

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



Marion Healy
R.N.C.



BEVERLY HILLS
Weight Management & Nutrition Centres
MARION HEALY
Registered Nutritional Consultant
Manager

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

Q: Can miracles really happen with electro muscle toning treatments?

A: If your figure has you frustrated, would you like to firm up while losing those unyielding pounds and inches in just a matter of weeks without starvation or exhaustion?

Beverly Hills Weight Management and Nutrition Centre is owned by Registered Nutritional Consultant Marion Healy, a health expert with 11 years of experience in nutrition and physiology. Electro Muscle Toning has been around for years. It is used mainly for patients in chronic pain. Health experts started to notice that these treatments strengthened the muscles just like regular exercise, but without soreness, stiffness or fatigue. This process was found to be relaxing and comfortable and patients started to trim down, firm up and feel revitalized. They also experienced weight loss and a reduction of cellulite: therefore this system has been adopted enthusiastically by health professionals in the weight loss industry. Marion has found that clients can reduce by 12-30 inches in only 5 weeks. You would have to perform 1,000 repeats of exercises yourself to each of 20 different muscle groups to achieve the effects of one of our 40 minute treatments. Electro muscle stimulation, personalized nutritional planning and a supervised diet are the basics for our muscle toning program at Beverly Hills Weight Management Centres. As weight reduces, underexercised muscles are strengthened by the specialized equipment, improving the figure and well being. The miraculous results of our five week muscle toning program sound too good to be true, but true they are!

One five-week series of 10 clinical treatments includes individual nutritional counselling, measurement, body fat analysis, nutritional audio tapes to listen to while exercising in comfort. For more information on Electro Muscle Toning Treatment call 905-875-2889.

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.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



HALTON COMMUNITY
REHABILITATION
CENTRE
86 Main St., Milton
876-1515

It is National Physiotherapy Week!!!

What is physiotherapy?

Physiotherapy is a form of health care which promotes optimum health, function, and mobility. More specifically, **physiotherapists help with any problems involving movement.** For example, you may not be able to walk because you have a sore knee or back from a muscle or ligament strain. You may have pain and loss of strength because you have recently had surgery or broken a bone. If you have had a stroke you may not be able to move your leg or arm the same way. If you have recently had a heart attack, you may not be able to carry out your daily activities as before. Whatever the reason for problems with movement during daily activities, sporting, recreational, or work activities, physiotherapists can help.

What is a physiotherapist?

A physiotherapist can provide a complete assessment of your problem and together, make a plan with you to help you reduce pain, improve movement, strength, balance, and endurance, and get back to optimum health! Physiotherapists have a university degree in physiotherapy and have to be registered with the College of Physiotherapists of Ontario, in order to practice. If anyone is providing you with physiotherapy services, ask if he or she is a **registered physiotherapist**, in order to ensure that you are being treated with the high quality of care that a registered physiotherapist provides.

