

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: What is the difference between natural versus synthetic products?

A: In the manufacturing of nutritional supplements, there are five categories.

Natural nutritional supplements are nutrients from vegetable, mineral or animal sources that undergo little or no processing, thereby retaining their basic nutritional integrity as designed by nature.

Nature Source are products that undergo processing, but which are still obtained from vegetable, mineral or animal sources.

Nature Identical are laboratory-manufactured nutrients that are identical in molecular structure and activity in the human body to natural nutrients.

Synthetic supplements are laboratory-manufactured nutrients that are in some way dis-similar to the natural nutrient.

Food grown nutritional supplements have raw materials which are produced in two ways.

Minerals and some pharmaceutically manufactured vitamins are added to yeast cells. This mixture is combined with larger carrier molecules for dissemination throughout the body. In another process, vitamins react with extracts containing vegetable proteins. The vegetable protein derivatives are then combined with yeast cells.

REF: Encyclopedia of Natural Healing.



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Here are some answers to often asked questions regarding paint & wallpaper do's and don'ts.

• The wallpaper won't come off the wall.

Generally the reason for this is that the paper may have been put up over latex painted walls. Latex paint is porous and when the wet paper is put up over the paint the glue is "sucked" into the paint and into the drywall underneath.

SOLUTION: When wallpapering use a "sizing" on the walls over the latex paint. Special primers or oil based paint is also good for sealing walls.

When removing paper to paint the walls clean them with TSP, rinse to clean the old glue off and you'll have a clean, smooth surface to paint.

• The latex paint won't stick to the wall.

SOLUTION: Latex will not cover if the surface was originally painted with oil base paint. A primer coat must be applied first to make that transition to latex. The opposite is okay however in that oil will cover latex.

• How to paint a stucco ceiling.

SOLUTION: Treat these areas with care. If you're not sure use an oil base flat finish or the stucco could loosen and down it will come. Stucco doesn't look as good on the floor!

• Trim & wall colours.

SOLUTION: Every room varies, but contrasting trim can look really sharp! Let's say you paint the walls dark blue. White trim will look dramatic, or paint your walls and doors in light tones and use darker colours on all the trim. This frames everything and brings a room alive.

Paint your ceiling a different colour too. Lighter or the same tone in some rooms is really neat.

Don't be afraid to experiment with colours. You'll be pleasantly surprised as you watch your rooms come alive.

If you have any questions, come in and see us. Pratt & Lambert Accolade Paint is now on sale till the end of May. It's available in many colours & finishes to suit any taste.

P.S. If you want to keep a colour on file when decorating, take your paint chip & tape it inside your light switch cover!



Positive Changes Hypnosis

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SUSAN CHORNEY
Certified Hypnotist

Q: How does hypnosis work?

A: Our minds work on two levels – conscious and subconscious. We make decisions, think and act with our conscious mind. The subconscious controls our habits. In hypnosis the conscious mind is subdued, while the subconscious becomes more aware. Positive suggestions given by the hypnotist are readily accepted in this altered state. Also, the subconscious is not subject to time. This is why our clients often state that their new habits seem "easy" and "effortless" after hypnosis.

Q: Will hypnosis work for me?

A: Generally speaking, every normal person is hypnotizable – that is, people with an I.Q. of at least 70 who have no severe mental disorders. Therefore, most anyone can take advantage of hypnosis. With cooperation and reasonable commitment, you can expect excellent results with weight loss, stop smoking and stress reduction.



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Q: Do you make custom footwear?

A: Yes. Birkenstock sandals, the most popular sandals on the market can now be custom-made. We take a plaster of paris cast of each foot and send them to the lab. The sandals are manufactured with a custom-made footbed, according to the cast and prescription. Imagine having sandals made specifically to your foot.

Custom-made Birkenstock sandals and clogs are perfect after being on your feet all day and in the summer months. As the warm weather approaches many individuals prefer to wear sandals instead of enclosed footwear. This is when people neglect to wear their orthotics. Clinical surveys have found that orthotic patients may gain as much as 33% or more additional orthotic therapy time by wearing our sandals or clogs when desiring freedom from shoes.

Many insurance companies cover the cost of custom-made orthotic sandals. So, if you would like freedom from your orthotic or just want to walk around in comfort, give us a call.

The clinic offers extended hours.
No referral is necessary.
House calls are also available.

Down-to-earth financial management. Your terms. Your comfort.

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Lou Mulligan, CFP, RHU

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Q: What is critical illness insurance?

A: Critical illness protection provides you with a tax-free lump sum payment upon diagnosis of one of several critical illnesses including: heart attack, coronary artery disease, stroke, cancer, kidney failure and others. This protection is available for both adults and children. This is a new type of insurance, available in Canada since 1995. Critical illness protection is available as a rider or as separate, stand alone coverage.

Critical illness protection provides the necessary financial assistance to help you maintain your independence and quality of life after a critical illness - so that you don't have to go back to a job that may be "killing you".

No one likes to think about suffering from a critical illness, but consider these statistics:

1 in 4 Canadians will contract heart disease or stroke. There are close to 300,000 stroke survivors in Canada today.

1 in 3 Canadians will develop some form of life threatening cancer over their lifetime.

1 in 4 Canadians will suffer from kidney disease.

Due to medical advances, more and more of these victims are surviving. 80% of stroke survivors alone, will be left with a disability.

The financial and emotional impact when a family member suffers a critical illness can be devastating. Many lifestyle adjustments may be needed to cope with the effects of the illness. The benefits provided by critical illness protection can help ease the transitions for you and your family as you recover from a critical illness.

For additional information on critical illness protection, please contact Money Concepts at 876-0940.

Affiliated with Money Concepts Group Capital and N.F.M.S. Insurance Agency Inc.



Elayne M. Tanner

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Elayne M. Tanner

Q: My 10 year old child seems despondent, out of sorts and does not sleep well. She is involved in many activities including ballet, swimming and gymnastics lessons, and has pretty well everything that she wants. My husband and I both work hard to give her a better lifestyle and she still does not seem happy. Is she just spoiled or am I expecting too much?

A: Your daughter may very well be feeling under a great deal of stress. Parents recognize the high levels of stress that they are going through daily, but often do not realize their children's stress. They are always being hurried from one activity to another. They frequently eat meals in the car between activities. They are pushed to learn more and faster and to focus on grades. Parents, peers and the media all encourage children to grow up faster and to reach adult milestones sooner. The grade 6 public school graduation looks like an adult party. In order to give your daughter everything, you both work and you and your child do not see each other very much and when you do, there is not much time or energy to enjoy each other. You are stressed and your child feels that and picks it up, and becomes further stressed. My suggestion is to try to cut down some of the extracurricular activities and simplify your child's life somewhat. Spend more time sitting and talking and see if this reduces your stress and your child's stress level. When you manage to reduce your daughter's stress level, you may indeed find that this was the source of her discontent. If you would like further parenting advice, you may find it beneficial to seek counselling and learn some new techniques that might help you.

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.