

Ask The Professionals

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

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: In this era of non-traditional families many people have questions about the right of children to inherit from their parent's estate. Today I will answer some of the most common questions in this area.

A: The law in the Province of Ontario treats children, whether born within wedlock or out of wedlock, equally as beneficiaries. Therefore if you leave your estate to your "children", all of your children will benefit equally. If you do not wish your children born out of wedlock to inherit as beneficiaries you must specifically exclude them. Stepchildren are treated differently. If you wish stepchildren to benefit under your Will, you must specifically include them. Adopted children are treated as your natural children and will inherit equally with your children.

(The above is for information purposes only and is not intended to provide full legal advice. You should consult your lawyer to obtain specific advice about your situation.)

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
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 877-4288



ROBERT H. CRANFIELD, D.C.

Q: There seems to be a lot of interest in health and wellness centres but I am confused about all the different approaches. Can you clarify?

A: There is definitely a growing trend of health consumers utilizing alternative health care. People realize that more drugs and surgery are not the answer to better health.

To sort out some of the confusion, you have to first look at where true health comes from ... it comes from the inside out and not the outside in. Things that allow the body to function as it was meant to means that you will have a better level of health and wellness. For example, if you have good nutrition, this allows that body to function better which means you'll have a better level of health. Some herbal products enable you to better eliminate toxins. This helps the body to function better which means a better level of health.

If you look at what governs function, it is the nerve systems ... the Master System of the body. There is nothing you can express or experience that is not processed by your nerve system. Chiropractors can now measure nerve function using a new tool called a scanner. Part of it measures the muscle nerve function, and the other part measures autonomic nerve function. If the chiropractor detects nerve interference ... how can you be healthy?

Chiropractic is an important part of anyone's health and wellness.

DR. BRUCE FOLEY OPTOMETRIST

Suite 101
 83 Mill Street
 Georgetown, Ontario

Tel: (905) 873-2077

Q: How can I have "Dry Eye Syndrome" if one of my symptoms is "watering" or "tearing" eyes?

A: That is a common question. Here is the answer:

The eyeball is covered by a soothing, lubricating tear film. This tear film is three-layered:
 A layer of MUCUS (against the eyeball)
 A layer of WATER (in-between layer)
 A layer of OIL (a "cap" over the other two)

These three layers must be in perfect volume and relationship to each other in order to do their job appropriately.

In dry eye syndrome, it is common for the "water" component to be diminished to the point where the mucus and oil layers begin to touch and mix together. This results in poorly functioning tear film where there is often stringy mucus and the symptoms of burning, stinging, a gritty, sandy feeling; foreign body sensation, and excess tearing.

Our body becomes aware of these symptoms and tries to compensate or fix this problem the only way it can, our lacrimal glands start producing water. Notice that this attempt at repair is with water only, not that of a three-layered tear film! This water then comes in contact with the defective mucus/oil tear film and runs off (like water off a duck's back) resulting in tearing or watering of the eyes, and that is how you can have excess watering with dry eye syndrome! Actually a better term would be "defective tear film syndrome", but the term "dry eyes" has become commonplace.

There are other causes for watering eyes such as narrowed or blocked drainage tubes from the eyelids, but usually excess tearing results from inadequate tear film function.

Artificial tears attempt to replace and restore a normally functioning tear film, not just add water. Proper, frequent use of good quality artificial tears is the best way to help in most cases. Since frequent instillation is usually necessary, it is best to use a preservative-free artificial tear to avoid any toxic effect of such preservatives.

There is no known "cure" for dry eyes, and therapy is usually life-long. Of course, your doctor will work closely with you to guide your therapy for maximum results and control of symptoms.

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162 Guelph St., Georgetown
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Gail LaBranche

Q: What is the best way to pack Christmas gifts?

A: Shipping problems usually occur when the sender fails to provide sufficient protection inside the carton. Contrary to public opinion crumpled newspaper is not the best packing material. We advise people to wrap items separately and place them in the center of a sturdy corrugated box. Layer cushioning material such as bubble wrap or foam peanuts around, over and between the items.

Take special care with fragile items such as glass or china - double box the items, and pack two to four inches of packing material between the smaller and larger boxes - don't leave any open spaces within the carton. Reinforce all the seams with sealing tape - no rattling should occur when the box is shaken. Place clear tape across all labels to protect the ink from moisture and keeps the labels secure. It is a good idea to enclose the address within the box, so if the label is torn off or is unreadable, the package will still be able to arrive.

Shipping time sensitive packages with a courier service gives you guaranteed fast delivery times, signature for proof of delivery and peace of mind that your gifts will arrive on time and in one piece. At Mail Boxes Etc. we offer a variety of courier options from guaranteed delivery next day at 8:30 am to 2, 3, or 4 day regular service. Remember, we can pack any size item and ship it with UPS, Fedex, Canpar...safely and quickly around the world.

The Power of Touch

Registered Massage Therapy Clinic
 16 Mountainview Road S, Suite 201

702-8265

Abby@aztec-net.com



Kim Bell, RMT



Abigail Campbell, RMT

Q: I find this time of year very stressful and I always hear how wonderfully relaxing massage is, but to be honest, I don't think I could relax lying naked under a little towel. Also, I am overweight and do not feel very comfortable about that. Can you help me?

