

ASK THE PROFESSIONALS



Doug Hopkins, CLUTM, CFP[®]
Wealth Advisor

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Question: What are the benefits of working with ONE Financial Advisor?

Answer: That's easy! First, they will pay attention to your whole picture, even if you don't look at your investment statements, they will.

Second, working with one advisor will reduce your financial stress and make the load lighter. They can simplify your financial options and sharpen the focus on your goals.

Third, a good financial advisor will provide you with expertise and knowledge you may not have. They will help prevent you from taking unnecessary risks and focus on your long-term plan.

Additionally, your advisor can work with your accountant or estate lawyer to help reduce taxes and protect the things you have worked so hard to accumulate.

If you aren't working with one advisor and don't have a financial plan give me a call at 905-876-0120 or send an email to doug.hopkins@ipcsecurities.com



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Ontario Foot & Orthotics

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FOOT SPECIALISTS/CHIROPODISTS
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Member of the Ontario Society of Chiropractors and The Ontario College of Chiropractors

QUALITIES OF A GOOD SANDAL

Summer is almost here which means sandal season is here! We can finally get rid of those winter boots and bring out our sandals. Although sandals can be comfortable, there are certain qualities you should look for when selecting the right sandal.

- Try to avoid wearing flip-flops for long periods of time. They do not provide proper support to the foot and can cause heel pain and other foot ailments if worn for long periods of time. Flip-flops are good for wearing around the pool, beach, or for short periods of time.
- Wear a full open-toe sandal as opposed to a peep toe sandal. Peep toe sandals can put increased pressure on your bunions and can irritate hammer toes or claw toes. A full open toe shoe will minimize pressure on these areas and won't cause the toes to compress together allowing them to move around better.
- Try not to wear sandals that have a very high heel. This can put pressure on the balls of the foot causing pain. Find sandals that have a wedge heel or a small platform to evenly distribute the pressure along the foot and avoid increased pressure in one area.
- Avoid wearing sandals that have a lot of straps around the toes. This can cause irritation to the toes from all the rubbing and shearing from the straps. The rubbing can lead to blisters, corns and calluses around the toes.
- Find sandals that have a good rubber sole with traction. This will help prevent slips and falls and is good for long distance walking.

For more information on good qualities of a sandal or any other footwear, contact Ontario Foot and Orthotics at (905) 878-6479 or www.ontariofoot.ca. We look forward to hearing from you!

ENHANCE COSMETIC CENTRE & SPA

Judith E. Finn - Director (ECC)
30 Years Experience

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Laser treatment with Ellipse Nordlys

ECC Cosmetic & Laser Centre is very proud to be able to offer you the very latest and most up-to-date laser and IPL treatments with our new Nordlys machine.

What is Nordlys?

Nordlys is a ground breaking new machine from Ellipse, using light and laser to get astonishing outcomes, treating many different aesthetic and medical disorders of the skin. With more than 5,000 systems around the world, Ellipse is known for its outstanding results and safety. All Ellipse treatments are clinically proven and documented for safety and effectiveness.

What can it treat?

Ellipse Selective Waveband Technology (SWT) systems are used to treat a wide range of skin conditions including removal of unwanted hair, vascular lesions, epidermal pigmented lesions, sun damage (photo damage), acne vulgaris, onychomycosis (nail fungus), red birthmarks, port wine stains, emotional flushing, rosacea and leg veins.

What is laser?

LASER is an acronym for light amplification stimulated by emitted radiation. A laser differs from other sources of light such as IPL because it emits light in parallel beams, using a single wavelength.

What is IPL?

IPL is an acronym for intense pulsed light and unlike laser, the light generated from IPL systems uses a broad spectrum or waveband of light. The short pulses of light are timed to heat up the target to the correct temperature without damaging the surrounding tissues.

Laser + IPL = SWT (selective waveband technology)

The waveband of light from Ellipse SWT is much narrower than a typical IPL so that it has both the correct penetration depth and the maximum absorption by the target (melanin in hair, pigment in the skin or hemoglobin in blood). The Nordlys system has patented dual mode filtration, which ensures that the light contains only the wavelengths required to perform an effective treatment.

Clinically Proven, Safe and Effective

Numerous, peer-reviewed clinical studies have proven that the Ellipse systems have one of the market's highest hair clearance rates. It has a photo rejuvenation option requiring only two treatments, as opposed to more than five for alternative systems. It can achieve incomparable acne results, and it offers a superior solution for all vascular lesions. No other laser or IPL system can match this claim.

