

Ask The Professionals

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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: What is the impact of excessive soft drink consumption on kids' nutrient intake?

A: The rising rate of soft drink consumption has had a negative impact on the intake of the nutrients associated with real fruit juice (folate, vitamin C) and milk (protein, calcium, vitamin A, D, riboflavin and phosphorus), as soft drinks are increasingly replacing these beverages. School vending machines and more meals eaten away from home are two explanations. Studies show that consumption of milk is more than 30% lower in schools that also sell soft drinks and flavoured drinks (fruit "drinks" have less than 10% juice and are very similar to soft drinks, being primarily sugar). Children learn better and are more alert when they are well-fed. Girls accumulate 40% of their bone density during puberty, making it important that they get enough calcium during that period. The alarming increase in obesity among Canadian children can partly be attributed to the rise of empty calorie beverages. All foods have a place in a healthy diet but it is important that those that offer a rich array of essential nutrients, such as real fruit juice, milk or fortified milk alternates such as soy milk, not be replaced with empty calorie beverages such as soft drinks or fruit "drinks".

GREG J. LAWRENCE, B. Sc., D. Ch.
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Greg J. Lawrence
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Member of the Ontario Society of Chiropractors
and the Ontario College of Chiropractors

Q: Are there any lacing tips that may reduce discomfort in my feet?

A: Not all shoes are created equal and everyone's feet are different. Specific lacing techniques can improve the fit of shoes to solve common problems.

Heels slipping out of the shoe: This can be due to narrow heels in wide shoes. One solution is to criss-cross the laces back and forth to create a tight fit. Some shoes have extra eyelets on either side of the top eyelets, these can be used.

Pain on the top of your Feet: This can be due to extra pressure from high arched feet. One solution is to thread the laces under the eyelets rather than criss-crossing back and forth. If these are absent then criss-cross the laces until the eyelet second from the top. Create a loop through the top eyelet with no cross over, then use this as the last cross over creating a tight fit.

Tender Toes: This is associated with over use. To decrease the pressure take one side of the laces and go side to side through each eyelet and place the other lace in the top eyelet on the opposite side.

Width Problem: Staggered eyelet holes work well for this condition. For narrow feet use only the outside eyelets and for wide feet use the inside eyelets, skipping a few of the others in the centre.

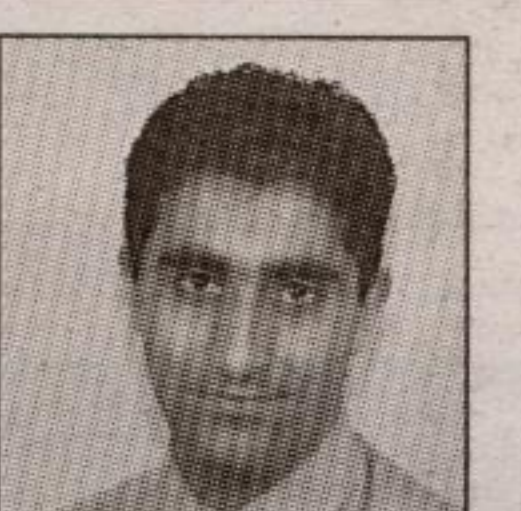
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DR. ANOOP SAYAL

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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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.



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Karen MacKenzie-Stepner

Q: My husband has recently suffered a stroke and now has physical/communication/emotional difficulties. Our family and friends are having a difficult time talking to him, can you give us some suggestions?

A: Unlike other illnesses like cancer or Alzheimer's Disease, strokes offer little time to prepare. The sudden onset is traumatic for both the person and the family as you cope with a stroke's often physical and emotional changes. The sudden emotional outbursts or use of profane language that sometimes occurs following a stroke is unsettling for not only the individual themselves but also for those around them. It is difficult to give specific suggestions for your husband as strokes affect everyone differently. However, there are some guidelines that would be helpful.

