

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



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

Q: Need a great Christmas idea? A gift that will give you years of enjoyment?

A: Then why not purchase an area rug. Custom to ready-made. The choice is yours.

A remnant piece can be cut and bound to your requirements right at our store. Very popular right now are the carved Berbers which look great as area rugs - even try a runner for texture and warmth and interest!

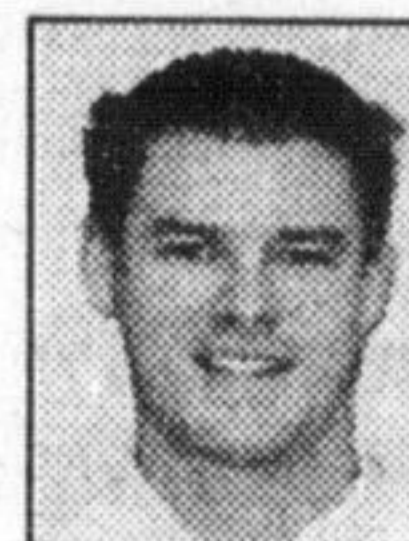
Another super idea is to put a contrasting border inset on your rug; there are so many varied looks and design giving any room that individual total look. Maybe choose one of our finished patterns for your dining room. Lastly, if you have a large empty wall crying out, then take a rug, hang it on a wrought iron pole with tassels and fringing. Looks fantastic and more unique than a picture! So bring in your ideas and we will turn them into reality.



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

Milton Therapeutic Massage Clinic

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



Ryan Weaver
B.Sc., RMT

Registered Massage Therapy

TENSION HEADACHES

Tension headaches are described as pain associated with the base of the skull or any other part of the head and face. They are differentiated from vascular (migraine) headaches and are patients' most frequently made complaints. Due to the many causes of headaches, a case history must be carefully considered to rule out organic disease and to ascertain the cause and type of headache. Common causes of tension headaches include trigger point referral, muscle spasm, cervical subluxation, postural stress, and environmental stress. Symptoms include a stiff and tender neck, and aching or vice-like pain in one or more areas of the head. The patient may also experience ringing of the ears, reduced attention, and photosensitivity.

Referred pain in the head most commonly occurs as a result of trigger points in the neck and shoulder region. For instance, the upper trapezius (shoulder muscle) is the muscle considered most likely to develop trigger points which refers pain behind the ear into the temple. Trigger points in the splenii muscles (base of the skull) refer pain upward to cause a deep-seated headache that concentrates behind the eye and often extends to the top of the head. Additionally, sternocleidomastoid (V-shaped muscles in the front of the neck) trigger points not only refer pain to the ear, temple, and around the eye, but may also cause dizziness, disorientation, and the symptoms of trigeminal neuralgia.

Treatment of tension headaches will include thorough assessment, trigger point therapy, and hydrotherapy to reduce pain and muscle spasm, and increase circulation to compromised tissue. The therapist will stretch shortened muscles and encourage the patient to be aware of and minimize contributing factors.

CHRISTMAS GIFT CERTIFICATES NOW ON SALE.

Please call Ryan or Jillian at the Milton Therapeutic Massage Clinic, if you have any questions concerning massage therapy or would like to book an appointment. 878-0800.

Erika Ristok B.A., N.D.

Doctor of Naturopathic Medicine

- Clinical Nutrition • Herbal Medicine
- Homeopathy • Acupuncture

95 Main Street East, 2nd Floor
Milton

(905) 693-9837



Erika Ristok B.A., N.D.

Q: I would like to lose some weight. How might a naturopathic doctor be of help?

A: As with all other health concerns, a naturopathic doctor looks at the underlying factors that may be contributing to the health problem. In the case of an individual who is overweight despite eating well and exercising, two factors to rule out would be subclinical hypothyroidism and food sensitivities.

Symptoms of subclinical hypothyroidism can include fatigue, dry skin, constipation, chilliness, depression, high cholesterol, menstrual irregularities and weight gain. While standard blood tests may show the thyroid hormones as being in within the "normal" range, measurement of basal (resting) body temperature may show that in fact the thyroid gland is not functioning adequately. Naturopathic support of the thyroid gland would be indicated.