For more information please call us at 905-864-0000 to book your complimentary consultation to learn about our latest services.



Dr. Ron Strohan
Optometrist

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OPTOMETRIST

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Vanity Or Fear?

Practicing Optometry and I have a mission to help people preserve vision.

When I encounter daily practice I am faced with questions as: What happened? Why can't I see? Usually something has happened to a person's eye health which is a direct result of the person's health.

I had two people in the past week admit:

1. "I had a fear that if I had my eyes examined that something would be found wrong." Well that may well be true or not true. However, allowing yourself not to seek at least an understanding of your visual health, and ability to see affects your lively hood, and ability to communicate and interact with the world. The worst possible scenario of having an eye examination is finding out what you can and cannot see, and the necessary steps to preserve your vision and health. The best thing that could happen is that you would find out you are healthy, and that your eyes are functioning perfectly. You may even learn something you didn't know.

2. "I was too vain to wear glasses, or even think that I would have to wear them, so I ignored having an eye examination." Believe it or not this is a very common reason people do not have an eye examination. Only 40 percent of people have regular eye examinations, and of those the most common age of having the first eye examination is the age of 40; the age when reading and seeing up close has affected a person's ability to do things they would normally do on a daily basis. The unfortunate aspect of this attitude, is the misperception that your ability to see is solely dependent on glasses. It depends on health. How many people think preventatively. Annual eye examinations are intended to keep your eyes healthy. Without health, you see nothing!
A rather frightful thought if you consider what people are seeing when they are driving.

Simply put the vision you have is directly related to the vital function, and physical health. An eye examination is a series of tests to assess the health and optical status, and function of your eyes and vision.

Strangely enough people still value vision as the most valuable sense which they would not wish to lose, and yet routinely put annual examinations as a low priority.

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Dr. Mark Cross, Dr. Tony Wan



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MON - THU
9AM - 8PM
FRI - SAT
9AM - 3PM

Summer Time Treats

With summer finally here there's nothing better than lying back and relaxing with a creamy frappuccino.

A frappuccino can contain up to 102 grams of sugar - the equivalent of drinking an entire litre of fizzy drink in one sitting. While these ice cold drinks seem appealing, you could be consuming almost double your recommended daily allowance of sugar in a matter of minutes.

The high sugar content corrodes the outer surface of your teeth, eventually leading to tooth decay and exposing of the inner layers of the teeth, which can cause painful sensitivity. The extra coffee shot in these types of drinks can also lead to staining of the teeth.

If you must indulge, ask for some water to rinse your mouth to help dilute the sugars afterwards. Also, try chewing sugar-free gum after drinking a Frappuccino as chewing gum causes your mouth to produce excess saliva, thus acting as a powerful barrier to help prevent tooth decay.



DR. ELAYNE TANNER
Registered Social Worker

Counselling & Psychotherapy

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Q: I can't really describe what's wrong. I feel cloudy and dull and always angry. But I'm not crying or sad so it isn't depression. What can this be?

A: Although some people experience crying and sadness and hopelessness, more people experience subtle symptoms of depression.

- You cannot focus or pay attention. Your head is cloudy. Books, TV, games all have lost their appeal. You are forgetful and often lose things. You do not feel sharp.
- You fall asleep fine, but wake up an hour or two later and cannot fall back to sleep. During the day all you can do is sleep. You are too tired to be effective at work. Your brain feels tired.
- Your mind won't turn off. You worry a great deal and keep obsessing. You replay the events and conversations of the day, over-analyzing everything.
- Your weight goes way up...or way down. You eat mindlessly and do not enjoy what you are eating. You have no interest in food and even though you have no appetite, you most likely over eat.
- You are numb or angry much of the time. You do not feel pleasure and you don't feel connected to others. You might feel restless but have no interest in doing anything.
- Without interest or feeling connected you tend to avoid friends and social activities. Your affect is so flat and you are so disinterested, people are uncomfortable around you.
- You may feel physical problems and pains that seem to not have a cause. This does not mean it is not real but the brain finds a way to fit your body with your depressed state and justify your mood and lack of engagement. Headaches, stomachaches, neck, back, and irregular heartbeat, can all be the results of depression.

Depression can be treated. I use a combination of talk, CBT, meditation, hypnosis and mindfulness. These are all techniques proven to bring about positive results. There is no need to suffer. Call today.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation