

# Ask The Professionals



## 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 flu season approaching I'm getting a lot of pressure to get a flu shot. Could you tell me more about it?

**A:** With anything like vaccination, there is a lot of controversy. There are two sides to every story. Unfortunately, we only tend to hear about all the reported benefits from any drug or medicine. However, before you allow anyone to inject something directly into your body, or your child's body, it only makes sense to do some research. Learn both sides of the issue so that you can make an informed decision.

Regarding the flu shot: a report came to my attention that I found alarming. Dr. Hugh Fudenberg, a leading immunogeneticist and the 13th most quoted biologist of our times (nearly 850 papers in peer review journals) claims that if an individual has had flu shots in 5 consecutive years between 1970 and 1980 (the years studied) their chances of getting Alzheimer's Disease is 10 TIMES HIGHER than if they had 2 or fewer shots!!!! Dr. Fudenberg claims this was due to the mercury and aluminum present in every flu shot (and most childhood shots). The mercury and aluminum build up in the brain causes cognitive dysfunction. I personally do not like those kinds of odds. I'd rather suffer through a bout of the flu than risk having Alzheimer's in 20 or 30 years.

For more information on this and a lot of other vaccine issues, here are a couple of websites to visit.

National Vaccine Information Centre [www.909shot.com](http://www.909shot.com)

Vaccine Information and Awareness [www.access1.net/via](http://www.access1.net/via)

Before you vaccinate, do the research. The damage done could be permanent.

Send your questions for any of these professionals:

## "Ask the Professionals"

Independent & Free Press,  
280 Guelph St., Unit 29, Georgetown L7G 4B1

## COLONIAL TREE SERVICE

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**Q:** How can you storm-proof your tree?

**A:** There are six main types of storm damage to trees. Each type is the result of an interactive mix of tree problems and climate.

These include:

- |                 |                   |
|-----------------|-------------------|
| 1. blow-over    | 4. branch failure |
| 2. stem failure | 5. root failure   |
| 3. crown twist  | 6. lightning      |

To prevent blow-over, stem failure, crown twist or branch failure, controlling tree growth by pruning often helps tree to withstand these types of problems. Elimination of deadwood, weak-included bark-stem attachments and heavy growth may also be controlled by regular trimming. The health condition of the tree will greatly improve its capability to survive storms.

Root failure is often caused by poor soil conditions, abnormal root growth (ie girdled roots or witch's broom).

Lightning damage, however, is a life-threatening situation for a tree. When lightning strikes a tree, it can instantaneously splinter a tree upon impact. Once the connection is made, lightning moves in a narrow line to the branches, stems and roots of the tree. When a tree is equipped with a lightning protection system (such as air terminals - rods, conductor cables or grounding devices), the system intercepts the bolt of lightning, channeling energy on a controlled, isolated path. The lightning current is directed harmlessly to ground. Damage to the tree is thus drastically reduced, if not eliminated.

## The Power of Touch



16 Mountainview Road South  
Suite 201, Georgetown  
702-8265

靈氣



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.

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E-mail: [cooper@aztec-net.com](mailto:cooper@aztec-net.com)



BRENT COOPER  
HOME INSPECTOR

**Q:** When purchasing a house, why would I need a home inspection?

**A:** A pre-purchase home inspection is designed to determine whether all of the essential components of a house are present and doing their job. A thorough visual inspection of the following components is included in an inspection: Roofing, Structural, Exterior, Interior, Cooling and Heating Systems, Plumbing, Insulation and Electrical.

Home inspections are a positive and educational experience for the prospective homebuyer. We encourage the client to attend the home inspection, as it is an excellent opportunity to familiarize yourself with the property and its operating components. If a significant problem or condition is detected it is much easier to make you understand by actually showing you the problem and explaining it to you in person.

When purchasing a home it may be the single largest investment you will ever make and a Pre-purchase Home Inspection will provide you with the information you need to make the most informed buying decision possible. It will also provide you with a greater measure of protection from unpleasant surprises.