1. Communicate in quiet spaces with minimal distractions; do not try to talk over the television and/or have more than one person talking at once.
2. Speak slowly and concretely.
3. Respect the individual's preference for physical space and touch (it may have changed following the stroke).
4. Avoid frustration.
5. Use functional communication (i.e. pictures, writing).
6. Encourage the individual to communicate (hand gestures, body/eye movements) to decrease feeling of loneliness and isolation.

For individuals who have communication difficulties following a stroke, recovery continues to happen long after discharge from the hospital. Therefore, it is important to keep working on communication skills and try to keep discouragement to a minimum. A Speech-Language Pathologist can provide specific therapy tasks and support as well as help modify the environment to make optimal communication occur. Our Centre, in partnership with the Heart and Stroke Foundation of Ontario (Halton branch) and Georgetown and District Memorial Hospital offers a *Living with Stroke* program. This is a six week program aimed at providing stroke survivors and their family valuable and practical information and offers them the opportunity to meet and talk to other people undergoing the same challenges. For more information please feel free to call.

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AFTAB SHAIKH
Registered Massage Therapist

Q: Please highlight some conditions where Massage Therapy can be beneficial. Also is Massage Therapy helpful for infants and kids?

A: Massage therapy is great for stress reduction. Stress causes losses up to 14 billion a year for Canadians. Present day life is full of stress from traffic jams to job related or personal life. Stress is a contributing factor for many conditions from heart attack, stroke, arthritis to insomnia (sleep problems). Therapeutic massage is very effective in reducing stress. Some other conditions where therapeutic massage is helpful are headaches, neck shoulder arms stiffness & aches, lower back pain, sciatica, fibro myalgia, frozen shoulder, thoracic outlet syndrome (TOS), carpal tunnel syndrome, whiplash injuries, sprains & strains & related repetitive strain injuries. There are many benefits to therapeutic massage, every individual enjoys its benefits on a unique level.

Massage therapy is beneficial for all ages. A recent study at the Research Institute of Touch in Miami showed a 42% increase in growth rate in premature infants receiving therapeutic massage. I think it's a remarkable percentage that too without use of any chemicals/pharmaceuticals. If you need more information please book in a free appointment with me at the Spa. Until then hey! please keep smiling.

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

Q: I can't understand why my back pain is bad some days, but on other days it's fine.

A: Spinal pain that comes on without any recent obvious abuse or unaccustomed use suggests that your spine is not strong enough to cope with your basic lifestyle demands. Pain felt in the spinal area can come from many different tissues including some abdominal and pelvis organs. If you haven't already discussed your pain with your Family Doctor it would be a good idea to do so, just in case your pain is arising from non-spinal tissue. If this has been considered to be unlikely then a visit to a Physiotherapist is in order. Spines can be weakened by old injuries that heal without regaining healthy flexibility or by daily use that gradually weakens tissue to the point where even basic daily activities are intolerable. Your Physiotherapist will improve the mobility of areas of the spine and surrounding regions that currently under perform and will show you ways of moving that will allow you to work or play with less spinal stress. Physiotherapists use a variety of non-surgical, drug free therapies to achieve the best outcomes for their clients.

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Attention: Ask A Pro

If you are a Professional who would like to be part of this page ~ call **Jeanette 873-0301**

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BARRISTER & SOLICITOR

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SUSAN POWELL

Q: What is joint custody?

A: Parents who have joint custody share the right to make decisions concerning the care of their children. These include the major decisions about health, education, religion and the general welfare of the children. The parent who has the children in their care generally makes the day to day decisions. The children may reside primarily with one parent or they may be in the care of each parent for different amounts of time. Joint custody does not necessarily mean that the children will be in each parents' care an equal amount of time.

Joint custody will not be successful if the parents cannot co-operate with each other and be able to talk about what is best for their children. The more co-operative and communicative the parents can be with each other, the better it is for both themselves and the children.

Joint custody can impose some restrictions such as the children's residence and travel. It is important you understand the full meaning and discuss it with your lawyer before any final decision is made.