

# 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

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

**Q: You have stated previously that Synaptic 2000 treatments affect neurotransmitters in a beneficial manner. How does this work?**

**A:** Neurotransmitters regulate every chemical reaction in the body. Differing levels of neurotransmitters determine how a person will react to physical and emotional stresses. They play a role in sleep, pain regulation and emotional reactions. In some people these neurotransmitters become depleted or unbalanced causing, for example, a problem with pain pathways.

**Q: How does Synaptic 2000 affect chemicals in the brain?**

**A:** Sensations from the body reach the brain through electrical pathways. The response from the brain is chemical, through neurotransmitters. The Synaptic 2000 machine sends a normal electrical wave form to the brain and encourages a change towards more normal secretion of neurotransmitter levels.

**Q: What can changing neurotransmitter levels do for me?**

**A:** Your sleep will be improved, your muscles will be more relaxed, and your pain will be reduced or eliminated. Overall these benefits should result in a greater feeling of physical and emotional well-being. As well, your chiropractor or massage therapist may find it easier to treat you, and their treatments may be more effective, with quicker results.

**Erika Ristok** B.A., N.D.  
 Doctor of Naturopathic Medicine  
 Clinical Nutrition  
 Herbal Medicine  
 Homeopathy  
 Acupuncture

95 Main Street East, 2nd Floor  
 Milton, Ontario  
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Erika Ristok, B.A., N.D.

**Q: I am interested in Naturopathic Medicine but have never seen a Naturopathic Doctor before. I am fairly healthy but feel like my energy level could be better. Also, I have some problems with digestion and seem to have had more than my share of colds and flu this year. Could Naturopathic Medicine help me?**

**A:** Many people feel like that they are "healthy enough" because they are free of any major health conditions or diseases, yet on a frequent basis they experience one or more symptoms that they have simply learned to ignore, make the best of, or suppress with over-the-counter medications. This is unfortunate, because these problems can often be resolved by addressing the underlying causes. Furthermore, symptoms that may seem minor and easy enough to cope with now can be signs of the development of more serious health conditions. These symptoms are clues from your body that something is out of balance, and addressing them now will not only make your current quality of life better, but will also help to prevent problems in the future.

Naturopathic medicine can help to resolve these symptoms and move you in the direction of optimal health. To help uncover the cause of your particular symptoms, naturopathic doctors spend a lengthy first visit questioning you about details of your specific health concerns. A complete medical history and relevant physical examination help to complete the picture.

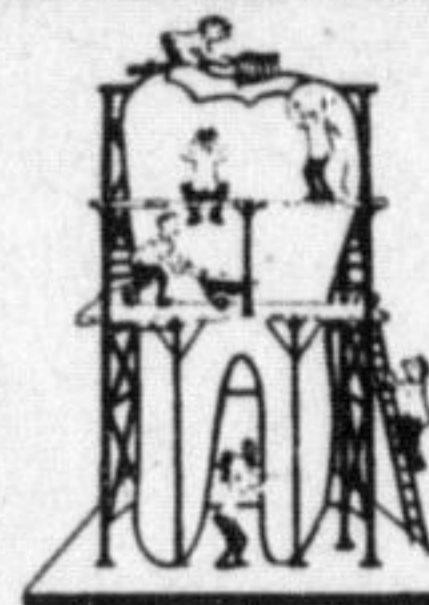
Based on the information obtained from this assessment, a treatment plan is developed that may include any of the naturopathic therapies: diet and nutrition, herbal medicine, homeopathy, acupuncture and lifestyle counselling.

Many health problems for people of all ages can be addressed using Naturopathic techniques. To learn about how Naturopathic Medicine can be of help to you, complimentary 15-minute consultations are available.



Tony H. Wan  
 B.Sc., D.D.S.

