

Ask The Professionals

Send your questions for any of these professionals
"Ask the Professionals"
 Independent & Free Press,
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BRIAN BUTLER

Q: How do trees affect swimming pools?

A: Trees, depending on the size, shape, location and species can create a great deal of extra work for pool owners. Leaves, keys, seeds, flowers, pollen, twigs and branches all fall in the pool during the entire pool season. It is a constant battle. The fast growing trees, such as poplar, willow, Manitoba and silver maples are most often the main culprit. These trees are the hardest to control and maintenance must be done about every three years. Your next concern is sunlight. Your pool warms up from sunlight and people prefer to swim when the sun is on the pool. Large trees can reduce the length of time that you have sunlight. It may mean that you have no sun in the morning or mid afternoon or later in the evening. Your neighbour's trees can often cause this problem and create poor relations between neighbours. If you have a pool, you'll understand. If you are planning to install a pool, consult a professional arborist. His background and knowledge of these problems can be addressed before excavation. Removing or trimming trees before the pool is installed is easier and often less expensive. Your landscape around the pool must help you to reduce your maintenance costs and enhance the beauty of your pool and property.

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

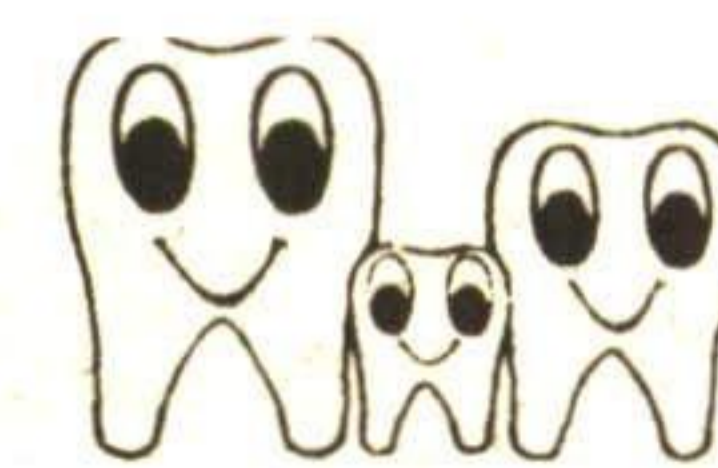
Q: I have been diagnosed with a stomach ulcer and I'm taking medication for it. Is there anything I can do to prevent further episodes?

A: Ulcers can sometimes occur in the stomach and small intestine. These are usually the result of some type of stress which has damaged the lining. Symptoms of an ulcer may include stomach pain, lower back pain, headache, choking sensation, and itching. Cigarettes, aspirin, steroids, and other drugs may compound the problem. The following suggestions may help your ulcer.

1. Relaxation: Anxiety and stress have been shown to be a contributing factor in the development of stomach ulcers. Try incorporating some type of relaxation technique in your daily life.
2. Diet changes: Eliminate fried foods, salt, strong spices, alcohol, black tea, coffee, chocolate, cola and other carbonated drinks. Studies done in England strongly suggest that sugar is involved in the development of gastritis and perhaps stomach ulcers. Use well tolerated foods such as millet, cooked rice, avocados, bananas, potatoes, squash, yams, broccoli, carrots, chicken and fish.
3. Healing Herbs: Licorice, Slippery elm, Goldenseal, and Marshmallow root are a few excellent herbs that can be used to promote a healthy stomach lining.
4. Supplements: L-glutamine, Vitamins A, B6, buffered C, E and Zinc and flaxseed oil promote a healthy stomach lining and may prevent any further discomfort.

DR. ANOOP SAYAL

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DR. ANOOP SAYAL

Q: My child has crooked teeth and was recently told that he needs braces. What would happen if he never got braces?

