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Find more storage in the space your home has now

Keeping a home clutter-free can be a major challenge, especially for growing families. Disorganized clutter has a way of surfacing regardless of how often you put it away.

The bathrooms, kitchens and closets of older homes, in particular, often provide little storage space. Without enough space to put things in or on, these areas can be disorderly and even dangerous.

With some resourcefulness and minimal carpentry skills, it doesn't take much to get rid of clutter and make your family's life more comfortable. Before adding any new storage space, though, organize what you already have and develop a strategy to keep things in place.

To decide whether you need more storage space in a room,

draw a floor plan and list what you want to have on hand. See if anything can be shifted to a room or area with more free space. Also, try to create "one-motion" storage. This means you can open a cabinet, closet or drawer, reach inside and grab what you want in one motion, without having to move anything else out of the way.

Overlooked spaces

Most homes are filled with overlooked storage spaces. A closet, for example, can be built in a free corner of any room — bedroom, bathroom, den, etc. Other, less obvious spaces include window wells, the area behind attic knee wells, the backs of doors, under the beds, hanging shelves in the garage, along walls, under stairs and in wall alcoves.

Adjustable shelves and mod-

ular storage units are your best bet in adding and reorganizing storage space. These can be regrouped, added to or used separately as storage needs change. To avoid piling things up, use many small shelves and compartments. They look neater and make it easier to put things back in place.

In the bathroom

With all the toiletries, cosmetics, medications, soaps and towels, this can be a very disorderly area. Here are some tips to make the area safer and clutter free:

- Mount a wall cabinet about a foot above the toilet. To avoid hitting it, ensure it is no more than eight inches deep.

- Place a shelf just above the sink to place all the things that now sit on the counter.

- Combine wall shelving with towel bars.

- Below the sink or counter, install pullout shelving to make better use of wasted space. Add a magazine or book rack to a wall.

- Use storage gadgets such as shower caddies, soap dishes, trays and other containers.

In the kitchen

Kitchens are also notorious for collecting clutter. Try some of these tips:

- Add shelving to the backs of doors, pullout shelving to cupboards and freestanding shelving to empty corners.

- Pull-down under cabinet racks and handy flip-down plastic trays put storage right at your fingertips.

- Put the walls to work by adding shelving and other clutter savers such as vinyl-coated inch-deep wire wall grids that you can add hooks or baskets to.

Closet organizers

Most closets are full, but mostly of wasted space. The best way to get the most use out of a closet is to install a closet system—there are many to choose from—or make your own. Closet systems, whether built-in or modular, multiply your closet capacity. They are also useful in organizing walk-in closets, which can get messy too.

Where to store

Try to store objects where you use them the most.

Keep frequently-used items between knee level and no more than 10 inches above your head.

To gain more space for the things you use every day, put rarely-needed and out-of-season items in clearly labeled boxes or bags and keep them in your home's less accessible storage areas.

Ask The Professionals

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



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GABRIELLE ALLISON

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Q: Do you recommend getting a nutrition "check-up"?

A: What we need and get nutritionally can be influenced by a number of circumstances and life stages. You would benefit from having a nutrition "check-up" if you:

1. Eat on the run, have a stressful lifestyle or feel chronically fatigued.
 2. Maintain your weight on very little food, notice creeping obesity or "yo-yo" diet.
 3. Limit/avoid certain food groups (eg. meat or dairy) or have food intolerances.
 4. Take vitamin pills or wonder if you should.
 5. Exercise rigorously &/or excessively or lack energy to exercise at your best.
 6. Obsess about food, have uncontrolled binges or deprive yourself of food.
 7. Have high cholesterol, diabetes, high blood pressure, cancer or a family history of these.
 8. Question your current eating patterns & want to invest in you & your family's health.
- Call for your nutrition check-up and personalized guidance today.

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Q: I have a callous that continuously grows on my feet. Is there anything I can do?

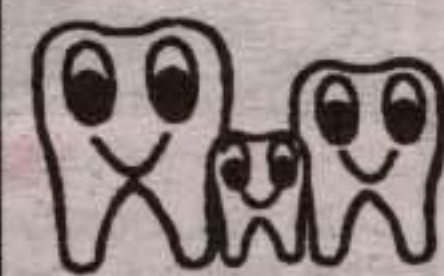
A: Callous is a thickening of skin that builds up over areas that receive pressure and/or friction. That is why they are found over joints or a bony prominence. Pressure causes an increase of circulation and in turn develops skin more rapidly to the point where we are unable to shed the outer layers. In some cases callous is asymptomatic, however, in most cases it can be very painful.

In today's society many of us live a very hectic lifestyle and overall neglect our health. On a weekly basis I listen to individuals stating, "My feet constantly hurt", "My activities are dictated by my foot problems", or "If your feet hurt, you hurt all over". The feet are in most cases an ignored part of the body.

Treatment of a callous consists of reduction of the thickened skin and elimination of its cause. This can be very simple. Causes of callous formation include - (1) a pronated foot, where the foot leans inward around the ankle. When this occurs, weight distribution is uneven. (2) Toe deformities such as hammer toes. (3) Poor fitting footwear. (4) Structural deformities in the foot or leg. Treatments vary from individual to individual, so if you are having this type of problem give us a call, and set up an appointment.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



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DR. ANOOP SAYAL

Q: My friend recently had veneers to fix her dark teeth. What are they and how do they work?

