

# 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

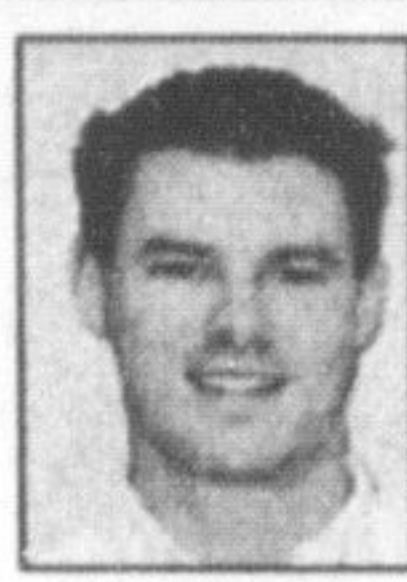


Jillian Guard  
(Hons.) B. Sc., RMT

## Milton Therapeutic Massage Clinic

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

Registered  
Massage Therapy



Ryan Weaver  
B.Sc., RMT

### 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 splenius 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.

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.



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



### Virtually Anything Goes These Days & Why Not

Life would be boring if we all looked the same & this goes for our homes too.

Obviously there are some ground rules as to colours matching existing items we already possess.

Unless you want your painter living with you, generally the choices you make will be with you for quite some time. So again do it to match your decor & taste, not always some magazine. Unless you are willing to transform totally whether it be carpet, wood, vinyl, laminate or ceramics for any area ask questions, take a cushion, fabric, paint swatch, etc., with you & listen to advice from the professionals. Yes, you can have ceramics in the bedroom if you want. But did you know laminate flooring comes in a ceramic effect & is not as cold, obtaining the same idea but with a little assistance to the problem.

I want wallpaper but I hear it's not in vogue. So what! Again, do it to your taste. Oh, I shouldn't decorate in that colour as we might be selling the house. Chances are the new owners won't like your colours anyway & can change things for their lifestyle. So live for you within reason too! Remember blue & green should never be seen except with a colour in between.

Carpet can be awesome with use of border runners carved berbers etc., & have been covering floors/sometimes walls for hundreds of years. Same with wood:

Make use of your existing furnishings too. Put the bed on an angle in a corner of a larger room & the whole room is transformed. Use an old coat rack to hold the kids toys.

Lattice work or a hammock can achieve a cute remedy - or if you have a closet not being used, take off the doors & you can put the bed, shelves, TV etc. inside to suit your needs.

So get busy with your decorating & we are always here at Comfi to help with your design questions.



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 have tried just about every diet in the last three years, and I can't seem to keep my weight off. Why is that?

**A:** The answer is really quite simple: diets don't work! Unfortunately, there are a lot of "quick fix" promises, ranging from "fat-eating" pills to all-protein diets to muscle stimulation instead of exercise. The common denominator among these is that they offer short-term solutions to a long-term weight problem. Most make unproven claims of "weight loss", and can be potentially dangerous to your health!

At Herbal Magic, we understand that achieving long-term weight loss results requires focus on the underlying cause of weight gain: poor eating habits! There must be a change in the way one approaches food on a DAILY basis. With this in mind, Herbal Magic has 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 counseling 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 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 counselor.

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



Debra Job  
B.Sc., C.D.A., P.D.

## FABUTAN SUN TAN STUDIOS

437 Main St., Milton  
875-4010

**Q:** Can tanning cause wrinkles?

**A:** Excessive exposure, particularly to high intensity UVA, can destroy the resilient fibres of the lower skin layer, thereby causing the top skin layer to sag. Thus, elastosis or wrinkling appears. UVA, if not blocked by pigmentation and skin thickening in the outer skin layer, can penetrate to the dermis and destroy skin elasticity. Thus, if one makes the decision to tan, it is recommended that a light source which contains both UVA and UVB is used. Even if a person uses a sunscreen, if it does not block both UVA and UVB, damage to the lower skin layer can still occur upon overexposure.

