

# Ask The Professionals

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**"Ask the Professionals"**  
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IDA MAE  
 WOODBURN

**Q:** Can I make my own Fall Cleaning products with Essential Oils?

**A:** In a recent study it has been shown that women are more susceptible to asthma and this may be linked to household cleaners as women still do most of the household chores. With a few essential oils you are able to clean most of your home the natural way. The benefits of this are decreased cost, improved quality of the air in your home, a decreased exposure to chemicals plus less waste disposal concerns. Some of the areas you can use the oils are counter tops, bathtubs and sinks, clogged drains, wood products, carpets, windows, mirrors and glass, freshening clothes and tiles or linoleum. The oils I would suggest are Orange, Lemon, Eucalyptus, Lavender, Tea Tree and Lemongrass. These are only suggestions. In addition you will need to purchase vinegar, baking soda and vegetable oil. One example of how these oils can be used is cleaning mould on the bathtub. Sprinkle some baking soda in the tub, and a few drops of tea tree plus some elbow grease Voila!

## 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  
 (905) 854-0801



Elayne M. Tanner

**Q:** What happens when someone gives up hope? What does self-esteem or confidence have to do with personal accomplishments?

**A:** We use "feel-good" words such as life coaching, motivational speaking, confidence building, spiritually, energizing, creating our vision, lifestyle counselling and holistic outlooks. These are all positive, uplifting words that sound nicer than the words, depression, counselling, self-esteem building, psychotherapy, stress, anger or anxiety. But lets look at them. When I guide someone through a depression, when their life seems to have no purpose, I am coaching them to find their life-purpose and create their vision. This is both energizing and motivating. When I release someone from the pain and hurts of their past, we are building confidence and self-esteem, finding a spiritual connection to allow forgiveness to enter and anger to dissipate. When you find your true purpose and re-connect with those who love you and become 'real', anxiety and stress are replaced by calm and confidence. My work is always holistic, meaning that we look at all aspects of life improvement, including self-esteem, confidence, motivation and it focuses on lifestyle changes that allow you to find your place in your world. Because of my extensive training and experience, the work that I do is not short-term superficial change, it is life altering and creates permanent personal growth. I can offer you any technique, including hypnosis or EMDR and I have the skills and knowledge to make sure that you are safe and comfortable while going through the process.

People think that the work I do must be depressing and discouraging, but it is not. I love my work. I am energized by seeing the positive transformations in the individuals and couples that I meet with and I am inspired when someone evolves from an unmotivated underachiever to one who sees a positive future and begins to reach their full potential. Call today for expertise that cannot be surpassed.

## BETTY E. McTAGUE

CHIROPODIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

**Q:** What is an example of a workstation designed for a standing worker?

**A:** Workplace design should fit the variety of workers' shapes and sizes and provide Support for the completion of different tasks.

Different tasks require different work surface heights:

- Precision work, such as writing or electric assembly - 5cm above elbow height is needed.
- Light work, such as assembly line or mechanical jobs - about 5-10cm below elbow height.
- Heavy work, demanding downwards forces - from 20-40cm below elbow height.

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Kerith Geh  
 Pharmacy Student

**Q:** Why is my antihistamine not as effective as it used to be for my seasonal allergies?

**A:** Allergy symptoms develop after your body is exposed to certain substances, which are called allergens (e.g., ragweed pollen). Your body's antibodies attach to the allergen and cause the release of histamine, from your body's cells. Histamine is one of the primary substances responsible for causing allergy symptoms like sneezing, itchy, watery eyes, runny nose and stuffiness. Antihistamines inhibit the release of histamine from cells and thus prevent allergy symptoms from developing.

There are a number of reasons why antihistamines may appear to be ineffective. You may be taking the antihistamine too late. Taking antihistamines after allergen exposure occurs will only prevent further release of histamine; it will not reverse the effects of histamine that has already been released. Antihistamines work more effectively when taken before allergen exposure occurs. You may need to take antihistamines continuously throughout allergy season.

Changing pollen counts, which fluctuate with weather conditions, can also worsen allergies and result in a perceived 'tolerance' to antihistamines.