A: Naked under a towel! We wouldn't relax either! Massage can occur through clothing, but it is most often done directly on the skin with lotion, essential oils and or massage oil. You are completely covered by a sheet and a blanket, and only the part that is being worked on is uncovered. Some of us judge ourselves too harshly in the body image department. It is best to let that worry go, particularly if it is preventing you from enjoying a holistic health method that has many benefits. In fact massage can put you back in touch with your own body, not as a judge, but as an owner of an amazingly complicated and too often neglected biomechanical machine.

BETTY E. McTAGUE CHIPODIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

Q: What is the condition called Pes Planus?

A: The pes planus condition exhibits an everted position of the foot and ankle when weight-bearing.

The primary cause of skeletal collapse is ligament laxity which results in joint malalignment, arthrosis, and over-stretching of the musculature. Unless supported, this condition increases over time and activity is usually lessened. Due to the everted working alignment of the foot and ankle, the knees function in a valgus position. This increases the risk of lateral compartment arthrosis and medial ligament strain.

This disorder becomes worse with increased activity and may result in the development of a compensatory gait, where the patient is forced to roll onto the lateral border of the foot.

Long Term Management

Orthotics Full length, foam-based soft orthotics, with indentations under the dropped navicular, are individually moulded to each foot. Footwear Persons with a pes planus foot tend to overhang the medial aspect of the shoe causing the shoe to collapse. Hence, modifying the footwear with a rubber flare widens its base of support.

ROBIN COOPER

Certified Aromatherapist & Reflexologist

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Health and Wellness Centre of Georgetown
 106 Guelph St., Georgetown
 (905) 877-0759



ROBIN COOPER

Q: I am menopausal and suffer from hot flashes and sweats. Would you recommend Aromatherapy or Reflexology?

A: Hot flashes and sweats are caused by the irregular function of the blood vessels when they constrict and dilate. This will increase the blood flow, raise the body temperature and slightly increase the heart rate. Probably the main discomfort is embarrassment when you suddenly turn red or break into a sweat while in the company of others.

You can do a number of things for menopause and the hot flashes that go along with it. Aromatherapy offers a number of pure essential oils that can be used to specifically treat hot flashes. Blend the following essential oils to make a synergistic blend and use 5 drops of this blend to 2 tablepoons of vegetable or a light olive oil, for a massage oil or use 5 drops of the blend directly into the bath:

Clary sage 10 drops, Geranium 11 drops, Lemon 7 drops, Sage 2 drops.

Reflexology is also very effective in the treatment of menopause. It can make these changes in your body more bearable and relieve the stress and tension that can sometimes be part of the package. By working the pressure points that refer to the organs that are effected during menopause, it can help you through this period of your life by working towards a state of balance in the body.

Good nutrition, vitamins, and regular Aromatherapy and/or Reflexology treatments are safe and effective treatments for menopause.

If you have any questions please do not hesitate to contact my office.

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adamson SPA AND SALON

2 Adamson Street
 Norval
 905-877-1604



MONIKA FEHLOW
 Aesthetician

Q: Does looking and feeling great have to take up a lot of time?

A: Not at all! We at Adamson Spa and Salon understand how valuable your time is. Our team of professionals will assist you in learning how easy make-up application can be. Monika will sit down with you privately and show you the latest colours & techniques. Whether you are looking for a casual/sporty style, or sophisticated & elegant, we can meet your needs. Greet the New Year with a New Look.

Call Monika at Adamson Spa and Salon to book your appointment - 877-1604.

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

Tel/Fax: (905) 877-8668

83 Mill St., Suite B
 Georgetown, Ont.
 L7G 5E9



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

Q: I sprained my ankle while stepping up on a curb. It swelled up, and I was told by one friend to ice it, while someone else told me to put heat on it. What should I have done?

A: During the first 48 hours (acute stage) of an injury, icing is an important part of treatment. This helps decrease pain by slowing down nerve signals and helps decrease inflammation which naturally occurs when there is a disruption or trauma to soft tissue. Icing also reduces blood flow to the area, thus limiting bleeding. If you can keep swelling down to a minimum with icing, this will reduce pain and stiffness which otherwise restricts your function.

After 48 hours, it is likely that the swelling has decreased. Therefore, you can switch to heat. This will promote circulation and healing. However, if swelling continues to progress, continue icing and see your family doctor. If swelling persists but is not getting any worse, optimal healing can be achieved through contrast bathing, which involves alternating heat with cold. You may want to see your health professional for specific parameters regarding this techniques (i.e. frequency and duration of each hot and cold application).

Keep in mind, too, that with the initial icing you also want to include the other P.R.I.C.E. principles - protect, rest, ice, compress, elevate. Icing can be repeated every hour for the first 24-48 hours after an injury, for no more than 20 minutes at a time. You run the risk of frostbite with longer applications. This can be avoided by using a sufficient barrier between you and your skin, such as a damp cloth.