the piece fit through the halls and doorways of your house. A large entertainment unit - for example, may have to be built in two separate pieces. Some price determining factors include solid wood versus veneer, door styles and hardware items such as pullout or swivel platforms, special hinges, ball bearing slides, etc. One last point to consider is to have a price range in mind when submitting your design. By allowing for some flexibility if necessary, you can stay within your budget and still have a beautiful and unique piece of furniture that will last a lifetime.



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



DORRI BLAND

**Q:** What are the advantages of professional make-up applications for the Bride & Bridal Party?

**A:** Your wedding day is one of the most important days of your life. The combination of a healthy complexion, well-shaped eye brows and a flattering, corrective, lasting make-up is most important in helping you look your best. Incorrect application can create shadows, shine and glare in the final finish of the photographs. The result of a professional Make-Up Application should be soft, natural - a flawless matte finish. Book your consultation between 1-2 months before your wedding day to insure a make-up application that will suit you and one with which you feel most comfortable.

## BETTY E. McTAGUE CHIROPDIST FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

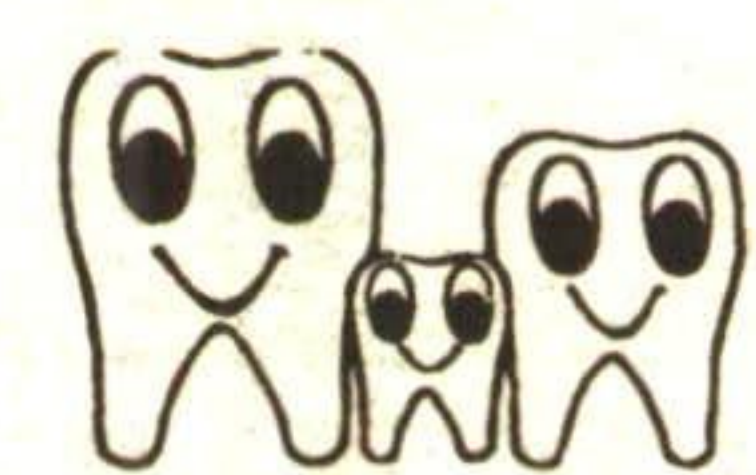
**Q:** Should I be concerned about callous on my feet?

**A:** Some callous is functional, this does not cause pain or discomfort. This type is usually related to a specific activity and should be not be removed. However, dysfunctional callous is caused by pressure or stress on one specific area where the body produces a clearly marked thickened area. This needs to be removed and the cause requires examination. Usually an orthosis can be made to redistribute the weight bearing of the foot to reduce the pain and often prevent the return of these sometimes painful lesions.

If you are diabetic and have these callous you need to be attending a Chiropody Clinic for regular screening to be sure this does not advance to a plantar ulceration.

Patient education on prevention and self care are so very vital to maintaining foot comfort.

## DR. ANOOP SAYAL Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** I have a two year old child. Why did his teeth come in dark?

**A:** Baby teeth that come in dark may be the first sign that a problem known as "nursing bottle decay" exists. Nursing bottle decay occurs when the enamel is dissolved by the constant "washing" of acid over the teeth. Any sweetened drink in a bottle such as soft drinks, juice, or milk breaks down to form acid when the bottle is given to the child prior to sleeping. A similar problem can be produced by honey-dipped soothers. As the child drifts from deep to light sleep, he makes rhythmic sucking movements which fills the mouth with a fresh supply of sugary liquid that soon becomes acid, eventually causing the cavities in the teeth. The bottle containing sweetened contents must be removed from the child's diet at bedtime, otherwise dental treatment will be in vain. If the bottle must be given, replace the contents with water. Have the child's teeth examined by a dentist and repaired to prevent further decay and suffering. If the baby teeth are left to abscess, the second teeth may show staining or pitting. Once the teeth are repaired, the dentist or hygienist will help the parents to maintain the teeth in a healthy state for a lifetime.