


# Ask The Professionals

Send your questions for any of these professionals  
**"Ask the Professionals"**  
 Independent & Free Press,  
 211 Armstrong Ave., Georgetown L7G 4X5



**COLONIAL TREE SERVICE**

•Tree Trimming •Tree Removal •Stump Removal  
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**R.R.1 LIMEHOUSE 877-8591** **BRIAN BUTLER**

**Q:** How am I sure that I have hired a professional arborist?

**A:** To start - years of training. Courses at Community Colleges (both Humber College and Sir Sanford Fleming College offer arborist programs). All arborist - apprentices should be enrolled with the Ministry of Skills and Development, as well. Does their employees all hold an up-to-date First Aid (St. John's Ambulance) certificate and/or CPR/Heart Rescuer? Are they members of E.U.S.A. (Electrical Utility Safety Association)? If so, they are trained and have taken the appropriate courses through this association to work safely near energized electrical lines. Do they carry a chainsaw certificate? Since 1990, the Ministry of Skills and Development have made it law, that in order to operate a chainsaw in Ontario, you must take a 3-day course to become certified. Do they belong to I.S.A. (International Association of Arborists)? The members of this worldwide organization receive monthly updates on the most current methods of proper tree care and disease control. Also, the Ontario Shade Tree Council support and assist the efforts of all groups of arborists concerned with the preservation of shade trees.


It takes 4 years of on-the-job training to become a journeyman

**Cathy Kuindersma, B.Sc., N.D.**  
**DOCTOR OF NATUROPATHIC MEDICINE**

• Homeopathy • Nutrition  
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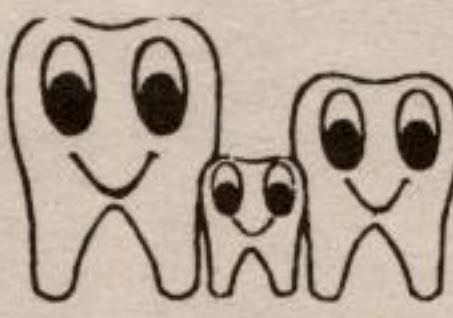
**CATHY KUINDERSMA**

**Q:** I am a 35 year old women with eczema, is there anything natural that can help?


**A:** Eczema is a condition marked by dry, itchy, red skin which may end up oozing, crusting and/or scaling. Eczema occurs for various reasons including mental/emotional stress, unbalanced diet, food and/or environmental allergies, digestive problems, genetics, etc. Important tips to consider:

- 1) Identify all allergies - dairy, wheat, additives, preservatives are all high on the list.
- 2) Diet - Incorporate whole foods, rice, veggies, fruit with minimal animal products because they tend to be inflammatory.
- 3) Supplements - Vitamins A, B, E and Evening Primrose Oil, Flaxseed Oil, Comfrey and Calendula Cream are all helpful.
- 4) Digestion - Gas, burping, constipation may indicate a problem and needs to be addressed when treating eczema also liver detoxification may help.
- 5) Counselling may be helpful as the nervous system directly affects the skin.

**DR. ANOOP SAYAL**  
 Family and Cosmetic Dentistry



located in  
 Georgetown  
 Marketplace Mall



**DR. ANOOP SAYAL**

**(905) 877-CARE (2273)**

**Q:** Is an electric toothbrush better for me than a manual toothbrush?


**A:** It depends... even though there are dozens of types of brushes available, you should get the one that is right for you. Here are a few tips:

1. People with physical disabilities or limitations often find that electric brushes do a more thorough job cleaning their teeth, but some may find difficulty controlling the electric toothbrush.
2. Electric brushes are great for braces, bridges, crowns and other dental appliances, because the bristles rotate to clean all the crevices.
3. If you have generally good oral hygiene, with no gum disease and a low incidence of tooth decay, then you probably would not benefit from an electric brush.
4. Electric brushes do not take the place of flossing or do not mean that you can finish brushing in less time!!! You must still spend the same amount of time and concentrate on brushing and flossing carefully to help prevent cavities and gum disease.

If you have any questions about which brush is right for you, see your Dentist. Together, we can ensure that your smile will remain healthy for a lifetime!!!

**Sara Cockton & Richard Lawson**  
 REGISTERED MASSAGE THERAPISTS

**(905) 873-7679**  
 80 Guelph Street, Suite 3,  
 Georgetown



**SARA COCKTON**

**Q:** Is massage therapy covered by O.H.I.P.?

**A:** No. Unfortunately massage therapy is not covered by O.H.I.P. However with most private health insurance plans massage therapy is a paid benefit which may require a physician's referral for you to utilize. Some plans reimburse you a certain amount per treatment or have a limited amount per year to use. Check with your employee service rep. at your place of business for specific details.