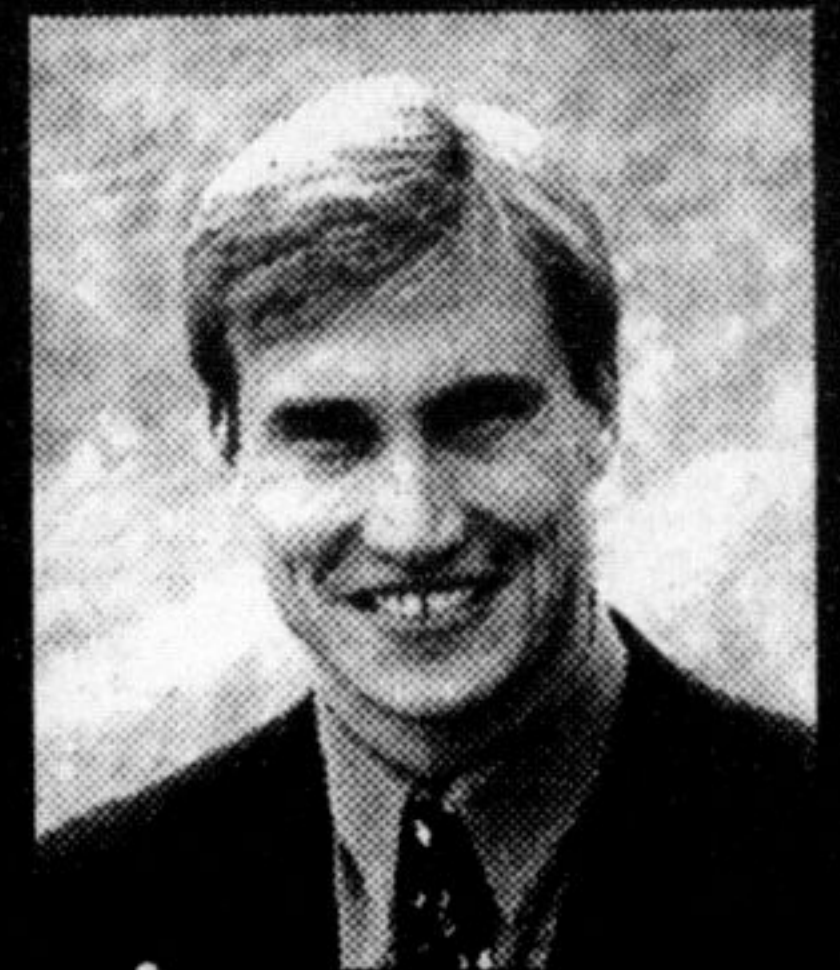
How do I access physiotherapy services?

Physiotherapists work in hospitals, clinics in the community, or in your home. They may work in industry to evaluate specific job requirements, they may work in a teaching role, or doing research. Some clinics in your community are listed in your local yellow pages. Hospital physiotherapy services and some home care physiotherapy services are funded by OHIP, while most private physiotherapy community clinics are not covered under the OHIP system. If you or your spouse work full time, you probably have physiotherapy services covered under your extended health plan and can access a community physiotherapy clinic. If you have been injured at work, or have been in a car accident, your insurance will also allow you to attend a community physiotherapy clinic. Although the province of Ontario does allow you to access physiotherapy services without a referral from a physician, it is important to let your family physician know that you are attending or would like to attend physiotherapy for your injury. They are an important member of the health care team and will oversee all of your health care needs.

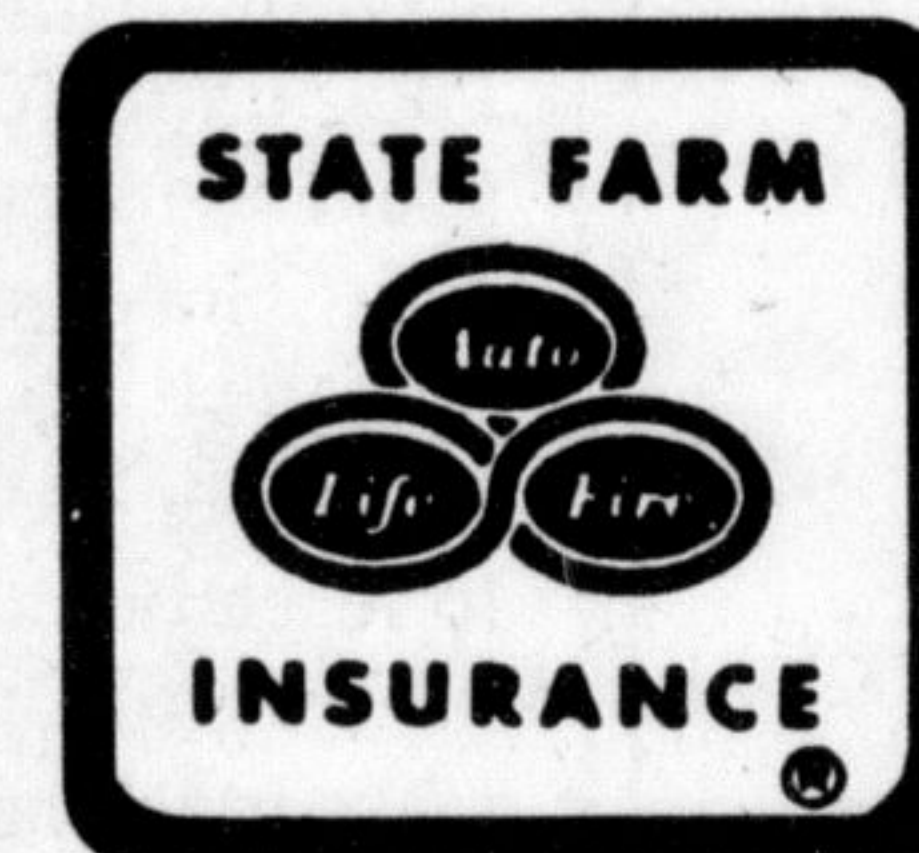
For more information contact Connie or Tina at the Halton Community Rehab Centre 876-1515.

