

# 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  
 Fully insured and bonded with over 20 years experience.

**R.R.1 LIMEHOUSE 877-8591**



BRIAN BUTLER

**Q:** How much does it cost to trim or remove a tree?

**A:** This depends on you as the consumer. You should set a budgeted amount for this work. Call in credited contractors for written estimates. Ask for detailed estimates for the work to be done. It is always best to meet and discuss the work at hand, if possible. Know what you want to do - this is important because the contractor can't give an accurate and solid price if details are excluded. A good and honest contractor will often set a time to do the work with no deposit necessary. (A deposit is not necessary since there is no initial purchase of materials on his behalf.) Payment for the job should be arranged before the work commences. Also make sure the contractor is insured and has compensation for his men. A property owner can be held responsible for people being on their property. As well, the location of the tree and the equipment involved will make a difference in the cost of the job.

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

• Homeopathy • Nutrition  
 • Preventative Health Care • Botanical Medicine

**106 Guelph St., Georgetown  
 (905) 873-2361**

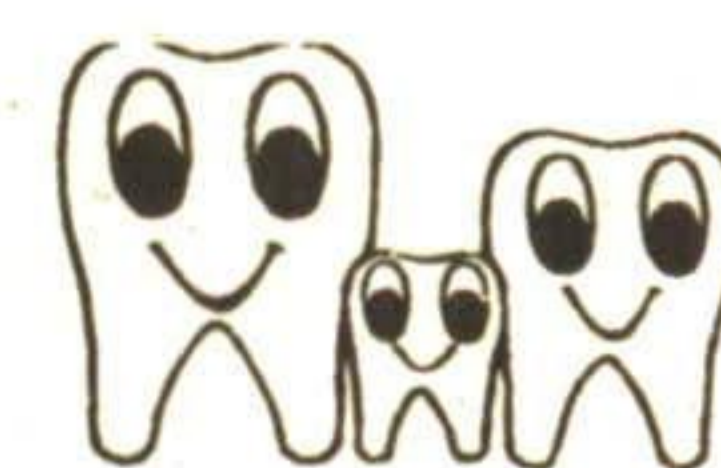


*Natural Health Care for you and your family* CATHY KUIINDERSMA

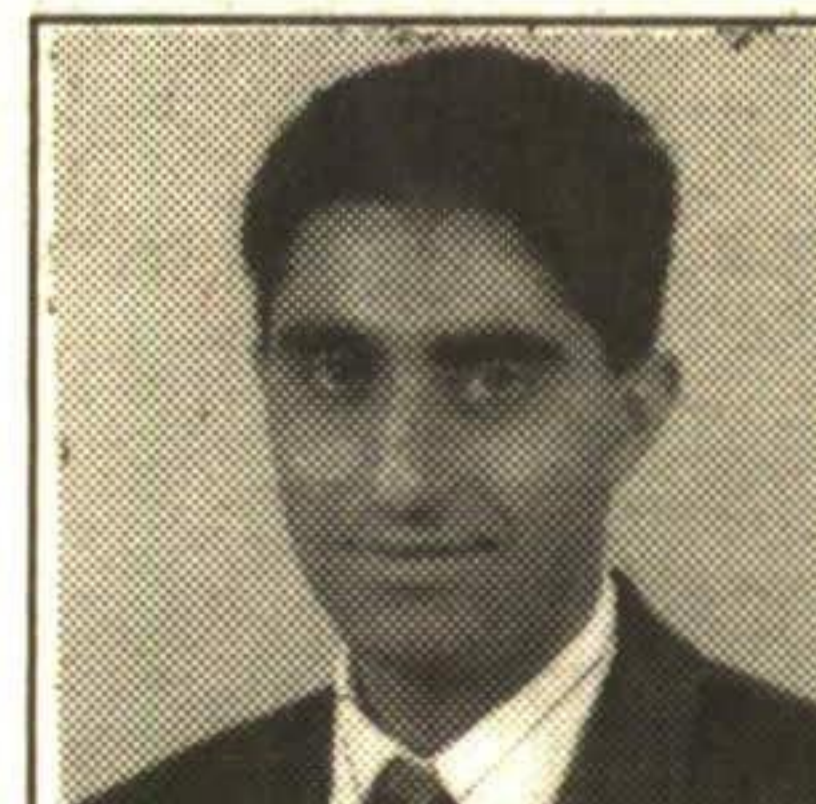
**Q:** Winter is here and every year I get many colds and flu. Is there anything I can do to prevent this from happening again this year?