A home inspection takes approximately 3 hours depending on the size, age, and condition of the home.

For more information please do not hesitate to contact our office.

## GEORGETOWN NATUROPATHIC WELLNESS CENTRE

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



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

**Q:** What can I do naturally to help prevent and treat colds & flu this winter?

**A:** We see many people in the office this time of year with the same question. The flu is a highly contagious viral infection of the upper respiratory tract. It is spread easily by coughing & sneezing, so epidemics are very common, especially in the winter. There are over 200 different viruses which cause colds and flu. Viral strains are constantly changing so vaccinations against influenza have been only partly successful in preventing outbreaks of the disease. There is a lot you can do naturally for prevention and treatment.

1) Boost your immune system now to fight against infection.  
2) At the first sign of flu or cold symptoms, get plenty of sleep and rest to spare the body energy to fight the virus. Botanical (herbal) remedies, homeopathics and nutrition are important.

Astragalus, elderberry, echinacea, garlic and goldenseal are highly beneficial. Vitamin C is an anti-inflammatory and bioflavonoids are anti viral. Both can be useful at any stage of infection. Zinc is an immune booster also. Get plenty of fluids to help thin secretions and flush out toxins. Avoid dairy products which can increase and thicken secretions. Avoid sugar and refined foods, alcohol and caffeine which will depress your immune system and make it more difficult for your body to fight the infection.

Not every herb, homeopathic or treatment is good for everyone. You and your naturopath will be able to determine the best route for you to take.

## OT Solutions

162 Guelph St., Ste 101,  
Georgetown  
905-877-1974

[info@ot-solutions.on.ca](mailto:info@ot-solutions.on.ca)



Paulette Langdon



Susan Wilson

**Q:** Does my Occupational Therapist communicate with my doctor or physiotherapist?

**A:** As Occupational Therapists, we believe in a holistic approach to assessment and intervention and in order to use this approach, communication with other treatment providers (doctor, physiotherapist, chiropractor, dietician etc.) is important. Before any such communication can take place however, the patient/client must give clear consent to this communication. Sometimes this is done verbally, but most often a consent or permission to release information form is signed. Those who wish to request or share information are required to ensure that they have the patient's consent to do so. This type of consent is required by our College of Occupational Therapists of Ontario, and by other health care professionals. If you are being treated by more than one health care professional it might be important for you to insure that they can and are communicating and that you have provided consent for them to do so.

If you have any questions or would like more information, you can call OT Solutions at 905-877-1974, or you can click on any of the following websites: [www.ot-solutions.on.ca](http://www.ot-solutions.on.ca), [www.coto.org](http://www.coto.org), [www.otworks.com](http://www.otworks.com).

## 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 hurt my low back about a year ago. It got better within a month, but I frequently have recurrences of low back pain. The episodes usually last a few days, and are usually provoked with overactivity. Is there anything I can do to put an end to my back pain?

**A:** Studies show that following a low back injury, pain recurs in almost 80% of people within one year. Studies also show, that there is a strong relationship between a dysfunction of the multifidus muscle and recurring low back pain. This important back muscle attaches to other structures in the back that when contacted, can help stabilize the back. Within 24 hours of a back injury, the multifidus muscle is known to atrophy and weaken. Its recovery is not spontaneous, This means that it does not regain its size and strength on its own. It needs to be re-trained, specifically. General exercises (i.e. swimming, walking, running) do not guarantee a re-trained multifidus.

Multifidus strengthening is not strenuous, but does require concentration. A basic multifidus exercise involves lying on one's stomach, imagining that you are a Barbie doll and just got your leg pulled out of the hip socket and are trying to pull the leg back into the socket. Pelvic movement should be minimal with this exercise and you should avoid hiking the hip up. It may seem like you are not doing much, but in fact the more visualization of this exercise is already recruiting the multifidus.

Keep in mind, though, that since you do not spend your day lying around, you need to retrain multifidus in a more functional way applicable to your lifestyle. Your physiotherapist will be able to progress you on an appropriate program.