

Homeopathy gets down to root of the problem: Baba

• from HOMEOPATHY page 12 situation."

Because of that, children often enjoy the quickest benefits of homeopathy — for everything from ear infections to digestive disorders.

Other conditions this form of health care has been known to alleviate include skin disorders, headaches and respiratory problems as well as less physical illnesses such as depression and sleep disturbance.

While relief comes from the actual pills, small enough to dissolve on one's tongue, the real cure — explains Milton's new homeopath — lies in the patient being completely candid about their con-

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SHELLEY BABA

dition and lifestyle habits associated with it.

Even behavioural patterns that may seem totally unrelated can be part of the problem — and ulti-

mately, by revealing them, become part of the solution.

"It's important to provide as much information as possible," said Ms Baba.

As a result, she takes a minimum of an-hour-and-half for initial visits before even starting to form a diagnosis.

From there, the individual's situation and ailment are matched with a remedy.

Follow up visits allow her to track a patient's progress — although in many cases those trips don't go on for very long.

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Chamber looking for survivors

They say it's a dog eat dog world out there in the business jungle.

To prove it, the Milton Leisure Centre in cooperation with Telehop Communications will host its own Survivor games.

It's all part of the Chamber of Commerce's Business After-hours reception, which will take place at the leisure centre

Tuesday, Oct. 24 from 5 to 7 p.m.

Registrants will be asked to perform a number of not-so strenuous mental and physical challenges alongside their survivor team.

Participants must register by Monday.

Running shoes are a necessity. Swim attire, t-shirt and shorts are optional.

But all would-be survivors should know that bonus points are awarded for taking part in pool activities.

To lead a survivor team, call Patrick D'Almada, leisure centre manager, at 878-7946, ext. 25, or e-mail him at patdal@town.milton.on.ca.

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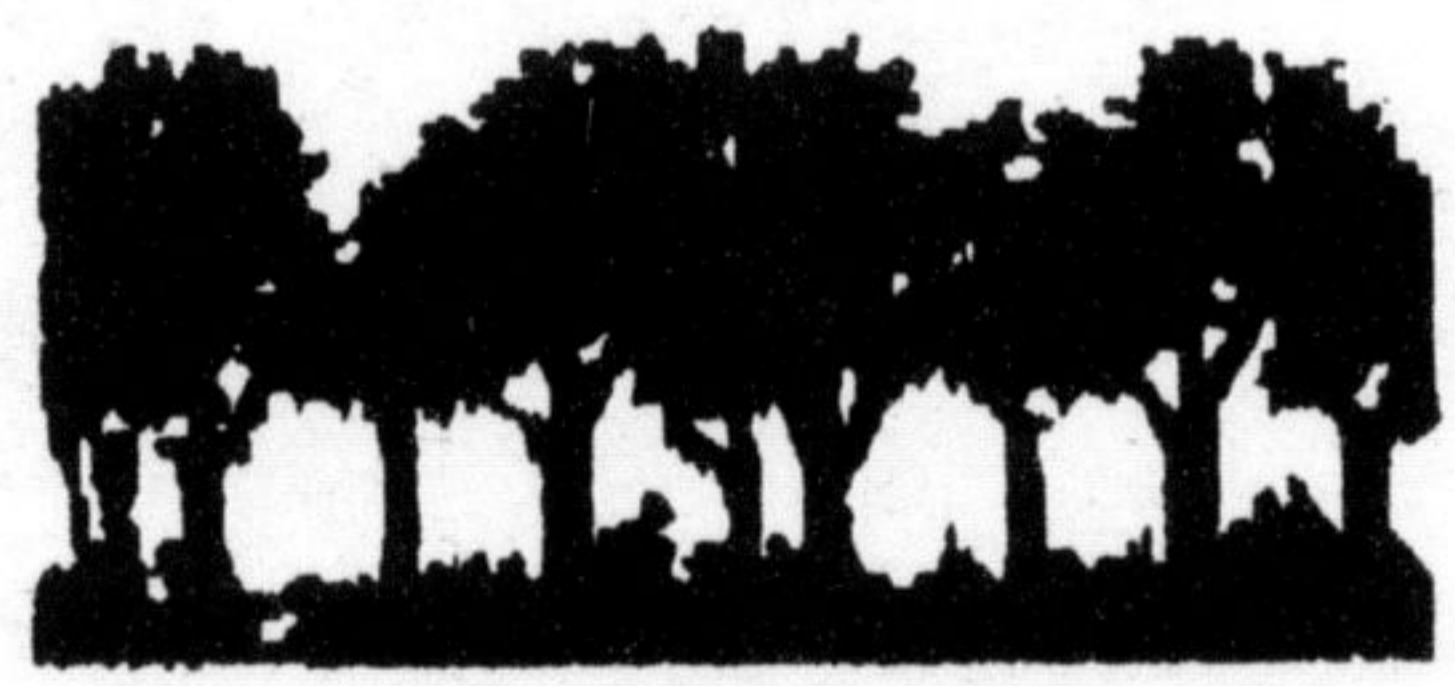