**A:** The immune system helps fight off infections (including colds and flu) and helps protect us from cancer and other chronic diseases especially autoimmune diseases. Therefore it is beneficial to build up the immune system possibly preventing a flu or a cold or any other immune related disease. There are many factors that effect the immune system including diet, allergies, exercise, stress, sleep and emotions. The more common food allergies are milk, wheat, corn, chocolate, eggs, preservatives and sugar. A flu or cold may occur up to five days after ingestion of an offending food. A diet high in simple carbohydrates, refined sugar, white flour and processed food will suppress the immune system. The best approach is to maintain a healthy diet with adequate protein, good oils (cod liver, olive, or flax seed), lots of vegetables, whole grains and fruit, along with enough rest and exercise. There are supplements that will support the immune system including: Vitamins A, C, E and B's also bioflavonoids (makes vit. C more effective), zinc, beta carotene, selenium, and pycnogenol. Some herbs have a long history to help fight off infections including: echinacea, goldenseal, propolis, garlic, astragalus, licorice to name a few. Another important factor is balanced bacterial flora in the gastrointestinal system. Therefore if you have taken antibiotics it is important to take good bacteria (acidophilus and bifidus) to reestablish that balance.

## DR. ANOOP SAYAL Family and Cosmetic Dentistry



located in  
 Georgetown  
 Marketplace Mall



DR. ANOOP SAYAL

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

**Q:** I read that the mercury in silver fillings is dangerous to my health. Is this true?

**A:** It is true that silver amalgam restorations do contain traces of mercury. Many studies have looked at the long term health consequences of mercury exposure from dental amalgams. The current scientific consensus is that there is no identifiable health risk associated with this exposure in the general public. There is however a small percentage of the population who do demonstrate a hypersensitivity to components of silver amalgam and we can determine who is at risk by taking a careful medical history before treating any patient. Recent advances in bonding techniques and tooth coloured fillings give patients today more choice than ever before!!! These choices should be discussed with your dentist who will determine the best suited material in your case. This way we can help to ensure that your teeth remain healthy for a lifetime.



RICHARD LAWSON

## REGISTERED MASSAGE THERAPISTS (905) 873-7679



SARA COCKTON

**160 Guelph Street, Georgetown**

**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.

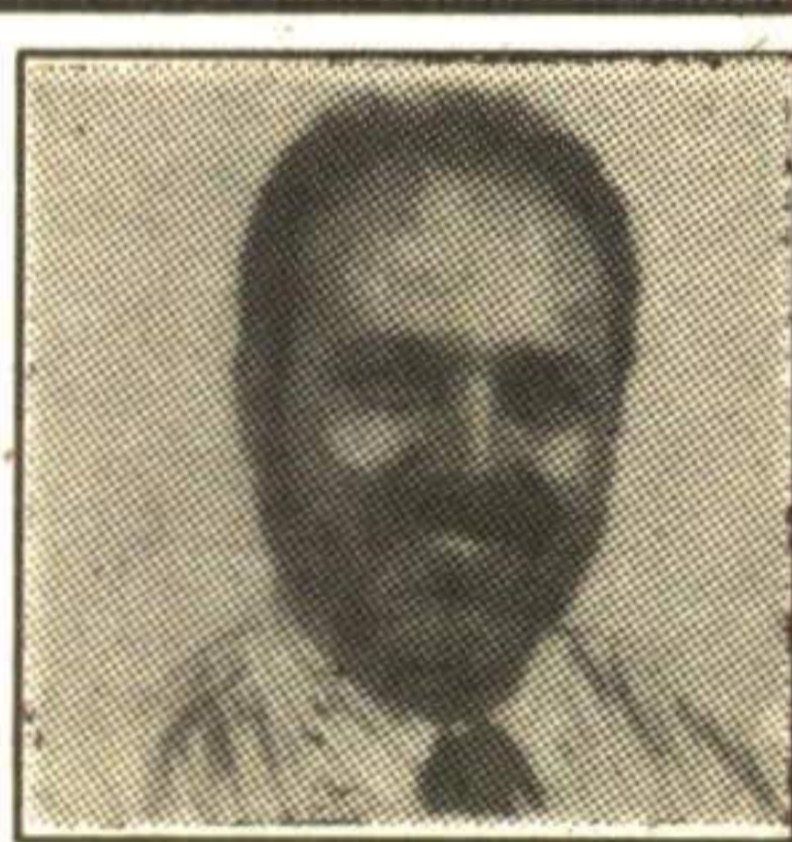
Veterans Affairs Canada Treatment Accounts Processing System (TAPS) cards accepted at our clinic.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
 NORVAL, ONTARIO

**877-4288**

*The Spine - The Life Line*



ROBERT H. CRANFIELD, D.C.

