

Ask The Professionals




Allison's Farm Market
Always Fresh From Our Fields

Bob Allison, B.Sc., Agr. "FARMER"
10636 8th Line, Georgetown, (905) 873-8283

Gabrielle Allison, B.Sc., R.D. CONSULTING DIETITIAN

Q: Why is it recommended to eat plenty of the bright/rich coloured fruits/vegetables?

A: The bright, rich colours of many fruit and vegetables are due to plant pigments. They are antioxidants - plant chemicals that may help reduce the risk of disease (eg cancer, heart & eye diseases) and help maintain good health. The U. of Calif., Berkeley Wellness Letter, lists some of the main plant pigments and their sources:


Red (lycopene) - tomatoes, pink grapefruit, watermelon, guava. **Red/Purple/Blue (anthocyanins)** - blueberries, strawberries, beets, eggplant, blue grapes, red cabbage, plums, red apples, cherries. **Orange (alpha & beta carotene)** - squash, pumpkins, sweet potatoes, red/orange peppers, apricots, carrots, mangoes & cantaloupe. **Orange/Yellow (beta cryptoxanthin)** - peaches, oranges, tangerines, nectarines, papayas. **Yellow/Green (lutein & zeaxanthin)** corn, cucumbers (with skin), green beans, green peas, green & yellow peppers, honeydew melon, kiwi, dark green lettuce. There are also beneficial phytochemicals in colourful foods besides pigments, i.e. indoles, in broccoli. Also, pale plant foods, such as cauliflower, green grapes, beans, bananas and pears have phytochemicals, vitamins and minerals. In season right now at Allison's are, squash, pumpkins, apples, pears, peppers and tomatoes.

GREG J. LAWRENCE, B. Sc., D. Ch.
FOOT SPECIALIST/CHIROPODIST

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




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

Q: How do you treat leg length differences?


A: Treatment of leg length differences (LLD) must be done on an individual patient basis. Every case is different and must be assessed based on the individual's age, fitness, and ability to adapt to treatment. For example, LLD in a shorter person has a more adverse impact on the body than a taller person. And while a younger, flexible spine will accept more correction than a highly degenerative one, this doesn't mean that an elderly person with LLD will not benefit from treatment.

When it comes to treating children with LLD and flat feet, many people believe that we should not interfere with a child's development. But what better time to do it than when the body is most able to respond to change and adapt accordingly? Not treating LLD or flat feet in a young person is more likely to adversely affect their growth and proper development over the long term. X-rays are the most accurate method for measuring LLD. This technique is not as popular as manual measurement because LLD is still seen by many as a minor orthopedic finding. A popular method of LLD treatment is to lift 50% of the measured difference. Some patients have severe symptoms with only a minimal leg length differences, and even a 3 mm lift can make an improvement.

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(905) 877-CARE (2273) DR. ANOOP SAYAL

Q: My hygienist always talks about "plaque". What is plaque?

A: Plaque is an invisible bacterial film that builds up on your teeth every day. That sticky feeling you get when you wake up in the morning is bacterial plaque. It forms after you eat anything and can form above or below your gumline. The bacteria in plaque contain toxins that attack and damage your tissues. Plaque causes gum disease and cavities. In other words, plaque must be removed every day or the bacteria will start to decay your teeth and loosen your gums. At your hygiene visit, we routinely evaluate your plaque levels and inform you of the proper ways to clean your teeth and gums to prevent plaque from hiding around your teeth and gums.

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38 OAK STREET GEORGETOWN MANON DULUDE

Q: I seem to have a difficult time staying focused on my goals and reaching the overall lifestyle I dream of. Is it because I am lazy? Why is it so difficult for me to achieve what I really want?

A: You are not alone in your struggle to give focus to your life and stay the course to reach the goals and vision you have set for yourself. Achieving a meaningful and satisfying lifestyle is no easy task and most of us have not been given the tools to know how to get there. This lack of tools and support results in people falling short in the implementation and completion of their plans, often causing a lack of confidence in one's ability. Taking charge of your future and becoming successful at reaching a specific vision in your professional or your personal life is not out of reach. I suggest that you investigate hiring the services of a personal life coach. We are all familiar with the concept of an athletic coach, and accept the idea that athletes need support in their daily training to reach excellence. A life coach can play a similar role for you. A coach helps you establish a stronger personal foundation and a balanced life by examining your personal habits, health and well being, finances, relationships and life philosophy. A coach is a highly trained partner and mentor who provides you with guidance, support and the necessary tools, as you are on the journey of self-discovery and working at recreating your personal and professional life. A coach holds you accountable, cheers you on, points out pitfalls, offers alternative perspectives, challenges you, builds on your strengths and helps you chart your path. Your relationship with your coach is a personal, collaborative and dynamic partnership. Contrary to the relationship you would have with a therapist, a coach shares his/her personal and professional experiences and successes as a means to support your journey. **Your coach is most interested in one thing: YOUR SUCCESS.** Any one who wants to challenge themselves and improve their lives can benefit from a life coach; women returning to work, those wanting to change careers, small business entrepreneurs, university students, newly separated/divorced, couples, newly blended families etc. Manon Dulude has coached and mentored many individuals as they journeyed to their highest level of excellence both in their personal and professional lives. Manon offers face to face and telephonic coaching to individuals and groups. Call Manon for more information on Life coaching 905-873-9393.

