

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: I don't get enough sunlight in my yard.

A: Proper tree pruning or even tree removal may be necessary to achieve this goal. Trees can co-exist with your landscape. If they are a compatible species. Large deciduous trees each have different growth rates. This can, in some cases, be controlled by trimming. If you need sunlight for a swimming pool or solarium, removal may be the only answer. Each method can be effective and winter time is when most of this work can be done with very little damage to pool or garden. If you are planning for a new pool, get proper advice about your trees now, before construction starts. It often makes a big difference in price. Winter rates are generally 20% lower. Call us today for your consultation.

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

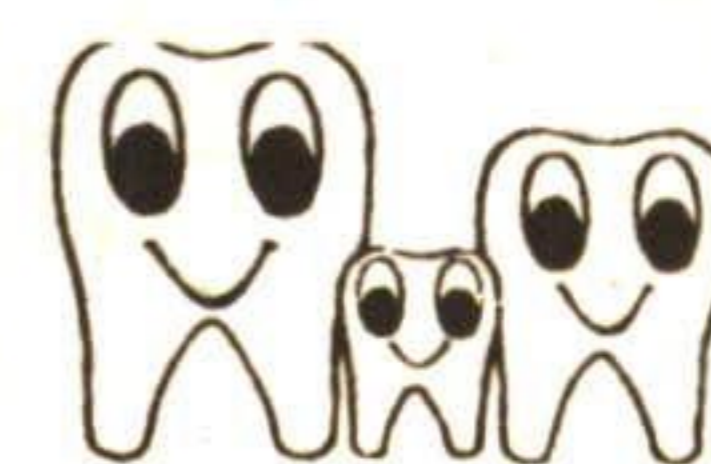


CATHY KUINDERSMA

Q: Winter is here and every year I get many colds and flu. Is there anything I can do to prevent this from happening again this year?

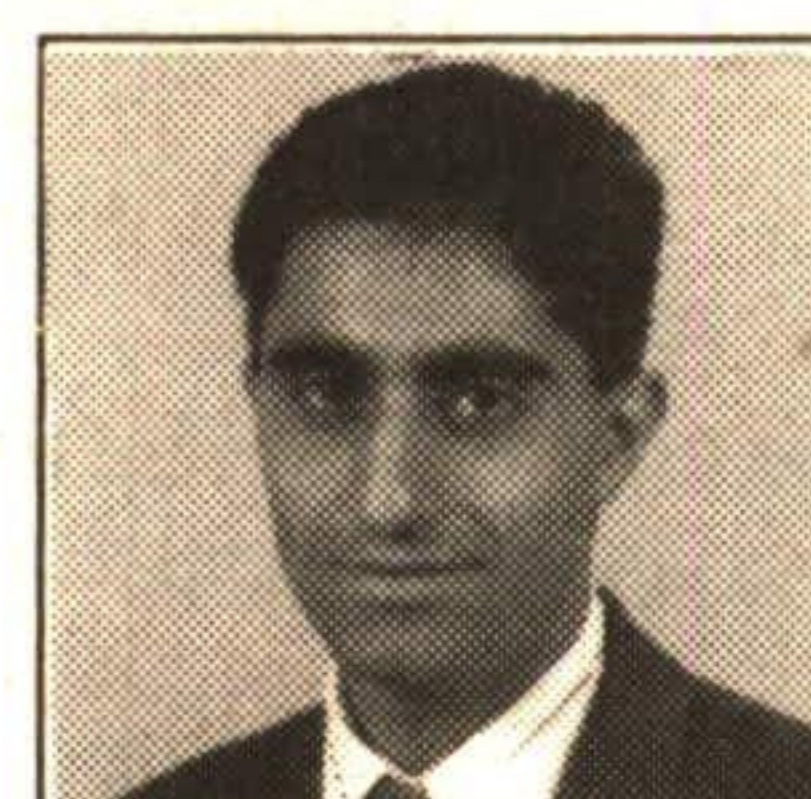
A: The immune system helps fight off infections (including colds and flu) and helps protect us from cancer and other chronic diseases especially autoimmune diseases. Therefore it is beneficial to build up the immune system possibly preventing a flu or a cold or any other immune related disease. There are many factors that effect the immune system including diet, allergies, exercise, stress, sleep and emotions. The more common food allergies are milk, wheat, corn, chocolate, eggs, preservatives and sugar. A flu or cold may occur up to five days after ingestion of an offending food. A diet high in simple carbohydrates, refined sugar, white flour and processed food will suppress the immune system. The best approach is to maintain a healthy diet with adequate protein, good oils (cod liver, olive, or flax seed), lots of vegetables, whole grains and fruit, along with enough rest and exercise. There are supplements that will support the immune system including: Vitamins A, C, E and B's also bioflavonoids (makes vit. C more effective), zinc, beta carotene, selenium, and pycnogenol. Some herbs have a long history to help fight off infections including: echinacea, goldenseal, propolis, garlic, astragalus, licorice to name a few. Another important factor is balanced bacterial flora in the gastrointestinal system. Therefore if you have taken antibiotics it is important to take good bacteria (acidophilus and bifidus) to reestablish that balance.