**Q:** What causes the noise of an adjustment?

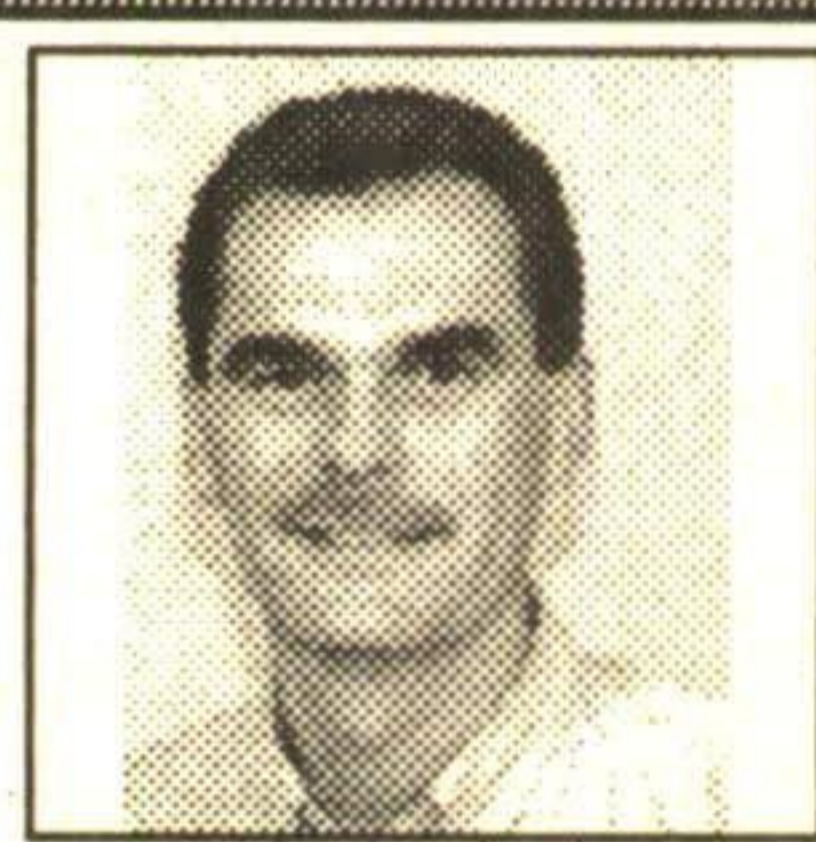
**A:** That's a loaded question because not all adjusting techniques that chiropractors use produce the popping noise we associate with "cracking our knuckles". In fact, some chiropractic adjusting techniques use little force and make no sound. Others may use adjusting tables with drop sections which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

## ROBERTS & ASSOCIATES

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 Custom Homes, Additions,  
 General Contracting

**(905) 877-2807**



JEFF ROBERTS

**Q:** We would like to finish our basement this winter. I would like to know about suspended ceilings vs drywall.

**A:** When we finish basements, I look at the following criteria to make a decision:

- 1) Ceiling height (suspended ceilings are generally 4" below floor framing)
- 2) Future expansion (speaker wire, electrical)
- 3) Amount of plumbing, gas lines, ductwork (should have accessibility for service)
- 4) Window elevations (extra labor to finish)
- 5) Budgets (some decorative tiles are costly)
- 6) Rental property (needs fireguard) materials to meet building codes
- 7) Structurally sound floor framing (drywall won't last under a bouncing floor)

If you have any questions about finishing your basement, please call, we'd be glad to help plan your project.

## 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:** Everyone around me seems so happy about Christmas time, and is looking forward to getting together with their families. There have been troubles in our family, and I'd rather not be around them right now. But I feel guilty for thinking this way. Is there something wrong with me that I can't just enjoy this time of year?

**A:** I think we have unrealistic expectations in our society that everyone should be happy at Christmas time. For some of us, this is a time that reminds us of what we are missing in our family life. We have lost people we cared about through death or divorce. Unresolved conflicts may be keeping us apart from family. We may long for those persons, at Christmas more than at other times of the year, when we see others reuniting with their loved ones. Or we may long for a kind of family life that perhaps we've never had, but one that we are expected to create at Christmas time.

It is enough of a burden to bear if Christmas is a sad time for you because of reasons like these. The added expectations that you keep up a facade of happiness can feel like too much.

Give yourself the permission to feel whatever you feel. It may be easier to find some joy, at Christmas and at other times, if you don't pressure yourself to put on an act for others.

## BETTY E. McTAGUE CHIROPDIST FOOT CARE SPECIALIST

**Georgetown 702-0111**

**Q:** Can I wear dress shoes for the holidays even though I am diabetic?

**A:** Everyone wants to look & feel good for the holidays. No one wants to appear different. Dress shoes can cause serious problems at the best of times. We need to be especially careful not to develop anything which could take the rest of next year to clean up.

1. Wear shoes that have room - men's with laces & women's with ankle straps.
2. Take them off frequently (whenever sitting and at meal times) to allow for blood flow to areas which may be compressed.
3. At meal times check for hot spots, redness, skin which may have broken or blistered.
4. Take your other shoes. Change when you arrive and when you're ready to go or notice a problem.
5. Once back in your own environment wash feet normally. Do not soak them. Dry well, especially between toes and apply an emollient.
6. **Never wear dress or Sunday shoes if any sores are being dressed nor if they have just closed and are healing.**
7. Let not send any "piggys off to the market" for vanity. Have a wonderful holiday season.

## 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.