

Ask The Professionals

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

•Tree Trimming •Tree Removal •Stump Removal
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BRIAN BUTLER

Q: Does tree wound dressing help a tree to heal?

A: No, tree wound dressing make people feel better than it does the tree. Tree wound dressing does nothing more than hide the sins of making cuts on the tree. It does not promote faster healing, but it does help reduce the possibility of insects getting into the wood tissue.

The secret to healthy healing when branches are removed is the method of cut. Proper tree trimming will enable the tree to produce a callus over the cut area in a very short period of time depending on the diameter of the cut. A professional with the right tools and proper training can enhance the beauty of your tree with very little outward appearance that it has been pruned. Keeping the tree's natural shape in mind and depending on the species, up to 40 a tree's growth may be removed without damaging its health. Each tree is different and will develop to suit the area in which it is situated.

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



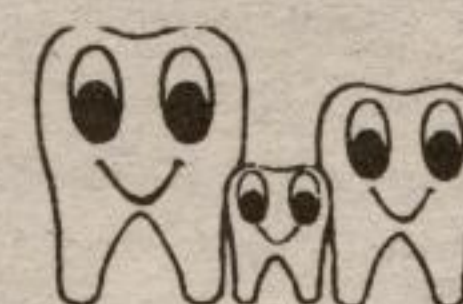
CATHY KUIINDERSMA

Q: Does OHIP cover Naturopathic Medicine?

A: Naturopathic visits are not covered by OHIP and therefore must be paid by the patient. Extended health care insurance usually covers partial or full for amount of the visit(s). Most insurance packages do not cover any of the supplemental costs. To qualify for extended health care benefits one must see a registered Naturopathic Doctor. Naturopathic Doctors are licensed in Ontario under the Drugless Practitioners Act. To become a registered Naturopathic Doctor one must complete a post graduate four year degree at the Canadian College of Naturopathic Medicine (C.C.N.M.) and subsequently pass licensing exams set by the Ontario Government and NPLEX (Naturopathic Physicians and Licensing Exam).

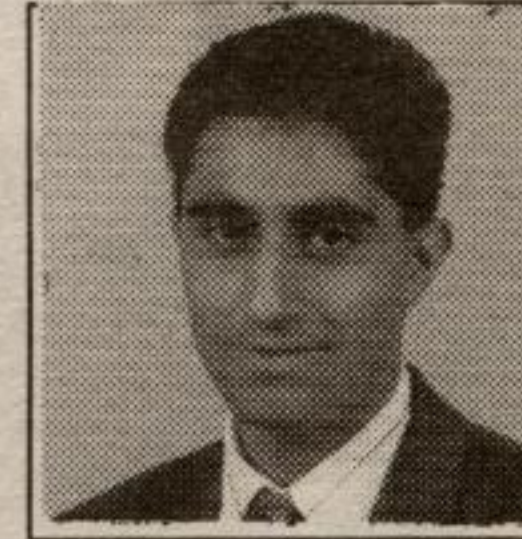
Call your insurance company for more information on extended health care benefits and how they apply to Naturopathic Medicine. You may be pleasantly surprised by how much coverage you do have.

DR. ANOOP SAYAL
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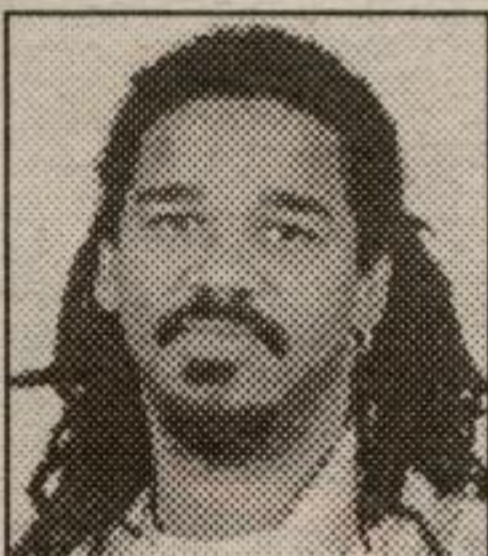


DR. ANOOP SAYAL

Q: Should I be concerned about the mercury in my fillings?

A: There is no need to be concerned about your health if you have dental amalgams. However if you are one of the tiny percentage of dental patients who have a sensitivity to mercury or the other components of dental amalgam, you should discuss appropriate alternatives with your dentist.

We have known for some time that dental amalgams do release miniscule amounts of mercury. The amounts released are much less than that which is taken in by the body from the water, fish and various other foods. Many studies have looked at the long term health consequences of mercury exposure from dental amalgams. Although there are reports of nerve damage and other disorders, the scientific consensus is that there are no identifiable health implications associated with this exposure. In fact, if dental amalgams posed a health hazard, dentists would be most at risk since they are exposed to higher levels than the general population. Before considering replacing all your silver fillings, discuss the advantages and disadvantages of alternative filling materials with your dentist. Our goal is to ensure a healthy smile for a lifetime.



RICHARD LAWSON

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 THERAPISTS**

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SARA COCKTON

80 Guelph Street, Suite 3, Georgetown

Q: My doctor says I pulled a hamstring muscle jogging. I am still in pain weeks later ... can massage therapy help?

