

# Ask The Professionals



## TREE SERVICE

• Tree Trimming • Tree Removal • Stump Removal  
Fully insured and bonded with over 20 years experience.

R.R.1 LIMEHOUSE 877-8591



BRIAN BUTLER

**Q:** Why trim my trees?

**A:** The purpose for trimming is to enhance and maintain the natural shape of the tree. Trees will take on the low spreading growth pattern because they are not growing in a bush with competition from other trees. If you give a tree an open area, it will eventually take all of its width. This in turn produces large overweight lower limbs. These lower limbs often develop splits, cracks, crossover branches which rub on other branches, all of which weaken the structure of the tree. Trees grow at different rates - 6 inches per year up to 4 ft., depending on the type of growing season and the type of tree. Proper pruning techniques can slow the tree down and maintain its natural beauty. It also can preserve its sustenance and slow down its root growth, since it has less top growth to support.

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



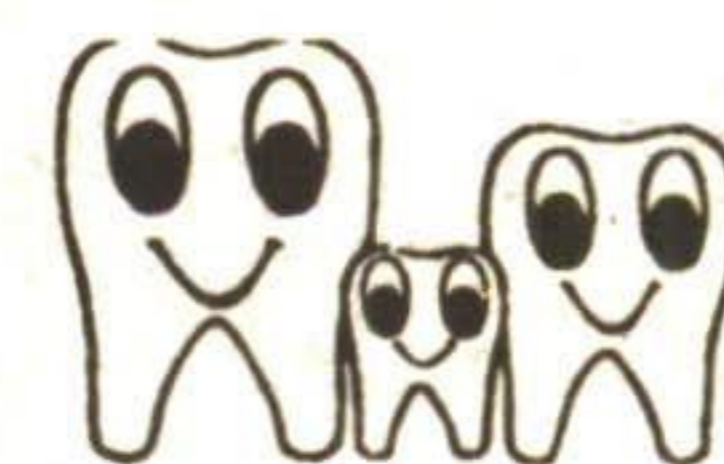
CATHY KUIINDERSMA

**Q:** I have been recently diagnosed with fibromyalgia. Is there anything that naturopathic medicine can offer?

**A:** Fibromyalgia is a newly coined condition and is often underdiagnosed or misdiagnosed. Diagnosis of Fibromyalgia includes the following: generalized aches, stiffness in 3 places for at least 3 months and at least 6 tender points as well your physician needs to rule out the possibility of any other disease. Other symptoms include generalized fatigue, chronic headaches, insomnia, joint swelling etc. Fibromyalgia can be associated with Chronic Fatigue Syndrome and can be triggered by a traumatic physical event. Fibromyalgia is thought to result from an actual dysfunction in the muscle cells. The immune system seems to be affected as well. When treating Fibromyalgia consider the following:

- **Diet:** Whole grains, lots of veggies, and fruit, beans, lentils, avoid coffee, chocolate, dairy, red meat, and sometimes wheat products.
- **Detoxify:** Use of herbs to detoxify the liver - Taraxicum, Chelidonium, Atrium Lappa.
- **Nutritional Support:** CoQ10, Malic Acid, Magnesium, Manganese, D vitamins, Evening Primrose Oil and Fish Oils.
- **Rebuild the Immune System:** Use Astragalus, Siberian ginseng, Codonopsis, Hydrastis, Echinacea and others.

DR. ANOOP SAYAL  
Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** When will my baby's teeth begin forming?

**A:** A very interesting question indeed. Children's teeth begin developing months before birth. In the fifth or sixth week of pregnancy, tooth "buds" appear and between the third and sixth month, tooth formation and calcification actually begins. By the time the baby is born, the twenty baby teeth that will appear during the next two and one half years are already present in the baby's jawbones. They will remain hidden by the gums until teething begins at about six months of age. It is therefore very important to practice good nutrition during pregnancy, to allow for the best development of all of the baby's organs, including their teeth and bones. This way we can ensure that your baby will grow up healthy for a lifetime.



Karen MacKenzie-Stepner



873-8400



Rosemary Boyer

## Halton Hills Speech Clinic

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

**Q:** Can ear infections affect speech and language development?

**A:** Children learn speech and language from listening to other people talk. The first few years of life are especially critical for this development.

