

# HEALTHY LIVING

*Drinking bad well water can pose serious health risks*

## Exactly how safe is your well water supply?

The Halton Region planning and public works department maintains and regularly tests the municipal water supplies.

However, private wells in rural areas are the responsibility of the homeowner. This article will help you understand a little

### Health Notes

more about well contamination, testing, maintenance, and construction.

Drinking contaminated water can pose serious health risks. The effects of drinking contaminated water can range from no symptoms to severe illness or even death. Well contamination may be the result of bacteria, nitrate, and other chemicals entering your well's water supply. For these reasons, it's very important to maintain the well and regularly test your water supply.

Testing your well water at least twice a year for bacteria, in the spring and fall, is one of the best ways to protect you and your family. Water testing is free, but you need to use a special bottle available from the health department to take a sample. Once you drop your water sample off, the health department sends the sample to the Ministry of Health and Long Term Care laboratory in Hamilton for bacteria testing.

Results from the test will tell you if your water is safe to drink, or if there are problems. If a water test finds bacteria in a sample, the well water is unsafe to drink until the problem is fixed. Until then, use a different drinking water supply. By boiling

water (rolling boil for at least one minute) and placing it in the refrigerator, the well water can be made safe to drink.

The health department doesn't normally test well water samples for substances other than bacteria. However, public health inspectors will be pleased to advise you about other tests that may be done in relation to a specific health issue.

Where you choose to build your well is also very important. The quality and safety of your well's water depends greatly on its location and construction. Make sure your well is at a safe distance from any source of contamination such as septic systems, barnyards and roads. Public health inspectors and licenced well contractors can help you determine the best distance to place your well from sources of contamination — this varies for dug and drilled wells.

Providing a safe water supply is important. However, there are many responsibilities in owning a private well. The health department can provide you with:

- The locations nearest you to pick-up and drop-off water sample bottles
- Advice on how to interpret test results
- Instructions on how and when to chlorinate your well
- A list of licensed well contractors who work in Halton

For a detailed pamphlet with information about maintaining your private well, call the Halton Region Health Department at 825-6060, ext. 7632.

### Miracles can happen...

If your figure has you frustrated, would you like to firm up while losing those unyielding pounds and inches in just a matter of weeks without starvation or exhaustion?

Beverly Hills Weight Management and Nutrition Centre is owned by Registered Nutritional Consultant Marion Healy, a health expert with 11 years of experience in nutrition and physiology. **Electro Muscle Toning** has been around for years. It is used mainly for patients in chronic pain. Health experts noticed that these treatments strengthened the muscles just like regular exercises, but without soreness, stiffness or fatigue. This process was found to be relaxing and comfortable and patients started to trim down, firm up and feel revitalized. They also experienced weight loss and a reduction of cellulite. This system has been adopted enthusiastically by health professionals in the weight loss industry. Marion has found that clients can reduce by 12-30 inches in only 5 weeks. You would have to perform 1,000 repeats of exercises yourself to

Speaking Out with...



Marion Healy R.N.C.P.

each of 20 different muscle groups to achieve the effects of one 40 minute treatment. Electro muscle stimulation, personalized nutritional planning and a supervised diet are the basics for our muscle toning program at Beverly Hills Weight Management Centres. As weight reduces, under-exercised muscles are strengthened by the specialized equipment, improving the figure and well being. The miraculous results of our five week muscle toning program sound too good to be true, but true they are!

One five-week series of 10 clinical treatments includes individual nutritional counselling, measurement, body fat analysis and nutritional audio tapes to listen to while exercising in comfort. We've also just added a facial toning service due to the overwhelming demand.

Marion Healy is a registered Nutritional Consulting Practitioner with over 13 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton & Clarkson Village, Mississauga. For more information contact Marion at 875-2889

**Spring Into Shape!**  
20 lbs lighter in 10 weeks GUARANTEED!

BEVERLY HILLS  
Weight Management Centres  
EMS TREATMENTS & BODY SCULPTING

550 Ontario St. S.  
Unit 18, Milton  
875-2889

FREE EMS Session (New Clients Only)

