

Ask The Professionals



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: Is there a huge difference between regular peanut butter and natural peanut butter?

A: All peanut butter, by law, must contain a minimum of 90% peanuts. Regular peanut butter, and even some natural varieties may contain some sugar and salt for flavouring. Some brands also contain a small amount of stabilizer (partially hydrogenated vegetable oil) to keep the oil from separating, improve the creamy texture, and maintain freshness - which most consumers prefer. The trans fats produced from the hydrogenation process have some people avoiding these because of its "heart unhealthiness". However, recent independent analysis of peanut butters by the USDA and by the Peanut Institute have shown extremely low levels of trans fat (0.1% - virtually trans fat free). Over 80% of the fat in peanut butter is the unsaturated kind (primarily monounsaturated), which is heart healthy, the rest is saturated fat and a minuscule amount is trans fat. Both natural and regular peanut butters are a good source of niacin, folic acid, phosphorus, vitamin E and phytosterols, although because salt and sugar take up some room, the nutrient density in these varieties is slightly reduced.

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

350 Main St. E.,
Milton, Ontario
L9T 1P6
(905) 878-6479

1A Princess Anne Dr.,
Georgetown, Ont.
L7G 4W4
(905) 702-1611



Greg J. Lawrence
B.Sc. D.Ch.

Member of the Ontario Society of Chiropractors
and the Ontario College of Chiropractors

Q: Why do you use a laser? What are lasers used for?

A: Laser surgery is the most advanced method used by a foot specialist. Now with a beam of light, foot problems can be corrected. The laser I use is a carbon dioxide laser, which uses light energy to vaporize unwanted tissue. Because the beam of light is only 1 mm, this allows me to work with pinpoint precision leaving the surrounding tissue healthy and undamaged. Post-operatively, there is less bleeding, swelling and scarring. Since the beam creates a sterile environment, the chance of post-operative infection is reduced.

For over a decade lasers have been reducing pain, risk and recovery time of many surgical procedures. It is the modern and effective choice for the treatment of many foot problems. Lasers have proven especially useful for treating:

- ingrown toenails
- infected nails
- plantar warts
- past scars
- ganglions
- cleaning wounds of dead tissue

All procedures are done in the office setting.
For more information call (905) 702-1611

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall



DR. ANOOP SAYAL

Q: I have heard that drinking diet soft drinks can harm my teeth. They do not contain any sugar, so how can this happen?

A: What you may not realize is that diet pop doesn't contain any sugar, but they do contain larger amounts of phosphoric acid and citric acid to enhance flavour. These acids attack the enamel that protects your teeth, which means that you are much more likely to get cavities, develop irritations, cracks, and sensitivity to cold. This can occur with any highly acidic drink, including certain fruit juices. The key is to consume these in moderation. A balanced diet, along with regular check ups will help to keep your teeth and gums healthy for a lifetime.

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MANON DULUDE

Q: Why is the first anxiety attack often mistaken for a heart attack?

A: An anxiety attack is often what leads one to take a trip to the hospital emergency department. Often the concerned individual experiences symptoms which are mistaken for a heart attack (shortness of breath, tightness or weight on the chest, hyperventilation, tingling of hands, dizziness, the sweats, uncontrollable thoughts and sense of dread). When anxiety is identified as the culprit of these frightening symptoms people often feel embarrassed and shameful. Anxiety is a condition which should not be underestimated since it affects many and can be very debilitating. Medication is often prescribed and can be helpful to manage the intensity of anxiety attacks. However, medication does not help anyone learn to better cope with the symptoms nor do they help the concerned individual address the particular factors which contribute to anxiety. Anxiety can also be a symptom of depression. Counseling can assist one in exploring what led to trigger anxiety and help find better ways to cope. Stress, change in life routine, and unresolved feelings can lead to anxiety. An assessment with Manon can help determine what is the best course of intervention.



**HALTON HILLS
SPEECH CENTRE**

328 GUELPH STREET
GEORGETOWN L7G 4B5
873-8400



Karen MacKenzie-Stepner

Q: My child loves to play on the computer. Are there any software programs to improve reading skills?

