

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



Kristen Foley

Herbal Magic
Systems International
Weight Management and Nutrition Centres

15 Martin St. 905-693-9594

"Providing a Natural Way to Better Health and Wellness"



Maxine Stanely

Q: I don't eat a lot, but when I do, I think I make healthy choices. But despite this, my weight just keeps creeping up! What am I doing wrong?

A: Most people think that to lose weight, they need to eat less. The problem with this approach is that they cut down on "bad" foods, but never increase the "good" foods. Most people who have a weight problem actually UNDER EAT, rather than OVER EAT.

The body needs certain amounts of fuel (food) to run on every day. If we don't get enough of the RIGHT fuels in daily, our bodies slow down as they try to conserve what little fuel we do give them. This in turn can slow down our metabolic rate, resulting in weight gain, and/or a lack of energy.

Proper eating habits on a DAILY BASIS are crucial for long-term weight loss. At Herbal Magic, we understand this, and have designed a sensible, well-balanced eating plan that uses only your own grocery store bought foods (no shakes or pre-packaged meals). Safe, all natural herbal supplements are used to help control appetite and boost metabolic rate, making it easier to adapt to a healthier eating lifestyle.

The trained health counselors at Herbal Magic know how hard it is to break old habits, so one-on-one counselling and guidance is provided each and every visit.

For more information, stop by or call us at: Herbal Magic, 15 Martin Street (Carriage Square) 693-9594.

Maxine Stanely has a B.A. in Sociology and an S.S.W. in Social Work. She has worked with the Herbal Magic program for over four years, and is a trained nutritional counsellor.

Kristin Foley also has a B.A., an extensive background in herbs, and is a trained nutritional counsellor as well.



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: I have heard that Apple Cider Vinegar is beneficial in weight loss, is this true?

A: Apple Cider Vinegar is a versatile folk remedy which has been around for over 100 years?

It is absolutely true that it is a healthy addition to any weight loss plan. It is also a remedy for many other ailments.

Apple Cider Vinegar has excellent mineral content (especially potassium) and because of this is able to normalize the body's acid/alkaline balance. Therefore aiding digestion, promoting elimination and healthy bowels.

Apple Cider Vinegar has successfully treated a large variety of both human and animal ailments. The recipe to aid in weight loss is to take 2 tsp. of apple cider vinegar in 1 cup of tepid water, one half hour before each meal.



Roland Weeks

Seniors on WATCH

420 Main Street East
Unit C, Suite 414
Milton, Ontario L9T 5G3
(905) 691-3312

"Seniors on Watch" are a group of retired Milton active professionals whose main function is to make sure you have a worry free Holiday.

In order to do that we patrol your property at varying times and take the necessary steps to discourage intruders.

Also, we are experienced in pet care; there is no doubt in our minds that if they could talk, their choice would be to stay home rather than being boarded out at some kennel. In our time, we have looked after the welfare of cats, dogs, fish, birds, and iguana's.

Lastly, plant care is another one of our functions; maybe you have plants that you've given loving care and attention to over the years, surely they don't deserve to be neglected at this time.

Please call our office today in order that we may custom arrange a program for you. Our fees are modest, as a matter of fact, they have been drastically reduced for the summer, some as much as 45%. In addition we are easy to talk to and there is no charge to arrange a program.

Referrals and testimonials are available upon request.

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Lou Mulligan MA, CFP, RHU

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420 Main Street East, Milton, Ontario L9T 1P9

Q: What is a beneficiary? (PART TWO)

A: Last month we discussed basic terms relating to Beneficiary designations. This month we will discuss more strategic issues.

Designating a beneficiary is not the same as appointing an heir. Your probated will allocates your assets between your heirs, after taxes and probate fees are paid. Insurance and other registered assets, which can have designated beneficiaries, are treated as "outside of your will" and can bypass probate and in some circumstances they bypass taxation too. This means that your family's privacy can be assured since there is no public record of who received the designated assets.

Failure to change your beneficiary can also have dire consequences where the designated beneficiary may be listed as a deceased parent or a former spouse. In the first case, the asset may become part of that parent's estate, subject to their will (and probate) while in the latter case, where you think that you are taking care of your family, the assets may in fact go to someone else for their benefit.

Knowing who and how your beneficiaries are listed and classified is very important. Failure to designate a beneficiary or designating your estate means that the assets will be subject to probate, tax and public review by anyone who wants to look them up. Overturning your beneficiary designation after your death requires a court order and may only be possible under certain circumstances.

Estate preservation is critical to the orderly intergenerational transfer of wealth. Money Concepts can assist you in clarifying who and how your beneficiaries are listed and in minimizing the tax consequences to your estate and beneficiaries. Please call 876-0940.

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



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: What is a trigger point?

A: A trigger point is an extremely sore point or lump of hardened muscle that can occur as ropo bands throughout the body. Trigger points can refer pain to other parts of the body and have recognizable pain patterns. They occur throughout life as a stress response to overuse and repetitive motion trauma, strains, or the physiological effects of long-term emotional anxiety. The body's response to acute pain is muscle 'guarding' (tightening) around the painful site. When muscles are in a state of sustained tension they are contracting even if you are not. This working muscle needs more nutrition and oxygen, and produces more waste than a muscle at rest. This creates an area of muscle starved for food and loaded with wastes that irritate the local nerve endings causing pain. Circulation is unable to replenish the area because of the high density of the tissue. Such an area is a trigger point.

Pain from trigger points is usually steady, dull, deep, and aching. However the intensity can range from mild discomfort to incapacitating. If a nerve is trapped the pain can be burning, sharp, and lightning-like. The effects of low-back pain of muscular origin can be as bad as, or worse than low-back pain from a herniated disk.

To relieve trigger points, the massage therapist will employ techniques that will loosen and stretch the fascia and promote an increase in local circulation to restore proper balance and health to the tissue.

Please call Ryan or Jillian at the Milton Therapeutic Massage Clinic, 878-0800, for any questions regarding registered massage therapy or to book an appointment. Mothers Day gift certificates available!