

Norval wells called unsafe

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tested was well below the safe level for nitrates.

Nitrates may cause blue baby syndrome, and has been linked to a higher incidence of gastric cancer in adults.

The region is recommending the residents upgrade their dug wells to minimize surface water that causes bacterial contamination, and encourages them to treat their water supply, with, for example, reverse osmosis to remove nitrate, or drill new wells. It also recommends farmers and greenhouse operators be encouraged to minimize fertilizer use.

One long-time area resident, Lloyd Owens, whose property backs onto the Sheridan Nurseries farm, believes the nitrate levels in the wells are caused when it rains by nitrates seeping into the spring that feeds his well and others from piles of skids and pots on the Sheridan Nurseries. Owens, whose complaints prompted the region survey, says he suffered stomach problems

from drinking the water in his well and contacted Halton Region after he had his water tested.

He said when he stopped drinking the well water and began drinking bottled water his stomach symptoms improved.

Norm Braun, another resident whose well water has been deemed unsafe, said he believes the nitrate levels in his water are caused by Sheridan Nurseries "because they are the biggest fertilizer users in the area."

Bill Stensson, president of Sheridan Nurseries, said there would be "virtually no fertilizer residue" in the pots Owens is referring to and the used wooden pallets stored in piles "have nothing to do with fertilizer at all."

Stensson said he doesn't feel Sheridan is responsible for the nitrates in the water and said they are responsible farmers who follow fertilizer recommendations provided by an independent lab after the soil is sampled.

—By Lisa Tallyn, staff writer

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Q: Why does The Canadian Cancer Society recommend that we eat less barbecued, pan fried, grilled or broiled meats and poultry?

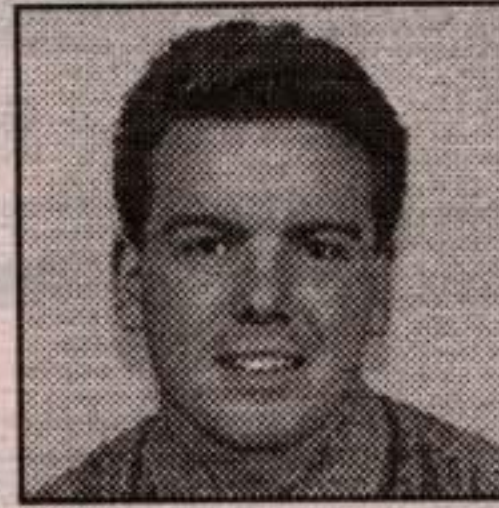
A: Potentially cancer-causing chemicals, call HCA's (heterocyclic amines) and PAH's (polycyclic aromatic hydrocarbons) are created when these foods are cooked at high temperatures. Meat and poultry done well, especially grilled or barbecued, result in the most HCA's. PAH's are created when fat drips on hot coals or an open flame. These are carried by the smoke on to the meat or are formed directly on the food when it's cooked to a crisp. Some tips to minimize exposure to HCA and PAH when barbecuing/grilling:

1. Use lean meat and poultry or try fish & tofu/veggie burgers.
2. Precook meat/poultry in microwave for 2-5 minutes and discard juice.
3. Use marinade with little or no oil to set up a barrier to heat.
4. Place grill rack or pan farther from heat &/or place foil over coals or move coals to one side and cook meat on the other.
5. Gas grilling (medium heat), cooks at a lower temperature than charcoals/wood fires.

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Q: I have tenderness on the back of my heel. It feels very uncomfortable against the back of my shoes. What could it be? How is it usually treated?

A: This could be one of many different problems. The two most commonly seen problems would be:

1. Achilles tendonitis - One the back of your leg there is a long and very strong tendon which inserts on to the top portion of your heel. Sometimes this tendon can be stretched and irritated to the point where every step hurts. This can be caused from overuse injuries, poor footwear, one leg being shorter than the other, muscle weakness, or a structural problem within the foot. Treatments for this could include stretches, heel lifts, orthotics, physiotherapy, or even an injection.
2. Calcaneal exostosis - This is a bony bump found on the back of the heel, more to the outside of the foot. This spot usually is palpable and can become quite red and irritated. This bump becomes tender from constant rubbing of the heel, in footwear. The cause of this problem is a structural problem within the foot or improper footwear. This can be treated with padding, orthotics, change in footwear, or physiotherapy. Any of the above mentioned conditions should be accessed before commencing any form of treatment.

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Marta Masley
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Q: I have been having right hip and knee problems. My physiotherapist has told me that I overpronate at my feet and orthotics would help correct this. Is it possible that poor foot biomechanics can cause hip and knee pain?

A: Your body is all part of one kinetic chain. The foot is the most important link within the kinetic chain, since it is the first part to hit the ground as you walk. In general, your foot motion can be described as normal, overpronated or oversupinated. Imbalances with the chain can have effects as high as the neck region.

For overpronators, the purpose of orthotics is to maintain the foot in a "neutral" position. For oversupinators, the purpose is for the orthotic to absorb some of the ground forces, since a supinated foot is a "locked and rigid foot."

