

# Ask The Professionals



## TREE SERVICE

•Tree Trimming •Tree Removal •Stump Removal  
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BRIAN BUTLER

**Q:** When is a good time to trim your trees?

**A:** Trees may be trimmed most anytime, but some people say winter is the best. One of the reasons being that orchard trees are trimmed after the fruit is off and the trees are dormant. It also makes good sense to do this trimming during the low work time of year. The trees have no leaves and this makes it easy for seeing where to cut and less work to clean-up. Sugar maples and birch trees should not be trimmed during late February or March. The warmer weather starts the sap to run and the tree could lose this sap in large amounts. Pine and spruce trees should not be pruned in late May or June. This is when they produce most of their new growth. As well if the tree was to be transplanted, it could cause the tree to go into shock and stop growing altogether. Diseases can develop and enter the tree during times of stress, caused by drought, overpruning, improper fertilizing or improper transplanting.

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 osteoarthritis and would like to know what I can do to control the progression of the disease using natural products.

**A:** Osteoarthritis (OA), the most common form of arthritis, results primarily from a progressive wear and tear of the joints particularly the weight bearing joints. In the affected joints there is lots of cartilage destruction followed by formation of large bone spurs. The result is pain, deformity and reduction of movement in the joint. As any disease that affects the whole body there are many different factors to address.

The most important is diet and food sensitivities. Rule out any food sensitivities (dairy, wheat, citrus, nightshade family vegetables - potatoes, green peppers, tomatoes, eggplant). Also decrease fats that will cause inflammation such as red meat (arachidonic acid) and increase fats that are natural anti-inflammatory such as evening primrose oil, flaxseed oil, fish oil. Increase whole foods (lots of veggies, whole grains, fruits, vegetarian protein) and increase fiber specifically oat and rice.

**Nutritional Supplementation** - the following help increase cartilage formation and joint repair. Glucosamine Sulfate, Vit A, E, C, zinc, manganese, copper and bromelain.

**Hormonal Imbalance** - if there is an underlying hormonal imbalance then that needs to be addressed specifically thyroid, estrogen, and insulin.

**Botanical Medicine** - Certain herbs have been found to be useful in treating both the symptoms of OA and the underlying cause of OA. Some of them are as follows: Devils Claw, Yellow Dock, Yucca, Alfalfa, Burdock, etc.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
NORVAL, ONTARIO

877-4288

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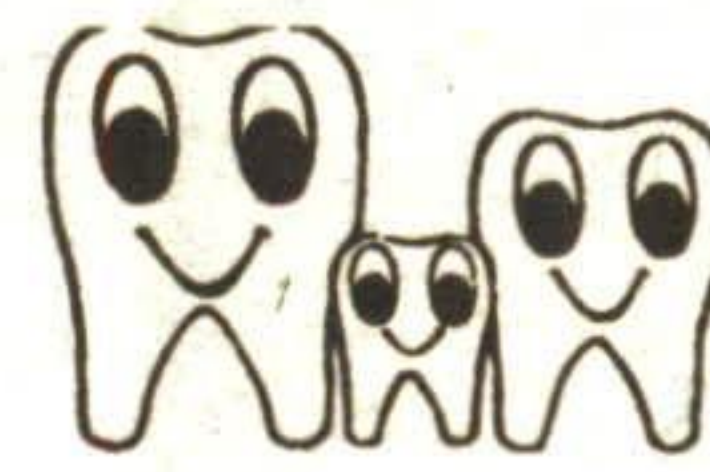


**Q:** Do chiropractors work in hospitals?

**A:** The answer is yes and no. In the U.S.A. several hospitals have chiropractors on staff. Unfortunately, here in Canada the answer is mostly no. This is contrary to what has been recommended in the Manga Report. This report which was commissioned by the Ontario Ministry of Health and paid for by your tax dollars, recommended that hospital privileges extended to all chiropractors for the purpose of treating their patients. Who, more than those sick in hospitals, need to be checked for subluxations and spinal nerve stress. Hopefully, soon we will see some change in these health care policies.

## DR. ANOOP SAYAL

Family and Cosmetic Dentistry



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Georgetown  
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DR. ANOOP SAYAL

**Q:** Is it true that the mother's teeth become "weak" during pregnancy?

**A:** There's no basis to the old wife's tale that a tooth is lost for every pregnancy. If you are experiencing more tooth decay, it could be that you are neglecting oral hygiene at this busy time, or snacking too often on foods that contain sugar. During pregnancy, there is a rise in hormone levels. This rise in hormones may exaggerate the gum's reaction to plaque causing gingivitis. This is a condition where your gums bleed easily and is an early, reversible form of gum disease. If left untreated, it can contribute to loose teeth and ultimately tooth loss. If you are experiencing any of these symptoms, consult with your doctor or dentist. Experts agree that cavities and gum disease during pregnancy can be prevented by thoroughly brushing and flossing, along with regular check-ups. By practicing good oral hygiene during your pregnancy, you can ensure that your teeth and gums will stay 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:** Why are communication disorders serious problems for older people?

**A:** Our communication system, which involves speaking, hearing and understanding the speech of others, reading, and writing, plays a vital role in all aspects of everyday life - in our jobs, our families, and our recreation. When communication disorders occur, the effects are always serious. These individuals often find themselves at a distinct disadvantage on social, economic and personal levels. Disorders of communication which affect older people may result from hearing loss, stroke, cancer or other disease of the larynx, or neurological disorders. The communication disorders vary widely and the effects may be frustrating and bewildering and may lead to withdrawal and isolation. A Speech-Language Pathologist can help so if you experience difficulties, please contact us as soon as possible.

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EDNA TWEEDLE

**Q:** Do you have a white car?

**A:** No - we have deliberately avoided white (our lightest car is cream). Most bride's gowns are white & do not contrast well with the same colour car.

**Q:** How far ahead do people book?

**A:** It averages about 9-12 months. We are already fully booked for some weekends in '96.

## 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.

## BETTY E. McTAGUE

CHIROPODIST

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 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 Chiropodist.

## 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:** How do I choose a lawyer?

**A:** Many lawyers specialize in a particular area of the law. There are specialists in family, real estate, trust and estate, insurance, business, criminal law, etc. When you need assistance it is important to find someone who has experience in the particular area of your concern. It is also important to consider the fees the lawyer will charge, to choose a lawyer with whom you feel comfortable, and who will explain the law to you in a manner that you understand.

Your friends, neighbours and co-workers may be able to refer you to a lawyer that they have used. The yellow pages of the telephone book will provide you with names of lawyers in your area. You may also call the Lawyer Referral Service (see the telephone book) for the name of a lawyer in your town who will give you one half hour of advice at no charge.