

# Ask The Professionals

## GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

(905) 877-8668



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Marta Masley  
B.Sc.(PT), M.C.P.A.

**Q:** I was recently in a car accident. I am now experiencing neck pain, which my doctor has referred to as a "whiplash" injury. What is this, and how can I get better?

**A:** Frequently during a car collision when one is relaxed and subsequently rear-ended, one's head is thrown backwards (hyperextension) and then forwards again (hyperflexion). This results in a soft tissue injury around the bony vertebral column of the neck (cervical spine), which is referred to as a "whiplash". Soft tissue refers to all tissue such as muscles and ligaments, excluding bone. These muscles and ligaments become over stretched and some fibres are possibly torn. This may result in internal bleeding known as hemorrhages, which in turn causes muscle spasm. Depending on the severity of your whiplash injury, a soft collar may have been prescribed by the emergency department or your family doctor after bony and neurological stability has been determined. This helps support the injured tissues, but should not be worn for any prolonged period. It may produce added stiffness and tissue shortening. Seeking the treatment of a *physiotherapist* will help expedite your recovery. He or she will carefully gauge your progress, ensuring that your neck does not receive further stress which would interrupt the healing process. Of added importance is the need to maintain neck mobility, range of motion, strength and function during the recovery phase. Your *physiotherapist* will utilize various modalities, manual therapy and therapeutic exercise, progressing you towards full recovery.

## CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET  
NORVAL, ONTARIO  
(905) 877-4288



ROBERT H. CRANFIELD, D.C.

**Q:** How can a visit to the chiropractor improve my overall lifestyle?

**A:** In a previous article, I discussed the potential long term hazards of having the flu shot. For more information on this and all types of vaccinations, please visit the National Vaccine Information Center at [www.909shot.com](http://www.909shot.com).

This month I would like to discuss the things that you can do to keep you healthy by supporting your immune system. The chiropractic principle maintains that health is something that happens from the inside out, and not from the outside in. Health and wellness, just as disease and sickness, are due to process and are not events. This process is a result of your lifestyle.

Lifestyle include such things as nutrition, exercise, proper rest, and reducing the stress in your life. These things are all very important and need to be addressed. There are experts in all these fields to assist you.

However, one aspect that is often ignored is the role of your spine and nerve system in the immune response. Researchers have discovered that the autonomic nerve system is the MAJOR regulator of your immune system. This immune response is literally turned on and off by the central nerve system using something called neuropeptides. These neuropeptides are released from the limbic tissue of your central nerve system... and they have discovered that there is more limbic tissue in the spinal chord than the brain.

Subluxations (misaligned vertebra) in the spine cause adverse chord tension which interferes with the function of the limbic tissue resulting in a poor immune response. Proper spinal health is essential for a healthy immune system. So, rather than exposing yourself or your family to the potential risks of vaccination, make an appointment at your chiropractor's office for a proper spinal assessment.

Experience health naturally with regular chiropractic care.

## GEORGETOWN NATUROPATHIC WELLNESS CENTRE



Jane O'Malley  
B.A., N.D.  
Naturopathic Doctor

Services provided:

- Registered Midwives
- Certified Aromatherapist and Reflexologist
- Ear Candling
- Food Sensitivity Testing
- Laboratory Services

16 Mountainview Rd. S., Suite 102,  
Georgetown  
(905) 873-2361



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

**Q:** With the weather changing my skin is becoming very dry. What can I do to help prevent this?

**A:** When the heating system turns on and the weather gets colder our skin starts to get flaky and dehydrated. There are many over-the-counter creams, some of which will be right for your skin type. Protect your skin from wind and sun exposure with sunscreens and clothing. Most important, but often forgotten though, is caring for your skin *from the inside*. Water accounts for two-thirds of the average adult's body weight and is involved in just about every bodily function, from transporting and using nutrients to maintaining blood pressure and body temperature and removing toxins. You are dehydrated if you do not have enough water to function properly, and most of us don't drink enough. Eight 8-ounce glasses of water per day is the minimum (yes, that's one and a half of those 1.5 litre bottles). Do not wait until you are thirsty to drink. Avoid alcoholic and caffeinated beverages. They are diuretic and increase your body's excretion of fluids and electrolytes. Your daily needs increase with consumption of these beverages, as well as with sickness with vomiting and diarrhea, and with exercise. Supplemental vitamins, minerals and trace-minerals can also help. So, drink up and stay hydrated and healthy this winter.

## SUSAN S. POWELL

BARRISTER & SOLICITOR

FAMILY LAW

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

(905) 455-6677



**Q:** My son is being married next October. His fiancé is a wonderful girl but I know the statistics for divorce are high. Is there anything he should be doing before he gets married to protect himself if his marriage fails?

**A:** One of the steps a young couple can take when they get married is to make a list of their assets and debts that they each had on the date of their marriage. If they have any documentation to verify this information they should put it together with their list in a file. Hopefully they will never need it but they will have it in case they separate in the future. The list should include the items and its value.

