

Ask The Professionals

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC

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

Q: I have recently joined a gym and have been put on an exercise program. The personal trainer has told me to stretch. Why is stretching important and what are the rules of stretching?

A: Stretching is a form of exercise that helps to temporarily lengthen a muscle and its tendon (muscle attachment to bones). More commonly, this is termed as "improving flexibility". Stretching is important because flexibility is needed for various activities and sports. Putting undue stress on joints and muscles that are not flexible can result in an injury.

Stretching is most effectively done after a light warm-up. The muscle is warm and blood flow is increased, thus allowing for more of a stretch. Stretching should be done before and after a work out. The type of stretch performed is specific to the muscle being targeted. Your personal trainer should be able to show you stretches for particular muscle groups. A stretch should be performed slowly and in a pain free range. You should stretch to the point where you feel a firm pulling sensation. Hold this position for 30 seconds. Repeat 3 times.

Like any other training, stretching requires time and effort. Done on a regular basis, you should begin to notice changes in your flexibility and range.

CRANFIELD CHIROPRACTIC CENTRE

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



ROBERT H. CRANFIELD,
D.C.

Q: How can a visit to the chiropractor improve my overall lifestyle?

A: In a previous article, I discussed the potential long term hazards of having the flu shot. For more information on this and all types of vaccinations, please visit the National Vaccine Information Center at www.909shot.com.

This month I would like to discuss the things that you can do to keep you healthy by supporting your immune system. The chiropractic principle maintains that health is something that happens from the inside out, and not from the outside in. Health and wellness, just as disease and sickness, are due to process and are not events. This process is a result of your lifestyle.

Lifestyle include such things as nutrition, exercise, proper rest, and reducing the stress in your life. These things are all very important and need to be addressed. There are experts in all these fields to assist you.

However, one aspect that is often ignored is the role of your spine and nerve system in the immune response. Researchers have discovered that the autonomic nerve system is the MAJOR regulator of your immune system. This immune response is literally turned on and off by the central nerve system using something called neuropeptides. These neuropeptides are released from the limbic tissue of your central nerve system... and they have discovered that there is more limbic tissue in the spinal chord than the brain.

Subluxations (misaligned vertebra) in the spine cause adverse chord tension which interferes with the function of the limbic tissue resulting in a poor immune response. Proper spinal health is essential for a healthy immune system. So, rather than exposing yourself or your family to the potential risks of vaccination, make an appointment at your chiropractor's office for a proper spinal assessment.

Experience health naturally with regular chiropractic care.

ROBIN COOPER

Certified Aromatherapist & Reflexologist

- Aromatherapy
- Reflexology
- Ear Candling
- Massage Oils
- Essential Oils
- Gift Certificates

The Georgetown Naturopathic Wellness Centre
16 Mountainview Rd. S., Georgetown
(905) 877-0759



ROBIN COOPER

Q: What services do you offer at your clinic?

A: The following is a breakdown of the services I offer at the Georgetown Naturopathic Wellness Centre:

AROMATHERAPY MASSAGE: This is a wonderful relaxing and revitalizing massage. A one hour Aromatherapy Massage allows the client to totally relax, which in turn allows the body to heal. Pure organic essential oils are blended to treat the specific needs of the client. The appropriate blend of oils can clear the mind, alleviate muscle stiffness and tension, lift depression and give the client an overall feeling of wellness.

REFLEXOLOGY: Reflexology is a wonderful and relaxing way to revitalize your energy, maintain your health and balance the whole system. A Reflexology Treatment consists of working the pressure points in the head, hands, and feet. The majority of the appointment is spent working the points on the feet and I incorporate massage with this treatment to make it just that much more relaxing for the client. Reflexology has been very effective in the treatment of many conditions such as PMS, menopause, Chronic Fatigue, arthritis, MS, just to name a few.

EAR CANDLING: This is a soothing holistic treatment effective in treatment of many conditions such as earaches, wax build up, chronic and acute sinus conditions, headaches, dizziness, ringing in the ears and colds. The treatment is approximately 45 minutes and includes an Aromatherapy facial massage. Ear candling is simple, painless and non-invasive. It is safe for small children who suffer from ear problems as well as elderly people who suffer from hearing loss due to wax build-up.

