

Ask The Professionals

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IDA MAE
WOODBURN

Q: Can aromatherapy help my acne?

A: Yes! This is a very common condition, especially in adolescents, and is caused by an over production of sebum on the skin's surface. There are several ways an aromatherapist can tackle this problem but all involve using essential oils to help clear the infection and reduce the amount of sebum produced. Several oils can be used and it may involve trying many before the best one for the individual is found. Aromatic baths morning and night with an essential oil blend will help soothe the nervous system as well as encouraging the detoxification of impurities. Adding the simple technique of daily skin brushing to your aromatic bath will also assist your body in removing unwanted toxins. Self massage, facial masks, cleansing lotions and facial steaming your face 2 or 3 times a week using essential oils will also help to improve this condition. Whatever method you choose must be done on a regular basis. A flawless complexion is not achieved overnight but given time you will notice improvement. Before using any of the above methods check with your doctor and a certified aromatherapist for direction on which oils to use.

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

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Elayne M. Tanner

Q: I am the owner of a small business who is experiencing increased absenteeism and decreased productivity. What can I do to change this?

A: Your employees are people too. They have personal, marital and family problems that affect their ability to provide you with the best of their ability. More than 10% of employees - at all levels of your organization - are working through serious problems that are affecting their lives and job performance. Depression affects 17% of individuals at least once in lifetime. It affects every aspect of life & often results in excess absenteeism and reduced productivity. Employees experiencing personal problems are on average 35% less productive - not including the extent to which they reduce other employees' productivity. Statistics show that 1 in 5 workers missed over 1 week of work in one year. You could be losing thousands of dollars per year in decreased productivity and missed work hours. You and your employees will benefit from our seminars and workshops that will build self-confidence, teach you to deal with difficult customers or co-workers, manage conflict, deal effectively with stress, build strong teams, manage time more effectively and much, much more. We will design the day for your group's specific needs and goals. Whether at our beautiful Conference Centre or at your site, Elayne Tanner will give you the high quality, personal attention that you require and deserve.
A Healthy Organization Starts with Healthy Employees

Send your questions for any of these professionals:

"Ask the Professionals"

Independent & Free Press,
280 Guelph St., Unit 29, Georgetown L7G 4B1

BETTY E. McTAGUE

CHIROPODIST

FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

Q: How can job design reduce the ill effects of working in a standing position?

A: The basic principles of a good job design for standing work are:

- Change working positions frequently so that working in one position is of a reasonably short duration.
- Avoid extreme bending, stretching and twisting.
- Pace work appropriately.
- Allow workers suitable rest periods to relax; exercises may also help.
- Provide instruction on proper work practices and the use of rest breaks.
- Allow workers to adjustment period when they return to work after an absence for vacation or illness so they can gradually return to a regular work pace.

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Paulette Thibault
M.Sc. Phm.

Q: Constipation! What can I do about it?

A: Constipation, a common ailment, is defined as the passage of hard dry stools less than twice a week. Symptoms include bloating, straining, difficulty in passing all the stools and a general feeling of discomfort. There may be pain, nausea and vomiting in more severe cases. The following lifestyle changes help prevent or relieve constipation symptoms:

- Drink lots of fluids (especially water) - about 6 glasses daily
- Increase your consumption of fibre (25 to 35 grams daily)
- Exercise regularly
- Practice good bowel habits

Despite adherence to these lifestyle suggestions, constipation may still occur e.g. as a side effect of drugs (non-prescription drugs like some antacids, some pain relievers, iron, calcium etc. and many prescription drugs).

Constipation occurs more often in pregnant women, seniors, bed-ridden people, people with cancer or other diseases such as Parkinson's, MS, Diabetes, Irritable Bowel Syndrome, etc.

Constipation can in some cases become a serious disease. Consult your doctor if you have not had a bowel movement in a week, if the constipation keeps recurring, if you have a fever, rectal or abdominal pain either during defecation or at other times.

Your pharmacist can help you deal with specific problems associated with common constipation. He/she can give you suggestions on lifestyle changes, recommend a non-prescription laxative (if appropriate), or suggest a visit to your doctor if necessary.



Colin M. Brookes
Investment Representative
905-873-7630

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Archie Braga
Investment Representative
519-853-4694

Q: Are all education savings plans the same?

A: You've probably discovered two types of plans: individual and pooled plans also known as group or scholarship plans. So what's right for you?

Individual plans are flexible and investors control the payouts. That means you decide where your money is invested and when. And these plans are transferable to your other children. Some people believe pooled plans incur less risk because the money is invested in safer options. They are less flexible though because investors allow someone else to choose where the money goes. And there can also be up-front enrolment, administrative, trustee and depository fees. Remember that rules around RESPs are always changing. Talk to your investment advisor if you have any questions or concerns before signing on the dotted line.



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1-888-633-3094



Lori McLaren
Esthetician

Q: Is laser hair removal safe and 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.

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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If you are a professional who would like to be part of this page ~ call Angela 905-873-0301



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- ✓ MAINTENANCE INSPECTIONS 1-866-501-1112
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E-mail: cooper@aztec-net.com



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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