How your feet react with the ground determines how the rest of your body reacts as well. In a normal kinetic chain, muscles must contract against the forces generated by abnormal foot biomechanics. This leads to muscles and tendons having to work improperly. As a result, they eventually fatigue and breakdown. When the muscles and tendons cannot work properly, they are unable to keep joints in alignment. This can have effects throughout the body. More prevalent however, are problems closer to the feet such as in your case, the knees and hips.

Your orthotics are transferable between shoes. They may take a few days to get used to, but will play a great roll in decreasing your symptoms.



328 GUELPH STREET
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HALTON HILLS SPEECH CENTRE

The Health & Wellness Centre of Georgetown



Karen MacKenzie-Stepner

Q: I have noticed that my teenage son will often "get stuck" on words or may repeat them a few times when he is talking. Does this mean he has a stuttering problem?

A: It is important to be able to recognize the difference between stuttering and normal non-fluency. Hesitations, pauses, word repetitions and revisions are all considered normal dysfluent behaviours. All of us experience these moments of dysfluency when speaking, especially when placed in a demanding environment.

For the teen, situations such as oral presentations in class, answering questions in front of a group of people or having to compete for speaking time can be difficult and may result in an increase of anxiety and fear. Sometimes this fear and nervousness can increase the tension experienced by a teen. Often, the initial reaction to this tension is to increase their speech rate which can cause them to stumble over their words.

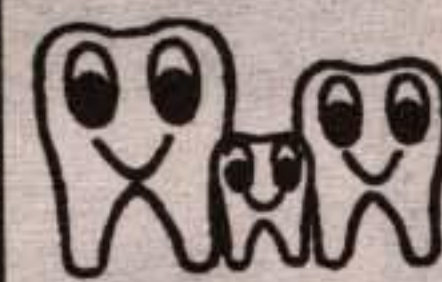
Concern with stuttering is often noted when normal non-fluencies become more frequent and longer in duration. At times, physical tension may also begin to develop as they struggle to speak (e.g. facial grimace, quivering lip, eye blinking/twitching).

As talking situations become more difficult for your teen, he may begin to avoid speaking situations or may not complete his comments. Your teen may become frustrated and annoyed with speaking and may respond with comments such as: "Forget it!", "Never mind!", "I can't get it out!"

If your teen is exhibiting any of these behaviours, or if he/she has had a history of dysfluency in the past, especially as a child, contact a Speech-Language Pathologist who can provide you with further information and help to determine if your teen has a stuttering problem.

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DR. ANOOP SAYAL

Q: I have been told that I need scaling and root planing to help control my gum disease. What is scaling and what does it do?

A: Bacteria in your mouth form a sticky film (plaque) on teeth and gums. If not removed, this film hardens into a crust (tartar or calculus). This buildup causes gum disease. Gum disease can lead to bleeding or painful gums and even tooth loss. Your dentist determines how advanced your gum disease is and how much damage has been done using x-rays and by closely examining your gums. Scaling and root planing is a special type of cleaning done by a dentist or hygienist to remove plaque and tartar from below your gum line. This procedure goes deeper than a regular cleaning and helps to control the growth of harmful bacteria. Your mouth may feel sore and tender after treatment. It is very important that you continue to brush and floss your teeth as instructed to help prevent gum disease!!! With your Dentist's help, we can help to keep your teeth and gums healthy for a lifetime!

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Q: Can weight loss get more difficult after 40?

A: There's no doubt about it. Weight loss gets more difficult after 40. Everybody goes through a change of life. The hormone changes of our middle years affect our body shapes, too ... for both men and women.

For success after 40, begin with low basic weight loss starting points.

1) Improve body chemistry at the gland and hormone level. 2) Re-establish better, long-lasting metabolic rates.

We can do something about our weight, our body tone and our looks. Here are some natural techniques to boost metabolism after 40.

LOVE YOUR LIVER. The liver is the basic organ responsible for fat metabolism. It is also intricately involved with the hormone functions of the body, so it is the prime target to optimize for weight loss after 40.

CONSCIOUSLY EAT LESS. As metabolism slows down you don't need to fuel it up as much, because your body doesn't use up the nutrients like it once did. If you eat like you did in your 20's your body will store too much, mostly as fat. **Control your appetite with Superfood appetite suppressants like barley grass, spirulina, sea vegetables and alfalfa which help control appetite, and may be used between meals to almost instantly decrease the craving for high-calorie foods. They offer an energy lift that carries throughout the day.

YOUR METABOLISM

**Eat fat-burning foods. Foods that raise metabolism are vegetables, whole grains, legumes and fruits. Eat fruits for breakfast or between meals. If you get them with or after meals, the fructose is likely to be converted to fat by the liver. Eat them early in the day to lose weight.

Yes, you can reach and sustain your optimal weight and energy level by eating the foods your body needs. For further information on the custom-tailor diet that meets your body's special needs please call 905-873-0194.