

Ask The Professionals

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

Gabrielle Allison, B.A.Sc., R.D.
CONSULTING DIETITIAN

*Providing professional guidance
 on food & nutrition*

R.R. 2, 8th Line, Georgetown, Tel.: (905) 873-8283



GABRIELLE ALLISON

Q: How do you not gain 10 pounds in the holiday season?

A: With the Xmas season upon us, many of us are destined to add on a few extra pounds. Some people take this in stride, knowing that they'll shed it in the new year naturally. But for many, this can mark a cycle of excessive temptations & over-indulgences, followed by the typical New Year's "crash diet" syndrome. To avoid this:

1. Be active. Keep your usual exercise routine as much as possible (make time to rest too).
 2. Limit/avoid alcohol, especially the creamy/sugary combos. Alternate with water, soda, tomato juice or diet pop.
 3. Don't go to parties/late dinners hungry. Have a light dinner/snack before.
 4. Be choosy. Take a half portion of something really AMAZING and avoid second helpings.
 5. Some lower fat choices include fruit/veggies, plain cookies, crackers, popcorn, pretzels, unbreaded shrimp, salsa or low fat yoghurt dip (& if it's a cream dip, DIP, DON'T SCOOP!)
- For personalized guidance, call me at 873-8283.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
 NORVAL, ONTARIO
877-4288



ROBERT H. CRANFIELD, D.C.

Q: Is chiropractic effective in treating conditions other than spinal pain?

A: To elaborate on last month's answer, which stated that chiropractic did not actually treat any specific condition, but that it restored the body's innate ability to heal and regulate itself, there are many clinical trials that support the effectiveness of chiropractic in helping people with many different conditions.

In an article that appeared in the New York Times, it was reported that "scientists have found the first evidence of an anatomical link between the nerve system and the immune system." This means that your immune response on a day to day basis is influenced by how well your nerve system works!

In a small controlled study of HIV positive patients conducted by Selano et al, the CD4 cell counts were monitored. The CD4 cell counts indicate the status of the immune system. The higher the cell count, the stronger the immune system. After 6 months, patients receiving chiropractic care were compared with a placebo group. The results revealed that the placebo group CD4 cell count dropped by 8% (what you'd expect of HIV positive patients). Those under chiropractic care experienced an increase in their CD4 cell count of 48%.

So does this mean that chiropractic treats HIV? No...chiropractic restores the body's innate ability to heal and regulate itself. If you or your children want a healthy immune system, see your chiropractor regularly.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
 Georgetown
 Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: I have a two year old child. Why did his teeth come in dark?

A: Baby teeth that come in dark may be the first sign that a problem known as "nursing bottle decay" exists. Nursing bottle decay occurs when the enamel is dissolved by the constant "washing" of acid over the teeth. Any sweetened drink in a bottle such as soft drinks, juice or milk breaks down to form acid when the bottle is given to the child prior to sleeping. A similar problem can be produced by honey-dipped soothers. As the child drifts from deep to light sleep, he makes rhythmic sucking movements which fills the mouth with a fresh supply of sugary liquid that soon becomes acid, eventually causing the cavities in the teeth. The bottle containing sweetened contents must be removed from the child's diet at bedtime, otherwise dental treatment will be in vain. If the bottle must be given, replace the contents with water. Have the child's teeth examined by a dentist and repaired to prevent further decay and suffering. If the baby teeth are left to abscess, the second teeth may show staining or pitting. Once the teeth are repaired, the dentist or hygienist will help the parents maintain the teeth in a healthy state for a lifetime.

GREG J. LAWRENCE, B. Sc., D. Ch.
 FOOT SPECIALIST/CHIROPODIST

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Member of the Ontario Society of Chiroprodists
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Greg J. Lawrence
 B.Sc. D.Ch.

A Foot Specialist is an individual who treats any foot related condition. People with diabetes are more likely to develop problems with their feet. Not only does a Foot Specialist take care of these problems, we also perform screening to help prevent any complications. Individuals who are diabetic should get their feet screened on a yearly basis, if no problems currently exist. Screening of the foot consists of assessment of the circulation, nerve testing, orthopedic assessment and footwear assessment. Even if no problems exist, a Foot Specialist can be a good source of information regarding prevention. Below, there are a few questions regarding Diabetes. Let's test your knowledge.

1. Poor blood supply is common with people with Diabetes who:
 - a) are older
 - b) smoke
 - c) have high cholesterol
 - d) have high blood pressure
 - e) have had Diabetes for more than 10 years.
2. If you find an area of your foot is hot. This might mean that:
 - a) there is normal blood supply
 - b) there is poor blood supply
 - c) infection, stress or fracture

Answers: 1. all of the above. 2. C

If there are any groups, companies, schools or clubs interested in a presentation on any foot related topics, please call our office.



106 GUELPH STREET
 GEORGETOWN
 873-8400

HALTON HILLS SPEECH CENTRE

The Health & Wellness Centre of Georgetown



Karen MacKenzie-Stepner

Q: My daughter makes the /s/ sound with her tongue sticking out. It sounded cute when she was younger but now that she is six it has become more obvious. How do we correct it?

A: From what you have described, your daughter may have what is typically called a frontal lisp. A frontal lisp is produced when the tongue is placed between the teeth during the production of the /s/ sound. The /s/ sound is usually produced with the teeth together, lips in a smile position and the tongue tip placed behind the bottom teeth. Some suggestions that might be helpful are: 1) point out to your daughter how you make the /s/ sound; 2) use a mirror and practice making just the /s/ sound with teeth together; 3) after your daughter can make the /s/ sound alone, practice making the /s/ sound using vowel sounds; and 4) start working on words that start with /s/. A Speech-Language Pathologist can help with the development of a program specifically geared for your daughter. Contact our centre for more information.

