

# Ask The Professionals



**Allison's Farm Market**

*Always Fresh From Our Fields*

10636 8th Line, Georgetown,  
(905) 873-8283



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

Bob Allison, B.Sc., Agr.  
"FARMER"

**Q:** What foods should I be eating more of to reduce my risk of cancer and heart disease?

**A:** Bottom line - more plant foods! Many people do not eat enough. Plant ("phyto") foods are loaded with protective ingredients - fibre, nutrients, essential oils and over four thousand plant chemicals, that act in various ways against cancer formation and heart disease. Included are antioxidants (vit E, C, carotenoids, flavonoids ...), plant hormones (eg. isoflavones from soybeans), and enzymes.

The best way to obtain these phytochemicals/nutrients is through FOOD, since you will get thousands acting in concert with one another. Arm yourself with: 1) dark/bright coloured fruits and vegetables (they're rich in phytochemicals, although garlic, onions, cauliflower and celery are rich too), 2) whole grain breads, cereals and wheat germ, 3) dried beans, peas, lentils, especially soybean and soy products (eg. tofu, soy milk, meat substitutes, and 5) up to 5-6 cups of black or green tea.

Allison's Farm Market is in full fall swing, bringing you lots of fresh squash, pumpkins, apples, pears, tomatoes, as well as top quality preserves. (Straw bales, corn stalks, gourds and other decorative items are on hand as well).

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

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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:** Why is special care required with diabetics?

**A:** Foot problems are common in people with diabetes. This is why you need to check your feet for cuts, abrasions, and signs of irritation every day and to protect them with proper footwear. When you do not protect your feet properly, infections can develop from minor injuries. Here are a few reasons why this happens:

- Diabetes can damage nerves in the feet, making them less sensitive to pain. The means that you may not feel a minor cut or abrasion until severe infection develops.
  - Diabetes can cause reduced circulation. This is a problem since proper blood flow is necessary for healing injuries.
  - Elevated blood glucose can interfere with the body's ability to fight infection from cuts and abrasions. It also hampers the healing process.
- You can reduce your risk of infection by keeping your blood glucose under control. Also, learn now how to properly care for your feet.

**How to care for your feet**

**Washing:** 1) Wash your feet with mild soap and lukewarm water. Always check the water temperature with your elbow or another part of your body where sensation is good before putting your feet in. Never put your feet into hot water.

**Examine:** Inspect your heels and the tops and bottoms of your feet for skin irritation or breakdown. Look for sores, cuts, blisters, cracks between the toes, and blue, purple or white spots. If you cannot see the bottoms of your feet, use a mirror.

**Skin care:** Apply a moisturizing cream. This is especially important for dry and calloused skin. Never use cream between your toes or on open sores.

**Corns and callous:** Gently and gradually rub down corns, callous and other hard skin with a dry washcloth, pumice stone, or emery board. Do not cut corns or callous. Also avoid over-the-counter corn and callous removers or remedies. These contain acid and will burn the skin.

**Toenails:** Cut your toenails after a bath when they are softest. Carefully file sharp toenail edges to prevent them from cutting into adjacent skin.

**DR. ANOOP SAYAL**

Family and Cosmetic Dentistry



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DR. ANOOP SAYAL

**Q:** My hygienist always talks about "plaque". What is plaque?

**A:** Plaque is an invisible bacterial film that builds up on your teeth every day. That sticky feeling you get when you wake up in the morning is bacterial plaque. It forms after you eat anything and can form above or below your gumline. The bacteria in plaque contain toxins that attack and damage your tissues. Plaque causes gum disease and cavities. In other words, plaque must be removed every day or the bacteria will start to decay your teeth and loosen your gums. At your hygiene visit, we routinely evaluate your plaque levels and inform you of the proper ways to clean your teeth and gums to prevent plaque from hiding around your teeth and gums.

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**Q:** I seem to have a difficult time staying focused on my goals and reaching the overall lifestyle I dream of. Is it because I am lazy? Why is it so difficult for me to achieve what I really want?

**A:** You are not alone in your struggle to give focus to your life and stay the course to reach the goals and vision you have set for yourself. Achieving a meaningful and satisfying lifestyle is no easy task and most of us have not been given the tools to know how to get there. This lack of tools and support results in people falling short in the implementation and completion of their plans, often causing a lack of confidence in one's ability. Taking charge of your future and becoming successful at reaching a specific vision in your professional or your personal life is not out of reach. I suggest that you investigate hiring the services of a personal life coach. We are all familiar with the concept of an athletic coach, and accept the idea that athletes need support in their daily training to reach excellence. A life coach can play a similar role for you. A coach helps you establish a stronger personal foundation and a balanced life by examining your personal habits, health and well being, finances, relationships and life philosophy. A coach is a highly trained partner and mentor who provides you with guidance, support and the necessary tools, as you are on the journey of self-discovery and working at recreating your personal and professional life. A coach holds you accountable, cheers you on, points out pitfalls, offers alternative perspectives, challenges you, builds on your strengths and helps you chart your path. Your relationship with your coach is a personal, collaborative and dynamic partnership. Contrary to the relationship you would have with a therapist, a coach shares his/her personal and professional experiences and successes as a means to support your journey.