If one of the parties owns substantial assets and, particularly if they own a house, they should obtain legal advise and possibly consider a Marriage Contract.

Most lawyers will provide a consultation at a reduced rate and it may be well worth it for your son to obtain legal advise prior to his marriage.



Sheridan Nurseries

## Georgetown Garden Centre

12266 10th Line

Tel: 905-873-7547

email:

[georgetown@sheridannurseries.com](mailto:georgetown@sheridannurseries.com)



SERGE LECLAIR

**Q:** I have several avid gardeners to shop for this Christmas. What should I look for this season?

**A:** We have several great gift ideas for gardeners and everyone else on your list! Consider the following suggestions:

1. An All-Season outdoor container program, created each season by our design experts.
2. Birdbath heater so water is available to feathered friends all winter long.
3. Attractive and functional garden clogs.
4. A beautifully illustrated monthly gardening calendar.
5. Top of the line bird feeder by Duncraft, Heritage Farms, or Yule Hyde.
6. Decorative gardening plaque to enhance their favourite area of the garden.
7. Attractive outdoor thermometer.
8. Gardening journal with lots of page space to write extensive notes and keep photo's of their garden in bloom.
9. Felco hand pruner - an ideal choice for the serious gardener.
10. Sturdy and protective garden gloves and kneeling pad.
11. Gardener's Soap and hand cream to use after hard work in the garden, or everyday!
12. A built-to-last hand trowel and/or fork.
13. A tree, to be selected and planted in the spring.
14. Teak bench for the garden or a bistro set from the balcony or small patio.
15. New houseplant complete with attractive planter
16. Orchid plant with matching planter and mister.
17. A gift certificate, in any amount, with no expiry date.

Visit the store nearest you for more great gift ideas and Happy Holidays!



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Andrew Mackenzie  
B.B.A., CFP  
Associate Regional Director

**Q:** Is there more to estate planning than having a will prepared?

**A:** Yes! Having a will is the means by which you make your wishes known about who will receive the assets that you leave behind. The manner in which you structure your bequests can have a tremendous impact on how much tax your beneficiaries will pay on the income or gains from the inherited money. Using spousal or family trust as a part of your will can save your beneficiaries thousands of dollars in tax every year. The process of determining if trusts are a good vehicle for your estate planning can be confusing. By seeking competent advice, you can find ways to significantly increase the money your heirs get to keep on a yearly basis.



60 Park Ave.  
Georgetown  
877-5004

Halton Hills  
Child Care Centre



LUDI CHAPERLIN  
E.C.E.C.

**Q:** What method of discipline should I use for "Aggressive behaviour"?

**A:** Aggressive behaviour should be dealt with the same way as any other behaviour.

Fairness, consistency and relation to the behaviour are the key factors. Focus on the feelings and take this opportunity to talk about them and to teach appropriate social skills. ie: A child hitting. How is he/she feeling? is he angry, disappointed, upset? It's OK to have these feelings but it is NOT OK to hit. When you talk to your child focus on the behaviour not on the doer. ie: "It is your hitting that I don't like" rather than "I don't like you when you hit". When you talk to your child, he/she will see that his/her needs and feelings are not being ignored. Children will begin to understand that they can get satisfaction by talking about their problems rather than resorting to physical force. Your tone of voice is important, because that indicates you respect your child even though his/her behaviour is not acceptable.

Consistency lets your child know what to expect. Sometimes the method needs to be tried more than once in order to work.

Ultimately you want your child to have self control and self confidence.

## MORTGAGE GENESYS

A DIVISION OF TERRA NOVA  
FINANCIAL SERVICES INC.

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Victor Phyllis

**Q:** How much of a down payment should I make on purchasing a home?

**A:** The answer to this question is determined by what related costs you are going to run into with buying the home, moving and getting settled in the home. Consider that you will have legal and other costs in purchasing the home. As well, what will the move cost? Then, do you need new furniture or money for renovations large and small? Rarely is a house exactly the way we want it as we move in. Make sure not to stretch yourself too thin by increasing your down payment. Call me for advice.

Next time, what is CMHC and how does it work?



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SPA AND SALON

2 Adamson Street, Norval  
905-877-1604

[www.adamsonspa.com](http://www.adamsonspa.com)  
1-888-633-3094



Drina Nizic

**Q:** What should RMT mean to me? Why should this designation matter to me?

**A:** This is the designation an Ontario Certified massage or bodywork professional has earned. High standards maintained by all accredited Ontario College of Massage Schools make it a challenge to be both accepted into the two year program and to successfully complete the course. This career choice is not to be taken lightly. An average cost \$20,000 is the standard investment price one should consider saving in order to consider an RMT career.

The professional who hold the RMT credential:

- shows he or she has attained the highest credential available in the profession
- upholds the code of ethics
- demonstrates an ongoing commitment to maintaining professional growth through continuing education
- has greater accountability to clients and employers and answers to a governing body that upholds a complaints and discipline process for clients and employers

These are just some factors which translate into safe, ethical and professional conduct, for you, the consumer, from a provincially certified practitioner.