

Ask The Professionals

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IDA MAE
 WOODBURN

Q: How much pressure should I experience during a reflexology session?

A: Pressure should be at each person's tolerance level and this will vary from person to person. People have different thresholds for pain but it is also important to understand that pain does not heal. The reflexes should be stimulated with firm but gentle pressure and minimum discomfort. If pain is experienced this is a warning signal but on certain reflexes such as the pituitary or solar plexus tenderness can be expected. There are several categories of people such as the very young, elderly, ill or pre or post surgery where the touch would be lighter and the sessions would be shorter and more frequent. Deep rapid movements tend to be stimulating, while lighter but firm movements are relaxing. There are also many factors which affect tenderness. Individuals who are experiencing physical, mental or emotional stress may find all reflexes to be tender while medications may reduce sensitivity. Injury, level of wellness, age (young/elderly) or footwear may also increase or decrease feeling. If the feet are too sore to be touched then the energy field around the foot can be worked using sweeping motions.

Elayne Tanner & Associates Inc.

Elayne M. Tanner

B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.
 Counselling & Psychotherapy
 Individuals, Couples, Children & Families

11084, 5th Line, Milton, Ontario
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Elayne M. Tanner

Q: I am very interested in the seminars you have been offering, but couldn't make it last time. Can you tell me what you have planned now before Christmas?

A: The seminars have been met with such interest that we will be hosting 2 of them again this month. The Assertiveness for Women will be on Friday, November 22, 2002, 9 a.m.-4 p.m. For \$150.00 +GST you will receive communication skills training that will allow you to present yourself in an assertive, confident manner. You will learn to recognize aggressive, passive and passive-aggressive styles that make communication difficult and non-confrontational ways to deal with people who use these controlling styles. As part of this day, we will be instructed in simple but effective techniques of self-defense. Having learned these myself, I can tell you that they are something any woman can do and although you may never need them, you will gain confidence and not look like an easy victim. You will also enjoy a wonderful lunch and breaks, a seminar binder and the company of other great women in a relaxing and beautiful setting.

The **Separate and Divorce Smart** workshop will be held in two 3-hour evenings 7-10 p.m. Tuesdays, November 26 and December 3, 2002 at the total cost of \$200.00 +GST. This will include snacks, beverages and seminar binder full of valuable legal information. This workshop, presented by lawyer Marilyn Samuels, welcomes both men and women. You will learn your rights and obligations whether you are in the process or even contemplating separation or divorce. While gaining the necessary information you will save yourself hundreds of dollars. You will even learn how to choose the right lawyer for you. Payment by cash or cheque in advance is required to hold your spot. Please call for further information regarding either of these workshops.

BETTY E. McTAGUE
CHIROPODIST
 FOOT CARE SPECIALIST
 Georgetown 702-0111



BETTY McTAGUE

Q: What are bunions?

A: Bunions are abnormal "bumps of bone" formed on the side of the big toe joint or on the top of the big toe joint.

If untreated, a bunion can ultimately lead to a serious arthritic condition of the joint or to a serious dislocation of the great toe causing overlapping or underlapping of the big toe onto the 2nd toe. This problem has the medical name of Hallux Abducto Valgus. Even a mild bunion can make you walk improperly, which in turn can lead to pains of your arch, leg and or back.

The number one reason for a person to have bunions is **Heredity**. It is not unusual to see three generations of a family with the same type of bunion problems. To a much lesser extent poor posture and ill-fitting shoes may also be responsible for the formation of a bunion.

Another type of bunion which some patients experience is what is known as a TAILOR'S BUNION or Bunionette. It is located on the opposite side of the foot where bunions normally appear, around the little toe joint, and emerges as something of a smaller bump, then the regular bunion.

In its early stages, the measures for relieving bunion pain at home are relatively uncomplicated. Warm water foot soaks may bring considerable, although transitory relief, as does cutting shoes out over the bunion.

If conservative measures do not relieve the pain and deformity, it may be time to refer your bunion problem to your chiropodist. Please do not assume foot surgery is automatically needed to treat bunion problems. In fact foot surgery for bunions should always be a last resort. There are many ways to treat them without surgery.

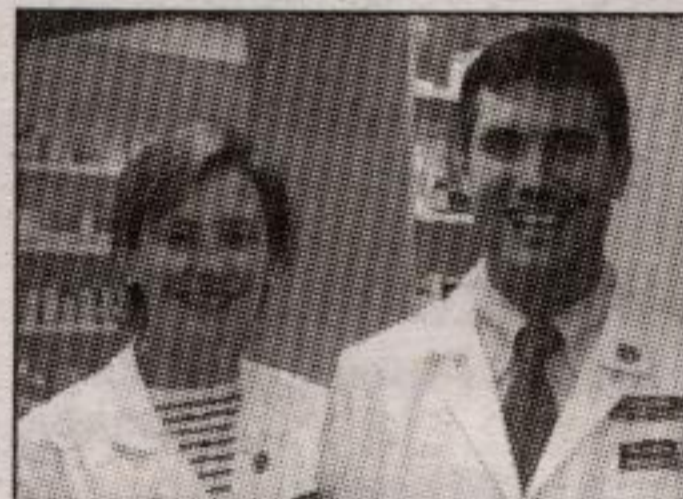
Such treatments as **Physical Therapy, Orthotics**, padding and strapping, medications and latex shield have proven to be some of the highly successful non-surgical treatments used in the **Ambulatory Foot Clinic** to treat bunions. If foot surgery is needed, it is performed using minimal incision techniques in the comfort and privacy of the Clinic.

