

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: I use creams & ointments on my acne & nothing seems to work, is there anything else I can do to make it better?

A: Natural herbal remedies can help heal existing acne on the skins surface, but they do not prevent acne from re-appearing over and over again.

This annoying skin problem is caused by an over production of sebum, an oily substance which helps protect the skin.

The underlying cause of increased sebum production lies internally.

Certain fats can be the best dietary weapon against acne. Unrefined, cold-pressed flax seed oil, sesame oil, pumpkin seed oil and walnut oil contain the essential fatty acids, alpha-linolenic acid and linoleic acid. These oils lower the body's production of sebum, reducing the pore clogging which causes acne.

A deficiency in the essential fatty acids will trigger increased production of sebum.

Flax seed oil in particular ensures regular bowel movements, which encourage toxins to be eliminated via the bowel, not the skin.

Second Nature carries a wide selection of essential fatty acids and herbal remedies for acne and skin problems.

Encyclopedia of Natural Healing



Geraldine Hesketh

COMFI INTERIORS
"Where we make you feel at home"
• Carpet • Vinyl • Ceramics • Hardwood
• Paint • Wallcoverings
Showroom RESIDENTIAL & COMMERCIAL
845 Main St. E. Milton
878-4280

ATTENTION ALL BUSINESSES LARGE & SMALL.

Have you looked at your surroundings lately? Well you should! Have you ever noticed when going into some commercial environments how Blah they are? Why is that? Hospitals, schools, offices, we work 8-10 hours a day and wonder why we can't wait to leave. I love decorating home offices as they are more conscious of their surroundings - choosing a comfortable look and thereby increasing business. I visited a medical building with lots of various offices. The dental office was gorgeous, down to a fireplace and wingback chairs and was very busy, I wonder why? No we can't expect all businesses to be quite that suave, but at least when refurbishing, go with brighter tones. A mixture of color in carpet hides better too. Increase wearability with a good commercial grade. No more grey level loop carpet which will show soiling faster anyway. Work should be enjoyable too. Want to increase productivity and sales...Decorate!

Come and see our extensive library of commercial carpets and co-ordinate colours, or we'll come to your business and make working a pleasure.



Kristen Foley

Herbal Magic™
Weight Management and Nutrition Centres

15 Martin St. 905-693-9594

"Providing a Natural Way to Better Health and Wellness"



Maxine Stanley

Q: I recently tried a diet that involved protein shakes, and I was restricted from consuming bananas, grapes, carrots and alcohol. Needless to say, it didn't last very long! Is it really necessary to go to these extremes to lose weight?

A: The answer to your question is most definitely "NO!" To avoid such natural fruits and vegetables for the rest of your life is absurd, and avoiding alcohol for some people means an end to their social lives.

Such extremes are NOT necessary! What you've just described is a temporary change to your eating habits: a DIET. To have true weight loss results, and most importantly, LASTING RESULTS, you need to make some lifestyle changes, not just temporary ones! That's why diets don't work! They are a quick fix for a long term problem, and inevitably, the weight comes back on when you go back to your "normal" eating habits. This leads to the "yo-yo" syndrome, where your weight constantly swings from high to low to high again, wreaking havoc on your metabolism (not to mention the rest of your body!)

The true formula for weight loss is everything in moderation on a daily basis. The changes that you make to your eating should BECOME your new habits, rather than a temporary distraction from your old eating habits. At Herbal Magic, we understand this, and have designed a sensible eating plan that incorporates your own grocery store bought foods. Alcohol, along with the aforementioned fruits and vegetables, are most definitely a part of your program! Safe, all natural herbs are used to raise metabolic rates and to ease cravings, helping you to develop new and lasting eating habits. Trained nutritional counsellors are on hand to provide one-on-one guidance and full support. If weight loss is something you've been considering, give us a call or stop by. All consultations are free with no obligation.

Maxine Stanley 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.

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



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: How much education is required for a massage therapist to become "registered"?

A: Registered Massage Therapists in Ontario must complete a 2 year full-time intensive training course (2200 hours) at a recognized and government approved vocational therapy school. Studies include anatomy, physiology, pathology, assessment, kinesiology, nutrition, treatment, clinical studies and extensive practical instruction.

Upon successful completion of the program therapists are required to take written and practical province wide examinations to become registered with the College of Massage Therapists of Ontario. Registration with this governing body then binds the therapist to the legislation passed in 1994 under the Regulated Health Professions Act by the Ontario Ministry of Health.

All registered Massage Therapists have a photo identification card bearing their registration number. This is your assurance that your therapist is registered and you may ask to view it at any time.

Your therapist must attend post graduate courses and seminars as a part of the yearly registration requirements, and may have areas of specialization in addition to the required training and education.

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.



Greg J. Lawrence
B. Sc., D. Ch.

GREG J. LAWRENCE B. Sc., D. Ch.
FOOT SPECIALIST / CHIROPODIST
350 Main St. E.,
Milton, Ontario, L9T 1P6
(905) 878-6479
1A Princess Anne Dr.,
Georgetown, Ontario L7G 4W4
(905) 702-1611

*Member of the Ontario Society of Chiropractors
and The Ontario College of Chiroprodists*

Q: What is athlete's foot and how is it treated?

A: Also known as tinea pedis, Athlete's foot is a fungal infection that affects about 12 percent of the population. Contrary to its name, Athlete's foot can strike anyone. It is common in both adults and children.

Symptoms:

- Athlete's foot may appear on any part of the foot but is most common between the toes (especially between the 4th and 5th toes) and on the bottom of the foot.
- The infection may appear wet or dry.
- Redness, scaling, blisters, itching and burning are common findings.
- One or both feet can be affected.
- Sufferers often have recurrent episodes.

What you can do:

- Over-the-counter antifungal products are often effective for skin infections when used according to manufacturer's instructions. These products must be used for the full treatment period, which means that they are used even after the symptoms disappear.
- Wash and dry feet thoroughly on a daily basis and sprinkle foot powder to absorb perspiration.
- Wear shoes made of natural materials, like leather or canvas that allow moisture to escape from the shoe.
- Select socks made from natural fibres, preferably cotton.
- Change shoes and socks regularly to decrease moisture.
- Foot soaks can help to dry excessive perspiration.
- Avoid walking barefoot in public places.

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



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.