Remember! Fabutan is committed to giving you the best tan, tanning products and service. We believe education is paramount and we want our customers to be knowledgeable about all aspects of indoor tanning. If you have any questions or concerns regarding tanning, please ask me I'd be more than happy to help.



Mac Moffatt

761 Main St. E.  
Unit 4  
Milton  
(905) 875-0660



**Q:** Paint restoration and paintless dent repair, what is it?

**A:** Paint restoration is for automobile paint that has dulled or oxidized from sun & weather. At Moffatt, we offer a 4 stage paint revitalizing system starting with buffing compounds which eliminates oxidation & small scratches. Each step of the buffing brings your paint back to life, one step at a time, right up to the final polish. Old dead paint is now new again. This does not only make your car look new but also increases it's value for sale or trade-in.

Paintless dent repair has to be the best kept secret in the industry. Have you ever experienced an annoying little dent in your car's side panel or doors after visiting the mall or shopping centre? Not to fear, Moffatt Autoworks has the Dent Wizard to make this problem magically disappear by manipulating the inside paneling with wires & rods. Your dents magically disappear without the use of paint or body work! Once again bringing it back to like new condition.

For a quote or appointment call  
Moffatt Autoworks at 878-0660.

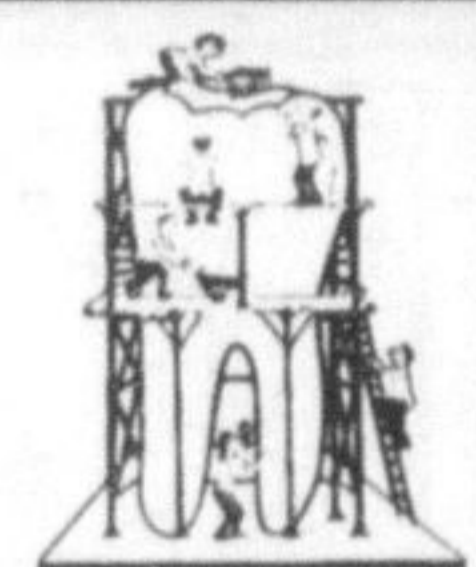


Tony H. Wan  
B.Sc., D.D.S.

## Dr. Tony Wan's

### Tooth Talk

Towne Dental Group  
Milton Mall - 55 Ontario St.  
(905) 876-1188



#### Enamel Fluorosis

**Q:** What is enamel fluorosis?

**A:** A child may face the condition called enamel fluorosis if he or she gets too much fluoride during the years of tooth development. Too much fluoride can result in defects in tooth enamel.

**Q:** Why is enamel fluorosis a concern?

**A:** In severe cases of enamel fluorosis, the appearance of the teeth is marred by discoloration or brown markings. The enamel may be pitted, rough, and hard to clean. In mild cases of fluorosis, the tiny white specks or streaks are often unnoticeable.

**Q:** How does a child get enamel fluorosis?

**A:** By swallowing too much fluoride for the child's size and weight during the years of tooth development. This can happen in several different ways. First, a child may take more of fluoride supplement than the amount prescribed. Second, a child may take a fluoride supplement when there is already an optimal amount of fluoride in the drinking water. Third, some children simply like the taste of fluoridated toothpaste. They may use too much toothpaste, then swallow it instead of spitting it out.

**Q:** How can enamel fluorosis be prevented?

**A:** Talk to your dentist as the first step. He or she can tell you how much fluoride is in your drinking water. If you drink well water or bottled water your local public health unit can help you find this information. After you know how much fluoride your child receives, you and your dentist can decide together whether your child needs a fluoride supplement.

Watch your child's use of fluoridated toothpaste as the second step. A pea-sized amount on the brush is plenty for fluoride protection. Teach your child to spit out the toothpaste, not swallow it, after brushing.