HALTON HILLS SPEECH CENTRE
211 Guelph St., Suite #5 Georgetown L7G 5B5




873-8400 www.haltonspeech.com Karen MacKenzie-Stepner

Q: My 17 month old son babbles a lot but does not talk as of yet. I take him to a Parent-Child Centre and see other toddlers his age talking, some of them even using two-word sentences. Should we worry?

A: This is a difficult question to answer. In general, as long as you eliminate the serious things that might be wrong - deafness for instance - and as long as there is comprehension and sociability, not talking at 17 months or even at 20 months is not as big a deal as parents often fear. By age 2 however, if your child doesn't have a vocabulary of about 50 words and doesn't put them into simple sentences, it's reasonable to begin to ask why. There are a number of reasons why an otherwise normally developing child might not talk, from extreme shyness to slow physiological development that makes articulation difficult. Ruling out these possibilities requires an evaluation. It is also important to note that of the 10% of young children with language difficulty, for 3% of them there is no obvious reason why. If you have concerns or would like more information, contact our centre.


RBC Dominion Securities
Phone: 905-877-5659 or Cell: 905-866-9414




Email: bbyckow@rbcds.com Barbara Byckowski Investment Advisor, BBA, PFP, CFP

Q: We have just started a new business. Is there any changes I should make to my investments?

A: Congratulations on starting your business! In starting a new business, most of the focus is on protecting yourself from business-related risks. In fact, your personal investments are now exposed to creditor claims. You can protect your personal investments - rsp and non-rsp - through segregated funds. This investment alternative offers you the growth potential of industry-leading mutual funds (yes, there are good funds out there) or the security of GIC's. Segregated funds offer creditor protection through the insurance contract. This is a great way to give you peace of mind with your personal investments so that you can focus all your energy on the business. Good luck!



The Centre
Skills Development and Training
Employment Counselling Program




184 Guelph Street Georgetown, ON 905-702-7311 / 1-866-260-1174 Greg Daly Coordinator/Counsellor

Q: I was just laid off after working at the same company for 20 years. I have never been unemployed and I don't even have a resume. Where do I begin?

A: If it's any consolation every year thousands of Canadians find themselves in a similar situation to yours. Downsizing is a common phenomenon in our society. In order to find employment an individual needs a sound strategy which involves marketing yourself. One of the marketing tools you will have to have is an effective resume that makes an immediate impression on a prospective employer. There are different kinds of resumes that you might use depending on your circumstances. There is the standard chronological resume which identifies your last employer, position and duties and responsibilities and goes back in time. If you want to stay in the same field of work use this style. If you are looking at changing careers you might want to consider using a functional style resume which focuses on specific skill areas that you have that are transferable and relevant to other employment opportunities that you may be interested in. Whichever style you choose there are a few basic tips you can follow that will improve your chances of obtaining an interview. First it is recommended that you have a Profile or Summary section near the top of your first page which highlights your most marketable skills in relation to the job you are applying for. This section can change each time you apply for a specific job and it should address the skills the employer is asking for. Most employers receive hundreds of resumes for advertised positions so they may only have time to scan yours. If you highlight your relevant skills and experience in this section you improve your chances of success. A second tip is to include achievement or accomplishment statements in your resume. The employer will want to know how you have made a significant difference at companies you have worked for. Have you implemented any innovative ideas that contributed to increased efficiency of procedures at your previous place of employment? Were you responsible for increased sales? The addition of achievement statements to your resume will set you apart from the competition. If you are unemployed you might consider seeing an employment counsellor at the Employment Partners Centre here in Georgetown at 184 Guelph St. for advice and direction in your job search efforts. You might also consider taking advantage of the resume service offered by JBJ Employment Services who is a partner at this site. The Centre for Skills Development & Training in partnership with JBJ will be offering a free Interview Workshop for the public during Canada Career week on Tuesday November 5th from 7 - 9:30 pm. For information on the services listed above call the Centre for Skill Development & Training at the Georgetown Employment Partners Centre at (905) 702-7311.

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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 been resting my sore back for weeks. Now as soon as it seems to start to get better it flares up again. Why?

A: It is common for people to treat muscle and joint soreness with the strategies that they have learned from treating other common illnesses. When one gets the flu the most common strategy is to rest and let some time pass. When one wishes to get stronger people with often exercise with as much vigour as their will can generate. The strategy that is most effective in recovering from joint and muscle pain lies in the middle ground between these two extremes. Knowing how much to rest the injured tissue and how to rest it in the context of maintaining a relatively normal lifestyle depends on numerous factors such as what exact tissue is the painful one and how it is stressed when doing daily activation. Consulting a Physiotherapist will allow these questions to be answered quickly and precisely so you can get on the road to a sustainable recovery sooner.

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" **MAIL or FAX**

The Independent & Free Press

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Attention: Ask A Pro

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