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Lisa Bowen B.Sc.Pharm.
 James Bower B.Sc.Pharm.

Q: How do I know if my child has a fever and how do I treat it?

A: Fever is common in children and is usually due to viral or bacterial infections. Reactions to vaccinations may also be a cause. A doctor should evaluate a fever if it is greater than 40.5 degrees Celsius, if it persists for longer than 3 days or if it is recurrent.

There are several ways to measure body temperature: orally (mouth), rectally (bum), under the armpit (axillary), or in the ear (tympanic). Electronic thermometers are available that are fast and easy to use, and avoid the safety concerns of those that contain mercury.

Normal Child Temperature Ranges

Measurement Location	Normal Temperature Range
Rectum	36.6 - 38.0°C (97.9 - 100.4°F)
Mouth	35.5 - 37.5°C (95.9 - 99.5°F)
Armpit	34.7 - 37.3°C (94.5 - 99.1°F)
Ear	35.8 - 38.0°C (96.4 - 100.4°F)

Compared to adults, children are more sensitive to outside temperatures and are at a greater risk for dehydration. Parents and caregivers should be aware that in a small number of children 3 months to 5 years of age, febrile seizures (seizures associated with fever) may occur. They are rarely associated with long-term consequences but can be very frightening to parents.

Acetaminophen (Tylenol or Tempra) and ibuprofen (Advil or Motrin) are the products that can be used for the treatment of fever in children and adolescents. ASA (Aspirin) should be avoided in children less than 18 years because of its association with Reye's syndrome. Consult your pharmacist or doctor for further information.

Edward Jones

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Colin M. Brookes
 Investment Representative
 905-873-7630

Q: What is the difference in RESP's between individual and pooled plans?

A: If you've looked into Registered Education Savings Plans, or RESP's, to pay for your children and grandchildren's post secondary education, you've probably discovered two types of plans: Individual and pooled plans - also known as group or scholarship plans. So what's right for you? Individual plans are flexible and investors control the payouts. That means you decide where your money is invested and when. And these plans are transferable to your other children. Some people believe pooled plans incur less risk because the money is invested in safer options. They are less flexible though because investors allow someone else to choose where the money goes. And there can also be up-front enrolment, administrative, trustee and depository fees. Remember that rules around RESP's are always changing. Talk to your investment advisor if you have any questions or concerns before signing on the dotted line.

CLOUD 9

HEALTH AND BEAUTY CARE
 MASSAGE THERAPY

905-702-1099



AFTAB SHAIKH
 Registered
 Massage Therapist

Q: Can massage therapy help in neck & shoulder pain?

A: Pain in neck and shoulder joint (gleno humeral joint) is caused by the following reasons: 1) Repetitive strain injuries 2) Improper posture 3) Dislocation of the joint 4) Accidents

The muscles around the joint shorten and stiffen causing loss of mobility along with tightness, discomfort, aches and pain. The nerves that pass through the muscles also get pressed causing altered sensations and at times atrophy of the muscles. Since the shoulder joint has the most shallow joint cavity, it is prone for dislocations causing damage of the ligaments and tendons leading to scar tissue formation.

Massage therapy does help such conditions in many ways. The surrounding muscles are massaged and stretched increasing tone and flexibility, also causing break in the scar tissue and improving the health of the tissue. The circulation to the area is increased bringing in fresh new blood along with nutrition to the joint. Also therapeutic massage flushes the metabolic waste and toxins around the area. The nerve impulses improve, and the pain fibers firing is dominated by therapeutic massage techniques causing relaxation and decrease in pain. Since the muscles relax, the nerves signals to their respective muscles improves which helps in reversal of the frozen shoulder symptoms.

If in case you need further information please book a free appointment. And Hey! In the meantime... don't forget to keep Smiling.

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 to

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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

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HALTON HILLS HOME INSPECTION SERVICES



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Brent Cooper R.H.I., C.E.A.
 REGISTERED HOME INSPECTOR
 CERTIFIED ENERGY ADVISOR

Q: My energy bills are high, is there something I can do to help reduce them?

A: Yes, as an Energuide™ for Houses Certified Energy Advisor I can perform an Energy Evaluation of your home. An evaluation involves detailing all relevant information regarding the present energy condition of your home into a software program including a blower door test, which provides me with information on the air tightness of your home. All data collected is analyzed leaving you with a current Energuide™ rating of your home and upgrade recommendations to improve the efficiency and comfort of your home. Once upgrade recommendations are completed I will return to re-rate your home with its final Energuide™ rating.

Here are just a few of the benefits of an Energuide™ Evaluation:

- Reduce heating and cooling costs
- Keep your home comfortable -warmer in winter, cooler in summer with fewer drafts
- Reduce condensation and poor indoor air quality with proper ventilation
- Provide heat loss/gain calculations for renovators or contractors
- Give you a totally unbiased opinion- we are not there to sell you anything
- Report will give you estimated annual cost savings after upgrades
- Help the environment by lowering CO2 levels
- An educational experience for the homeowner

To book your evaluation or for more information please call our office.