If a hearing loss exists, even a temporary one, a child does not get full benefit of language learning experiences. As a result, delays in speech and language development may occur.

Signs that you can watch for that may indicate fluid in the ear include inattentiveness, listlessness, unexplained irritability, pulling and/or scratching the ears.

If you suspect an ear infection, you should seek medical treatment. If you suspect a speech and language delay, you should consult a Speech-Language Pathologist.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
NORVAL, ONTARIO

877-4288

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



**Q:** Is it back to "crack" your own back or neck a lot?

**A:** This question is often asked of chiropractors because people associate the "cracking" or "popping" sound with a chiropractic adjustment. The two are NOT the same. If a person has a desire to "pop" his or her own neck or back it's usually because a part of their spine is fixated or jammed causing another part to move too much and sometimes "pop" a lot, even by itself. It's this jammed or fixated part that must be properly adjusted by a chiropractor so that the rest of the spinal column will stop being too mobile and noisy.

When you "crack" your own neck or back, you're relieving tension for a little while but not giving yourself an adjustment and in the long run, you are making your spine worse. If this is what is happening to you, please give your chiropractor a call and get it checked out.

## VIP Limousines

Prestige Rolls-Royce Limousine Service

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- Executive Service • Custom Services

(905) 877-7182 (519) 853-4433



EDNA TWEEDLE

**Q:** How did V I P come about?

**A:** My husband and I had worked together for 40 years. After retirement in 1988 he purchased a Classic Rolls-Royce. After extensive travel he added a second and third Rolls-Royce. I asked him what he was going to do with 3 Classic Rolls ... enter V I P. My daughter-in-law, who had limousine experience, suggested we use the cars for weddings ... we investigated the market in our surrounding area and found no service such as we had in mind.

**Q:** When did you commence your limousine business?

**A:** We established the necessary registrations insurance and commenced our marketing plan in February 1994. That summer we did our first weddings. The response was very encouraging. Through shows, advertising and recommendations, in 1995 we increased our business dramatically. The signs are that we will at least double our business in 1996. We are adding another Rolls-Royce.

**Q:** What is the secret of your success?

**A:** We do things in the old-fashioned tradition. Our smartly dressed chauffeur treats every bride and groom as the "Very Important People" they are. The red carpet, satin ribbons, bows, custom made "Just Married" sign and champagne service add to the touch of class. The cars themselves are classic, elegant and spotless. With clear windows, the bride & groom can see and be seen.

**Q:** Do you only do weddings?

**A:** No, we are also busy with anniversaries and special occasions.

## RE/MAX SUBURBAN (91) INC.



360 Guelph St.,  
Georgetown

877-5211 873-1058

The better way - Donna Rae  
Sales Representative



DONNA RAE

**Q:** (Part II of previous issue)  
How do I prepare my home to sell in the shortest time span for the best possible price?

**A:**

- Arrange or rearrange furniture to make traffic flow as smoothly through the home.
- Clean clean clean your bathrooms! Remove mildew from ceramic tiles and grout. A new shower curtain always looks fresh.
- Put out scented potpourri or air fresheners. Use the same fragrance throughout the house.
- Eliminate smoking, cooking or other odors inside the house. Nothing turns off buyers more than unpleasant smells.

For specific information about ways to make your home more competitive in this real estate market, please call me at 905-877-5211.

## BETTY E. McTAGUE

CHIROPODIST

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 quite 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 person's 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.

## 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 have been living with my boyfriend for two years. We don't have a written agreement. What will happen to our savings and investments if one of us dies?

**A:** If you live with someone without being married, you are living common law. In Ontario common law couples do not have the same rights as married couples.

A Will sets out what you want to happen to your property on your death. If you dies without a Will, your property will go to your blood relative - your children, parents or siblings, depending on who survives you.

To claim part of your property, your partner would have to go to court to prove that he helped to pay for the property. This can take time and is expensive. Consequently, each of you should have a Will setting out whom should receive your property should you die. You should consult a lawyer to discuss making your Wills and to review your individual circumstances.