A: Protruding, irregular or crooked teeth can cause three types of problems for the patient: (1) psychosocial problems related to impaired cosmetics, (2) problems with oral function, including difficulty chewing, disturbances in speech and the possibility of jaw problems, (3) problems of tooth decay or gum disease associated with the crooked teeth. Most patients with crooked teeth never experience any of these problems and are perfectly comfortable with the look and feel of their teeth. However if your dentist detects that one of these may occur, or if you or your child are experiencing any problems, then orthodontic treatment (braces) would be recommended. Treatment may involve simple removable appliances (retainers) or may involve fixed braces and wires. The total treatment time could range from 6 months to years. After completing treatment, most patients recognize an improvement in their dental health and general psychological well being. This helps 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?

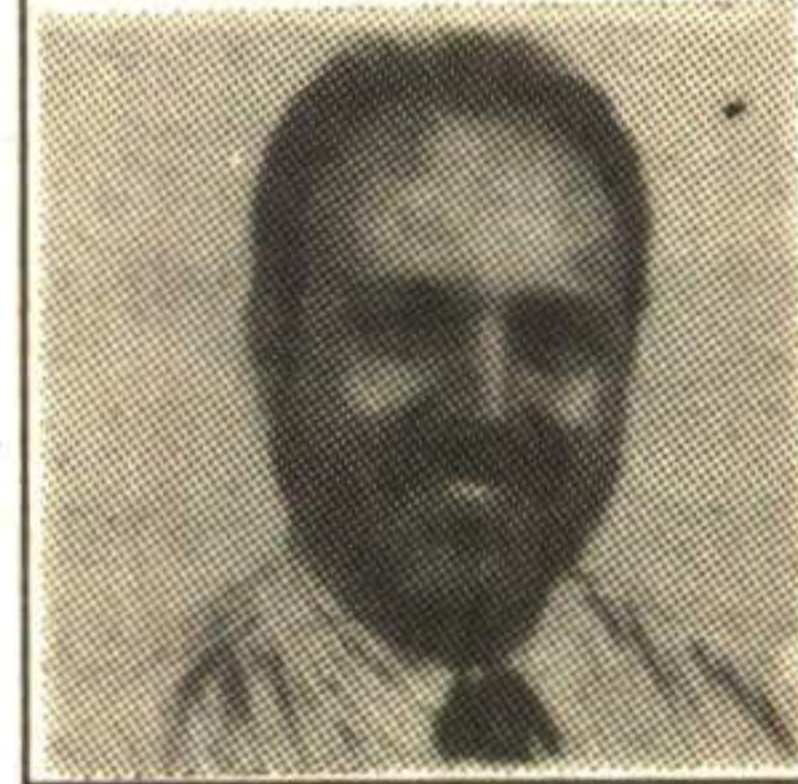
A: Most extended health benefit plans cover speech therapy. However, these packages vary in the type of services covered and the amount of coverage. recommendation is that you check your own personal benefit package to determine if speech therapy is covered and to what degree. You may also call directly 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 your/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

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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 they 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.

John Lanthier & Associates

Counselling for Individuals, Couples and Families

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

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JOHN LANTHIER

Q: My husband and I were very happy for the first half of our 12-year marriage. But we are always fighting now. I think I've changed. Characteristics of his that I used to accept now make me furious. Do people really change this much, and if so, can their marriages be saved?

A: As we develop a relationship with someone, unspoken rules evolve that govern how we relate, rules that take into account the personalities and expectations of each person. Over time, our personalities are continually being reshaped by our experiences, and those unspoken rules that once guided our relationship can become sources of friction. Our expectations for marriage change. This normal process does not mean that your marriage is untenable. It just means that the way you have lived together no longer works for you. You need to identify those rules that are now not meeting your needs in the relationship, and negotiate new ones that will bring satisfaction to both of you. Meeting with a marriage counsellor may help with this process.

The Independent Free Press apologizes for any confusion caused by the additions and deletions in last month's column.

RE/MAX SUBURBAN (91) INC.



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 Georgetown

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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 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: 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.

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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 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.