Your coach is most interested in one thing: YOUR SUCCESS.

Any one who wants to challenge themselves and improve their lives can benefit from a life coach: women returning to work, those wanting to change careers, small business entrepreneurs, university students, newly separated/divorced, couples, newly blended families etc. Manon Dulude has coached and mentored many individuals as they journeyed to their highest level of excellence both in their personal and professional lives. Manon offers face to face and telephonic coaching to individuals and groups. Call Manon for more information on Life coaching 905-873-9393.

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Karen MacKenzie-Stepner

**Q:** My niece is getting extra help from a speech language pathologist because she has an auditory processing disorder. What is auditory processing?

**A:** To answer your question in simple terms, auditory processing is our brain's ability to use what it hears. This is actually a complex process and involves more than just "listening". What we hear or receive through our ears can be called an audible signal (sound). Some people have difficulty processing the information carried by audible signals. The difficulty they have is not due to a hearing impairment or level of intelligence. There are techniques that can be used to improve a child's ability to absorb or process auditory information.

A child who has difficulty processing what he/she hears may appear to be easily distracted, have difficulty following directions and may not understand what was said to him/her. He/she may have difficulty "tuning out environmental sounds" or extraneous stimuli. Generally, a child with an auditory processing disorder has average or above average intelligence and has "normal" hearing. He/she may do well in a one to one situation yet may have noticeable difficulty functioning in a group. Auditory processing problems may be more difficult to identify in a quiet, shy child because he/she may not misbehave in response to difficulties. A child with auditory processing disorders may appear to be inattentive when actually he/she is working very hard to understand.

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Barbara Byckowski  
Investment Advisor, BBA,  
PFP, CFP

**Q:** Interest rates are low, what is an income investor supposed to do?

**A:** I invite you to join us for our "Income Investing Seminar" which will be held on Tuesday, October 21, 2003 at the North Halton Golf & country Club. Seating is limited, so please give me a call at 905-877-5659 to reserve your spot. We will be discussing the alternatives available to income investors in today's market. Some of the topics we will cover include: income trust units, high yield bonds, and dividend paying stocks. Our focus of the seminar is to educate and we will allow ample time for questions and answers!

Here is a bit of advice we will be discussing during the seminar - "When you buy units in an income trust, the main focus is to get your monthly or quarterly cash distributions. Because the payout from cash flow is immediate and continuous, prices for income trusts do not rise in the same way as common stocks. As a result, it doesn't make sense to hold income trusts for the long-term for the capital gain potential. That is why it is important for investors to be prepared to take profits in income trust units. We recommend taking profits in some of the oil and gas royalty trusts such as ARC Energy, Pengrowth Energy and Primewest Energy."



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

**Q:** My children play a lot of sports. Should they be stretching to prepare for activity?

**A:** Youthful tissue is more resistant than older tissue to strains and sprains but these types of injuries do occur in children. It is also important to consider that habits formed during youth lay the foundation for adult behavior and from this perspective it is crucial that young people are taught the principles of pre-game preparation and post-game cool down so that they are more likely to enjoy the benefits of being active throughout their lives. Performing drills prior to sports enhances mental alertness and reflex responses and stretching prior to sports exposes the tissues to forces that may be encountered during the sport but do so in a more controlled manner, thus preparing the tissue without the risk of injury. Stretching after activity is one of the best ways to stimulate lengthening of tissues because the tissues are warm and therefore more pliable. This also "wring out" muscles which possess irritating chemicals such as lactic acid.

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Christoph Summer  
Owner/Administrator

**Q:** How can I be sure that the retirement home I am considering is a good one?

**A:** References from residents or their family members are always very reassuring. Also, when you are inquiring, ask about the ownership and/or professional management, how long has the home been in business and note whether the home is in good shape.

While there is no government body regulating retirement homes, there is a voluntary non-profit association called the Ontario Residential Care Association (ORCA). This association is committed to setting and maintaining high industry standards ensuring quality living for its residents. Specially trained inspectors tour all facility members surveying all areas to ensure quality control in matters of fire and general safety, food and laundry service, recreational and social programs, staff education and improvement programs, etc. They then issue an appropriate award assuring the public that the home has met these high standards. The retirement home should have their award displayed; be sure and look for it! It is the retirement home "Good Housekeeping Seal of Approval" so to speak. For more info - [www.orca-homes.com](http://www.orca-homes.com).