

Ask The Professionals

Send your questions for any of these professionals "Ask the Professionals"
Independent & Free Press, 280 Guelph St., Georgetown Mall.



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: Do adults and kids really need cow's milk for bone health?

A: It's not about needing milk but about needing what it supplies. Milk is a remarkable source of many nutrients essential not only for bone health, but for overall health. These nutrients include calcium, phosphorus, vitamins A & D, magnesium, zinc, riboflavin, other B vitamins and essential amino acids.

Bones need a constant supply of calcium (& other minerals). During puberty, girls accumulate 40% of their bone density and it's important they get 1300 mg per day. After 35, we begin to lose bone and after menopause the loss accelerates significantly - a problem if you haven't built the density up in the earlier years. Many other foods contain calcium, such as canned salmon & sardines with bones, dried beans, almonds, tahini, some tofus, bok choy, kale, broccoli, and beverages fortified with calcium and vitamin D (some O.J.'s, soy & rice milks). Many people, especially kids, don't meet their needs through plant sources alone and the calcium from plant sources is not as well absorbed as from dairy sources, so including all sources helps ensure you meet your needs. Calcium supplements can fill a void, however they do not supply the nutritional milieu that food sources do.

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

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



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

Q: Do you make custom-made footwear?

A: Yes, we carry custom-made Birkenstock sandals and clogs. We also have a new line of sandals. The line is available in two models, a fashionable style and a style similar to the sport lines out in stores.

We take a plaster cast of each foot and send them to the lab. The sandals are manufactured with a custom-made footbed, according to the cast and prescription. The sandals are manufactured to make the weight distribution equal throughout the bottom of the foot.

Custom-made sandals and clogs are perfect after being on your feet all day in the summer months. As the warm weather approaches many individuals prefer to wear sandals instead of enclosed footwear. This is when people neglect to wear their orthotics.

Many extended health benefit plans cover the cost of custom-made orthotic sandals. So, if you would like the freedom from your orthotic or just want to walk around in comfort, give us a call.

DR. ANOOP SAYAL

Family and Cosmetic Dentistry



located in
Georgetown
Marketplace Mall

(905) 877-CARE (2273)



DR. ANOOP SAYAL

Q: Is it true that certain vitamins are important for my teeth?

A: Just like our bodies, our teeth and gums need certain vitamins and minerals to stay healthy and strong. This is especially important for expecting mothers, babies and children. An adequate intake while the teeth are developing will help to ensure strong and healthy teeth. Calcium, aided by phosphorous and vitamin D, is the main component of teeth and bones. Vitamin A is necessary for the formation of tooth enamel, and Vitamin C is essential for healthy gums. Fluoride is an important mineral for tooth decay prevention.

As with the overall health of our body, a good diet is the best way to ensure an adequate supply of vitamins and minerals. A variety of whole grain breads, cereals, fruits, vegetables, lean meats and milk will help to ensure strong and healthy teeth. Sugary snacks should be taken in moderation. A healthy diet, along with good home care and regular checkups will help keep your teeth healthy for a lifetime!

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GEORGETOWN L7G 3W9



MANON DULUDE

Q: How can counselling be used as a preventative and supportive approach to new blended families?

A: The most exciting aspect of a new relationship is the potential it offers us to reach dreams and hopes. However many couples have found that entering a new relationship after a divorce is no small feat. There are often challenges such as blending parenting styles and developing relationships with step-children, co-parenting with ex-partners, the fear of being hurt and history repeating itself, etc.

New couples can benefit from the guidance of a counsellor when they decide to live together to develop healthy communication patterns and minimize potential conflicts in the initial transitional phase and second to coordinate their expectations and vision of their lives and new family. We all know that Love and determination are important but counselling as a preventative measure can help solidify relationships and build a solid foundation for the future.



