

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



SECOND NATURE

THE NATURAL CHOICE

The Natural Choice in Health Food

Laurie Vaughan-Sherman
C.R., A.E.C., T.T., N.U.

190 Main St. E. Milton 875-1342

Q: Is there anything natural that I can take to increase my desire and ability to enjoy sex?

A: Absolutely, for women and for men there are natural and safe products available. For both it is important to be healthy because all nutrients are needed to provide overall energy and stamina required for sexual desire and performance.

For women there is Agra-fem. Agra-fem contains Siberian Ginseng which will restore stamina and energy, if fatigue is sapping you out. For boosting and balancing hormone levels it has Black Cohosh, Licorice Root and Wild Yam Extract. If stress and tension is the problem the Oat Straw Extract and Angelica Root are there to alleviate these problems.

For men there is the formula 4SX. This formula compared to Viagra can be used with no side effects. To improve circulation and ability, 4SX contains Ginko Biloba and Ashwagandha Root. The Tribulus Terrestris extract also helps to boost a sluggish libido. This is an overall herbal remedy which gets the blood flowing, prevents impotence and increases energy levels.

Remember that if you have a known medical illness, you should consult with your physician or natural healer prior to use.



Elayne M. Tanner

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Q: Every year I make New Year's resolutions in January and by February I have given up on them. I always have great intentions when I set them but I never seem to even start following through. What is my problem?

A: There are many possibilities. First we must consider if your goals are realistic and attainable. If, for instance, your New Year's resolution is to loose 100 pounds by Valentine's Day, it is not likely to happen and by setting an unrealistic goal, you are sabotaging yourself. You know the goal is impossible, so why try? Secondly, are your resolutions goals or dreams? The difference between goals and dreams often lies with the answer to two simple questions - how and when. If it is a dream you cannot answer how you are going to achieve it or when you will have it (or portions of it) completed. With a goal, you can answer these questions. Dreams can easily turn into accomplishable goals by setting time lines and planning. Sometimes we need help with this process.

Another hindrance to your success may be that you are a procrastinator. Procrastination is something we all do some of the time, but for some people it is a way of life. There are different ways to procrastinate such as:

1. **The Perfectionist** If it cannot be perfect I will not do it at all - you can't fail if you do not try.
2. **The Worrier** What will happen if I cannot do it right? What if I do it right and people expect more of me? But...! What if...?
3. **The Defier** Why should I have to do it - no one can make me do it. When I'm ready.
4. **The Crisis-Maker** This person needs to be right up against a deadline to be motivated to action. The adrenaline rush serves as a high.
5. **The Dreamer** A dreamer of great ideas but not focused enough to follow through.
6. **The Overdoer** One who cannot time manage. They cannot say 'no' when they should and they try to accomplish too much in order to keep everybody happy.

In counselling we would determine what holds you back. Do you need help setting realistic goals and prioritizing the tasks? If you are procrastinating, what technique are you using and why are you doing it? Once we discover the what and the why we work on the how - how to change the patterns. Before long you will find that you are accomplishing your goals. This Valentine's Day, give yourself the gift of happiness!

Elayne Tanner is a certified Social Worker in private practice in North Milton. If you have further questions or if you would like to arrange an appointment, please call (905) 854-0801. Confidentiality guaranteed.

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Q: My bank gives me a competitive RRSP loan only if I place my RRSP with them. I want to choose other funds. Any suggestions?

A: The easiest way to contribute to your RRSP is on a monthly basis, but if you want to borrow to use up your RRSP carry forward, we can help.

Money Concepts uses many different lenders. Competitive loans are as low as "at prime" and RRSP loans are usually approved on the spot. Restrictions on your RRSP investment selection are minimal. You can select from virtually any suppliers' GIC's, Mutual Funds, Labour Sponsored Venture Funds, and Segregated Funds. First payments are delayed 4 months so that you can get your tax refund first!

Is it necessary to go into debt now in order to save for your retirement? Why not just increase your monthly contribution? Remember, RRSP loan payments are not tax deductible. You still have to pay off the loan with after tax dollars.

