

# Ask The Professionals

Send your questions for any of these professionals:  
**"Ask the Professionals"**  
 Independent & Free Press,  
 280 Guelph St., Unit 29, Georgetown L7G 4B1



## Ah-Shi Acupuncture and Complementary Medicine

83 Mill Street • Suite 304  
 Georgetown, Ontario  
 Telephone: (905) 702-0911



Brendan Cleary, Ph.D.,

**Q:** What is Acupuncture, and what is it used for?

**A:** Acupuncture is a form of medicine that consists of painless insertion of hair thin needles at specific "acupoints" on the body. The placement of these needles aids the body to reestablish health. Chinese medicine believes that life is based on energy flowing within our bodies. Disturbed energy flow will cause disease, such as, migraine, diabetes, hypertension etc. Each major organ has its own energy pathway that connects it with the surface of the body and with other organs. Acupuncture corrects blocked energy and allows "free flow" of energy to resume. This free flowing of energy is what restores health.

Acupuncture is a complete system of medicine, with a range of applications just as wide as that of Western medicine. The main effects of Acupuncture are pain-relief, sedation, homeostatic (regulatory) action, immune-enhancing, anti-inflammatory/anti-allergic, and psychological action other than sedation.

Acupuncture is a safe approach for curing ailments with no adverse side-effects.

For further information about Acupuncture and how it may help you, please contact Brendan at 905-702-0911.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
 NORVAL, ONTARIO

877-4288



ROBERT H. CRANFIELD, D.C.

**Q:** With the increase in drug resistant bacteria, I'm concerned about giving my children antibiotics. Is there a more natural way to go?

**A:** You should be concerned about giving your child antibiotics. Not only are the drug resistant strains of bacteria an issue, but there are other new developments that every parent and prospective parent should be concerned about.

In a new study published in the Journal of Clinical & Experimental Allergy, they found a relationship between antibiotic use and asthma. The study revealed that infants given even a single dose of antibiotics in their first year of life were 4 times more likely to develop asthma than those who were not given antibiotics!!! This included factoring in things like family history, smoking in the house, etc.

The risk of developing asthma is increased not only by the use of antibiotics in the first year of life, but also the frequency of use in early childhood. Antibiotics used 3 or more times in these early years increased the risk factor by 4 times as well.

Researchers noted that broad spectrum antibiotics came into clinical usage in the 1960's and their increased use coincides with the time trends for the increasing prevalence of asthma. They feel that the plausible mechanism is that the antibiotics may alter and reduce bowel flora (natural bacteria) and thus switch off the immunological signal that these gut bacteria send to developing immune systems.



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MURRAY ANDERSON

**Q:** Why do trees have to be cut or trimmed for power and communication lines?

**A:** Power lines overhead are most often uninsulated wires. These overhead wires can energize anything that comes in contact with them. Trees can become conductors with power leaking down through the tree to the ground. It's during electrical storms or inclement weather that this is more often noticed.

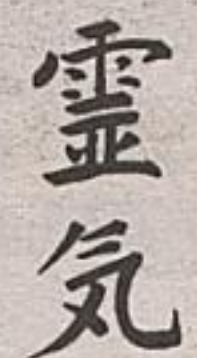
It's a fact that 70% of power failures are from tree contact. This is a prime concern to the electrical utilities and becomes very costly during adverse weather conditions. Also, there is a safety aspect involved to the public. Power wires touching trees in damp weather can electrocute you.

All rural lines that are privately-owned are the property owner's responsibility. Colonial Tree Service can provide you with peace of mind with a proper clearance to your lines.

## The Power of Touch



16 Mountainview Road South  
 Suite 201, Georgetown  
**702-8265**



JO-ANN KRI  
 Reiki Practitioner

**Q:** Can you tell me about having a Reiki treatment?

**A:** A reiki treatment is given in a private setting, this provides the client with a comfortable and confidential environment.

The fully clothed client prepares for their one-hour treatment by laying face up on a full sized Reiki table

The treatment begins with the practitioner working with the body, from the head down. First treating the eyes, sinus, pituitary glands, ears and throat continuing down until the end of the spinal cord is reached. Using approximately five grams of weight the practitioner applies an energetic technique to aid the bodies natural healing process. During your treatment you may experience different sensations such as tingling, floating, heat and or a heightened sense of smell. Benefits from treatment can be calming, relaxing, rejuvenating and healing. Everyone's treatment is a unique experience depending on what is beneficial to him or her at that time. This universal energy works on the physical, mental, emotional and spiritual levels to help remove any blockages, ailment or stress, Reiki can break through these barriers re-establish balance and harmony.

To book an appointment please contact Jo-Ann Kri at (905) 702-8265.

To hear more about Reiki please join me on November 5, 2000 for a Reiki seminar. Limited seating so you must reserve ahead of time.