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 father gave me \$10,000.00 for my birthday. My husband wants me to use it to reduce the joint mortgage. My husband and I are not getting along well and I am concerned whether or not I would get this money back if he and I separated. Can you advise?

A: Gifts, including money and inheritance that were received from someone other than your spouse during your marriage may be deducted from the value of the property that you must split with your husband upon separation if you keep it in your own name. If you keep the money separate in a Savings Bond or in an RRSP or other asset so that you can always trace it to your father's gift to you of the \$10,000.00 it will be excluded from the property you must share with your husband if you should separate. If, however, you pay down your joint mortgage as your husband is requesting, then you will not be able to claim this money back if you should separate in the future. If you deposit this money into a joint account with your husband or invest it jointly you will have to share it with your husband.



Sheridan Nurseries

Georgetown Garden Centre

12266 10th Line

Tel: 905-873-7547

email:

georgetown@sherdannurseries.com



SERGE LECLAIR

Q: What can I do to protect my garden this winter?

A: There are a few simple lawn and garden tasks that should be completed in preparation for the winter, to ensure a good start to spring.

Apply Parkwood Fall Fertilizer to strengthen and prepare your grass for the cold, snowy months ahead. The last cut of the season should be short so adjust the wheels on your lawn mower to 1". In mid to late November cut back your roses and cover them with 6" of soil held in place with an adjustable rose collar. Or protect them with a styrofoam rose cone that completely covers the bush. Evergreens, including broadleaf varieties like Rhododendrons, may need extra protection from dry winter wind. Spray them thoroughly with Wilt-Pruf before freeze-up.

And if you have upright Cedars or Junipers consider tying them with clear mesh or string so snow and ice won't bend their branches permanently out of shape. Finally, if November is dry, water your lawn and beds heavily.

Drop by the store for more winter garden tips and expert advice on your lawn and garden.



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1-800-495-5582 (toll free)

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The Great West Life
Assurance Company



Diana Westwood
CFP
Sr. Financial Consultant



Andrew Mackenzie
B.B.A., CFP
Associate Regional Director

Q: What is the "save to spend account"?

A: The save to spend account is an important part of everyone's financial life. It is an account that is contributed to on a regular basis, the same as you would pay a mortgage or save for RRSPs. The purpose for having to save to spend account is to accumulate money for the periodic needs that we all have from time to time. Car purchases, topping up RRSPs, travel, large home purchases and emergencies are some of the reasons why you need to have large lumps of cash. A money market fund is an appropriate investment for your save to spend account. This will allow the money to be separated from your monthly operating needs, that are funded from a bank account. The separation is very important. If the money is out of sight, it is out of mind and will be able to accumulate. Imagine paying cash for cars, furniture, and vacations. It just makes sense.

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

The Independent & Free Press

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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 873-0301



adamson
SPA AND SALON

2 Adamson Street, Norval

905-877-1604

www.adamsonspa.com

1-888-633-3094



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.



211 Guelph Street., Georgetown

(905) 877-3163



Shari Bonaparte
Education Director

Q: I just received a letter of concern from my child's teacher saying that he lacks effort. I think he is just being lazy. How can I get him to put effort into his school work?

A: No one is truly "lazy". Laziness comes from lack of motivation. Can we at Oxford, or you as a parent motivate your child? Honestly, the answer is "no" we cannot motivate children. We can create lots of stress for them (and us); we can complicate their lives; we can insist; we can bribe; we can punish; we can see that homework gets done. Motivation requires an active mind that searches for principles and seeks truth and wants to try even if it is hard. It is a mind that revels in the difficult and is not afraid of failure.

Children motivate themselves when they discover we are offering them something they want. This means our job is to lead them to understand why they should motivate themselves. We must encourage independence and self-esteem in our children. We must learn to communicate with them on their level if we expect them to become motivated. They need a good reason why the activity is important to them, and the reason must be in the context of their lives. We must listen for the things that are important to them right now in their world. We must voice our hopes and concerns in language they can understand. Only then can we guide them along the path we know is best for them.