

# Ask The Professionals



**Allison's Farm Market**

*Always Fresh From Our Fields*

10636 8th Line, Georgetown,  
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Bob Allison, B.Sc., Agr.  
"FARMER"



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

**Q:** Give me some facts on apples.

**A:** At approximately 80 calories an apple, they are full of fibre (5.2 grams), low in fat (0.5 grams), sodium-free and supply 13% of the recommended daily intake of vitamin C. According to the Ontario Apple Marketing Commission, it is best to store them in a perforated plastic bag in your refrigerator crisper or in a well ventilated place between 0 and 4 C (32-40F). One pound (500 grams) of apples yields about 3 medium apples. One medium apple yields about 3/4 cup (175 ml) sliced apples. Wash thoroughly under running water to help remove dirt and bacteria on the surface and any remaining pesticide residue. The best apples for eating include Golden and Red Delicious, McIntosh, Empire, Cortland, Crispin (Mutsu) and Spartan. The best ones for sauces, baking/pies include Northern Spy, Idared, McIntosh, Empire, Crispin (Mutsu) and Spartan. At Allison's Farm Market, fresh apples are just beginning to fill the baskets, so come and enjoy!

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

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Milton, Ontario  
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Greg J. Lawrence  
B.Sc. D.Ch.

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

**Q:** My child has flat feet. What causes this and how is it treated?

**A:** A flatfoot deformity is where the arch on the inside border of the foot is more flat than normal. Flatfoot deformities can occur in all age groups, but appear most commonly in children. Some of these children grow up into adults who have feet with normal arches, but many of these children have pain related to their flatfoot deformity throughout their lives. At the ages of two and three, the child's foot start to show more of its characteristic shape since the foot is less fat and the bones are more prominent. The reason that it is important to have the feet examined at this age is because the young foot is still largely made of cartilage, with less bone than would be present in the adult foot. Since the flatfoot deformity causes some instability of the foot during gait, children with flatfoot deformity may have complaints in the foot such as arch, heel or ankle pain, which is generally associated with increased standing, walking or running activities. However, since the excessive rolling inward of the arches of the foot also make the leg and knee more turned inwards, children with flatfeet may also complain of pain in the low back, hip, knee or leg due to the abnormal mechanics of the foot which is created by the flatfoot deformity. Treatment generally starts with both supportive shoes, such as high tops, and some form of in-shoe insert such as arch padding for the milder cases of the flatfoot deformity. More significant cases may require more exacting control of the abnormal motion of the foot such as that offered by functional foot orthotics. Functional foot orthotics limit the abnormal flat arch shape and rolling in of the heel bone during standing, walking and running activities which helps not only improve the appearance and function of the foot, but also greatly reduces the symptoms in the foot or lower extremities.

**DR. ANOOP SAYAL**

Family and Cosmetic Dentistry



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DR. ANOOP SAYAL

**Q:** How do I get rid of bad breath?

**A:** That depends on what is causing it. Often, bad breath results from less-than-optimal oral health and sometimes people are not aware that they are not performing oral hygiene as effectively as they could be. A dental hygienist or dentist will be able to evaluate your oral health procedures and make recommendations for improvement, also these professionals will be able to recognize any associated problems that might be contributing to an unpleasant mouth odour. In addition to evaluating and suggesting alterations to your brushing, flossing, and tongue deplaquing regimen, your dental hygienist may recommend products such as a mouth rinse that contains zinc. If it turns out that the problem isn't in the mouth, a physician appointment is advisable. Sinus problems, stomach problems and certain foods and medications, and other factors can contribute to bad breath.

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MANON DULUDE

**Q:** I am at a cross road in my life. I have just left my relationship and I am unhappy with my job. I know what I "DON'T WANT" but I don't know what "I DO WANT". How do I go about rebuilding my life?

**A:** Have you ever noticed how over the years you have come to focus on what you "don't want"? And when you are asked about what it is you really want, you find yourself left with an empty wish list? There are all sorts of reasons why over the years you stop dreaming and wishing for what you want. Whether it was society/family telling you that you wanted too much and were unrealistic or from your past experiences of failure to overcome obstacles that challenged your journey, you might have found yourself scaling down your vision and letting go of your goals. When we let go of our wants, we often don't replace them with new visions and new goals. "DON'T WANTS" is what one ends up focusing on. A life filled with "don't want" fosters boredom, frustration, and a lack of personal direction. "DON'T WANTS" nurture a negative mindset and bring you to live life in a reactive mode. Life coaching is a process meant to assist one to look beyond their self-imposed limits where the "WANTS" have a place. Your coach will challenge your mindset and invite you to redesign your life vision and goals, and take control of your future and prosperity. Whether you want an exciting and fulfilling career, find a new loving relationship, or reach a particularly challenging personal goal, allow yourself to "WANT" and set your sail up for the journey. Hire a life coach to guide you through the foggy patches and inspire you to stay the course. The only thing holding you back from what you "WANT" is your imagination and determination.