A: Porcelain veneers are a permanent way to improve your smile. Veneering is a comfortable cosmetic dental procedure that can correct tooth discoloration, stained, or chipped teeth. A porcelain veneer is a thin layer of porcelain custom made to fit the side of the tooth when we smile. The veneer is strong, durable, and easy to care for with a very natural look and feel. Generally, two visits is all that is required. On the first visit, your teeth are prepared and a special impression is taken of your teeth. The impression is sent to a laboratory where trained dental ceramist custom fabricates your veneers. On the second visit, we bond your veneers to your teeth. Placement is easy and comfortable. As the technology in the area of Cosmetic Dentistry improves, the durability of porcelain veneers continues to increase. Currently, the life of a porcelain veneer is estimated to be 8-10 years. If you are embarrassed by stained teeth, spaces or chipped teeth and desire a healthy smile, then porcelain veneers may be for you. It is truly exciting that we can confidently recreate your smile and in the process boost your self esteem and make you feel better about yourself!!

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

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Marta Masley
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Q: I am an avid golfer. Last spring, within 3 weeks into my golfing season, I began to develop pain to the inside of my right elbow. After seeing my doctor, I was told I had "Golfer's Elbow". It persisted throughout the season, greatly affecting my handicap. It gradually resolved after I stopped playing. Now with golf season approaching again, I'm afraid of ending up in a similar situation. Is there anything I can do to prevent this?

A: Medical epicondylitis is more commonly termed "golfer's elbow" because it frequently affects the players of this sport. It usually results from the repeated strenuous contraction of the wrist flexor muscles (those on the palm side of your forearm). Golfing requires gripping and swinging of a club, which stresses these muscles. Moreso, even, if you are hitting the ground instead of the ball! As a result, the tendinous insertion of this muscle group at the elbow becomes strained and inflamed. Proper treatment can help reduce symptoms.

You are on the right track by seeking preventative measures. The wrist flexors need to be stretched and strengthened, so that they can tolerate the demands that you place upon them while golfing. One good stretch is to hold your elbow straight with your hand in front of you, palm up. With your other hand, grasp the outstretched hand and pull so that the fingers are pointing down. Hold 30 seconds and repeat 3 times. This stretch should be done before, during and after your golf game. One good strengthening exercise is wrist curls. Sit, grasping a 5 pound weight in your hand with the wrist, palm up, over the end of your knee. Keeping your forearm on your thigh, lift the weight as high as able and then lower to the starting position. Perform 3 sets of 20. If you don't feel any fatigue at the end of your 3rd set, then you can increase the weight. This exercise can be performed every other day.

Be sure however, to seek professional treatment early on if the symptoms recur. Otherwise you will have difficulty getting rid of the aggravating ache.



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HALTON HILLS SPEECH CENTRE

The Health & Wellness Centre of Georgetown



Karen MacKenzie-Stepner

Q: My husband suffered a stroke recently and now has aphasia. Can you explain what that is and what we should do?

A: Aphasia is a language problem that often results from brain injuries such as stroke. A person with aphasia has difficulty with communication. Speaking, understanding the speech of others, reading (even silently) and writing may all be affected. This communication disorder creates barriers to a person's ability to engage in conversation and makes participation in social and community life difficult. There are numerous things that you can do to help support your husband and assist him with communicating with others. Depending upon which communication skills he has difficulty with and the degree of this difficulty, the level of support and assistance will vary. However, regardless of the degree of difficulty, your husband should be encouraged to participate in as many conversations as he can. You can assist him by phrasing sentences and questions in a way that he is able to understand and respond to them. This may involve saying the sentence and rephrasing it again with gestures so that your husband can understand the message. The most important thing is for your husband is to participate. A Speech-Language Pathologist can help with more specific suggestions. Call our Centre to get additional information.

Nancy Desjardins R.N.C.P.

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- Holistic Nutrition
- Weight Loss Program
- Cleansing Program
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Q: How does Food Combining work?

A: Although we eat for many different reasons, the ultimate physiological purpose of eating is to get nutrients into the blood so that we can build new cells to replace the ones that are constantly dying. Dead cell and other body wasters are removed from the body through the systems of elimination. When food is not properly digested, nutrients are not replaced, and it takes extra energy to remove the undigested waste from the system. This is why you may have noticed low energy and digestive discomfort when you eat heavy meals that are not properly combined.

The principles of food combining are based on an understanding of how the digestive process works. Different foods are digested in different ways, and they require different digestive juices to release the nutrients that can be used by your cells. Therefore, foods are eaten in combination that promote efficient digestion and make the process extremely efficient. Conscious food combining has helped many people with long-standing digestion and elimination problems.

Heartburn and indigestion are only one kind of penalty you may pay for combining foods improperly. Flatulence, bloating, bad breath, cellulite, and overweight can all be signs that you are eating the wrong combinations of foods.

For more information how to start the cleansing program and give your body a fresh start and recharge your metabolism please call 905-873-0194.