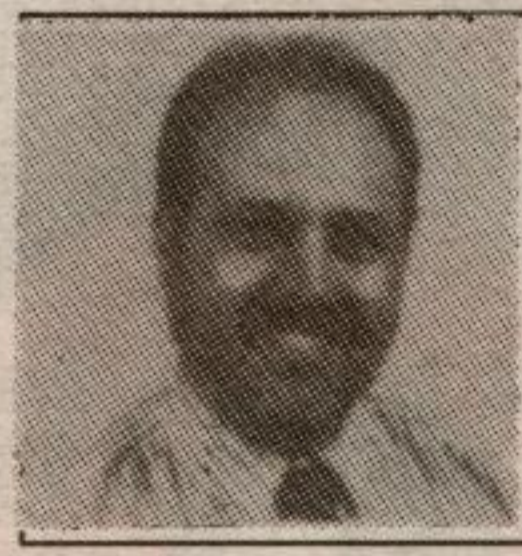
A: Yes, you likely have a muscle strain. This is an injury to a muscle resulting in partial or total tearing of a muscle. If the strain is not properly treated, scar tissue can develop limiting the proper lengthening of the muscle. This contributes to repeated microtearing and the resultant adhering will be painful and further restrict muscle mobility and function. The length of time since the injury will determine the focus of the massage treatment. Initially the focus will be to decrease inflammation and reduce pain and later progress to work directly on the injured site reducing scar tissue. Range of motion exercises, stretches and hydrotherapy will also be used to ensure proper muscle healing and a return of full muscle potential.

**CRANFIELD CHIROPRACTIC
 CENTRE**

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 NORVAL, ONTARIO

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



Q: What causes the noise of an adjustment?

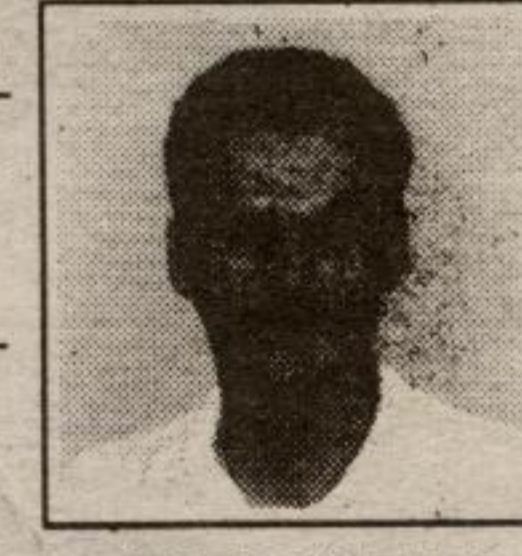
A: That's a loaded question because not all adjusting techniques that chiropractors use produce the popping noise we associate with "cracking our knuckles". In fact, some chiropractic adjusting techniques use little force and make no sound.

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 the 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.

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JEFF ROBERTS

Q: I'm having water problems with my tiled showers. What would you recommend to replace it?

A: There are many products on the market for shower wall replacements. 1) ceramic tiles 2) false tile panels 3) moulded acrylic tub-surround in single units or pieces 4) combination tub shower fibreglass or acrylic units. These finishes come in many colors and provide attractive finishes when installed properly. We have installed all of the above and your answer would be whatever meets your design, budget and lifestyle. Personally, I like the single piece acrylic tub-surrounds for a heavy use shower. If you have any questions about a bathroom renovation, we would be happy to answer them.

John Lanthier & Associates

Counselling for individuals, Couples and Families
JOHN LANTHIER, M.S.W., C.S.W.

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



JOHN LANTHIER

Q: My husband and I are separating. Will this cause permanent damage to our kids?

A: It is not the decision to separate, so much as how this decision is carried through and communicated about, that can negatively affect the children of a marriage. Both of you should tell your children together: Relay the idea that this is a decision you both accept, so your kids don't see one of you as the bad guy. Explicitly tell them that this has nothing to do with them, so they don't blame themselves. Tell them that you both love them and that they will keep their relationship with both of you. Expect lots of questions and strong feelings. Don't ask your kids who they want to live with. This question puts children in an impossible position to be loyal to one parent and betray the other. If one of you is angry about the separation, don't talk about this in front of your children. Never speak negatively of the other parent in earshot of the kids. Never ask the children to take sides in your dispute. It may take months for your kids to work through their sadness and anger, but they will come to accept this if you are patient and understanding with them. You might consider speaking with a family therapist to help your family with the transition.

**BETTY E. McTAGUE
 CHIROPDIST**

FOOT CARE SPECIALIST

Georgetown 702-0111

Q: There is a callous on the ball of my feet, and I am diabetic, is there cause for concern?

A: Nerves normally tell the body when to relieve pressure on the skin. Persons confined to bed unable to move can develop pressure ulcers in as little as 1-2 hours. Persons who sit in chairs are at greater risk because the area of pressure is smaller and the force is increased. The feet are at even a greater risk. Callous is pressure and for anyone who's health is compromised this is now a preulcerative lesion. Whatever the cause of pressure it must be relieved. Sometimes it is changing to more conservative footwear, or in the case of planter (callous on bottom of foot) a pressure relieving semi soft orthosis may be appropriate. Take care of your skin, use creams unscented to prevent cracks, remove shoes every 3-4 hrs & check for redness. Eat a balanced diet - keep blood sugar under control. Exercise regularly even if you are confined, there are many simple ones to do. Drink at least 8 glasses of water daily. If pressure remains on feet, seek professional help.

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: My husband and I have made a verbal agreement to buy a house from an acquaintance. There is no real estate agent involved. What do we do now?

A: To be binding you must put your agreement to purchase the house in writing. You should see a real estate lawyer immediately to prepare an Offer to Purchase. This Offer should include all of the terms of the agreement, for example, price, deposit, provision of a survey, any appliances or other items to be included in the purchase, and any conditions, for inspection, financing, etc., completion date and other terms which will protect you in your purchase. Buying a house may be the single biggest purchase you will make and it is very important that you discuss your arrangements and options with a lawyer BEFORE signing an Offer to Purchase.