

# 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:** Does tree wound dressing help a tree to heal?

**A:** No, tree wound dressing makes people feel better than it does the tree. Tree wound dressing does nothing more than hide the sins of making cuts on the tree. It does not promote faster healing, but it does help reduce the possibility of insects getting into the wood tissue.

The secret to healthy healing when branches are removed is the method of cut. Proper tree trimming will enable the tree to produce a callus over the cut area in a very short period of time depending on the diameter of the cut. A professional with the right tools and proper training can enhance the beauty of your tree with very little outward appearance that it has been pruned. Keeping a tree's natural shape in mind and depending on the species, up to 40 a tree's growth may be removed without damaging its health. Each tree is different and will develop to suit the area in which it is situated.

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 (archidonic 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.

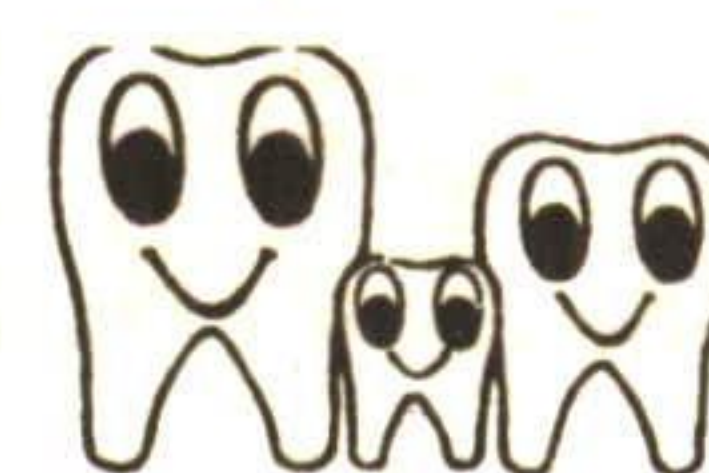
**Nutritional Supplementation** - the following help increase cartilage formation and joint repair. Glucosamine Sulfate, Vit A, E, C, zinc, manganese, copper and bromelain.

**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.

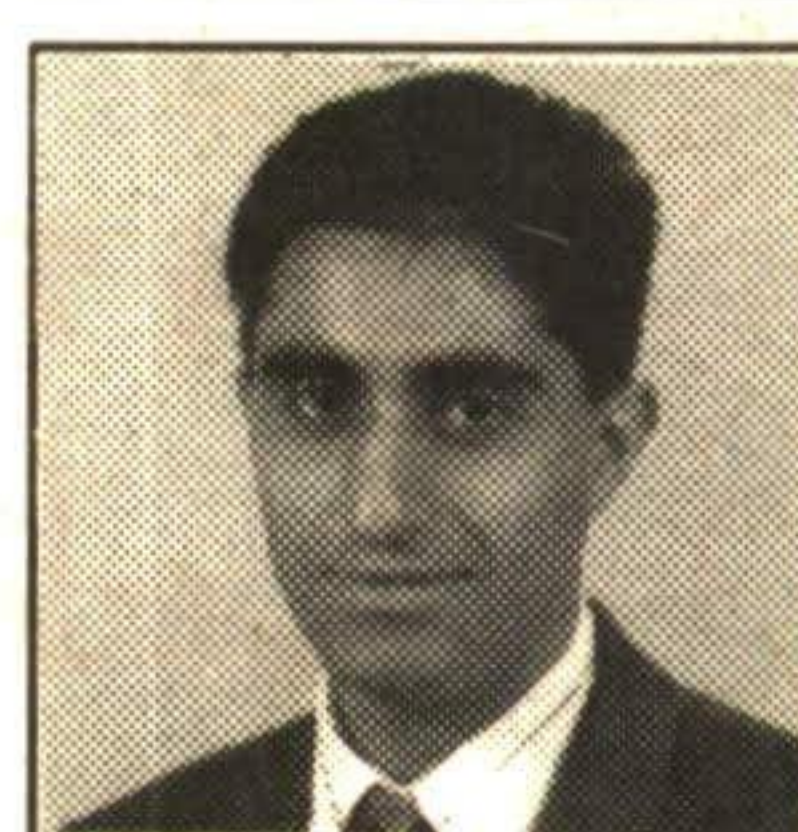
DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** Should I be concerned about the mercury in my fillings?

**A:** There is no need to be concerned about your health if you have dental amalgams. However if you are one of the tiny percentage of dental patients who have a sensitivity to mercury or the other components of dental amalgam, you should discuss appropriate alternatives with your dentist.

We have known for some time that dental amalgams do release miniscule amounts of mercury. The amounts released are much less than that which is taken in by the body from the water, fish and various other foods.

