

For
goodness
sake . . .



A good health
tip from
Milton District
Hospital



Wear the Gear!

With the warm spring like weather, out come the bikes, the in-line skates, the kids and the sports enthusiasts. But in their hurry to enjoy the great weather, don't let them forget their sporting gear. Make sure they have the right protective gear, a helmet, elbow pads and knee pads for in-line skating, a properly fitted bike helmet for cycling and mouthguard for street sports. Remind them to wear the gear so their enthusiasm does not end up in a serious head injury or a broken limb.

"For goodness sake" is brought to you courtesy of



Halton Healthcare
S · E · R · V · I · C · E · S

and
The Canadian Champion

HEALTHY LIVING



Photo by GRAHAM PAINE
Naturopathic doctor Erika Ristok works on a patient at her downtown office.

Naturopathy aims to assist healing, says local doctor

By IRENE GENTLE
The Champion

Putting the word heal back into health is the aim of the ancient art and science of naturopathy.

But after treating people for centuries, natural therapies took a back seat in recent years to pharmaceuticals such as penicillin.

"Around the Second World War, things really switched," said Erika Ristok, a naturopathic doctor with a Milton practice at 95 Main St. E., who wrapped up Naturopathic Medicine Week earlier this month. "It saved a lot of lives."

Modern medicine is still saving a lot of lives. And that's okay by Ms Ristok, who believes medical doctors and naturopaths can work hand-in-hand. "There's a lot of times that naturopathy can help. I call it complementary medicine."

Steeped in training on everything from diet and nutrition to stress relief, homeopathy and acupuncture, naturopaths take a holistic approach to health.

So an initial consultation with Ms Ristok takes a full 90 minutes and incorporates a thorough assessment of the patient's general health, lifestyle, dietary habits and emotional stresses.

"I'll ask questions about all aspects of their functioning," she said. "I look at their condition as a whole."

And Ms Ristok comes about her interest in healing the natural way. "My mother's an influence. She's a mid-wife."

Since opening up a practice in 1998, Ms Ristok has seen patients complaining of everything from frequent colds to eczema and premenstrual syndrome. Often, food sensitivities are the culprit. That's an increasing occurrence in North America, a product of a diet heavy on repetition.

In other words, the more a certain food is consumed — corn, wheat and dairy are classic examples — the more difficult it is for the body to digest.

"Sometimes the only grain they have is wheat," said Ms Ristok. "It's like too much of a bad thing. I do a lot of helping people find balance."

Though some people knock at a naturopath's door right off the bat, many patients come to Ms Ristok after being unable to resolve a health problem through their medical doctor.

Since beginning her studies some 10 years ago, she has noticed a marked increase in public awareness of what a naturopath does. That's partly due to the dizzying array of herbal remedies on the marketplace — a mixed blessing, in her view.

"It's good these natural remedies are becoming more visible, but you don't really know what you're getting," said Ms Ristok.

So far, herbal medicine is unregulated.

Though most people come to a naturopath armed with a physi-

• see LEARN on page 11

Wigs ■ Hair Accessories ■ Repairs & Styling ■ Sunveil Sunwear

Truly You Wig Boutique

Offers you a wide variety of award winning wigs, hats, stylish turbans and hair accessories. The look for today - versatile, comfortable, fashionable & affordable.

At Truly You extra care is taken to meet each client's needs discretely and confidentially. Home or hospital visits are available as well as private consultations. We are here to help you add to your peace of mind.

Please Call
(905) 821-1092

114-154 Queen St. S., Winchester Place Mississauga, (Streetsville) (<http://www.linkall.com/trulyyou>)

Hats ■ Turbans ■ Mastectomy Swimwear ■ Cosmetics ■ Hair Integrations

Helping you.....Look and Feel Better!

Lose Weight and Firm Up

ELECTRO-MUSCLE TONING TREATMENTS

- ✓ Reduce 12 to 30 inches in 5 weeks
- ✓ Build Muscle Tone and reduce the appearance of cellulite
- ✓ Condense 9 hours of exercise into 40 minutes
- ✓ Firm up those hard to tone areas

WEIGHT MANAGEMENT

- ✓ Registered Nutritional Consultant on Staff
- ✓ Lose Weight Eating Real Food
- ✓ Boost Metabolism, Feel Healthy and Energized
- ✓ Focusing on a Lifestyle Change
- ✓ Maintenance Programs

BEVERLY HILLS
Weight Management Centres
EMS TREATMENTS & BODY SCULPTING

For a Free Consultation Call
875-2889
550 Ontario St. S. Unit 18

All Saints Retirement Home

- Short/Long term respite stay
- Home cooked meals
- Affordable assisted living for seniors
- Access to community based services
- Private and semi private suites
- Day care available
- 24 hours support
- Housekeeping
- Call bell in every room

(905) 454-2800 or (416) 318-3506

MILTON OPTICAL

15 Martin St. Milton
Carriage Square 876-0536

COMPLETE PACKAGE

LAB ON PREMISES

EYE EXAMINATIONS ARRANGED

INCLUDES:
✓ FRAME
✓ SINGLE VISION LENSES
✓ SCRATCH COAT
✓ 1 YEAR FRAME WARRANTY

\$129

FAST EFFICIENT SERVICE