Q: Why should you get Permanent Life Insurance when you're young?

A: Lower premium payments, protection for loved ones, and cash values build sooner for use during lifetime.



Don MacRae



485 Main St. E.
Milton
878-8109

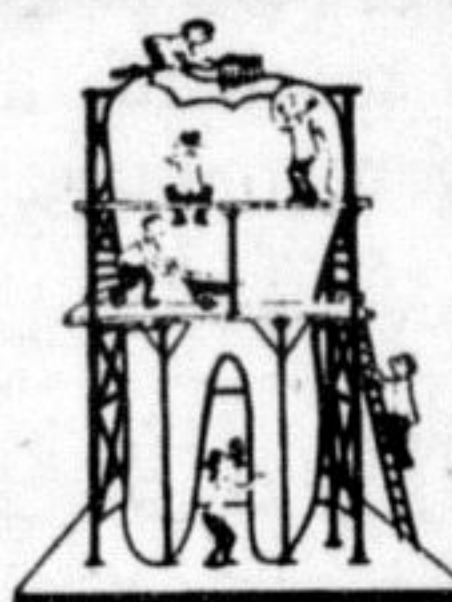
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State Farm Life Insurance Company • Canadian Head Office: Scarborough, Ontario



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



Teeth Necessary For Good General Health

Retaining your natural teeth is an important part of your overall health especially as we get older. According to the Canadian Dental Association, the national average shows that only one-third of older adults visited their dentist in the last year. The CDA also said that more than one-half of senior citizens have not had professional dental care in five years. Many people believe that tooth loss is a natural part of aging. They need to be made aware that with proper maintenance, their teeth can last their entire lives.

Dental patients may think of partials and dentures as a necessary evil, or even as a solution to their dental problems. But removable appliances rarely solve a person's dental problems. Most patients who have removable appliances experience problems of some kind. Some discomfort, such as sore spots on the gums underneath the appliance, may be corrected with minor adjustments. However, patients usually experience continued shrinkage of the bony ridge that holds the appliance in place. This can result in ill-fitting appliances that need constant adjustment. Patients also may lose "anchor teeth" (teeth that support partial dentures) because of added wear and tear.

Over time, these problems can affect patients' ability to chew their food. Because proper chewing is part of the digestive process, decreased chewing ability can result in digestive problems. Patients also may lose their ability to chew a sufficient variety of foods. They may eat only soft foods that may not provide the nutrients they need for a balanced diet. This can affect the quality of their overall health.

To keep your teeth and avoid the problems that prosthetic appliances can cause:

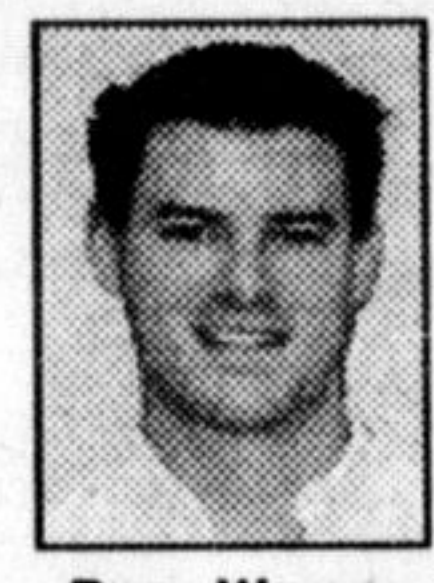
1. Practice preventive care; floss and brush twice a day with fluoride toothpaste.
2. Eat well-balanced meals and limit snacks that are high in sugar.
3. Visit your dentist regularly.



