

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: My family has outgrown the house we currently live in. We are trying to make a decision whether we should buy a new house or add onto the one that we already have. Could you help?

A: There are several things homeowners should consider before making a decision to move to a house with more room or add onto an existing one.

*Determine how much money is available. There are several loan programs available that make it easy to purchase a home.

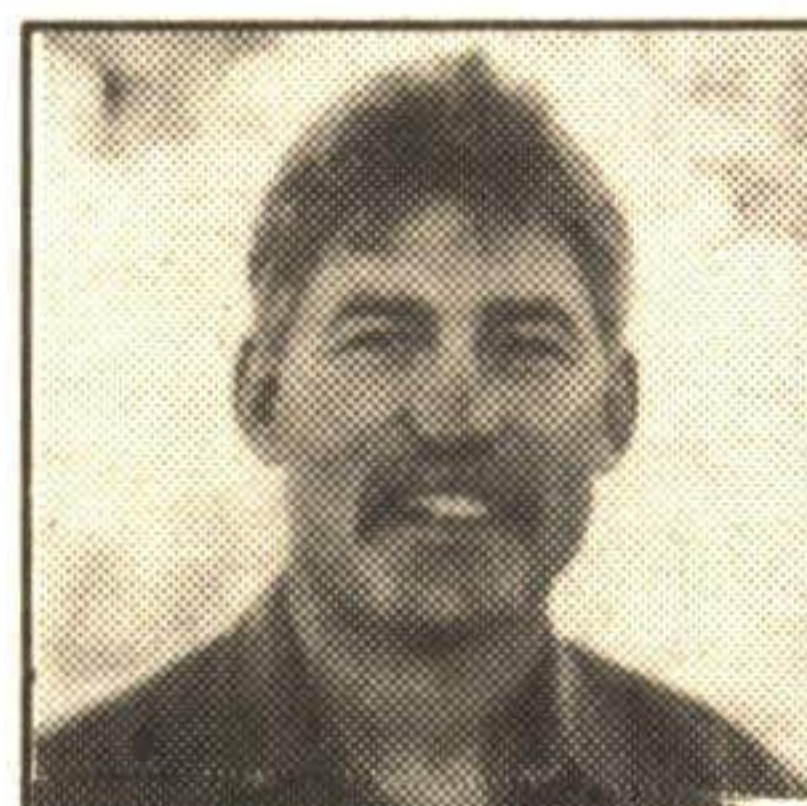
*Look for affordable properties that are for sale right now that would be the kind of home you would want to live in and compare the options.

*If you are going to add on find out what the local zoning and building ordinances permit. You need to consider the size of the other homes in the neighbourhood. It's smarter to increase the size of the smallest house on the block rather than add onto the largest one.

COLONIAL TREE SERVICE

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BRIAN BUTLER

Q: Do trees affect swimming pools?

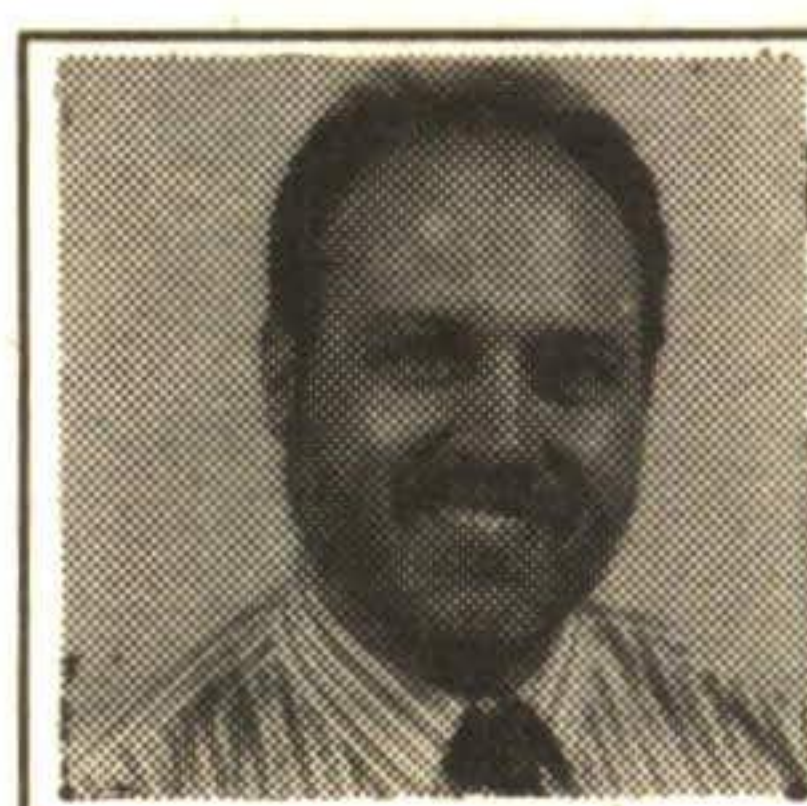
A: Different types of trees are more often the problem. Fast growing trees can be more serious. Roots can head down into areas where water can lay. Splashing of pool water during dry seasons, July and August is just what this type of tree needs. The roots can lift patio and interlocking stone decks and paths. As well, they can cause large bulges to develop on the floor of the above-ground and on-ground pool bottom, creating a pressure point in the pool liner which may cause leakage. Seepage at pipe joints in the ground can become encrusted by root fibers and the roots can even make their way into pipe joints, if not properly connected. Severing the roots is not always the answer. Roots do grow back. Next month I will talk about the above ground problems that trees can create.