Pay attention to your Marginal Tax Rate (MTR). Higher income earners have higher rates and should maximize their RRSP contributions first. MTR percentages decrease sharply. If you borrow too much you will reduce your potential tax refund. Splitting your loan over two tax years takes better advantage of your MTR level and can increase your refund's value. Ask before you borrow. Make sure that you are getting your money's worth!

For further information please contact Money Concepts - Milton at 876-0940.

*Affiliated with Money Concepts Group Capital Corp. and National Financial Marketing Services Insurance Agency Inc.



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Q: Every winter I have problems walking on snow and ice, what should I look for when purchasing boots?

A: Choose your footwear carefully! A good quality boot with anti-slip soles, a supportive shank and a stabilizing heel cup will help to keep you on your feet in slippery conditions. Double sealed seams prevent leakage. Look for high abrasion, lightweight rubber soles to provide stability on ice and snow and help prevent nasty falls.

Footwear should also be loose enough so toes can wiggle and leave room for an extra pair of socks. Thick polypropylene or wool socks or tights are good for extra protection on very cold days.

The clinic offers extended hours.

No referral is necessary.

House calls are also available.



Debbie Hawkins
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Q: What are hairballs? What danger do they pose and how are they treated?

A: Practically all cats can have hairballs. It is a result of their fastidious grooming behaviour.

Before I wrote this I sat watching my cat Nicholas. During a 30 minute period he groomed himself for 20 minutes. With every lick, a cat swallows hair. The hairs, if they do not pass through the stomach in single file, will eventually form together into a mass. Many cats that have a hairball will get rid of it by vomiting it up. Some cats do not succeed and will display symptoms such as coughing or frequently regurgitating undigested food soon after they eat. Unfortunately, a few will attempt to pass the mass into their small intestine. This often leads to surgical removal, as the size of the hairball does not permit elimination and results in bowel obstruction.

To prevent hairballs from forming or to aid in their elimination, I advise the frequent use (2 times a week) of a hairball medication. This medication is quite palatable and most cats consider it a treat.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



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Q: I twisted my knee last week while skiing and it still hurts. What could I have done?

A: Knee injuries are common during sporting activities, as the knee joint is very vulnerable. There are three bones that make up the knee joint: the large thigh bone, called the femur, the leg bone, called the tibia, and the kneecap, called the patella. The femur and the tibia do not fit well together, so to make them more congruent and to absorb shock, there is a piece of cartilage that sits between the two bones called a meniscus. There are two in each knee, one on the inside and one on the outside. On each side of the knee, and in the middle of the knee are ligaments, which attach the two bones to each other. Surrounding the knee is a capsule, or a strong fibrous tissue, which encloses the knee joint during movement. Together, the ligaments, muscles surrounding the knee, and the capsule help to stabilize the knee during activity.

Unfortunately, if you twist your knee, and take the soft tissue further than it is able to go, an injury can occur. Some people report a popping noise at the time of injury, others do not hear anything; they just develop sudden knee pain after a traumatic event. If the knee swells immediately, and bruising is noted, something may be torn, and there is bleeding inside the knee, like a muscle or a ligament. If the knee does not swell until the next day, it may indicate a cartilage tear. Other indicators of cartilage tears are clicking or locking while walking or bending the knee, which means that something is pinching in between the two bones. If you experience a giving way feeling while walking, it may mean that your knee is unstable, or that the muscles around the knee are not working, because there is too much pain. This is the body's natural way of protecting injured tissue from further injury.

If any of the above mentioned symptoms are present after your injury, see your doctor right away. They may send you for testing, like an x-ray or MRI, to see an orthopaedic specialist, or to see a physiotherapist. A physiotherapist can help to decrease pain and inflammation, regain strength and range of motion, and get you back to your regular activities as soon as possible. Sometimes, if a ligament or cartilage is torn, surgical intervention is necessary. A physiotherapist can help you prepare for surgery, and see you after surgery to expedite your recovery. During the first few days after an injury, ice is usually the treatment of choice, if there is swelling. Ice for ten minutes at least 2-3 times a day or up to every hour, to stop swelling will enable the healing process to start.

For more information contact Connie or Tina at the Halton Community Rehab Centre 876-1515.