

Ask The Professionals

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC
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Marta Masley
B.Sc.(PT), M.C.P.A.

Q: The season for my favourite hobby - gardening - is approaching. I want to make sure that this year I am prepared, and don't end up hurting my neck and back as I did shortly into last year's season. Is there anything that I can do to prevent injury?

A: First of all, you are on the right track by seeking "prevention" advice rather than waiting until you have sustained an injury. Gardening can be just as strenuous as any other sport, putting your body in awkward positions, involving repetitive movements and requiring stamina. Therefore, it requires a warm up and strategy like other sports. A warm up is important because it helps decrease strain and fatigue to your muscles by making them more extensible. A proper warm up will include stretches that are held for 20-30 seconds and repeated 3 times. Important areas to stretch before gardening are: neck, shoulders and low back. Aside from preparing your body for gardening, you should utilize the appropriate tools to make the task easier on you. Ergonomic tools are designed to minimize the stress on your body so that you can enjoy your gardening. Ensure that your work is directly in front of you and at an appropriate height. The less reaching, twisting, bending that you have to do, the easier it will be on your body. Finally, know how to pace yourself and when to stop. Take a break when you feel you need it. Ask for assistance when you have to lift something heavy. Don't push through if you are feeling any discomfort or pain. You don't want to put an early end to your hobby.

CRANFIELD CHIROPRACTIC CENTRE

518 GUELPH STREET
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ROBERT H. CRANFIELD,
D.C.

Q: I love gardening, but I hate what it does to my back. Do you have any suggestions?

A: This is the time of year when the urge to get "down and dirty" strikes most Canadians. However, after a season of inactivity and "channel surfing", the sudden burst of energy may lead to serious back problems that can dampen the enthusiasm of even the most ardent gardener! The following tips, for safe gardening, spell out "HEALTHY BACKS."

1. Have the right tools at hand. They make the job easier and prevent injury.
2. Ensure you drink plenty of fluids. By the time you are thirsty, you are dehydrated.
3. Alternate between light and heavy jobs, and change sides to avoid repetitive strain.
4. Lift correctly. This is so important to avoid serious injury.
5. Take frequent breaks. Rome wasn't built in a day, and your garden won't be either!
6. Heavy loads should be shared. Enlist some help to protect your back.
7. Your feet should be protected with thick-soled shoes...no sandals or bare feet.
8. Before you start, warm up your muscles. Athletes don't perform without a warm up.
9. Avoid muscle strain, learn the right techniques for raking, digging, pruning, etc.
10. Change positions and tasks frequently.
11. Kneel to plant and weed. Avoid bending over at the waist; bend your knees instead.
12. Spinal check-up at your Chiropractor's office. A spine that is aligned will function better and is far less susceptible to injury, than one that is not.

Follow these tips, and remember your sunscreen and insect repellent, for pain-free, happy, gardening!!

GEORGETOWN NATUROPATHIC WELLNESS CENTRE

Services provided:

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



Nicole Meier
B.Sc., N.D.
Doctor of Naturopathic Medicine



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

16 Mountainview Rd. S., Suite 102,
Georgetown
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Q: I suffer from seasonal allergies. Is there anything I can do to alleviate the problem?

A: Every year many people suffer from itchy, watery eyes, sneezing, runny nose etc. This can make the summer months unbearable. Allergies indicate that the immune system is out of balance, and is in "hyper" drive. Usually environmental allergies have an underlying food sensitivity that when corrected may improve the allergies. The following are some considerations:

1. Identify any underlying food sensitivities (wheat and dairy are number one)
2. Diet - Eat whole grain foods, whole vegetables, fruit, and increase vegetable protein - Eliminate all foods with preservatives, artificial sweeteners, and processed foods.
3. Help improve the function of the liver through detoxification program which includes diet changes and botanical medicines (use dandelion, burdock, yellow dock, phytolacca, chelidonium, etc.)
4. Address any adrenal dysfunction and/or chronic candida (yeast) problems which will cause the immune system, to be out of balance.
5. Supplements may be helpful including essential fatty acids (evening primrose oil, fish oils), Vitamins C and bioflavonoids, B complex, E, also zinc, selenium, calcium and magnesium.
6. Homeopathic medicine when prescribed properly will benefit.

At the Georgetown Naturopathic Wellness Centre our services include screening for candidas, parasite, virus & food sensitivities.

SUSAN S. POWELL
BARRISTER & SOLICITOR



FAMILY LAW
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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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SERGE LECLAIR

Q: I need some inspiration for my flowering annual plantings this spring What do you suggest that is new and different and can be planted in a full sun location?

A: This is the time of year, gardeners love to buy bedding plants for continuous summer bloom in their gardens and containers, and our stores are alive with colour. What's really exciting is the variety of annuals that we now have that simply wasn't available five years ago. Thanks to the popularity of the moisture-retaining, moss-lined baskets of British Columbia and Great Britain, there is no limit to the combinations and colours you can use. Experiment with some of the fabulous new varieties now available and enjoy colour in your garden all season long. Pick up a copy of our flowering annual catalogue for great planting ideas and tips on some fabulous new proven performers in the garden. These informative colour catalogues are in the store now! To help your annuals bloom continuously, pick up our exclusive 15-30-15 Parkwood Flower Food and fertilize every two weeks. Deadheading spent blooms regularly also encourages more flowering. For more garden tips and helpful hints, visit the store and talk to our expert staff.



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Andrew Mackenzie
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Associate Regional Director

Q: What do I need to know about Spousal Estate Planning?

A: An often missed element of estate planning is how will your spouse fair after your passing during retirement. Retirement planning is usually done assuming that both spouses will live for a long period of time, say 90 years, and that both spouses will die very close to one another. It is a useful exercise to see what the financial implications will be for your spouse if one or the other of you pass away years prior to your spouse. There are four reasons why the survivors' income will drop following the death of a spouse. First, Old Age security will cease for the deceased spouse. Second, Canada Pension Plan will be significantly reduced. Third, defined benefit pensions generally have a 60% survivor benefit. Fourth, all income will now be taxed to one person instead of two, increasing overall taxes paid. The effect for you may be significant or almost irrelevant, but the only way to know for sure is to run the numbers and see how you will be affected.

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

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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.



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Greg Elder
B.Sc., MT.

Q: What is Swedish massage?

A: A Swedish doctor named Per Henrik Ling developed Swedish massage in the 1800's. Ling travelled extensively throughout Europe, Asia and India. This afforded him the opportunity to discover various massage techniques, which he borrowed to create his own unique form of massage. Ling suffered from rheumatism in his arms and shoulders. He developed massage procedures that remedied his ailment. He also used massage to improve the health and condition of fencing and gymnastic athletes. Before Ling passed away he attained worldwide acclaim. Swedish massage involves direct contact with the skin using stroking, kneading, compressions, friction, tapping and shaking. The combination, duration and tempo of each technique are specific to the desired therapeutic effect. One of the most important goals of Swedish massage is to improve blood circulation to injured or fatigued muscles. This shortens recovery time by providing needed oxygen and nutrients and removing metabolic waste products. Swedish massage also stimulates the skin and nervous system and soothes the nerves. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management.