

INDEPENDENT / FREE PRESS

Health & Fitness

Losing the cold war to colds & flu?



Kick start your immune system naturally with Echinacea and Vitamin C year round. These anti-viral/anti-bacterial products can help you to keep feeling great. Don't wait for colds and flu to hit. Join the resistance and fight back. Prevention is half the battle.

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DR. MEL GREENGLASS recently announced his retirement after nearly 30 years of Dentistry in Georgetown
DR. MARK BOSTOCK will be caring for Dr. Greenglass' patients as well as accepting **NEW PATIENTS** for family and cosmetic dentistry.

TO MAKE AN APPOINTMENT CALL:

16 Mountainview Rd. South #204 Carretal Building Georgetown 877-3641

134 Mill Street Georgetown 877-6360

Find a doctor you feel comfortable with Regular check-ups are important

The health-and-fitness craze is going strong across the country. People of all ages are watching what they eat and exercising in order to stay healthy and live longer.

An important part of a healthy lifestyle is getting regular checkups, because no matter what their diet and exercise routine, people are bound to get sick once in a while. Seeing patients regularly, a doctor may be able to detect a problem before people realize that they have one. For this reason, it is important that people have a good relationship with their physician.

Finding a doctor with whom they feel comfortable is not as easy as it may seem. When looking for a physician, people should not make hasty decisions. They should ask family members and friends for recommendations, and they can contact their local Chamber of Commerce for a list of medical practices in the area and information about each one.

After narrowing the list, people may want to schedule appointments with the prospective doctors to "interview" them and discuss the special interests of each practice. They should choose a doctor with whom they have a good rapport and feel comfortable. If they can't talk to a doctor in this situation, they

certainly will feel uncomfortable discussing a serious medical problem with him or her.

People should be open and honest with their doctor, telling him or her about their health concerns and worries. If they have questions about a particular medicine or procedure, they should ask about it. A doctor is usually very willing to explain details to patients in ways that they can understand.

If people want a second opinion, they should tell their doctor this, instead of just seeing another physician without saying anything. Besides being a professional courtesy, their regular doctor may have medical information that would be helpful to the second doctor. Their regular doctor may even recommend someone to see for the second opinion.

If people are dissatisfied with their doctor, they should discuss it with him or her and make an effort to rectify the problem. They can give the doctor an opportunity to improve the situation. However, if things do not get better, people are well within their right to change doctors.

Finding a doctor with whom they feel comfortable is an important part of healthy living. While this may be a time-consuming task, it is well worth the effort.

Are you STRESSED?

Can you relate to any of these stressful situations?

1. Getting stuck in miles of traffic and you just want to pull your hair out!
2. Your "in box" at work is piled so high that you can't even see over it to stop anyone from putting anything more in it.
3. When your child isn't home 45 minutes past his or her curfew and you get that "pit" feeling in your stomach.
4. When the airplane you're flying on hits really rough air!
5. Doing your annual tax return!
6. Sitting in the dentist's chair knowing you need a root canal!
7. When your boss calls you into his office and slams the door shut!
8. When the car in front of you stops short and you're brushing your hair.
9. Family get-togethers during the holiday season — at your mother-in-law's house.
10. Realizing you forgot to record a substantial cheque in your diary!

If you answered "yes" to one or more of these questions, stress is certainly present in your life, at least from time to time, whether you realized it or not. Since stress and unbalanced emotions often can lower your body's own physical system to fight illness and maintain good health, it might be a good time to lower the stress level.

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To Your Health.

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NEW PATIENTS ALWAYS WELCOME

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Dr. Robert Jones, A.S., D.C.
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Tooth Chatter
by ALEX TRENTON DENTURIST

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5 COMMON COMPLAINTS:

1. Why are lower dentures more difficult to get accustomed to?
2. Why do my lower dentures always move around or slip out?
3. If I keep my dentures out at night, will my face sag?
4. Why do my teeth click when I chew?
5. Why can't I get used to the lowers! I wear them in my pocket!

If you find yourself asking these questions over and over again, you're not alone. We specialize in problem lower dentures and we understand your problems, and we can offer many solutions. To see if we can help you call us for a free, no obligation consultation. You do not need a referral; simply call our office direct.

WE CARE ABOUT YOUR SMILE!

WE BUILD BEAUTIFUL SMILES!
Alex W. Trenton, D.D., F.C.A.D. (A)
Denturist
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(Across from the Library and Cultural Centre)