# CHIROPRACTORS OF MILTON

HELPING YOU HEAL

## Vertebral Subluxation and Nerve Chart

SPINAL COLUMN	Vertebrae	Areas & Parts of Body	Possible Symptoms
CERVICAL SPINE (NECK)	1C	Back of the head	Headaches (including migraines, aches or pains at the back of the head, behind the eyes or in the temples, tension across the forehead, throbbing or pulsating discomfort at the top or back of the head)
	2C	Various areas of the head	
	3C	Side & front of the neck	Jaw muscles or joint aches or pains
THORACIC SPINE (MID-BACK)	4C	Upper back of neck	Dizziness, nervousness, vertigo
	5C	Middle of neck & upper part of arms	Soreness, tension and tightness felt in back of neck and throat area
	6C	Lower part of neck, arms, & elbows	Pain, soreness, and restriction in the shoulder are Bursitis, tendonitis
	7C	Lower part of arms, shoulders	Pain and soreness in arms, hands, elbows and/or fingers
	1T	Hands, wrists, fingers, thyroid	Chest pains, tightness or constriction
	2T	Heart, its valves & coronary arteries	Asthma, difficult breathing
	3T	Lungs, bronchial tubes, pleura, chest	Middle or lower mid-back pain, discomfort and soreness
	4T	Gall bladder, common duct	Various and numerous symptoms from trouble or malfunctioning of:
	5T	Liver, solar plexus	Thyroid
	6T	Stomach, mid-back area	Heart
LUMBAR SPINE (LOWBACK)	7T	Pancreas, duodenum	Lungs
	8T	Spleen, lower mid-back	Gall Bladder
	9T	Adrenal glands	Liver
	10T	Kidneys	Stomach
	11T	Ureters	Pancreas
SACRUM & COCCYX (PELVIS)	12T	Small intestines, upper/lower back	Spleen
	1L	Iliocolic valve, large intestines	Adrenal glands
	2L	Appendix, abdomen, upper leg	Kidneys
	3L	Sex organs, uterus, bladder, knees	Small and Large intestines
	4L	Prostate gland, lower back	Sex organs
SACRUM & COCCYX	5L	Sciatic nerve, lower legs, ankles, feet	Uterus
	SACRUM	Hip bones, buttocks	Bladder
	COCCYX	Rectum, anus	Prostate glands
			Low back pain, aches and soreness
			Trouble walking
			Leg, knee, ankle and foot soreness and pain
			Sciatica, pain or soreness in the hip and buttocks
			Rectal Trouble

The Vertebral Subluxation Complex (VSC) is a chiropractic model depicting a spinal condition with numerous components is called Neuropathophysiology/Neuropathology which refers to the VSC's propensity to produce interference to normal function of the nervous system. The nervous system controls and coordinates all organs and structures of the human body. Many nerves come from the spinal cord, pass through foramina (holes) formed by notches of 24 vertebrae in the moveable spinal column, and innervate or supply specific areas and parts of the body. Whenever specific areas or parts of the body are malfunctioning, generalized and/or specific symptoms often occur.

**For further explanation of this chart, ask your Doctor of Chiropractic.**

### The Essence of Life - The Cause of Health

Chiropractic science is based on the fact that the essence of life itself flows from the brain, down through the spinal cord, then out along a massive nerve network, in the form of dynamic, intelligent impulses that literally create the body anew. This powerful, intelligent life supply, flowing uninterrupted throughout the nervous system, gives us normal, natural health.

Chiropractors have led the way in pointing out that displacements of the vertebrae and discs in the spine can pinch the spinal cord or spinal nerves and block or alter the flow of this vital nerve power from the brain to the body. When a nerve is pinched, this flow of nerve energy from the brain to the body is restricted, and the cells, tissues, and organs suffer.

### Abundant Health

Neglect of the spine, more than any other single factor, is responsible for much of the world's sickness. Abundant health is everyone's right. Your Doctor of Chiropractic is your spine and nerve specialist.

Delay can make any condition worse. Call today for an appointment to see if yours is a case for chiropractic.

Milton Family Chiropractic Centre 180 Ontario St. S. Dr. J. R. Barrow 878-8127	McPhail Chiropractic Centre 270 Martin St. Dr. Murray McPhail 876-0005	Milton Family Chiropractic Centre 180 Ontario St. S. Dr. Heather Jones 878-5020	Healing Centre 95 Main St. E. Dr. Anna Neff 876-0048	Milton Chiropractic Centre 310 Main St. Dr. David L. Phillips 878-5656	Healing Centre 95 Main St. E. Dr. Marlene Turner 876-1888	Family Care Chiropractor 106 Wakefield Rd. Dr. Angelika Koeth 878-5165
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