**HALTON HILLS
SPEECH CENTRE**

328 GUELPH STREET
GEORGETOWN L7G 4B5

873-8400

www.haltontspeech.com



Karen MacKenzie-Stepner

Q: My 4-1/2 year old daughter has difficulty with her grammar, particularly "he" and "she". She continues to use the words "him" and "her" in place of "he" and "she". Should I be concerned? Should I make an appointment to see a Speech Language Pathologist?

A: Between the ages of 4 and 5, most children develop many of the adult grammatical structures. Their vocabulary is between 1500 and 2000 words and they are beginning to use complex sentences.

Their personal pronouns such as I, you, he, she, and they, as well as possessive pronouns such as mine, your, his, her and their should also be established. Children should also be able to use present, past and future tense verbs. However some of the irregular past-tense verbs such as "He drank the water" and "He saw a bird", may take a little longer. Children should be using the copulas "is" and "are" correctly by age 4 in sentences containing a present-tense verb. (e.g. He is drinking water.) Children should also be able to use contractions such as "it's" and "there's" by the age of 4. Prepositions such as "under", "beside" and "behind" are developing and should be in place by age 4-1/2.

The Halton Hills Speech Centre is offering several group programs throughout the summer, one of which focuses specifically on grammar. If your daughter has difficulty with several of these grammatical structures, an assessment by a Speech-Language Pathologist is warranted. Please feel free to call our Centre for further information or visit our website at www.haltontspeech.com.

adamson
SPA AND SALON

2 Adamson Street
Norval

905-877-1604



INGRID WATERMANN
RMT

Q: My friend told me that Massage Therapists are not allowed to give a woman a massage while she is pregnant, is this true?

A: Absolutely not! A lot of times this perception is carried up from the United States because most therapists there do not have the same level of training that therapists here do. In Ontario pregnancy massage is not taught in schools. But in Ontario pregnancy massage is part of the curriculum in school. Receiving a therapeutic massage while a woman is pregnant is an excellent way to help decrease stress and anxiety.

Massage can help decrease back pain, swelling in the extremities and any compensating muscular changes in the body. There are a variety of ways that a woman can receive a massage while she is pregnant. There is a seated position, a sideline position, women can even lie on their stomach if the therapist has the proper equipment. Most therapists will use an unscented cream with no strong scents or essential oils in the products.

Many women are even incorporating massage therapy during the labour process for additional support. If you feel you have any questions or concerns about pregnancy massage, call your therapist or your general physician to double check that there are no risks.

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318 Guelph St., Georgetown
Indoor Mall next to Harveys



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

Q: I have ongoing back pain. I am okay now but what can I do to keep my back pain from returning?

A: Physiotherapists possess the expertise to use workplace/workstyle modification and therapeutic exercise, as well as other treatment methods, effectively. As a Physiotherapist I have a detailed understanding of what can go wrong with the spine and therefore I can show you ways of working that avoid placing your spine into, "at risk" postures. These treatment methods must be applied based on a detailed assessment. The activities that predispose the client to recurrence and the proper therapeutic exercise for leg pain due to a "lacked facet joint" are different from that which is appropriate for a disc bulge even though both conditions may appear to be the same on the surface. Restoring and maintaining client health and independence is what Physiotherapy is all about.

ACUPUNCTURE

99 Sinclair Ave., Suite 200
Georgetown

(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.

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: Do I have to pay my wife any other money other than my monthly child support and money towards the babysitting expense for our children?

A: Yes, there are other possible expenses to which you may have to contribute:

- the portion of the medical and dental insurance premiums that can be attributed to your children;
 - health expenses that are not covered by health benefits of at least \$100.00 per illness or event. This expense covers many areas such as orthodontic treatment, prescription drugs, glasses and contact lenses, speech therapy, professional counselling provided by a psychologist, social worker, psychiatrist or any other person, physiotherapy, occupational therapy and hearing aids;
 - extraordinary expenses for primary or secondary school education or for any educational programs that meet the child's particular needs;
 - expenses for post-secondary education; and
 - extraordinary expense for extracurricular activities.
- Remember that you will contribute to these expenses proportionate to the total income of yourself and your wife.