

# 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 your 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:** How often should a house be reshingled, and how can that be done?

**A:** A visual inspection of your roof will tell you if your roof needs reshingling. Check for curled shingles, missing shingles, a worn granular surface, and the most obvious, water penetration to the interior of your home. The preferred method of reshingling is to dispose of old shingles to recycling facility - check roof sheathing for water damage and proceed with reshingling. 15 year asphalt or 20 year asphalt shingles are the most common. Make sure adequate ventilation is allowed in roof. Check with your local building supply store for specifics on all materials needed.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
NORVAL, ONTARIO

877-4288

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



**Q:** I have been seeing my chiropractor for years. Why do the treatments seem repetitious?

**A:** There are a number of reasons why it may appear this way. First is genetic. Your spine has a certain structure to it that may lend itself to weakness in specific areas. As a result, those areas of the spine will be predisposed to recurrent subluxation and thus correction. Second is the type of work that you do. Your particular job may stress specific areas of your spine and again make the subluxation a recurrent problem. An example is some working at a computer all day will usually experience recurrent subluxations in the neck and upper back. Finally, your posture will also affect the subluxations in your spine. This includes sitting, standing, walking, sleeping, etc. Because of these factors, your chiropractor will often have to adjust the same areas of your spine.

## 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 am a 47 year old female having hot flashes is there anything natural I can do to help?

**A:** Menopause is a transitional period for women where the female hormones estrogen and progesterone taper off which may cause symptoms. Hot flashes is the most common symptom (80% of women) other symptoms include fatigue, depression, anxiety, palpitations and more. Your health prior to menopause may determine your ease of transition. Therefore prevention is key and includes the following:

1. Nutrition
  - Eliminate coffee, refined sugar, and processed fats.
  - Include whole grains, fruit, vegetables, essential fatty acids
2. Exercise - Builds strong bones.
3. Adrenal Support - Supporting this gland will help with a smooth transition during menopause. Vitamin C, B5, and herbs including Black Current, Siberian Ginseng and Licorice.
4. Specifically hot flashes can be helped by using Vitamins E, C and Selenium and herb such as Wild Yam, Chaste Tree, Motherwort and Angelica.

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

Barrister & Solicitor, Notary

(905) 451-9539

2 County Court Blvd. Suite 230  
Brampton, Ontario L6W 3W8



CAROL REID

**Q:** I am selling my house and the purchaser wants to assume my mortgage. The mortgage company says it's OK. Am I still responsible for my mortgage?

**A:** Normally, when you sign your mortgage you promise to pay back the mortgage company the principal borrowed plus interest. Your home is security for the loan. When a new purchaser assumes your mortgage they begin to make the payments, however, unless the mortgage company releases you from your promise to pay, you are still potentially responsible to the mortgage company if the purchaser defaults on the mortgage. You should discuss your particular situation with your lawyer before signing an agreement permitting the purchaser to assume your mortgage.



CUSTOM FURNITURE & CABINETRY

5 ARMSTRONG AVE., GEORGETOWN  
873-9898



SUSAN and  
KEITH KINDNESS

**Q:** We are thinking of renovating our kitchen. What should we look for when shopping for cabinets?

**A:** While keeping costs down and staying within your budget are important, don't sacrifice quality for price. The overall look of your completed kitchen should be high on your list of priorities, but it's what's inside the cabinets that distinguishes good quality. Some things to look out for are

- are the top, bottom, sides and backs of the cabinets constructed of 5/8" thick melamine board.
- are the cabinets glued as well as doweled together.
- is the hardware good quality - eg. do the hinges and drawer slides work smoothly
- are the shelves adjustable and easy to clean
- are the doors finished with a catalyst lacquer and easy to wipe clean

And probably the most important factor to consider - does the kitchen layout suit our family's needs.



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



DORRI BLAND

**Q:** What are the benefits of waxing as opposed to shaving as hair removal method?

**A:** OK. Let's be honest, a lot of women just don't want to endure the discomfort of the bikini or leg wax because of the pain. But let's think about the benefits: smooth, hair free skin for up to 4 weeks. Warm waxing is the method we use. The wax is spread over the skin in the direction of the growth. A cotton strip is placed over the wax, it is quickly pulled in the direction opposite of the hair growth. The skin is usually pink for a few hours but if you don't mind stubble a day later, keep shaving.

