

Ask The Professionals

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Marta Masley
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Q: I've just started my spring jogging regime, which involves running 10 km, 3-4 times weekly. I'm beginning to experience pain to both my shins. I assume this is "shin splints". What exactly is this, and what should I do?

A: "Shin splints" is a general term used to describe pain and inflammation as a result of repetitive microtrauma to the top two-thirds of the tibia (the main shin bone). There are actually a number of different causes for this syndrome, namely irritation of the membrane between the tibia and fibula (other shin bone), stress fracture of the tibia, tendinitis of the posterior tibialis muscle, increased pressure (and ischemia) in the anterior tibialis muscle.

More importantly, it should be remembered that shin splints is an overuse syndrome. Contributing causal factors are: uneven running surface, ineffective running shoes, a sudden increase in mileage, the beginning of a brand new running regime, overpronation.

Standard treatment includes rest and possibly oral anti-inflammatories. If the problem has resulted from a tendinitis, then your physiotherapist will utilize modalities such as ultrasound and will work to increase your lower leg flexibility/strength. He or she will also address the possibility of poor lower extremity biomechanics, such as overpronation.

Ultimately, prevention is the key. Anytime you start (or re-start) a running program, make sure that your shoes are not worn out and you progress gradually to increase distance and change terrain. Prepare your lower leg muscles with a stretching/strengthening program at least 4-6 weeks before you start your running program, maintaining it throughout your running season.

CRANFIELD CHIROPRACTIC CENTRE

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ROBERT H. CRANFIELD, D.C.

Last month, I discussed some factors that tended to cause life long allergies in young children. These affect the baby in utero and the first three years of life. I mentioned that the maturation of the immune system towards immunoglobulin G or E (a Th1 or a Th2 response) largely determines this, and that the Th1 response was the direction you wanted the immune system to take.

Factors that cause a Th2 response (things to avoid)...

1. Antibiotic use in the first 2 years of life.
2. Vaccination with whole cell pertussis vaccine (whooping cough)
3. Reduced exposure to the 3 D's - dust, dander, dirt (a too sterile environment)
4. Increased dietary exposure to mega 6 fatty acids (vegetable oils-corn, sunflower, safflower)
5. Insufficient dietary antioxidants
6. Reduced dietary exposure to omega 3 fatty acids (flax, canola, fish oils)
7. Vaccination with live attenuated mumps and rubella viruses.
8. Not breast feeding for the first 3 months of life.
9. In utero maternal diets high in omega 6 fatty acids.
10. Exposure to diesel exhaust particles in the air.
11. Exposure to environmental toxins and pollutants.
12. Increased exposure to saturated fats.

Next month, I will discuss some of the factors that cause a beneficial Th1 response. Until then, experience health naturally with chiropractic care.

GEORGETOWN NATUROPATHIC WELLNESS CENTRE



Jane Buckler
 B.A., N.D.
 Naturopathic Doctor

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

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Q: How do I alleviate the soreness and pain of sunburn, bug bites, stings and poison ivy?

A: One of the few drawbacks to summer is the challenge of dealing with the things that bug your skin. A natural summer first-aid kit should include the following: 250mgs of calcium and 12.5 mgs of magnesium, taken 2-3 times a day for 4 days will calm and soothe your skin. 1000mgs of Vitamin C (with bioflavonoids) taken 2-3 times per day is anti-inflammatory (cut back if stools become loose). *Aloe vera gel* is soothing for bites, sunburn and skin rashes from poison ivy/oak. *Calendula gel or cream* will soothe and relieve the irritation when applied directly. *Tea tree oil* is a strong antiseptic and aids healing (always dilute oil first before applying to skin) and use as a compress for 10-15 minutes four times a day. An old standby for treating minor skin burns and stings is to mix 2 teaspoons of *baking soda* and 2 teaspoons of *Epsom salts* with enough water to make a paste, apply directly for 20-30 minutes. Homeopathics to include are: *Apis*, *Ledum* and *Nat Mur* for bites and stings, *Belladonna*, *Urtica urens* and *Kali Mur* for burns and *Rhus Tox* for poison ivy/oak (all 30C doses). Also, remember...drink lots of water (1-3 litres per day), and more with prolonged sun and heat exposure. Hydration is important to healing, each and every day.

SUSAN S. POWELL
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FAMILY LAW

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

(905) 455-6677



SUSAN POWELL

Q: My husband and I have decided to separate. Our 15 year old son wants to live with my husband but our younger daughter wants to live with me. My husband says he doesn't have to pay me child support if we each have one child living with us. Is this true? His income is much higher than mine

A: Split custody is where one child lives with each parent and the other parent has access. In these cases the Child Support Guidelines set out the amount a person would pay for child support for one child based on their income. These amounts are then set off against each other to determine the set amount, for example, if your husband's income is \$50,000 per year, he would pay you \$429.00 per month. If your income is \$25,000 per year, you would pay him \$222.00 per month. These amounts are set off so you would receive from your husband \$207.00 per month

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 BRENT COOPER
 CERTIFIED HOME INSPECTOR

Q: Is the electrical system an important part of a home inspection?