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Karen MacKenzie-Stepner

**Q:** My husband has recently suffered a stroke and now has physical/communication/emotional difficulties. Our family and friends are having a difficult time talking to him, can you give us some suggestions?

**A:** Unlike other illnesses like cancer or Alzheimer's Disease, strokes offer little time to prepare. The sudden onset is traumatic for both the person and the family as you cope with a stroke's often physical and emotional changes. The sudden emotional outbursts or use of profane language that sometimes occurs following a stroke is unsettling for not only the individual themselves but also for those around them. It is difficult to give specific suggestions for your husband as strokes affect everyone differently. However, here are some guidelines that would be helpful.

1. Communicate in quiet spaces with minimal distractions; do not try to talk over the television and/or have more than one person talking at once
2. Speak slowly and concretely
3. Respect the individual's preference for physical space and touch (it may have changed following the stroke)
4. Avoid frustration
5. Use functional communication (i.e. pictures, writing)
6. Encourage the individual to communicate (hand gestures, body/eye movements) to decrease feeling of loneliness and isolation.

For individuals who have communication difficulties following a stroke, recovery continues to happen long after discharge from the hospital. Therefore, it is important to keep working on communication skills and try to keep discouragement to a minimum. A Speech-Language Pathologist can provide specific therapy tasks and support as well as help modify the environment to make optimal communication occur. Our Centre, in partnership with the Heart and Stroke Foundation of Ontario (Halton branch) and the William Osler Health Centre, offers a Living with Stroke program. This is a six week program aimed at providing stroke survivors and their family valuable and practical information and offers them the opportunity to meet and talk to other people undergoing the same challenges. For more information please feel free to call.



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Barbara Byckowski  
Investment Advisor, BBA,  
PFF, CFP

**Q:** My portfolio has taken a beating...Where do can I go from here?

**A:** The past few years have been particularly difficult for most investors - especially if their advisor has taken a "buy and hold" approach to managing their money. The marketplace has changed and investors need the advice of a proactive investment advisor who has access to the full marketplace - not just mutual funds and GIC's.

My advice to you would depend on your outlook for the future. Are you willing to change from your current advisor? If so, what investment philosophy do YOU believe will make your portfolio perform in the future? My investment philosophy centres around the following:

- \* taking advantage of opportunities in the marketplace i.e. income trust units
- \* proactively managing my clients investments in light of market conditions i.e. moving into bonds when equities were expected to under perform
- \* taking profits "off the table"
- \* discipline, discipline, discipline

I invite you to attend our upcoming presentation "Where Do We Go From Here?" at 7 p.m. on Tuesday, September 16, 2003 at the Brampton Golf Club (7700 Kennedy Road South, Brampton - south of Steeles). Seating is limited, so please give me a call at 905-877-5659 to reserve your spot. Our special guest speaker is Jim Allworth, Director & Vice-Chair, Strategy Committee, RBC Dominion Securities. Investment strategist Jim Allworth will explain the best strategies to protect your portfolio in today's markets, while offering insights into tomorrow's most compelling investment opportunities.



## 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 873-0301

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GERALD ROSS  
H.B.Sc. PT, MCPA, res.CAMT

**Q:** I have aches and pains but it seems that I have very little time to attend to my own health. What can a Physiotherapist offer a person in this situation?

**A:** People are often surprised at how much they get out of a Physiotherapy consultation. In some cases a relatively small number of movement types amount for a great deal of the pain that reduces one's ability to work and play. A Physiotherapist can give you insights into the activities and movements that slow or in some cases stop the healing process. Having an awareness of these movements allows you to have much more control over your level of comfort and recovery. The assessment and treatment skills of a Physiotherapist ensures that a wide variety of treatments like massage, joint mobilization, joint manipulation, therapeutic ultrasound and therapeutic exercise are applied to the areas of the body that need it most and in ways that the most beneficial. Reducing pain enhances mental productivity. Increasing one's physical abilities enhances physical productivity. Rehabilitation is a sound investment of your time.



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Christoph Summer  
Owner/Administrator

**Q:** How can I prepare myself for the possibility of my having to leave my home in my senior years?

**A:** You can't. No amount of preparation gets you ready for losses in life - even the loss of a home. But once it happens, make the best of your own situation and take control.

Remember, it is **your** situation, not your brother's, not your children's - only yours. Let your family help you, but you take part in the decision. Start investigating into all your choices before you have to make a choice. Look around and see what options are available. Consider and list the things that are important to you. Choose the place that best suits your needs. If that place is a retirement home, decide on the location you want. Have a tour and a meal - this tells you simple things like - is the food good? Is it clean? Is it well taken care of? Also, are the staff helpful and smiling?

Be prepared! If you feel life has dealt you lemons, make lemonade!