

# 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:** Is this a good time to prune my trees?

**A:** This depends on the species. It is not advisable to prune maples or birch at this time of year because the sap is running. Any cuts that you make will show a loss of fluid in the late winter up until the trees begin to bud. This does not hurt the tree, but in very dry conditions, this type of moisture loss could be detrimental to the health and condition of the tree in future years. Moisture retention during heat and drought is very important to the tree's survival. Also improper tree pruning can cause this problem because the tree can not heal the wound properly and tree wound dressing does not work, it just masks the problem.

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

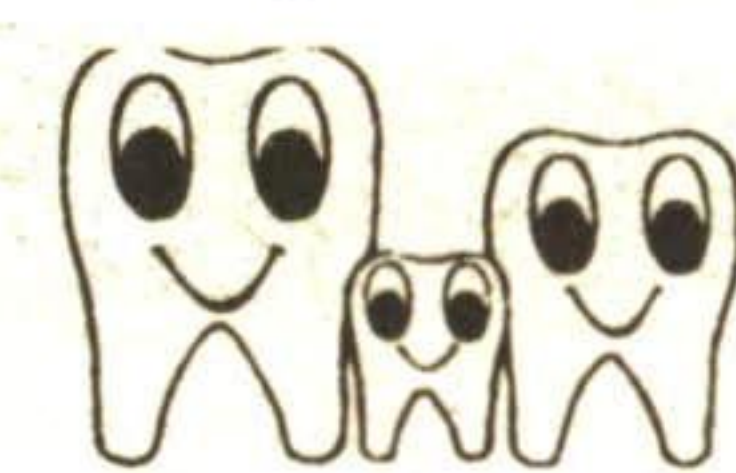
**Q:** I am interested in knowing how to prevent cancer, what can I do?

**A:** In recent years cancer rates have been climbing steadily especially lung, breast, prostate and colon. A prevention program for cancer must be comprehensive, the following tips are only some of the treatments utilized in prevention of cancer.

- A high fibre diet between 25-35 g/day is essential. Fibre foods include: lentils, beans, oats, oatbran, wheat bran, brown rice, apples, pears. Also a diet high in carotene will be cancer preventive. These foods include: carrots, squash, yams, tomatoes plus green leafy vegetables.
- Antioxidants are the most important supplement. These are nutritional supplements that protect your cells against damage and ultimately cancer. They include: pycnogenol, selenium, glutathione, Vitamin E, C, A and Beta Carotene.
- Liver detoxification
- Healthy Digestive System
- Exercise - exercise gets the immune system working
- Botanical Medicine - There are certain herbs that are anti-carcinogenic. Some of these include chapparel, cats claw and essiac.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in  
Georgetown  
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

**Q:** Why is it essential to brush our teeth right before bedtime?

**A:** The main purposes of brushing and flossing are to remove food debris and to remove plaque, a nearly invisible film of harmful bacteria that continually forms on the teeth. This plaque combines with sugar in the mouth to form acids that attack the teeth and start the decay process. Plaque is also the main cause of gum disease.

If you don't get rid of the plaque and food debris before bedtime, you have all night to do their dirty work. When you are awake, the flow of saliva helps keep your mouth clean. When you sleep, this flow is greatly reduced. This allows any food debris to remain on your teeth overnight. When food debris and plaque are allowed to remain on your teeth overnight, tooth decay, gum disease and bad breath may result over time.

Brushing and flossing everyday, especially before bedtime, combined with regular check-ups will help to ensure that your smile will remain 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:** My mother recently had a stroke and now seems to be having problems eating. I was told that Speech-Language Pathologists assess swallowing problems. Can you tell me why a stroke would cause eating problems and what I can do?

**A:** Normal swallowing of food and liquids requires coordination of a large number of muscles in the mouth, throat and esophagus. A stroke can damage sensation or weaken or discoordinate one of more of these muscles which may result in swallowing difficulties. Once your mother's swallow has been evaluated by the Speech-Language Pathologist and a therapy program has been outlined you are very important in helping her to follow the program. You can remind her about the exercises or swallowing techniques and also assist her during meals to ensure she is following direction correctly.

CRANFIELD CHIROPRACTIC

CENTRE

518 GUELPH STREET  
NORVAL, ONTARIO

877-4288

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



**Q:** Are there different types of chiropractic care?

**A:** Yes. In our office there are three types of levels of care. First there is Initial intensive care. This type of care is directed at correcting the acute subluxation (misalignment) to remove the pressure off the nerve. This in turn reduces the symptoms that the patient has come in with.

The next stage is rehabilitative or reconstructive care. This is directed at making correction to the structure and function of the spine. The longer the subluxations have been present, the longer the rehabilitative care. This is a lot like braces on teeth.

The last stage of care is maintenance or wellness care. This is designed to retain the correction that has been established, a lot like a retainer that the orthodontist uses.

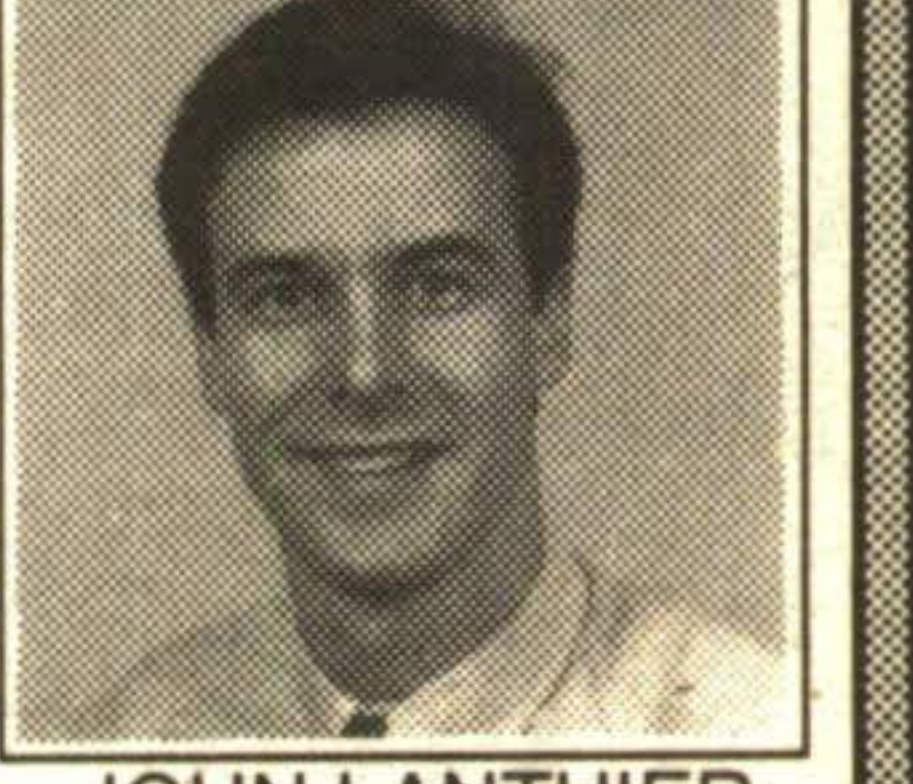
A chiropractic lifestyle combined with other health habits is part of a wellness approach to health.

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:** Our 9 year old son is getting into trouble at school and at home, for fighting and refusing to follow directions. We've read all the parenting books, and we've tried everything to make him change, but nothing seems to work. We are beginning to believe that he just wants to be a trouble maker, and we are very worried for his future. Is there any hope?

**A:** Yes, there is hope. As parents, when we worry about our children, we often get caught up trying to fix their problems for them. We can get so enthusiastic in our efforts, that we overlook the help of the most important person - the person experiencing the problem - our child. I find when I see families in therapy and I talk to children experiencing problems like you've described, no child actually wants to be in trouble. No child wants the reputation that comes with being a trouble maker. However, many of these children have never been asked before to think about what this problem is doing to them. Once children have an opportunity to decide for themselves that they don't like what this problem is doing to them, they become allies with their parents in fighting the problem, instead of letting the problem influence them to fight their parents.

RE/MAX SUBURBAN (91) INC.



360 Guelph St.,  
Georgetown

877-5211 873-1058

The better way - Donna Rae  
Sales Representative



DONNA RAE

**Q:** We've been told that Georgetown has a low supply of homes and wondered how does it affect us if we want to list our home regarding price and purchasers??

**A:** I do believe personally that Georgetown has a lower supply than usual due to many variables (not enough space to explain them) but the positive side is that yes there are purchasers and if the home is listed at market value they are selling quickly. If demand remains constant and supply increases, prices will decrease. If demand increases and supply remains constant, prices will increase.

BETTY E. McTAGUE

CHIROPODIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

**Q:** Could being overweight cause me to have knee pain?

**A:** Most definitely. As when we were all cute chubby little babies with a natural fat pad in the arch of our feet to assist us by providing stability as we learned to stand, our little feet were far apart (this was not caused by diapering) and our knees were friendly being very close together.

However, if we carry extra weight our bodies try to resume this once natural now painful stance. This can lead to chronic knee pain, internal roto knees, low back pain (at external rotation of the hips) heel spurs / plantar fasciitis.

Usually a reliable weight loss program is recommended along with daily light exercise program specifically for feet. The wearing of a custom made orthosis with a properly fitted shoe is most effective. Monitoring of progress will help keep patient on track.

Carol L. Reid, B.A., LL.B.

Barrister & Solicitor, Notary

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Brampton, Ontario L6W 3W8



CAROL REID

**Q:** I am selling my house and the purchaser wants to assume my mortgage. The mortgage company says it's OK. Am I still responsible for my mortgage?

**A:** Normally, when you sign your mortgage you promise to pay back the mortgage company the principal borrowed plus interest. Your home is security for the loan. When a new purchaser assumes your mortgage they begin to make the payments, however, unless the mortgage company releases you from your promise to pay, you are still potentially responsible to the mortgage company if the purchaser defaults on the mortgage. You should discuss your particular situation with your lawyer before signing an agreement permitting the purchaser to assume your mortgage.