

Ask The Professionals



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BRIAN BUTLER

Q: Why are the lower branches dying on my spruce tree?

A: Each year the spruce tree develops new terminal and secondary buds on the ends of each of its branches. It's these buds which grow and form the new or longer lower branches. This is the natural growth pattern on most trees. The problem occurs around the base of the tree where there is a high traffic area - such as grass cutting, driveways, walkways, etc. These new buds become damaged. Once this happens, the lower branches will not reproduce any new buds. Consequently, the growth pattern is broken. The next set of branches above continue to grow and an overshadowing begins to take effect. Slowly, the lower branches begin to die back. How do you prevent this? If it is an old tree, it could be too late. Remember, when you are planting a spruce or coniferous type tree and it is not trimmed on a regular basis, it will eventually become 20 feet wide. Give the tree plenty of space and mulch the perimeter to keep lawn mowers and traffic away from its branches.

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

• Homeopathy • Nutrition
• Preventative Health Care • Botanical Medicine

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Natural Health Care for you and your family

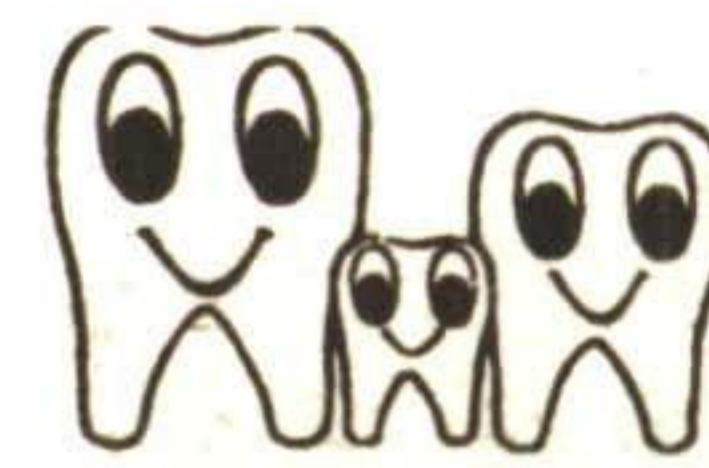


CATHY KUIINDERSMA

Q: I have been recently diagnosed with Chronic Fatigue Syndrome. Can naturopathic medicine offer any relief?

A: Chronic Fatigue Syndrome (CFS) is a newly established syndrome that has a specific criteria (set by the center for disease control) and can have a wide range of symptoms including recurrent sore throat, low grade fever, enlarge lymph nodes, fatigue, headache, depression and more. CFS has become a catch all and proper diagnosis is important since the fatigue can be caused by a variety of other diseases such as cancer, hypothyroidism, diabetes, etc. The main disturbance of CFS sufferers is a weakened immune system, therefore treatment focuses on balancing the immune system. With a weakened immune system reactivation of viruses and overgrowth of yeast and parasites usually occur. Treatment usually follows these guidelines:
1. Diet - Restrict coffee and refined carbohydrates. Eat more whole grains, vegetables and fruit.
Build Immune System - Botanicals - Siberian Ginseng, Codonopsis, Echinacea, Licorice
- Homeopathy - individually prescribed
- Supplements - Zinc, CoQ10, B5, Magnesium, Vit. C, A
3. Balance overgrowth of yeast and parasites
4. Exercise - 3 times/week - walk, swim, bike, aerobics, Tai Chi, Yoga, hiking, etc.

DR. ANOOP SAYAL
Family and Cosmetic Dentistry



located in
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(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: When should I begin cleaning my child's teeth?

A: Even before teeth begin appearing, you should start cleaning the mouth to keep food residue and bacteria from damaging newly erupted teeth. After every feeding, wipe the baby's teeth and gums with a damp washcloth to remove harmful bacteria. If plaque is allowed to build on the baby's teeth, the tooth enamel could become decayed. If the decay is left untreated, the baby teeth may be lost early. Children need all 20 baby teeth for proper eating, speaking and appearance. These teeth also hold the space for the permanent teeth. You should begin to brush your child's teeth as soon as the teeth erupt. Ask your Dentist to recommend the proper brush. You should watch that your child brushes properly and slowly and that your child does not swallow any toothpaste. If you ever notice a ny sign of decay, see your dentist immediately. Good oral hygiene from the very beginning along with regular check-ups will help to ensure that your child's smile will remain healthy for a lifetime!



Karen MacKenzie-Stephner



873-8400



Rosemary Boyer

Halton Hills Speech Clinic

10 Mountainview Rd. S., Suite 203, Georgetown, ON, L7G 4J9

Q: My child is six years old and has a lisp. For example, when he says "sun" it sounds like "thun". The children at his school are teasing him. Can you help?

A: Yes. A lisp occurs when a child does not place his tongue and teeth in the correct position for the sound. It can happen with the s, z, sh and ch sounds. Speech therapy, in addition to home programming, can make a difference. A speech-language pathologist can teach the child how to make the correct sound by demonstrating the proper placement of the tongue and teeth. A lisp should be treated early in the school years in order to avoid possible social and emotional problems.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO

877-4288

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



Q: What will happen if I stop going to a chiropractor?

A: Due to your work habits, sleep habits, posture habits, stress factors, hereditary factors and type of job that you do, spinal stress will build up. Symptoms may or may not reappear right away. However because of these stresses, your spinal condition will start to deteriorate. As a result, all of the spinal correction that you and your chiropractor had established will be in jeopardy and your spine will again revert back to old habits and patterns thus causing nerve interference. It only makes sense that chiropractic care becomes a regular routine to help your spine maintain its health and function and keep your nerve system free of interference.

Attention Readers
Send any questions you may have for the professionals on this page to
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The better way - Donna Rae
Sales Representative



DONNA RAE

Q: Quite a few letters and requests I receive are for suggestions and things to do to prepare homes to put them on the market. So instead of answering individually I am going to print a list in this issue of ASK A PROFESSIONAL and the next issue. So here goes Part I.

- Repainting the exterior is a good idea if the paint is peeling as the prospective purchaser will often look for curb appeal first.
- Purchase nice new home numbers e.g. Brass
- Cut down on the clutter in your rooms, closets, garage, basement and other storage areas.
- While the home is being shown, eliminate any evidence of pets, including litter boxes or at least keep them fresh and clean. If you have a specific time of showing maybe even remove the pet.
- IMPORTANT: Replace all light bulbs with high wattage bulbs and always turn on all lights and open all blinds during showings.

TO BE CONTINUED NEXT ISSUE.

BETTY E. McTAGUE CHIROPODIST 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 a specific activity and should 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 a 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.

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

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CAROL REID

Q: I am married and have two young children. My husband and I own property and have some investments. We each run our own small business from our home. My husband and I each have a Will, but should be have a Power of Attorney?

A: First, you should be aware that a Will and Power of Attorney are separate documents and have separate functions. A Will provides for the management of your estate following your death and a Power of Attorney authorizes another person to act on your behalf while you are alive. There are 2 types of Powers of Attorney in Ontario - one for property and one for personal care. The term "attorney" does not mean a lawyer, but means a person whom you appoint to act on your behalf. Because your attorney's actions are legally binding on you, it is extremely important that you appoint someone you trust completely. In my view, it would be wise for you and your husband to execute Powers of Attorney for property appointing each other and/or another trusted person to take care of your financial affairs if you become disabled. As well, you should consider making a Personal Care Power of Attorney which enables you to appoint someone to make medical decisions for you should you be unable to do so for yourself. I suggest you contact your lawyer to discuss your affairs and complete your Powers of Attorney. Planning now will save your family time and expense should you become incapacitated.