CRANFIELD CHIROPRACTIC CENTRE

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



Q: If I injure my back at work, do I need a referral from a medical doctor to see a chiropractor?

A: The answer is no, if you visit your chiropractor first. However, if you visit a medical doctor first you are required to get a referral from that doctor. Which practitioner should you visit first? According to several research studies done all over the world, chiropractic works best, fastest and is the cheapest on the overall cost to the system. Studies done in Australia, U.S.A., England and Canada show that chiropractic care cut the time off work for compensation injuries of the back by 2/3 to 3/4. So as an employer or employee, if there is a back injury sustained at work, the first place to is the chiropractor.

Cathy Kuindersma, B.Sc., N.D.

DOCTOR OF NATUROPATHIC MEDICINE

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CATHY KUINDERSMA

Q: I am a 55 year old man who has been diagnosed with high blood pressure. Is there anything I can do to lower it?

A: 90-95% of all high blood pressure is termed Essential Hypertension. Essential Hypertension refers to high blood pressure of a non specific cause, however, many different factors may influence the condition including stress, lifestyle, obesity, nutritional deficiency, anxiety, poor diet, etc. All of these factors must be looked at when treating high blood pressure.

Consider the following recommendations

1. **Diet** - Increase: Whole grains (fibre), vegetables, fruit fish
Decrease - Red Meat, coffee, salt, other animal fat, minimize alcohol consumption.
2. **Weight** - if over weight try to reduce it.
3. **Exercise** - Moderate exercise to reduce weight and strengthen Cardio Vascular System.
4. **Relaxation** - Incorporate meditation or deep breathing into your day.
5. **Nutritional Support** - Calcium, Magnesium, Taurine, Selenium and (essential fatty acids especially) fish oils will help lower blood pressure.
6. **Herbs** - Garlic, Hawthorn Berries

Try working with both a Naturopath and a Medical Doctor to help reduce your blood pressure and only under a MD supervision to reduce your medication.

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

Barrister & Solicitor, Notary

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Brampton, Ontario L6W 3W8



CAROL REID

Q: What happens to my assets if I die without a Will?

A: If you die without a Will, it is said that you die "intestate". In Ontario, the Succession Law Reform Act has governed intestacies since March of 1978. This Act sets out a code to establish which of your next-of-kin is entitled to your estate or a portion of your estate. The Act tells who is entitled, but it does not establish how assets are to be dealt with or who is to manage them. Consequently, it is important to have a Will to express your wishes, to provide for your family, distribute your assets as you think best and to appoint someone to manage your estate efficiently.

Attention Readers

Send any questions you may have for the professionals on this page to

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Georgetown, Ont. L7G 4X5

Att: Ask A Pro

Attention Professionals

If you would like to be part of this page call

873-0301

Ask for Jeanette

INDEPENDENT

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(905) 873-4907



JUDY L. LONGSTREET
Certified Reflexologist

Q: What is Reflexology?

A: Reflexology is a natural healing art based on the principal that there are reflexes in the hands and feet which correspond to every part, gland, and organ of the body. Through application of pressure on these reflexes, reflexology relieves tension, improves circulation and promotes the natural function of the related areas of the body.

3 MAIN BENEFITS OF REFLEXOLOGY

1. Relaxation and release of tension.
2. Improves circulation & elimination.
3. Helps the body to normalize its condition naturally, without adverse side effects.

Relax and enjoy one hour of massage and feel the benefits for yourself.