BETTY E. McTAGUE
CHIROPODIST
 FOOT CARE SPECIALIST

Georgetown 702-0111

THE DIABETIC FOOT

Diabetics suffer from neuropathy and poor blood circulation in their feet. Hence any friction caused by improper footwear can easily lead to ulcerations and infections. Since diabetics have poor healing, this condition may lead to a more serious state of infection such as gangrene.

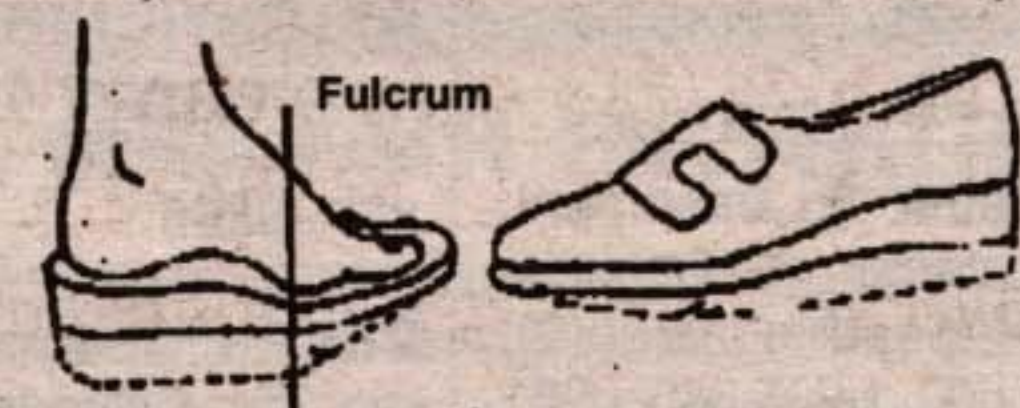
Long Term Management

Orthotics Plantar ulcers can be treated by full length foam orthotics individually moulded to each foot. This full contact orthotic distributes pressure evenly. Indentations relieve pressures under ulcerated areas, enhancing the healing process.



Footwear A full range of extra-deep shoes which can be modified to adapt to each individual's foot shape.*

Severe cases may necessitate rocker soles to effectively relieve pressure.



* A wide range of widths, sizes and styles ensure fit. Soft leather shoes enhance mouldability for corns and bunions.

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

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Marta Masley
 B.Sc.(PT), M.C.P.A.

Q: My doctor has suggested that I go for a massage for the neck pain that I am experiencing. Will massage help, and is this covered by OHIP?

A: Massage therapy is a regulated health profession in Ontario. It involves the hands-on manipulation of the soft tissues (muscle, tendons, connective tissues) of the body. It has significant effects on the circulatory system, musculoskeletal system, lymphatic system, digestive system and nervous system. Massage therapy is recommended for athletic and work related injuries, sprains, strains, muscle spasms and numerous other conditions.

However, be certain that you are being treated by a registered massage therapist. This ensures the qualifications of the therapist, which often includes thorough schooling. As well, this may allow for reimbursement from your private or extended health insurance company since massage treatment is not covered by OHIP. Many people do not realize that they have an annual allowance for massage therapy through work. The exact amount varies between plans, and frequently requires a doctor's referral. If you yourself do not have any insurance, enquire about your spouse's plan. Often, health plans allow coverage for one's spouse and children.

Nancy Desjardins R.N.C.P.

Registered Nutritional Consulting Practitioner

- Holistic Nutrition
- Weight Loss Program
- Cleansing Program
- Iridology

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E-mail: natlive@globalserve.net NANCY DESJARDINS R.N.C.P.



Q: Which natural therapy will you recommend to fight chronic fatigue?

A: Lack of energy affects vitality, emotions and personal relationships. In fact it will affect your whole life, as well as your happiness. You wake up in the morning tired and go to bed tired. It is a hopeless feeling that is hard to shake. Common causes of fatigue are: anemia, allergies, autointoxication, Candida, hypoglycemia, hypothyroidism, toxic metal poisoning, physical stress, lack of nutrients. Fatigue or exhaustion cannot usually be dealt with by additional rest. There has to be a change in diet, thinking and holistic approach to this symptom.

Fatigue is a symptom of a toxic body not able to assimilate nutrients necessary for energy. The blood needs to be purified with blood Purifiers. The colon needs to be cleaned with Lower bowel Cleaners, enemas, or colonic. With the proper diet and cleansing program the body will gradually gain strength and energy.

Nutrition-related fatigue can be relieved through a complete change to a whole foods diet, which uses foods in their natural, living state with all the valuable nutrients intact.

For more information of how to improve your performance and regain your vigor with an alternative approach to health, please call 905-873-0194

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

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CAROL REID

Q: I am buying a house and I have heard about a tax refund. What is it?

A: Upon the purchase of land in Ontario the purchaser must pay land transfer tax. This tax is calculated on the basis of the purchase price. I assume you are asking about the provincial government's land transfer tax refund program which was recently extended. Qualified people may obtain a refund of up to \$1725.00 of the land transfer tax payable upon the purchase of their home. There are restrictions to the program; the main ones being that you must be a first-time buyer and be buying a new home from a builder. You should check with your lawyer to see if you qualify for the program.