

Ask The Professionals

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

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

Q: My 12 year old child has been complaining of back pain ever since school started this fall. I'm wondering if she is carrying her backpack incorrectly?

A: Children that carry backpacks incorrectly, or that carry the wrong type of backpack, may develop bad posture, muscle tension and back pain. This can even progress to an unhealthy back as an adult. First of all, make sure that your child is utilizing both shoulder straps, not just one - which seems to be the "fad" lately. The straps should have thicker padding as not to dig into the shoulder muscles and collarbone. Secondly, avoid backpacks that have only one large compartment. This will cause all the weight to drop to the bottom and press into the lower back. This, with the pull of the straps on the shoulders, will cause your child to lean back and hyperextend the lower back. Subsequently, a muscle strain will develop. Make sure that your child is not carrying unnecessary items to school. Heavier items should be placed closer to the top of the pack, with lighter items (such as sweaters, etc.) in the bottom. Lighter items can also be placed in the pockets and smaller compartments. A good rule of thumb with respect to how heavy a backpack should be: before puberty, children should not carry more than 10% of their weight, and after puberty they can carry up to 20%. An ideal backpack will also have padding along the spine. Since children spend years taking their backpacks to and from school, it is possible that even young children can develop postural problems, chronic tightness and tension. Rather than treating the problems afterwards, it is best if they can be prevented.

CRANFIELD CHIROPRACTIC CENTRE

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



ROBERT H. CRANFIELD,
D.C.

Q: Flu season is coming upon us again. My MD is recommending a flu shot... are they safe?

A: Any kind of intervention comes with a degree of risk. Dr. Hugh Fudenberg, a leading immunogeneticist and the 13th most quoted biologist of our times (nearly 850 papers in peer review journals) claims that if an individual has had 5 consecutive flu shots, his chances of getting Alzheimer's Disease is 10 times higher than if had 2 or fewer shots. Dr. Fudenberg claims this is due to the mercury and aluminum present in every flu shot (and most childhood shots). The mercury and aluminum buildup in the brain causes cognitive dysfunction. Alzheimer's doesn't show up right away... it manifests the symptoms 20 years down the road. So you have to weigh the risks/benefits between the discomfort and inconvenience of getting the flu and increasing the possibility of developing Alzheimer's by 10 times.

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



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

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

Q: My child suffered with many colds and illnesses during the last school year. Is there anything I can do to prevent this from happening again?

A: The occasional cold or flu is a normal occurrence for a young person. A growing body and immune system needs to be exposed to a variety of bacteria and viruses to fully develop. Without exposure the immune system cannot create the antibodies it requires to become "mature". It is relatively common for a school age child to be sick once or twice during the school year (especially in the first few years of school). However, if your child is missing school frequently or requiring antibiotics every school year, you may want to consider consulting a Naturopath. Naturopathic doctors are interested in why your child is getting sick so frequently. Is there a trigger in the diet? For some children this is excessive sugar, for others it may be a lack of protein or a sensitivity to dairy or wheat products. Is there something in the child's lifestyle that is causing an increased susceptibility? For instance not enough sleep or interrupted sleep, environmental allergies, exposure to other sick children, etc. Have repetitive antibiotics weakened the child's digestive tract resulting in nausea or diarrhea? Is there a chronic infection that is not being completely cleared? Or is the child managing a chronic condition such as asthma that is causing them to "catch" every bug that is going around. These are just a few examples of why a child could be frequently ill. If you are concerned about your child, consult your Naturopath or call our office to see if we can help.

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

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12266 10th Line
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email:
georgetown@sheridannurseries.com



SERGE LECLAIR

Q: Where do I begin when I start to plan my bulb garden?

A: With so many spring flowering bulbs available, it can be difficult to choose which ones to plant. To begin, consider your favourite colours first. Then, to create a succession of bloom times, choose bulbs from early, mid, and late season. This information is readily available on the bulb packages. For early flowering time, try Winter Aconite, fragrant Puschkinia or miniature Iris reticulata. These are followed by Muscari, Hyacinths, and Daffodils. Colourful Tulips come in 3 distinct groups to bloom from April to late May. And like Daffodils, you can choose from short, medium, and tall. For the best selection make your purchases as soon as bulbs are available, usually early September, and give yourself something to look forward to through the long winter months. From early Snowdrops and Crocus to late Lily-Flowering and Parrot Tulips, there is something for everyone. Drop by the Sheridan Nurseries nearest you to make your selections and get the best advice on spring flowering bulbs.



Diana Westwood
CFP
Sr. Financial Consultant



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The Great West Life
Assurance Company



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.

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

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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



adamson
SPA AND SALON

2 Adamson Street, Norval
905-877-1604
www.adamsonspa.com
1-888-633-3094



Lori McLaren
Esthetician

Q: Is laser hair removal safe? Does it hurt?

A: Treatment by Medilight H50, based on Nd:YAG laser technology, is extremely safe. Laser hair removal was introduced after more than 30 years of laser research and clinical trials by physicians at more than 10 laser U.S. and Canadian research centers. All treatments are provided by certified laser specialists. Most patients experience a slight stinging sensation while the laser pulses are applied. For sensitive patients, topical anesthetic cream (EMLA), available in every pharmacy, can be applied to eliminate any unpleasant sensations.



211 Guelph Street, Georgetown
(905) 877-3163



Shari Bonaparte
Education Director

Q: I have noticed your ads many times in the paper. What does Oxford do for students? What do you mean by "Beyond Tutoring"?

A: Traditionally, tutoring relies heavily on memorization and its benefits are almost always short term. Repetitive memorization only stays with the student briefly. We give all Oxford students the ability to determine their level of success for themselves. Our exclusive curriculum and teaching methods develop students' metacognitive skills, which means they can understand how efficiently they are learning - learning for life! The Oxford program energizes the cognitive ability of the student to absorb and process information. This power stays with the student for life. It is used in every subject and in every learning activity. We teach students to become more aware of how they learn and to constantly raise and answer questions - Am I learning? Am I paying attention? Do I understand? Does this make sense? Oxford students master academic skills and get better grades, but more importantly, they understand. Oxford's program of cognitive development not only produces higher marks but also helps students develop better learning and processing skills for life.