Some people may become "more allergic", i.e. their allergies may progress from a milder to a more severe state so their antihistamine may not seem to be as effective. They may require treatment with another anti-allergy product such as an "antigen blocker" medicine like cromolyn or a prescription nasal steroid.

Consult your pharmacist or doctor for further advice in preventing and controlling your allergy symptoms.

## Edward Jones

211 Guelph Street, Unit 4  
 Georgetown, ON  
 Member CIPP

www.edwardjones.com



Colin M. Brookes  
 Investment Representative  
 905-873-7630

**Q:** I know RESPs can help with rising the cost of post-secondary education, but how flexible are they?

**A:** A Registered Education Savings Plan (RESP) allows you to put away up to \$4,000 a year toward a child's post-secondary education. Contributions are not tax deductible but do grow tax-deferred. When the money is withdrawn for your child or grandchild's education, it is taxed in the hands of the child. Since many students have little or no income, the taxes are not likely to be significant. The federal government also offers an incentive, known as the Canada Education Savings Grant (CESG), to encourage you to save. The grant equals 20 per cent of the first \$2,000 contributed annually, to a maximum of \$400 a year. Most Canadian universities, community colleges, vocational and technical colleges, as well as some universities outside of Canada, can qualify for RESPs and CESGs. Others may also be eligible if the particular program involves ten hours a week of class time and is at least 13-weeks long. If your child decides not to attend post-secondary school then you can name a new beneficiary, a blood relative or relation by adoption. In an 'individual plan', you can name anyone as beneficiary, even yourself. Finally, you can also use the funds remaining in the account, excluding the grant, to fund your own retirement by transferring up to \$50,000 of the RESP earnings to your Registered Retirement Savings Plan. Make sure to meet with an investment representative to discuss a plan that works for you. Member CIPP.

This article was provided by Colin Brookes, an investment representative with the financial services firm Edward Jones.

## adamson SPA AND SALON

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Lori McLaren  
 Esthetician

**Q:** What happens to the skin after a laser treatment and can all skin types and areas be treated?

**A:** Within several minutes of the treatment, the treated area will become slightly red and puffy. The treated area will return to normal condition in a few hours. Since the laser does not damage the skin in any way no bandages are necessary, and you can return to your normal activities immediately.

All areas can be treated including:

- Legs, feet, bikini, buttocks, genital hairline, breast (areola), back, chest, abdomen, shoulders, underarms, arms, chin, ears, eyebrows, cheeks, forehead, hands, head, beard, throat, neck & nostrils.

Medilight H50 is an Nd: YAG laser - the only type which can efficiently and safely treat all skin types. Medilight H50 can safely treat tanned skin.

## 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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Fax# 905-873-0398

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

**Q:** I am thinking of buying a new furnace, but I have been hearing about this government grant program and I want to see if I qualify for a rebate before I purchase it. Can you explain the process to me?

**A:** Well you have heard correctly. The Government of Canada has announced a grant program to encourage homeowners to retrofit their homes to make them more energy efficient and reduce greenhouse gas emissions that contribute to climate change.

Only homeowners who have had the Energuide™ for Houses evaluation and have followed through on the recommendations made will be eligible for a grant. There is a cost to the homeowner for the Energuide™ for Houses service, which includes a pre-retrofit evaluation with blower door testing, a rating and home energy plan.

To receive a Energuide™ for Houses energy efficiency grant follow these three steps:

1. Have your home's energy efficiency evaluated by an Energuide% for Houses Certified Energy Advisor before you do any retrofits.
2. Make some or all of your recommended energy efficiency retrofits.
3. Have your Energuide™ for Houses Certified Energy Advisor return for your free post retrofit evaluation.
4. Submit your grant application no later than 18 months after the date of the pre-retrofit evaluation. The greater the improvement in your home's energy efficiency, the greater the grant for which you will be eligible.

If you would like more information on this program please visit www.thereep.ca. or call Brent Cooper at Halton Residential Energy Efficiency Project (Halton REEP) at 905-877-7633 or 1-866-501-1112 to book your evaluation.

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