A: Yes, it is probably one of the most important components when inspecting a home.

The electrical system is one system we interact with every day. It may seem harmless to the average layperson, but if improperly installed or tampered with it can become a hazard to the home or its occupants.

In my experiences as a Home Inspector, it is rare to come across a home that does not have an electrical problem at some level. Some situations that I have experienced in my practice include improper fuse or breaker or wire size, unprotected wires, overheated wires, GFCIs inoperative and live exposed wires. Even a missing cover plate could be a life safety hazard for a child. Over time a home can see many inexperienced people tampering with the electrical system. Do not fall prey to someone's poor handyman work, always book a home inspection before you purchase a house. If you question the electrical system in your current home, book a maintenance inspection which will inform you of the current condition of the operating components of your home. We are available 7 days a week.

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Q: What are the basic elements of an estate plan?

A: Here are the basic elements of an estate plan:
 A will: A properly drafted Will ensures that your wealth is distributed according to your wishes.

Tax plan: In Canada, your estate won't face death taxes as it would in some countries. But for income tax purposes some of our assets may be deemed to have been "sold" when you die, which means the estate could face a hefty tax bill for items such as capital gains. A number of strategies can help ease the tax burden, including transferring assets to children while you're alive. Trusts within your will can also be used to save tax for beneficiaries after you are gone.

Life insurance: Life insurance coverage can supplement your wealth and help provide financial security for your beneficiaries, and can be utilized to pay the taxes that may arise on death, thus preserving capital accumulated.

Business succession plan: Business owners should have a plan for their enterprise. This may involve selling the business and distributing the assets to their heirs, passing it along to children or stipulating who should manage the business. In most cases, the succession process should begin long before retirement, not at the time of retirement or when you die.

Enduring Power of Attorney (POA): You may need help with your assets while you are alive. If you are incapacitated and unable to manage your financial affairs, an Enduring POA can give a trusted spouse, friend, or relative the power to manage your affairs.

An estate plan should be considered part of an overall financial plan. Your estate plan takes your strategy one step further, allowing the wealth you build to provide for your loved ones after your death.

Ask us how to get started on an estate plan. This is one area where good professional advice is crucial.

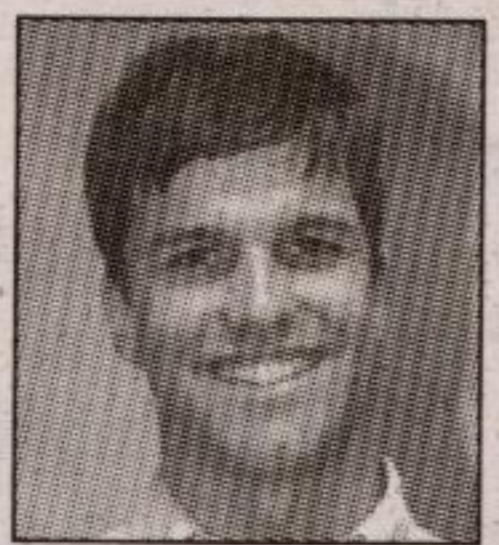


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SERGE LECLAIR

Q: I have great success in my garden with some plants and not with others. How can I solve this dilemma creatively?

A: Here on the north side of lake Ontario, it is possible to go from one end of the soil spectrum to another. You may have a fast draining sandy soil while someone close by could have a poorly drained hard clay. You can improve your soil with additives but you can't entirely change it! Why not plant more of what does well in your garden?

One of the fastest growing trends today is to start a collection of one or more plants. You can add to your botanical collection yearly, knowing that the plants will thrive. There are many trees, shrubs and perennials which have multiple named varieties with burgundy, lime green or variegated foliage. Consider japanese maples, rhododendrons and azaleas, potentillas, hostas, lilies, ferns and grasses.

This year in the garden centres you will find wonderful perennial Coral Bells such as the silvery Heuchera 'Velvet Night' or tri-colour Heuchera Amber Waves. New rhododendrons include April Mist, April Rose and the intriguing Bikini Island! A collection will provide a great new dimension to your garden!

Attention Readers

Send any questions you may have for our professionals on this page clearly stating who your question is for and with the heading "Ask The Professionals"

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Attention: Ask A Pro

If you are a professional who would like to be part of this page ~ call Angela 905-873-0301