Many studies have looked at the long term health consequences of mercury exposure from dental amalgams. Although there are reports of nerve damage and other disorders, the scientific consensus is that there are no identifiable health implications associated with this exposure. In fact, if dental amalgams posed a health hazard, dentists would be most at risk since they are exposed to higher levels than the general population.

Before considering replacing all your silver fillings, discuss the advantages and disadvantages of alternative filling materials with your dentist. Our goal is to ensure a healthy smile 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:** My benefit package from work covers expenses like dental and vision, would it also cover private speech therapy?

**A:** Most extended health benefit plans cover speech therapy. However, these packages vary in the type of services covered and the amount of coverage. Our recommendation is that you check your own personal benefit package to determine if speech therapy is covered and to what degree. You may also call directly to the carrier of your package (i.e. Blue Cross) and request the information.

At present, the recommended hourly rate for private practice therapy is set by the Ontario Association of Speech-Language Pathologists and Audiologists. The amount charged is for direct (with you/your child present) and indirect (consultation with parents, teachers and child care arranged to fit your needs, schedule and benefit package).

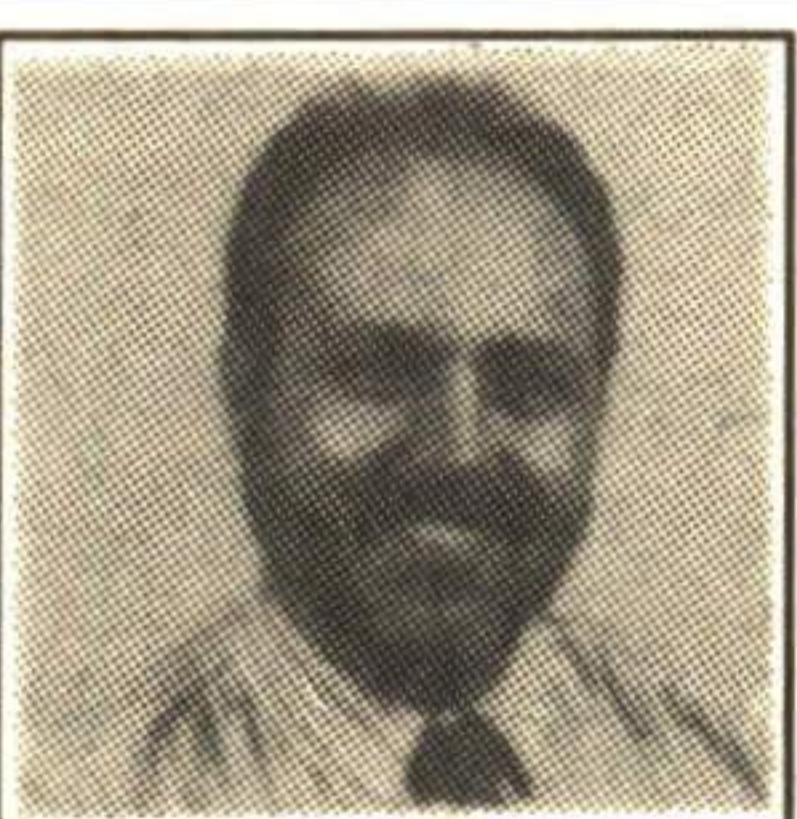
If you have any additional questions regarding your coverage and possible expenses, please feel free to contact us.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
NORVAL, ONTARIO

877-4288

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



**Q:** What causes the noise of an adjustment?

**A:** That's a loaded question because not all adjusting techniques that chiropractors use produce the popping noise we associate with "cracking our knuckles". In fact, some chiropractic adjusting techniques

use little force and make no sound. Others may use adjusting tables with drop sections which make so much noise that any sound from the patient's spine can't be heard. But many chiropractors do use techniques that create in many instances the popping sound of a spinal "release".

The noise, what causes that? A few years ago the mystery may have been solved. A British research team took x-ray movies of a person "popping" his knuckles and found that gas (80% carbon dioxide) rushes in to fill a partial vacuum created when the joint surfaces are slightly separated. It is this displacement of joint fluid which some believe to be the cause of the noise.

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EDNA TWEEDLE

**Q:** What is the secret of your success after such a short time?

**A:** We concentrate on the traditional wedding - offer value for money & dependable - consistently good service in the world's most elegant & reliable car - the Roll's-Royce.

## 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 CHIROPDIST FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

**Q:** There are hard bumps on the tops of my toes can corn plasters be used on them?

**A:** No . . . Never use corn plasters at any time on your feet. You will be causing a chemical burn on your normal healthy skin making the area more sensitive and painful. Get in to see your Chiropodist and talk about the cause of these lesions.

People do not walk on the tops of their toes so the subject of appropriate footwear or balancing of metatarsal heads with an orthosis must be discussed.

This problem can most often be rectified without surgical intervention.

## 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.