Jillian Guard
(Hons.) B. Sc., RMT

Milton Therapeutic
Massage Clinic
75 Main St., Ste. 10
(across from Zak's Pharmacy)
878-0800

Registered
Massage Therapy



Ryan Weaver
B.Sc., RMT

Q: "I find that after a long day of working at my computer I experience an aching pain between my shoulder blades and in the back of my neck. Why is this and how can massage therapy help?"

A: The most common cause of muscular aches and pains that we see in our clinic is due to prolonged improper posture in the work place. An individual who works in a sitting position with arms outstretched in front, resting on a desk or keyboard is susceptible to upper back and neck pain.

Although the pain is felt in the upper back and neck, the problem is often due to the shortening of the chest (pectoral) muscles rounding the shoulders in and bringing the head forward. This rounded shoulder posture puts added strain on the muscles between your shoulder blades. They are overworked, competing with your pectoral muscles in an attempt to bring your shoulders back. To further complicate matters, to see the computer screen in this forward head posture, you must use your upper neck muscles to rotate your face upwards to see the screen in front of you. The end result is nagging upper back and neck pain and fatigue as well as tension headaches.

To alleviate your discomfort your Massage Therapist will work with you to regain proper muscle balance and posture in the workplace.

Short term goals include using specific massage therapy techniques to lengthen shortened muscles and soothe and relax overworked tired and achy muscles. In the long term, your therapist will suggest specific stretching and strengthening exercises and arrangement of your work place in order to achieve and maintain proper posture and muscle balance.

Everyone's situation is different and requires a thorough assessment to determine an appropriate treatment plan in order to achieve proper posture and muscle health. Please call the Milton Therapeutic Massage Clinic (878-0800) if you have any questions about how massage therapy can help you. Many extended health plans include coverage for massage therapy for you and your family. Open with daytime, evening and weekend hours.



Debbie Hawkins
B. Sc., DVM

Hawkins Animal Hospital
Debbie Hawkins B.Sc., DVM
Doctor of Veterinary Medicine
550 Ontario Street South, Milton
(Pizza Hut Plaza)
Phone (905) 875-6888
Fax (905) 875-6853



Fleas

Common Myths:

1. My pet does not come in contact with other pets, so it is not a risk of acquiring fleas - FALSE.
2. My cat does not go outdoors, so it can't possibly catch fleas - FALSE.

Most people believe that fleas are parasites that live on our pets, and if there are no fleas apparent, then there is not a potential problem.

On the contrary fleas spend most of their life cycle as eggs and larvae on the ground, either outdoors or in our homes.

When they complete their development into adults, the females jump on our pets in order to have a blood meal. This is necessary for them to lay eggs. They then jump off the pet, lay their eggs either outdoors or indoors and the fleas then die.

Any pet who sets foot outdoors is a target for fleas in the grass and they can easily hitchhike a ride into your home. If you have pets and some go outdoors and some don't, then they are all capable of acting as a host for further flea reproduction, even those who stay indoors.

As the warm months are upon us, we should all anticipate fleas becoming active outdoors and safeguard our pets from these nasty parasites. By not promoting preventative flea control your pets are a risk of infestation, transmission of intestinal tapeworms and infestation of your home. Having once had a flea infestation problem in my home, years ago, my heart goes out to anyone who has had to live through this. Once fleas are established in your home, it requires months and tremendous cost to remedy the problem.

We now have available to us simple and inexpensive flea prevention programs costing no more than \$10 a month.

Flea prevention starts May 1st and continues to the end of October.