Treatments for injuries as the result of an automobile accident have potential coverage through your automobile insurance.


Veterans Affairs Canada Treatment Accounts Processing System (TAPS) cards accepted at our clinic.

**CRANFIELD CHIROPRACTIC CENTRE**

518 GUELPH STREET  
 NORVAL, ONTARIO

**877-4288**

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

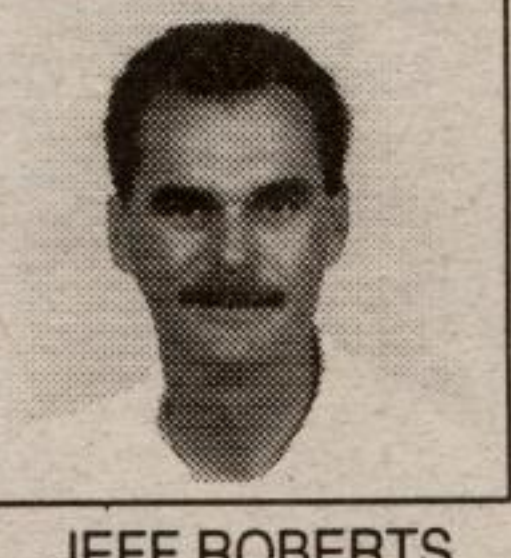


**Q:** What will happen if I stop going to a chiropractor?

**A:** Due to your work habits, sleep habits, posture habits, stress factors, hereditary factors and type of job that you do. spinal stress will build up. Symptoms may or may not reappear right away. However because of these stresses, your spinal condition will start to deteriorate. As a result, all of the spinal correction that you and your chiropractor had established will be in jeopardy and your spine will again revert back to old habits and patterns thus causing nerve interference. It only makes sense that chiropractic care becomes a regular routine to help your spine maintain its health and function and keep your nerve system free of interference.

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**JEFF ROBERTS**

**Q:** I would like to know what you recommend for a maintenance check list on a house to prepare for winter.

**A:** In preparing your house for winter, you should be concerned about weatherproofing and mechanical upkeep.


- 1) Clean out eavestroughs & downspouts.
- 2) Check roof for loose shingles and flashings - caulk as required.
- 3) Check exterior faucets - drain water and close shut-off valves (should be 18" inside of exterior wall).
- 4) Get your furnace cleaned and serviced as well as your A/C unit.
- 5) Inspect windows and doors - replace caulking and weatherstripping as required.
- 6) Repair any masonry faults - eg. mortar, cracked bricks, chimney flues.
- 7) Clean fireplace pipes.
- 8) Install carbon monoxide and fire alarms for personal safety.

**RE/MAX SUBURBAN (91) INC.**



360 Guelph St.,  
 Georgetown

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 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 that 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:** I'm only a "border line" diabetic, so what's the big deal?

**A:** It is just like saying you're a "little pregnant". Whether it is diet controlled or insulin dependent the diagnosis is diabetic. With education, prevention and delay of many complications can be achieved. Keep in mind this is not all doom and gloom. Support needs to come from family, friends and community. Daily exercise can be parking further away and walking. Diet should be low in fats. Reduce stress levels - delegate chores. Keep blood sugar regulated within normal range. Daily self-foot examinations. Drink lots of water - it cleanses. By reviewing some of these simple things daily you will be better equipped to prevent serious complications and ensure the quality of your life.

**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 am married and have two young children. My husband and I own property and have some investments. We each run our own small business from our home. My husband and I each have a Will, but should we have a Power of Attorney?

**A:** First, you should be aware that a Will and Power of Attorney are separate documents and have separate functions. A Will provides for the management of your estate following your death and a Power of Attorney authorizes another to act on your behalf while you are alive. The term "attorney" does not mean a lawyer, but means a person who you appoint to act on your behalf. Because your attorney's actions are legally binding on you, it is extremely important that you appoint someone you trust completely.

In my view, it would be wise for you and your husband to execute Powers of Attorney for property appointing each other and/or another trusted person to take care of your affairs if you become incapacitated. I suggest you contact your lawyer to discuss your affairs and complete your Powers of Attorney. Planning now will save your family time and expense should you become incapacitated.