

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: How can I tell if my tree is healthy?

A: A tree must look healthy. This means a nice vigorous green colour, very little deadwood and no dead tips on the branches. Trees that are under stress often display a smaller, yellowish leaf.

Look down at the tree. Anything wrapped around the tree, a chain, wire, rope or other matter will eventually strangle the tree. In some rare cases, the tree can grow around the constriction, but most often the part above this will die.

Look up into the Tree: Look for large, dead limbs in the tree and dead tips on the branches. This is often caused by root injury. The tree is under stress and will decline further if nothing is done and the tree may eventually die. What can I do? It is not always easy to spot all these points, but with a little research you will be able to see if there is anything wrong with your tree. If you feel there is a problem, or you do not know where to start looking, do not hesitate to call a reputable arborist.

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



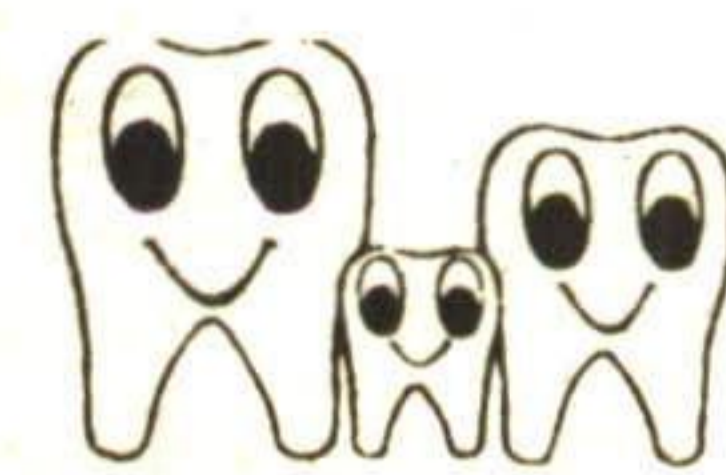
CATHY KUIINDERSMA

Q: I have two children 6 and 8 that constantly bed wet, is there anything you could recommend?

A: Bedwetting also called enuresis, is a common problem experienced by many children. Enuresis can be caused by many different factors and to treat it effectively one must recognize these factors. Some causes include: structural abnormalities, psychological, spinal lesions, diet and most often food sensitivities. One theory is that food sensitivities affect the child by inducing a deep sleep. The most common foods include: dairy, sugar, wheat and preservatives. An elimination diet may prove to be useful. Other treatments may include:

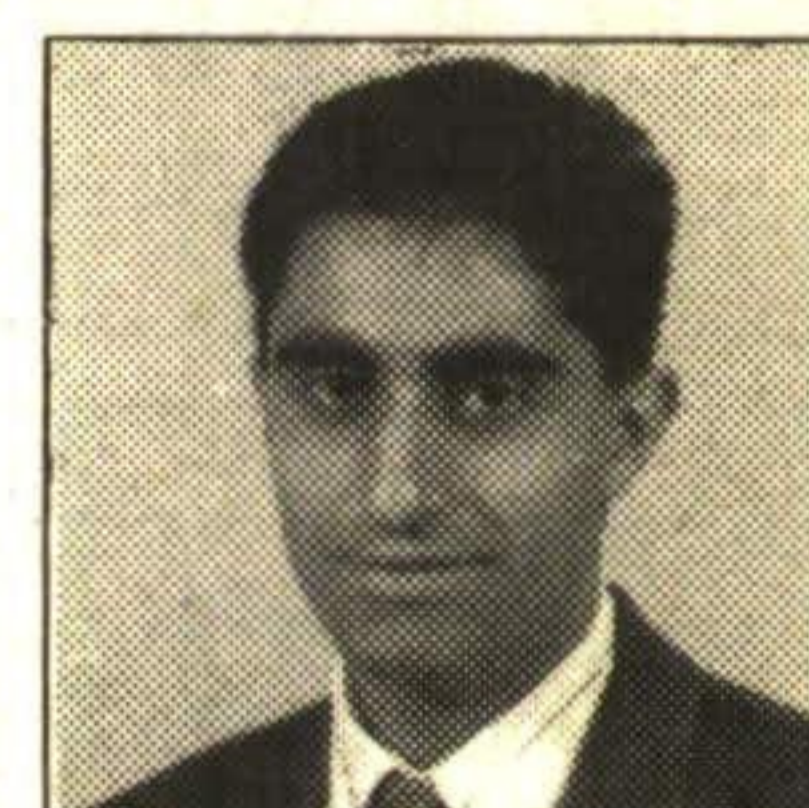
- Chiropractic Adjustment
- Homeopathic Remedy
- Nutritional Support - Zinc, B Vitamins, Vitamins C, Bioflavonoids
- Keigel Exercise to strength the bladder muscles

DR. ANOOP SAYAL
Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: Nutrition for Dental Health

A: A nutritious and balanced diet is as important to your teeth and gums as it is to the rest of your body. Minerals such as calcium, phosphorus, and vitamins such as A, C and D are all required to keep your gums and teeth healthy. Healthy eating is especially important for pregnant women and children, because these important minerals and vitamins provide the building blocks for the development of strong teeth, bones and muscles.