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HALTON HILLS HOME INSPECTION SERVICES

(905) 877-7633

Georgetown, ON  
 E-mail: cooper@aztec-net.com



BRENT COOPER  
 HOME INSPECTOR

**Q:** Is a home inspection worth the cost?

**A:** I believe that home inspections are typically under priced relative to their value in the real estate transaction. The amount of information provided to clients is amazing, irrespective of cost. When you consider the cost of a home inspection against real estate commissions, legal fees, land surveys, appraisals and so on, it a great deal for the knowledge obtained. After all it's the home you are about to live in for potentially a very long time. You need to know the condition of the major components of the home to gage whether your money is being well spent or if there will be any big cost surprises after you move in.

Not many people will give you such a clear unbiased opinion about potentially the biggest purchase you will ever make, that's why a home inspection is the best money spent when you are considering to purchase a new or older home.

For more information regarding home inspections or to book your home inspection please call our office.



BETTY McTAGUE

## BETTY E. McTAGUE CHIROPODIST FOOT CARE SPECIALIST

Georgetown 702-0111

**Q:** Can being overweight cause me to have knee pain?

**A:** Most definitely. As when we were all cute chubby little babies with a natural fat pad in the arch of our feet to assist us by providing stability as we learned to stand, our little feet were far apart (this was not caused by diapering) and our knees were friendly being very close together.

However, if we carry extra weight our bodies try to resume this once natural now painful stance. This can lead to chronic knee pain, internal roto knees, low back pain (at external rotation of the hips), heel spurs/plantar fasciitis.

Usually a reliable weight loss program is recommended along with daily light exercise program specifically for feet. The wearing of a custom made orthosis with a properly fitted shoe is most effective. Monitoring of progress will help keep patient on track.

## GEORGETOWN NATUROPATHIC WELLNESS CENTRE

Services provided:  
 • Registered Midwives • Ear Candling  
 • Certified Aromatherapist and Reflexologist • Food Sensitivity Testing and Laboratory Services

16 Mountainview Rd. S., Suite 102  
 Georgetown  
 (905) 873-2361



Cathy Kuindersma  
 B.Sc., N.D.  
 Doctor of Naturopathic Medicine

**Q:** I suffer from seasonal allergies. Is there anything I can do to alleviate the problem?

**A:** Every year many people suffer from itchy, watery eyes, sneezing, runny nose etc. This can make the summer months unbearable. Allergies indicate that the immune system is out of balance, and is in "hyper" drive. Usually environmental allergies have an underlying food sensitivity that when corrected may improve the allergies. The following are some considerations:

- 1) Identify any underlying food sensitivities (wheat and dairy are number one)
- 2) Diet - Eat whole grain foods, whole vegetables, fruit, and increase vegetable protein. - Eliminate all foods with preservatives, artificial sweeteners, and processed food.
- 3) Help improve the function of the liver through detoxification program which includes diet changes and botanical medicines (use dandelion, burdock, yellow dock, phytolacca, chelidonium, etc.)
- 4) Address any adrenal dysfunction and/or chronic candida (yeast problems) which will cause the immune system to be out of balance.
- 5) Supplements may be helpful including fatty acids (evening primrose oil, fish oils) Vitamins C with bioflavonoids, B complex, E, also zinc, selenium, calcium and magnesium.
- 6) Homeopathic medicine when prescribed properly will benefit.

At the Georgetown Naturopathic Wellness Centre our services include screening for candidas, parasite, virus & food sensitivities.

## OT Solutions

162 Guelph St., Ste 101,  
 Georgetown  
**905-877-1974**  
 info@ot-solutions.on.ca

Paulette Langdon



Susan Wilson

**Q:** What do Occupational Therapist do that can help in my day-to-day life? And how can I learn more about OT?

**A:** Most people never think of living as a job - nor do they really think about the skills that are needed. However, occupational therapists believe that how you go about your "job of living" can affect your health - positively or negatively! With the right combination of skills, abilities and supportive environments, occupational therapists believe you can lead a more satisfying life.

At any point in life, health problems can seriously interfere with anyone's ability to perform the tasks for the "job of living". During National OT Week (October 22-28), events are being planned across the country that will offer Canadians opportunities to learn more about the occupational therapy resources available to assist people of all ages, to manage their daily lives, while dealing with health problems.

For more information on OT Week activities or OT in general, you can contact the Canadian Association of Occupational Therapists at 1-800-434-2268 or check out the website at www.caot.ca. Our provincial association OSOT also has a great website at www.otworks.com. You can also contact Paulette or Susan at OT Solutions at 905-877-1974.

## GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC (905) 877-8668



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



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

**Q:** I have been having right hip and knee problems. My physio-therapist 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.