DR. ANOOP SAYAL
Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: I know I sometimes have bad breath. What can I do?

A: Determining the cause of the bad breath, or halitosis, is the important first step in treating it. Causes include medical reasons (ulcer, gastric reflux, diabetes, bulemia etc.) or dental causes (plaque and food residue, bacteria on the tongue, untreated gum disease or untreated tooth decay). Also, any habits (cigarette smoking, coffee, tea, etc.) must be assessed. By far, plaque and food particles on the teeth, gums and tongue are the most common cause of bad breath. This occurs when the food is not properly removed from your mouth and is given the opportunity to break down into foul tasting and foul smelling by products. Brushing and flossing can help to reduce this condition. Recently, a popular news program stressed the importance of cleaning the tongue. Scraping or brushing your tongue will greatly reduce the number of odour-causing bacteria. Please be aware that mouth rinses only mask any underlying problem. If you exercise good oral hygiene and suffer from bad breath, consult your dentist. Together we can preserve your 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 son is 5 years old and is having trouble saying some sounds. Does he need speech therapy?

A: Your child should be able to correctly produce early developing sounds such as p, b, w, t, d, k, g, m, n, f and v. In addition, people outside your family should be able to understand most of your 5 year old's speech. There is no need to be concerned, however, if your child is having difficulty producing later developing sounds such as r.

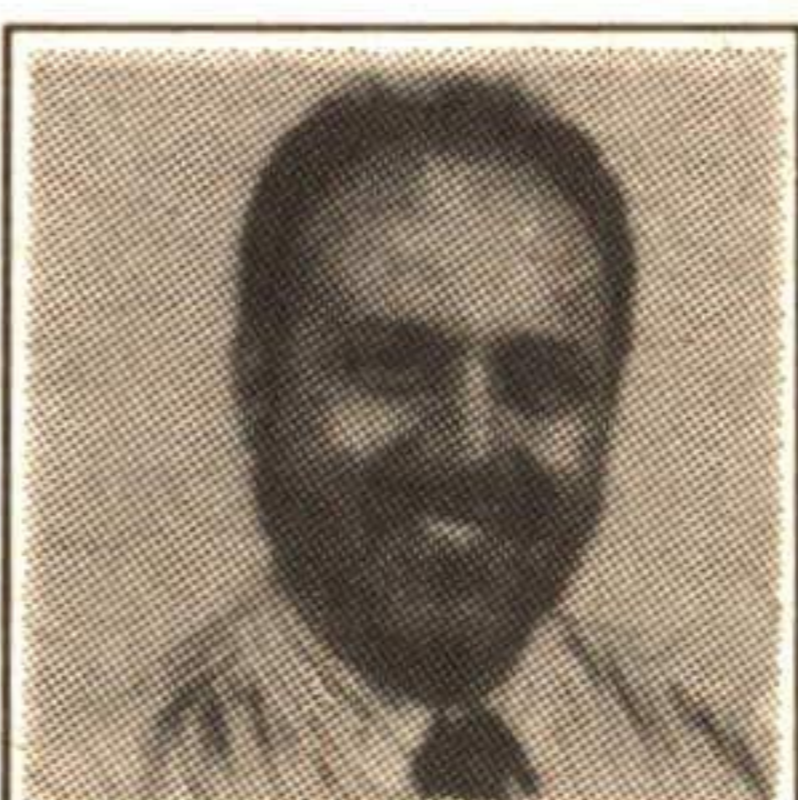
A speech-language assessment will help determine which sounds are in error and whether or not speech therapy is necessary.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO

877-4288

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



Q: Is it bad 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.

John Lanthier & Associates

Counselling for Individuals, Couples and Families

JOHN LANTHIER, M.S.W., C.S.W.

99 Sinclair Avenue, Suite 200,
Georgetown, Ontario L7G 5G1
(905) 873-7409



JOHN LANTHIER

Q: How can I choose a good psychotherapist? How do I know if a therapist is qualified, and will be able to help me with my problem?

A: From your first contact with a psychotherapist, ask a lot of questions. Find out about the person's education, experience, professional affiliations, and ongoing training. Your therapist should have a post graduate degree (i.e. masters level), and several years of experience providing counselling. This experience should be relevant to the problem you are having. He or she should be a member of a reputable professional affiliation that requires the therapist to adhere to specific ethical and clinical standards. Your therapist should maintain his or her clinical skills through ongoing professional training and consultation.

In your first session with a psychotherapist, assess your level of comfort and confidence in him or her. Do you feel listened to and understood? Do you feel respected? Does the therapist seem to value your ideas about how to solve your problem? Does the therapist help you arrive at ways of thinking about your problem that are helpful, that lead logically to possible solutions? Do you leave your first session with a clear sense of the goals that you will be working towards? And do you feel invited to express your opinion about how therapy is going? You should feel confident that your work with this therapist will help to resolve your problem.

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: 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 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 die 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.