

Ask The Professionals

GEORGETOWN PHYSICAL AND SPORTS THERAPY CLINIC
(905) 877-8668



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Georgetown, Ont.
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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 tendons (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 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: There are a lot of different services that claim to offer wellness. Can you shed some light on the subject of wellness and how chiropractic relates to it?

A: In this day and age, people everywhere are offering new wellness services or products. With many industries becoming involved with this trend, it's important to understand what you are really getting. Is the service going to provide you with an improvement in your health, or is the term "wellness" being used as a marketing strategy? In an article from a peer-reviewed chiropractic journal, Dr. S. Hannon, examined numerous previously-published studies concerning chiropractic and how it affects the overall physiological function of the human body. He collected data indicating that chiropractic care has a direct, positive effect on the function of our bodies. Think about that for a moment. If your body could function better, what could that allow you to do? How would that improve the quality of your life? Perhaps you would tire less easily, sleep more soundly, move with greater ease, walk a little faster, overcome illness more quickly, become stronger, etc. These all have to do with how the body functions. Dr. Hannon has reviewed numerous papers showing that regular chiropractic care increased range of motion, as well as improved muscle tone and strength. Other studies indicated that chiropractic care influences the effectiveness of the immune system's cells in destroying pathogens, that it can affect some of the stress hormones, and even increase beta endorphin levels. You should be getting the picture - chiropractic can, through reducing nerve interference, help your body work more efficiently. Next month I will continue to discuss recent chiropractic studies and what these reports prove about chiropractic care as it pertains to your health and wellness.

GEORGETOWN NATUROPATHIC WELLNESS CENTRE



Nicole Meier
B.Sc. N.D.
Doctor of Naturopathic Medicine

Services provided:
• Registered Midwives
• Certified Aromatherapist and Reflexologist
• Ear Candling
• Food Sensitivity Testing
• Laboratory Services
16 Mountainview Rd. S., Suite 102,
Georgetown



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

(905) 873-2361

Q: With the weather changing my skin is becoming very dry. What can I do to help prevent this?

A: When the heating system turns on and the weather gets colder our skin starts to get flaky and dehydrated. There are many over-the-counter creams, some of which will be right for your skin type. Protect your skin from wind and sun exposure with sunscreens and clothing. Most important, but often forgotten though, is caring for your skin from the inside. Water accounts for two-thirds of the average adult's body weight and is involved in just about every bodily function, from transporting and using nutrients to maintaining blood pressure and body temperature and removing toxins. You are dehydrated if you do not have enough water to function properly, and most of us don't drink enough. Eight 8-ounce glasses of water per day is the minimum (yes, that's one and a half of those 1.5 litre bottles). Do not wait until you are thirsty to drink. Avoid alcoholic and caffeinated beverages. They are diuretic and increase your body's excretion of fluids and electrolytes. Your daily needs increase with consumption of these beverages, as well as with sickness with vomiting and diarrhea, and with exercise. Supplemental vitamins, minerals and trace-minerals can also help. So, drink up and stay hydrated and healthy this winter.

SUSAN S. POWELL
BARRISTER & SOLICITOR
FAMILY LAW
2 COUNTY COURT BLVD., BRAMPTON
(1 block south of Steeles at Hwy. 10)
(905) 455-6677



Q: I am considering living with my boyfriend. We have both been married before and it cost each of us a lot of money for lawyers when we separated from our spouses. How can I avoid all those problems now if I live with my boyfriend and it doesn't work out?

A: You and your boyfriend should have a Co-habitation Agreement which would become a Marriage Contract if you ever decided to get married. The agreement would set out how you wished to settle issues such as spousal support, the division of your property including a family residence and other issues. Issues such as property are treated differently depending if you are in a common-law relationship or married. Speak to a lawyer to learn your rights. Agreements should be entered into prior to your co-habiting but you can still have an agreement after you started living together if you can agree upon the terms.



Sheridan Nurseries

Georgetown
Garden Centre
12266 10th Line
Tel: 905-873-7547

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georgetown@sheridannurseries.com



SERGE LECLAIR

WINTERIZING THE GARDEN

Q: There seem to be so many types of Christmas trees available today. How do I decide what is right for my home?

A: For many, choosing the Christmas tree is an important part of family tradition for the holidays, and you are quite right, there are many choices available today. Hand-picked, Canadian grown fresh-cut Scots' pine has been a popular choice for many years due to its lovely evergreen scent and long-lasting, soft green needles. White spruce has a narrow pyramidal form and medium green needles evenly spaced making it ideal for decorating, while the White pine has soft light green needles similar to a Scots pine. Of course, our now famous Fraser Fir has a symmetrical narrow form and soft green needles with a silver underside, which hold on well through the season. Look for the new variety, the Canaan Fir... It has the colour and beautiful scent of a Balsam and the great form and needle retention of a Fraser Fir. And don't forget to pick-up a bottle of Sta-Fresh preservative to provide lasting freshness to your tree. Drop by the store for more holiday design tips and expert advice on making your holiday season a memorable one.



211 Guelph Street, Georgetown
(905) 877-3163



Shari Bonaparte
Education Director

Q: What makes "Oxford" different from those other tutoring places?

A: We are teaching the way students learn. Years of research, by leaders in the study of learning, have produced the Oxford system. We have questioned traditional methods of teaching and explored how children learn. The result? A unique curriculum developed to reflect how children learn and succeed in the computer age. Our students accomplish more than simply achieve higher marks. They learn how to think critically and absorb new information. This all leads to better marks, deeper comprehension, and life-long self-confidence. To do well in life and at school, students need to develop:
1) Success Skills for School
2) Analytical Learning and Thinking Skills
3) Self-Conscious Learning Skills such as listening, remembering, and organizing new data. Schools and tutors may only address one or two of these learning areas, while Oxford tackles all three at the same time. We actually blend all three areas to help your child become a better learner. These are life-long skills that will serve your child for years to come and are only taught at OXFORD.

Attention Readers

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The Independent & Free Press

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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.

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