A: Learning to read should be fun for kids and most kids love to play with the computer! Whether they are just beginners or having difficulty with reading, these programs are filled with lively animation that will reward your child's success and help build confidence! Popular programs include:

- **Bailey's Bookhouse** (Mac/Win/Dos). Activities are designed to develop emerging literacy skills such as names and sounds of letters, rhyming, early writing and story making. For Pre-K to Grade 2.
- **Stanley's Sticker Stories** (Mac/Win). Helps kids strengthen reading and writing skills, improve spelling and build creativity as they make their own animated storybooks. For Pre-K to Grade 2.
- **Word Munchers Deluxe** (Mac/Win). Helps build confidence using consonants, vowels, adjectives, adverbs, synonyms and antonyms. Focuses on development of phonics, reading skills, grammar and vocabulary. For ages 6-11 years.

For information on other computer software programs which can help your child develop reading and language skills, contact your school or local Speech-Language Pathologist. As well, the Halton Hills Speech Centre offers you the opportunity to "try out" their software in order to determine if it contains the necessary tasks. Call the Centre at 905-873-8400 for more information.

adamson
SPA AND SALON

2 Adamson Street
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INGRID WATERMANN
RMT

Q: How many times should I come in to get a massage?

A: This really varies for every individual. The reason you came for a massage is important as well.

If you are getting a massage for stress reduction and general maintenance, I would recommend once a month for an hour session. Some clients like to come in once every week & others once every couple of months. Also check to see if you or your partner are covered for massage under health benefits, this may influence your decision on how often you want to come in. If money is an issue try 1/2 hour appointments once a month.

If you have a specific condition or injury that you want to help using massage therapy, contact a massage therapist and together develop an appropriate treatment plan that will suit your specific needs.

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GERALD ROSS
H.B.Sc. PT, MCPA, res.CAMT

Q: I have aches and pains but it seems that I have very little time to attend to my own health. What can a Physiotherapist offer a person in this situation?

A: People are often surprised at how much they get out of Physiotherapy consultation. In some cases a relatively small number of movements types account for a great deal of the pain that reduces one's ability to work and play. A Physiotherapist can give you insights into the activities and movements that slow or in some cases stop the healing process. Having an awareness of these movements allows you to have much more control over your level of comfort and recovery. The assessment and treatment skills of a Physiotherapist ensures that a wide variety of treatments like massage, joint mobilization, joint manipulation, therapeutic ultrasound and therapeutic exercise are applied to the areas of the body that need it most and in ways that the most beneficial. Reducing pain enhances mental productivity. Increasing one's physical abilities enhances physical productivity. Rehabilitation is a sound investment of your time.

ACUPUNCTURE

99 Sinclair Ave., Suite 200
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(905) 873-7923

Evening & Saturday Appointments Available

"Acupuncture can increase your general health, your ability to fight colds so take the time to invest in your body."



Susan M. Baker

Q: How does acupuncture work?

A: Acupuncture works with the body's energy. In Chinese this energy is called Qi (pronounced chi). The cause of disease is believed to be a problem with the Qi ie a problem with the flow of the energy in the body. This problem might be stagnant qi, blocked qi, excess qi or deficient qi. By needling a person in specific spots or acupuncture points, the energy becomes unblocked, moving, or balanced, depending on the original problem. This allows the body to heal itself. The definition of acupuncture is to increase or decrease the body's energy by needling the CORRECT combination of points in the body.

The allopathic or western theory on how acupuncture works is called the Motor Gate Theory or Pain Gate Theory. The belief is that as a result of the needling the pain mechanism in the body is interrupted, causing the body to no longer have a sensation of pain. After an acupuncture treatment, the endorphin level in the body is increased. Endorphins are the body's natural pain killer and mood elevators.

If you would be interested in learning more about acupuncture or if acupuncture might be able to help you feel better, attend our free clinic on Thursday, June 22. Please call to register. The clinic will be open from 1 p.m. until 8 p.m.

SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

2 COUNTY COURT BLVD., BRAMPTON
(1 block south of Steeles at Hwy. 10)

(905) 455-6677



SUSAN POWELL

Q: My wife and I are separating and we have two children. Who decides where they will live?

A: Both you and your wife are equally responsible for the children. It is best for your family if you and your wife can work out together with whom the children will live. You should both be considering what is the best arrangement for the children.

If you can agree on a parenting plan then you should write out an agreement. You should consider when the children will be with you or your wife. You should decide who will make various decisions concerning the children with respect to their education, daycare/babysitting, religion, health and their general welfare. Ensure you understand your rights concerning your children before you reach a final agreement.

It is best to have the arrangements you agree upon incorporated into a formal agreement. Your agreement will not be binding upon you until this has been completed. It will also be more enforceable if you have problems in the future. You will each require the services of a lawyer to assist you in properly drafting the agreement and to provide you with advice concerning your rights.