BETTY E. McTAGUE CHIROPDIST

FOOT CARE SPECIALIST

Georgetown 702-0111



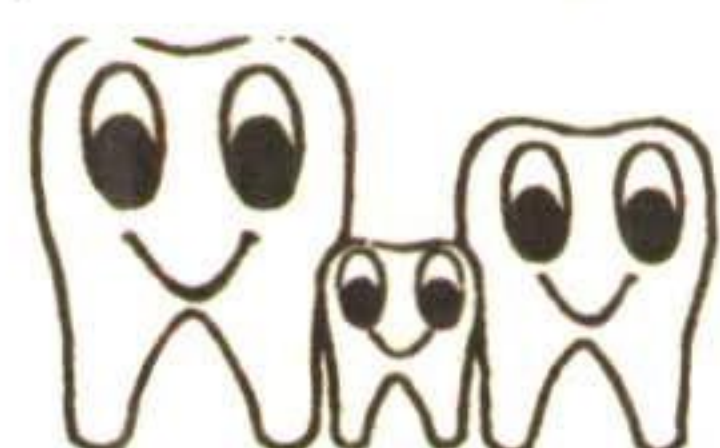
BETTY E. McTAGUE

Q: Why does my ingrown toe nail hurt even after I dig it out?

A: More often than not the ingrown nail is caused from improper cutting of the nail and footwear which is either, inappropriate to the shape of the foot or too short. Many times patients present with all three. Check your shoes to be sure they are a correct fit. Have someone trace your foot on a blank piece of paper while you are standing with your body weight equally on both feet. The footwear when new should completely cover the entire outline of the foot. There should also be a full finger width between the end of the longest toe and the end of the shoe. If there is redness around the nail and tenderness, make an appointment to see your Chiroprapist.

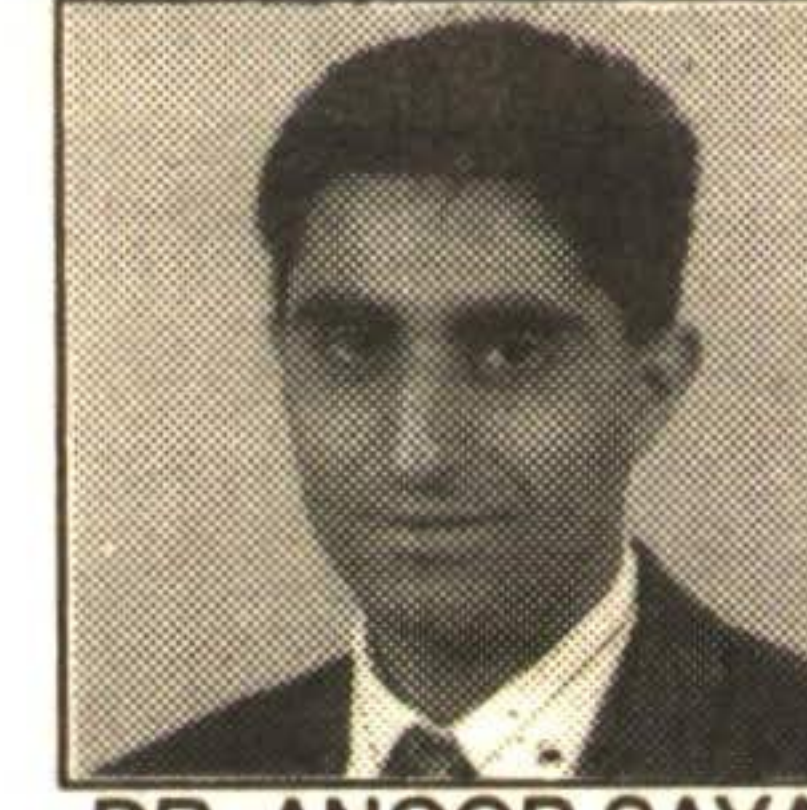
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DR. ANOOP SAYAL

Q: My dentist recommended dental sealants on my child's back teeth. What are sealants?

A: Dental sealants are thin plastic coatings which are applied by "painting" the chewing surfaces of the back teeth to prevent decay. Most cavities in children and adolescents occur on the chewing surfaces of the back teeth, or molars. This is because molars have irregular surfaces with pits and grooves which tends to trap food and bacterial debris. Sealants flow into and coat these pits and grooves so that bacteria cannot multiply and cause decay. The teeth most likely to benefit from sealant application are the first and second molars just after they have erupted and before they have had a chance to decay. First molars generally appear at about age six years of age and second molars at about twelve years of age. Children between the ages of seven and fourteen benefit most from sealants. By sealing these teeth and with proper brushing and flossing and regular check-ups, we can help to prevent tooth decay in the future. Our goal is to encourage a healthy smile for a lifetime!