Food sensitivities may contribute to a variety of health concerns, including migraines, allergies, fatigue, poor digestion, food cravings, arthritis and eczema. Food sensitivities may be accurately detected using a blood test called the ALCAT, which measures changes in white blood cells following incubation with food extracts. One recent medical study compared two subject groups. The control group subjects pursued a weight loss program of their choice for four weeks. Experimental group subjects were given a list of foods to which they were most likely to react based on their ALCAT results, and a modified diet to follow for four weeks. The researchers found that the experimental group lost significantly more weight than the control group. They also reported significant improvements in disease symptoms.

Through detailed history taking and physical examination, naturopathic doctors assess the causes of weight gain and other health conditions and address these causes using appropriate therapies.



SUSAN CHORNEY
Certified Hypnotist

Positive Changes Hypnosis

123 Maurice Drive
Oakville
905-337-3700

How does hypnosis work?

Our minds work on two levels - conscious and subconscious. We make decisions, think and act with our conscious mind. The subconscious controls our habits. In hypnosis the conscious mind is subdued, while the subconscious becomes more aware. Positive suggestions given by the hypnotist are readily accepted in this altered state. Also, the subconscious is not subject to time. This is why our clients often state that their new habits seem "easy" and "effortless" after hypnosis.

Will hypnosis work for me?

Generally speaking, every normal person is hypnotizable - that is, people with an I.Q. of at least 70 who have no severe mental disorders. Therefore, most anyone can take advantage of hypnosis. With cooperation and reasonable commitment, you can expect excellent results with weight loss, stop smoking and stress reduction.

LASER HAIR REMOVAL

Electrolysis College of Canada Inc.
550 Ontario St. S., Suite 203, Milton, ON

Specialists in Electrolysis & Laser Hair Removal

Phone: 905-878-9113 or 905-878-3945
Certification & Treatment Centre



Judith Finn

Canada's Leading Laser Hair Removal Specialists
Facial and body hair can easily be removed.

Frequently-Asked Questions About Laser Hair Removal

Q: Can Men Benefit from Laser hair Removal?

The removal of superfluous or unwanted hair has, for many years, been a service sought mostly by women. However, this has changed in recent years and many men are now seeking this service. The reasons are varied. Some are competitive athletes who find waxing, shaving or tweezing too time consuming. Some men are embarrassed by excess hair on their backs or chests and, as a result, will not go to a gym or go swimming. Other men are constantly plagued by ingrown hairs that become infected, not to mention the nicks and razor burns which can occur with a razor.

The advent of the laser for hair removal has meant that many men will now seek help. Laser hair removal is fast, efficient, comfortable and safe when used by adequately trained professionals. It is possible to treat most parts of the body and all skin types, from very light to darker skin types providing the hair is dark or pigmented.

The laser uses light energy to selectively target colour (Melanin) in the hair. The beam of highly concentrated light disables many hairs with each pulse, clearing large areas in minutes. The college is proud to provide the world's leading laser, the Coherent Lightsheer Diode Laser, cleared by the FDA for permanent hair reduction.

For more information, contact the Electrolysis College of Canada Inc. whose private clinic has, for many years, provided treatments for the public in the latest laser hair removal, electrolysis, and removal of vascular blemishes. **Gift Certificates now available.**



Kristen Foley

Herbal Magic

Systemic Herbal & Nutritional Weight Management and Nutrition Centres

15 Martin St. 905-693-9594



Maxine Stanley

"Providing a Natural Way to Better Health and Wellness"

Q: I'm sick and tired of my New Year's resolution being "to lose weight"! How do I survive the holidays (but still enjoy myself) without gaining a large amount of weight?

A: The Christmas season usually is a time when home-baked treats and high-fat meals are not only readily available, but are highly encouraged!

Unfortunately, our waistlines pay the price, and we end up making the ominous New Year's resolution "to lose weight"... until the next holiday arrives!

Wouldn't it be nice to be able to fit into that dress you wanted to wear on New Year's Eve? There is no better time than the holidays to get your eating habits and weight under control! At Herbal Magic, we believe that the holidays can still be enjoyed without having a huge weight gain. Meal ideas, food planning, alternative treats, and constant support and motivation are all part of the Herbal Magic program, making the holidays much more enjoyable!

Our programs use only your own grocery store bought foods, and incorporate treats so that you don't feel deprived and binge. Herbs are used to help control cravings for carbohydrates and sugars, making the holidays much more bearable! The herbs also help to naturally boost the metabolism (without the harmful effects of caffeine or ephedrine), providing energy and improved weight loss.

If the impending holidays have got you worrying about your weight, we'd like to help! Stop by or give us a call. 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.