The Ontario Breast Screening Program is a program of The Ontario Cancer Treatment and Research Foundation

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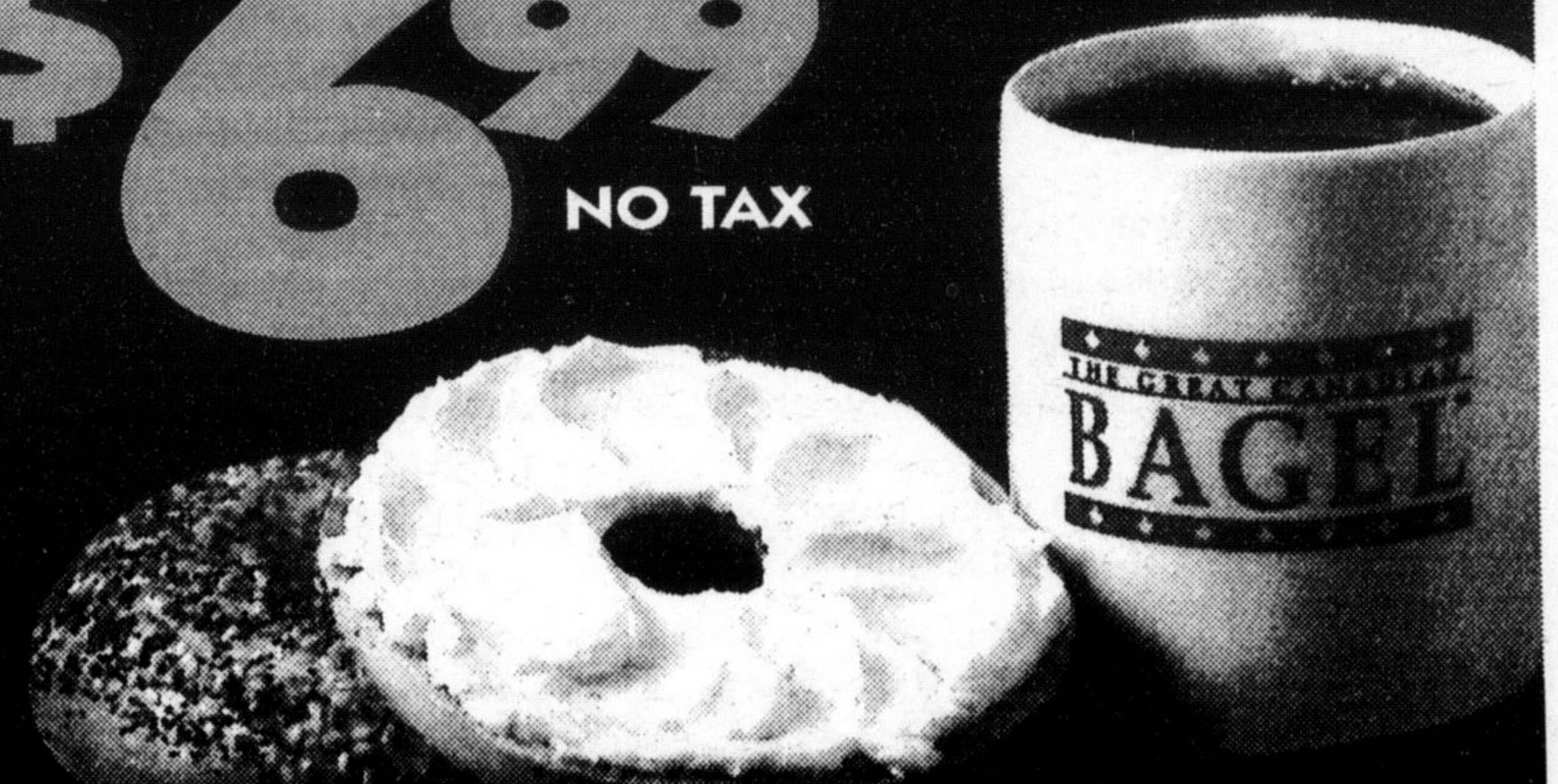
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