

Ask The Professionals

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IDA MAE
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Q: What is hot stone massage?

A: The technique of hot stone massage can be traced back to many ancient cultures including native Americans and it has recently gained popularity in the spa industry. Mary Nelson, the creator of the Original Hot Stone Massage developed this technique in 1993 while having a sauna. She was inspired to use the stones on a recurring shoulder injury and discovered that the heat and weight of them helped the muscles relax as well as not further hurting her shoulder. Hot stone massage involves applying heated stones to the body during the course of a regular massage. These round smooth stones are heated, oiled and used in the hands to massage the body. This produces dramatic stress reducing results such as stimulating the circulatory system, releasing toxins to help detoxify the body, and softening tense muscles to produce a general feeling of peacefulness. During the actual massage the stones may be used both hot and cold, placed between the toes or in your palms and along the length of the spine. Once you experience the incredible sensations of hot stones gliding over your body you may never go back to a regular massage! Living Essentials is now offering this service.

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
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Elayne M. Tanner

Q: I've done it again! Another relationship ended up just the same as all the others. Why do I keep falling for the same kind of person? Why do I keep making the same mistakes?

A: There are many answers to your questions. The short answer is that we are programmed in childhood to act certain ways if we want people to like us, and until we recognize what we are doing and consciously change it, we continue to act in the same way. It takes some work and introspection in order to recognize and change our unique 'baggage' and 'dance'. In response to many others who have asked the same question that you asked, I am holding an interactive daylong seminar. This day will be restricted to women, as I believe that the issues are different for men. We will examine the topics of relationships and repeating patterns; communication styles; self-esteem; anger and impulse control; self-identity and how it changes over time; strengths and why they are so hard to see; changing responsibilities as we change and much more. As the day will be interactive, it will reflect the needs and issues of the group. It will be a fun and informative self-care day. This seminar is filling up fast, so if you are interested in joining us at the Elayne Tanner & Associates beautiful Counselling and Conference Centre on Saturday, November 29th, 2003, please call (905) 854-0801 now.

BETTY E. McTAGUE

CHIROPODIST
 FOOT CARE SPECIALIST

Georgetown 702-0111



BETTY McTAGUE

Q: What are some health hazards?

A: Keeping the body in an upright position requires considerable muscular effort that is particularly unhealthy even while standing motionless. It effectively reduces the blood supply to the loaded muscles. Insufficient blood flow accelerates the onset of fatigue and causes pain in the muscles of the legs, back and neck (these are the muscles used to maintain an upright position). The worker suffers not only muscular strain but other discomforts also. Prolonged and frequent standing, without some relief by walking, causes blood to pool in the legs and feet. When standing occurs continually over prolonged periods, it can result in inflammation of the veins. This inflammation may progress over time to chronic and painful varicose veins. Excessive standing also causes the joints in the spine, hips, knees and feet to become temporarily immobilized or locked. This immobility can later lead to rheumatic diseases due to degenerative damage to the tendons and ligaments (the structures that bind muscles to bones).

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Ruth Young
 B.Sc. Phm.

Q: What is the best treatment for my acne?

A: Acne is an inflammatory condition of the sebaceous (oil) glands of the skin stimulated by androgens. It results in comedo formation (white and blackheads), papules (pimples) or a deeper more inflammatory form of cysts. We usually see this in early to late adolescence but it may persist into the 20's and 30's, affecting more males than females earlier and more females than males later. A balanced diet is good for overall health although still no specific food causes acne. Squeezing pimples can result in scarring. Sunshine appears to help to manage acne, but is not recommended due to its cancer causing potential. Avoid using oil-based cosmetics. Look for oil-free and non-comedogenic water-based products. In comedogenic acne, retinoids (isotretinoin, tretinoin, adaplene) are the recommendation. These topical creams and gels require a prescription from your doctor. Be sure to use sunscreens with these and avoid in pregnancy. Benzoyl peroxide is mainly used in papulopustular acne, acting as a peeling agent. Lower strengths are available over the counter. Start with lower concentrations that are less irritating. These creams and gels should be used over the whole affected area not just on single lesions. Start with one product at a time at bedtime and increase to twice daily. Improvement is usually slow, taking up to 6-8 weeks, but if there is still no improvement after 2 months an oral antibiotic is recommended. Tetracycline, minocycline or erythromycin are those most commonly prescribed, the later having the safest profile. Oral contraceptives are also approved for use to treat acne in women.

For more information on acne treatment talk to your pharmacist.

Edward Jones

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Q: What does a self-directed RRSP have to offer?

A: In our increasingly complicated world, a self-directed registered retirement savings plan (RRSP) can make retirement planning a lot simpler. A self-directed RRSP holds the same benefits as other RRSPs in that it is a tax-sheltered account that helps people invest for their retirement. But a self-directed RRSP also acts as an umbrella, able to hold several different types of investments. Instead of holding numerous plans and types of investments at many different financial institutions, a self-directed RRSP can include everything from GICs (guaranteed investment certificates) and treasury bills to stocks, bonds and mutual funds, making your retirement assets easier to manage. Instead of wading through several statements, all your investments are tracked on one statement. At income tax time you need to wait for only one receipt. The multiple fees that you would pay to several different institutions are consolidated into one self-directed retirement account fee. And working with one institution means simplifying the management of your retirement assets. It also means dealing with the same people on a regular basis, people who will come to know you, your goals and your attitudes to investment. But there are other more significant benefits. For example, such a plan makes it easier to diversify your holdings, an important strategy when planning how to make the most of your money. With everything in one place, it is easier to access whether your investments meet your objectives and philosophy. As well, it is easier to track the amount of foreign content you hold to ensure you are accessing as much as possible. A self-directed plan offers convenience, an easy way to diversify and a clear view of your retirement assets. Many benefits in one tidy package.

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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

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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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