**Dr. Tony Wan's  
 Tooth Talk**  
 Towne Dental Group  
 Milton, Mall - 55 Ontario St.  
 (905) 876-1188



**Q: What can I do to make my teeth whiter?**

**A:** There are now many ways available to give you the smile you have always wanted. Before we look at ways to make your teeth whiter, we must first determine what has caused the discoloration. Some common causes for tooth discoloration include aging, poor dental hygiene, tooth decay, trauma, tooth nerve degeneration, excessive fluoride, consumption of staining substances (coffee, tea, colas, tobacco), tetracycline (antibiotic) staining, and old dental restorations. As you can see, it is not as simple as going to a drug store and purchasing products that say will "brighten and whiten your smile". If you choose to go that route, beware of products that may actually harm your teeth and gum tissues. Some toothpastes aimed at smokers contain ingredients that are too harsh on your teeth, and over time can wear thin the protective enamel coating. Another product the public should be cautious about using is the over-the-counter at home whitening products. Bleaching products in some instances may cause damage to the tooth pulp, enamel and gums, especially when performed without supervision. Many of these products contain chemicals that are too concentrated and are often administered using poorly fitted mouth trays that allow more exposure of the mouth tissues.

Only a dentist can determine what is causing your teeth to be discoloured. Your solution may be as simple as regular dental check-ups together with proper home dental care. Some people may need tooth coloured fillings if it is decay that is making their teeth discoloured. Old discoloured fillings will need to be replaced as it is not possible to whiten them with chemicals. Teeth that have discoloured as a result of staining substances and aging may be whitened with professional bleaching systems. Tetracycline stained teeth, resulting from early childhood exposure to the antibiotic, can sometimes be treated by bleaching, depending on the severity. In several cases, it may be necessary to complement it with cosmetic dental procedures such as porcelain veneers. Teeth that have suffered past trauma or nerve degeneration will need to be diagnosed by your dentist first before attempting to whiten them. So, if it whiter teeth you are after, the best advice is to see your dentist and ask what treatment is best for you.

In the next column, I will talk about frequently asked questions regarding the professional bleaching systems available to you from your dentist.



Geraldine Hesketh

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**Did you know that within the next 5 years Baby Boomers (me included) are going to create a decorating frenzy?**

The kids are grown and leaving home (we wish!), so time to spruce up the old place. Before you rush to find the old paint brush and measuring tape hold your horses. Don't make an expensive mistake. Call the professionals.

I have known clients to start off on their own trying paints and, 4 gallons later, they're now in the garage sale (gave up in despair and bankruptcy!). Call us and in 1 hour approximately we hopefully can steer you in the right direction. Do you go for wood, laminate, carpet, or tile? What colour out of 10,000 choices do you put with it? What size tile? What, what, what? HELP!!

Market research has also found that shoppers want service. It can be intimidating standing in the middle of a store the size of Sky Dome with your blood pressure rising deciding on a can of paint. Leave quickly and call us at Comfi. You'll know who you're dealing with and save time running around. And our tape measures are bigger than yours!

ASK SOMEONE WHO KNOWS ...

**ROYAL LEPAGE**

388 Main St. E., Milton  
 (905) 878-8101



RUTH KERR, M.A.  
 SALES REPRESENTATIVE

Dear Ruth,  
 I am about to put my home on the market. I invited 3 agents to 'bid' on my home. Is there any reason I shouldn't go with the Rep that gave me the highest price?

Signed  
 "Unsure"

The 'right' list price for your home, "Unsure" is not necessarily the highest list price. Your home's proper list price is based on 'comparables', in other words, homes that have recently sold that are similar to yours in terms of location, property & home size, this tells you what Purchasers are prepared to pay in the current market for properties like yours, as well as construction quality, updates, etc. Many Vendors believe that they can list their home at a high price initially in the hopes that they will get that extra dollar, they can lower the price later if they need to. Don't fall into that thinking, "Unsure". A 'just-listed' home experiences the most market activity it will ever experience. When a home is overpriced, potential Purchasers quickly lose interest & are lost. Further, by the time the overpriced home is reasonably reduced, it may be too 'old' for Purchasers to offer full or even a fair price. One of the most common questions Purchasers ask is 'How long has this house been on the market?' The price a Purchaser is prepared to offer often reflects the answer to this question. Don't let a Sales Rep 'buy' your home's listing with an unrealistically high price. In all likelihood, you'll be sorry. I suggest that you work with the Sales Rep. a) who supported their recommended list price with sound 'comparables' b) who is ethical & hardworking c) who has a proven track record and d) with whom you are most comfortable. Good luck, 'Unsure'.

*Ruth*  
 Ruth Kerr, M.A.

It's good to know someone who knows (and cares).  
 If you have real estate questions or concerns, write or call Ruth.  
 (388 Main St. E., Milton, L9T 1P8 905-878-8101)

This monthly question/answer service will be available until May, 2000.

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