## BETTY E. McTAGUE CHIROPDIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

**Q:** Just because I am Diabetic, what is all the fuss about my feet?

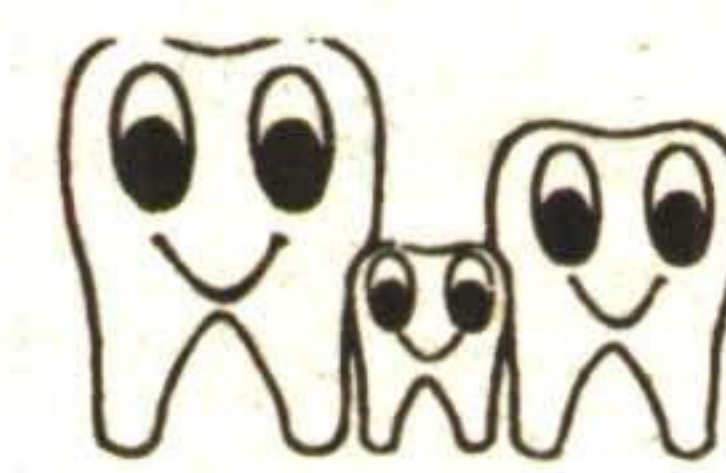
**A:** Just because you are Diabetic does not mean that you will have foot problems instantly or even at all. Patient education on daily self care needs to be taught.

Even "normal" feet need to be properly taken care of. With diabetes there can be some slow but significant nerve damage which the person may be quiet unaware of. Even if there has never been a problem with the feet, annual screening to examine sensation, footwear, areas of potential pressure or problems and the daily concerns of this persons activity and self care need to be discussed.

Those patients with thick and or brittle nails, cracked skin on heels and forefoot or callous, need to be examined and treated every 4-6 weeks.

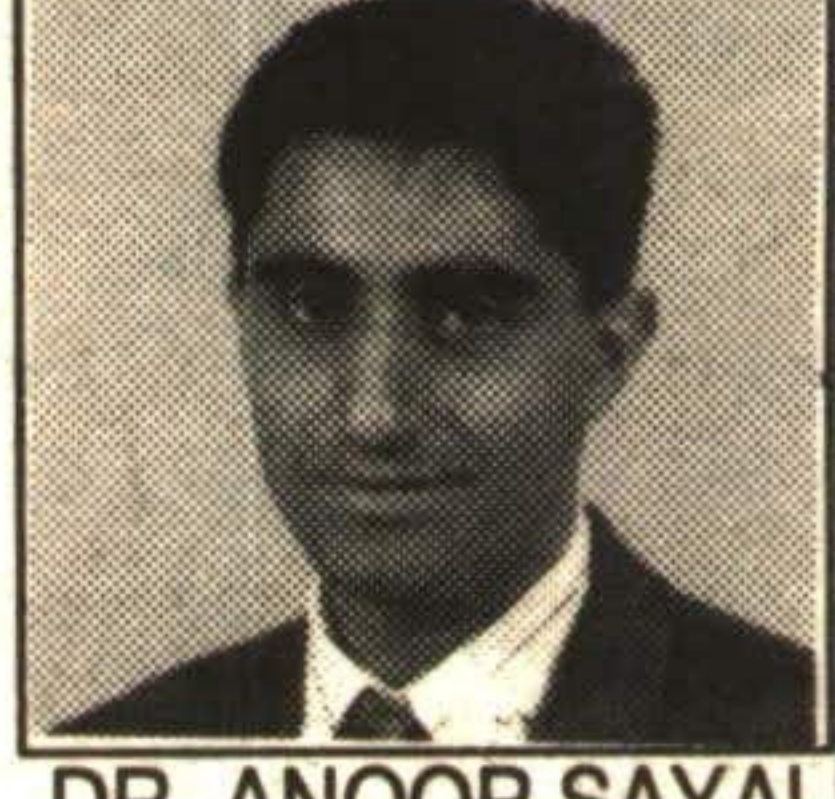
Any problem with the diabetic foot is serious and should not be taken lightly or left unattended.

## DR. ANOOP SAYAL Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** I have an abscessed tooth and I was told that I need to have a root canal done. What is a root canal?

**A:** Today, with modern dentistry, root canal treatment has become a common form of treatment for diseased teeth. In a healthy tooth, the centre is filled with pulp tissue. Once the tooth is injured, cracked or decayed, it is necessary to open th tooth, clean the infection from the roots and seal the roots. Sometimes difficulties may be encountered during or after root canal treatment which may require the use of medication or require further treatment.

Teeth that have had root canal treatment may become dry and brittle and it is recommended that a cap or crown be made to protect the tooth. In most cases, these teeth can say as healthy and last as long as other teeth. Should you have any questions, feel free to contact our office. Our goal is to provide good oral health for a lifetime.