

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
191 Main Street E.
Milton, Ontario L9T 4N9
or Fax to: 878-4943



COMFI INTERIORS

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Showroom RESIDENTIAL & COMMERCIAL
845 Main St. E. Milton 878-4280

Q: My basement has dark wood panelling on the walls. I would like to brighten it up. Do I have to rip it down?

A: Fear not. Transform your room the easy way by painting or wallpapering over the surface. First wash down the walls with a solution of TSP or similar product which will clean and etch the surface. Next and most important, is to prime the area with a super adherent primer. "Pratt & Lamberts" supreme #1 is an excellent product. After the required drying time (tip* leave longer than instructions state), you will be ready for your finish coat "Pratt & Lamberts" Accolade velvet covers well and has lots of colours to choose from. Try a textured roller for a faux finish and Voila'! If wallpaper is your choice then come see us at Comfi Interiors and we'll show you some special wallcoverings that will transform the look of your room.



Hawkins Animal Hospital

Debbie Hawkins B.Sc., DVM
Doctor of Veterinary Medicine
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Debbie Hawkins
B. Sc., DVM



PET FOOD QUALITY

After having spent 9 years in practice, I have realized that, above all, the most common medical problem that I deal with relates to unhealthy bladders. I would say that every other day at least one of my patients comes to the hospital with a urinary problem resulting from an infection of the bladder. I would think that if one confronted five friends, who own either a cat or a dog, that at least one would have a story to tell of such problems in the past.

The most common cause of bladder infection (cystitis) is the presence of stones (uroliths) in the bladder. Bladder stones vary in size from a grain of sand to a large pebble. Their presence in the bladder causes severe inflammation and often obstruction, which can be life threatening.

The most common cause of bladder stone formation is the effect pet foods have on the pH of the urine. pH is a measure of the acidity (low pH) or alkalinity (high pH) of the urine with respect to normal body fluids. Acceptable urine pH is between 6.5 and 7.0. Any higher or lower will eventually result in the formation of bladder stones. The ability of pet foods to control urine pH is a reflection of that food's quality, quality control by the manufacturer and the mineral (ash) composition of the diet. Just because a bag says "low ash" is not good enough.

If you are in doubt about your pet's present diet's ability to control this problem, a urine analysis will help to determine this. Having this checked, as a preventative measure is very worthwhile because having to deal with this problem medically or often surgically can be quite costly. All of my clients, who have been through this problem, will confirm that the extra cost of superior diets is well worth it.

Wishing you and your pets good health and happiness.



BEVERLY HILLS

Weight Management & Nutrition Centres
MARION HEALY
Registered Nutritional Consultant
Manager

Marion Healy
R.N.C.

550 Ontario St. S., Unit 18 (905) 875-2889

Why Supplementation?

Do you eat a balanced diet every day? Does it include all amounts of food recommended by the Canadian Food Guide? For almost everyone, the answer is NO! Most of us find it difficult to eat a balanced diet every day in the quantities needed. But, even if we did do you ever wonder about the quality of food these days? Studies show that our food supply doesn't provide the nutrients that it did 40-50 years ago. Every Canadian has a need for food supplementation because proper nutrition is no longer available in the 4 basic food groups!

Causes of Nutrient Loss

- 1. Soil Depletion.** Farmers have been using chemical fertilizers since the 1950's to force-grow food items for bigger yield. This returns very few minerals and elements to the soil.
- 2. Machine Picking of Food.** Food is picked before it is ripe to prevent spoilage during shipment. The last four to five days of ripening must be done on the vine to produce most of the foods nutrients.
- 3. Processing and Refining.** This prevents spoilage and increases shelf life.
 - The refining and rolling of flour causes a loss of 98% of nutrients.
 - Food processing produces a 40-95% nutrient loss in all foods.
 - Americans/Canadians consume 3,000-5,000 chemicals a day.
 - Artificial food can account for as much as 80% of most people's diets. Such things as, cheese, non-dairy creamers, egg substitutes, imitation meats and products, powdered drink mixes.
- 4. Nutrient Robbers.** Sugar, alcohol, coffee, tea, antibiotics, drugs, aspirin, chemical additives, radiation, pollution, smoking, insecticides, stress, surgery, illness, dieting, job change, family situations etc., can drain nutrients from our bodies.

Marion Healy is a registered Nutritional Consultant with over 11 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre. For more information contact Marion at 875-2889

Milton Pain Management Clinic
Milton Chiropractic Centre
310 Main St. Suite 201, Milton
878-5656

Q: How do I deal with ongoing chronic pain?

A: Chronic pain is a debilitating condition that affects every aspect of a person's life. One method of treating pain which many people have found effective is the Synaptic 2000 machine, which uses electrical impulses to stimulate increased neurochemical activity in the painful nerve pathways.

Q: How do neurochemicals change the painful sensations?

A: Neurochemicals play a role in modulating pain. Synaptic treatments help maintain these chemicals in normal ranges. These chemicals are produced in lower amounts in painful conditions. Returning to normal quantities reduces pain levels.

Q: What kind of conditions will the Synaptic 2000 help control?

A: Chronic conditions such as fibromyalgia, rheumatoid arthritis, sciatica, neck pain, migraines, sleep disorders, bursitis, back pain, and tennis elbow. They also work well for acute injuries such as whiplash and strains.

Q: Is the Synaptic a safe treatment?

A: The Synaptic 2000 is approved by Health and Welfare Canada. No adverse effects have ever been reported using the Synaptic 2000.



Elayne M. Tanner

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Elayne M. Tanner

Q: My wife and I have been together for over 20 years. Generally, I think that we are still pretty happy together, but when it comes to sex, things just haven't been working out for sometime now. I've just recently heard that you and your husband provide something called sex therapy. Could you please tell me a bit about it? What do you have to do? How long does it take?

A: Sex therapy is simply a way of helping people with sexual problems or concerns. Ideally, especially when helping couples, there is a male/female co-therapist team. There is no sexual contact or activity of any kind during the sessions. The therapists provide a supportive, non-judgemental atmosphere in which the couples can talk about their difficulties.

The personal history of each partner, their shared history and their present feelings and behaviours are usually explored in order to clearly define and understand the present problem. If there is a possibility of a medical cause to the current concern, a referral to a physician would be made. If the concern is not seen as a medical in nature, a number of different psychological and/or emotional factors will be involved. With the help of the therapists, the couple will explore the nature of the present problem, possible solutions and strategies and some goals to work towards. Each week, the couple is given assignments and exercises to do at home between sessions, designed to promote intimacy and communication.

Couples may be experiencing one of a wide range of sexual problems including lack of interest, differences in desire, erection difficulties, inability to orgasm, premature ejaculation and vaginismus. Nevertheless, regardless of the type of problem, most couples experience a significant improvement in their sexual difficulties in only 7 to 10 weeks.

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