Foods such as raw fruits and vegetables, hard boiled eggs, nuts, cereals, cheese and breads provide a cleansing function for the teeth as well as stimulating and massaging the gums. Sugar, found in most foods, is the main contributor to tooth decay. Avoiding sweets in between meals and brushing and flossing are recommended. Where this is not possible, chewing on sugarless gum, or on fibrous fruits tends to promote the flow of saliva, which neutralizes the acids formed by sugar. By eating a balanced diet, by practicing good oral hygiene, and with regular dental visits, you can help to ensure that your teeth 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 3 1/2 year old continues to use "me" instead of "I" when he is talking. Is this a problem? Could you give me some suggestions to help?

A: Children learn specific grammatical structures at certain times. The use of "I" emerges between the ages of 3 and 4, following the use of "me" in 2-3 word phrases (i.e., me go, me hit ball). At 3 1/2 you should be hearing your son using "I", even if he continues to use "me" most of the time.

To determine if a delay in language development is taking place, we would assess his other grammatical structures, in particular, the use of pronouns (i.e., he/she, his/her). If it is only the I/me usage that he is still developing, there is no problem.

In order to assist the development of "I", we recommend a modeling approach as opposed to direct correction. If your child says "me do it" and you correct him with "I do it" the child may become confused and/or upset because he thinks you are going to do the task instead of him. We suggest that in a play situation you model the correct grammatical form by saying "It's my turn, I make cookies" with emphasis on the "I".

If you have concerns about any other grammatical structures, please contact the clinic for further information.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
NORVAL, ONTARIO

877-4288

The Spine - The Life Line



ROBERT H. CRANFIELD, D.C.

Q: Can a person who has had back surgery see a chiropractor?

A: The answer is yes. Over the years I have treated many people who have had spinal surgery. Statistics show that spinal surgery is effective in approximately 30-40% of the cases and is really only necessary in less than 5% of the cases of spinal pain. Your chiropractor would do a complete assessment on you to determine whether or not you would be a chiropractic case. If so, he/she would set you up on a program of care to get the condition under control and then probably recommend periodic wellness care to keep your spine in good working order.

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: I've been wanting to go to therapy for a long time, but I keep putting it off. I'm afraid of what others might think. I guess I'm also afraid to admit to myself that I need help.

A: It is true that there has been a stigma in our society about psychotherapy. This is a shame, because it has prevented some people from seeking help when their difficulties could have been waiting, small problems became big problems, causing more emotional pain, and eventually requiring a longer course of emotional pain, and eventually requiring a longer course of therapy. Fortunately, people are beginning to realize that just as it's acceptable to go to a mechanic with car problems, or to a medical doctor with medical concerns, it makes sense to see a psychotherapist for problems in his or her area of expertise. Keep in mind also that seeing a therapist for emotional or relationship difficulties does not mean that you or your marriage is a failure, or that your family is dysfunctional. You have many strengths and personal resources that have helped you achieve many things in your life. It is these very strengths and resources that a therapist will help you to make use of to resolve those difficulties that are currently bothering you.

RE/MAX SUBURBAN (91) INC.



360 Guelph St.,
Georgetown

877-5211 873-1058

The better way - Donna Rae
Sales Representative



DONNA RAE

Q: We plan to list our house in the near future but think it would sell better if we finished the basement first. We have been advised that this is not necessary, what do you think?

A: It is quite possible that the cost of your renovations would cost more than the value than your home would increase. It is also possible that the buyer could have different plans for the part of the house. If you must hire someone to make these improvements the cost to you becomes even greater than if you did the work yourself. If your time is limited the best way to prepare your home for sale is to make necessary repairs and have it clean and tidy at all times.

BETTY E. McTAGUE CHIROPODIST FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY E. McTAGUE

Q: What is a proper shoe for a diabetic to wear.

A: There is no one brand name that is better than another. More important is the correct fit of the shoe. When the foot is comprimized, it must be protected. Quite often people say "I like the shoe to fit snug." However, when there has been a loss of protective sensation the "snug" fit one wants, now has to be tight to achieve the same feeling.

One needs to be carefully instructed as to how a shoe fits correctly so they do not cause additional injury or trauma to the foot. Statistics show that 42% of all diabetic amputations are a direct result of ill fitting or inappropriate footwear.

Before going to the shoe store, trace the foot on a piece of paper and take it with you. As the shoe is selected set it on top of the foot outline, all the lines should be completely covered by the shoe.

There should also be an additional 1/2 to 3/4 of an inch extending from the longest tow (not usually the great toe) to the end of the shoe. Select a shoe with a low or ankle strap as opposed to slip ons. Avoid synthetic as these are not forgiving and create heat. When these guidelines are followed you can't usually go too far wrong.

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

Barrister & Solicitor, Notary
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Brampton, Ontario L6W 3W8



CAROL REID

Q: I recently signed a lease for my apartment for one year and now I want to move. My landlord says he wants the full year's rent from me. Can he do this?

A: You have not indicated why you wish to move, however, generally where a written lease is for a specified term (and does not have a provision that permits you as tenant to terminate the lease prior to the end of the term), you are stuck with the lease for the full term. Under the Landlord and Tenant Act, a tenant may apply to the Court for an Order terminating the tenancy, but only in special circumstances such as when the premises are in a state of severe disrepair or when the landlord has committed a serious breach of the lease.

If you do break your lease, the landlord has a duty to minimize his loss by re-renting the premises as soon as possible. The landlord may claim damages from you for lost rent and expenses incurred to re-rent the premises. You may find it costly to break your lease illegally. However, you may be able to resolve the situation by negotiating an agreement with your landlord for early termination or by assigning your lease or subletting the premises. You should get legal advice regarding your particular situation before breaking your lease.