

# 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  
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### Decorative Outdoors

Now that summer has been thrust upon us, the time has arrived to spruce up outside. Plants picked out, water can and bug repellent ready, what else is needed? Hmm... well carpet of course! Is this person insane? Yes, but that's another story. Outdoor carpeting is so appealing these days. Gone is the grass look unless you over fertilized and it's your only option! Seriously, the style abound and shades will wow up decks, patios, balconies, solariums, boats too. It's a great D.I.Y. product too. It doesn't fray on the edges like indoor carpet so can be easily cut to suit design and shape required. One of my personal favorites is the sisal and if your old paving stones look ugly then outdoor carpet is a great choice. It stands up to a lot of abuse, which is also why some people use it in their cottages. Next on the list... Anti histamine. We don't sell that sorry, but we do have most of what you need to make your home beautiful inside and out. Have a Great Summer from all @ Comfi Interiors.



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

### Low-Back Pain

Low back pain afflicts us all at some point in our lives. Pain can arise from a number of causes such as strains, sprains, vertebral subluxation, or overuse injuries.

The most common and most overlooked source of lower back muscular pain originates in the Quadratus Lumborum (QL) muscle in the small of the lower back. The QL consists of four muscle bellies - two on each side of the lumbar spine. The muscle originates on the top of each hip and inserts into the sides of each lumbar vertebrae and into the twelfth rib. The muscles action is lateral bending of the spine, lifting of the hip, and stabilization of the pelvis.

Pain usually begins in this muscle as a result of strain, overuse, or overexertion. Symptoms of QL problems include pain in the small of the back that radiates into the hip and buttocks, and the SI joint. Bending over and sitting positions often exacerbate symptoms, and coughing, sneezing, or bearing down can increase pain. Trigger points in the QL create pain that is usually steady, dull, deep, and aching. However, the intensity can range from mild discomfort to incapacitating.

When this muscle becomes very tight, nerve roots exiting from the lumbar spine can become trapped and compressed between the muscle bellies - creating burning, sharp, and lightning-like, sometimes excruciating pain. In fact, the effects of low-back pain from the QL can be as bad as, or worse than low-back pain from a herniated disk.

Massage therapy is effective treatment for this condition. The therapist will use techniques to loosen and stretch the muscle, thereby removing the pressure on the lower spine and reducing pain. Home stretches and exercises will be given and perpetuating factors will be examined for long-lasting relief of low-back pain.

For any questions concerning massage therapy, or to book an appointment, please call Ryan Weaver or Jillian Guard at Milton Therapeutic Massage Clinic, 878-0800.



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 purchased a herbal product that supposedly aided in weight loss. It contained a substance called ephedrine. I stopped taking it after a few days because I got shaky and my heart raced. What exactly is ephedrine and why is it being used for weight loss?

**A:** Ephedrine is a chemical compound that is found in the dried stems of the "Ephedra sinica" plant (better known as "Ephedra" or "Ma Huang"). Ephedra has a stimulant effect on the central nervous system, making the heart beat faster, increasing blood pressure and raising metabolic rate.

Its main use for the last 3,000 years has been as a bronchodilator, effectively opening small airways in the lungs and alleviating nasal congestion. It is excellent in small doses to safely treat asthma, allergies, colds and sinus infections.

The problem occurs when individuals start using products that contain ephedrine and caffeine for weight loss. Unfortunately, daily usage of these products over an extended period of time is instructed for weight loss.

The higher dose and the longer you take ephedra, the greater the incidence of side effects, such as racing heartbeat, nervousness, insomnia and heart palpitations. Long-term use can have more serious side effects that include high blood pressure, stroke and seizures.

Herbal Magic carries its own line of standardized/research-grade quality herbs that are specifically designed to aid weight loss, and are completely ephedrine and caffeine free. Both safe and effective, they provide good appetite control without the side effects of ephedrine. The herbs are combined with a proper eating plan to provide maximum results, helping you to achieve your weight loss goals.

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.

## CENTRAL ELECTROLYSIS & LASER CLINIC

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

### Specialists in Electrolysis & Laser Hair Removal

Facial & Body Hair Can Easily Be Removed

Phone: (905) 878-9113  
(905) 878-3945



Judith E. Finn

### Canada's Leading Laser Hair Removal Specialists

Facial and body hair can be easily removed.

Frequently-Asked Questions About Laser Hair Removal

**Q:** What is laser hair removal and how does it work?

**R:** Laser hair removal is one of the latest technological advances to complement the electrolysis field of permanent hair removal. It 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 a matter of minutes. The college is proud to provide the world's leading laser, the Coherent Lightsheer Diode Laser, for permanent hair reduction.

**Q:** What is "Permanent Hair Reduction"?

**R:** This is a very important factor as not all lasers are cleared by the F.D.A. for this designation. All others may only be long-lasting or merely a temporary solution, like waxing, sugaring and threading. A patient's decision about laser hair removal should be based on the effectiveness of the laser used and the expertise of the practitioner.

**Q:** Who is for?

**R:** Men and women of all ages. It is possible to treat most parts of the body and all skin types, from very light skin to darker skin types (types V and VI) providing the hair is dark or pigmented. If blonde or white hairs are also present, then a combination of electrolysis and laser will clear the area safely and effectively.

**Q:** What to expect.

**R:** The Coherent Lightsheer Diode is fast, efficient, comfortable and safe when used by adequately-trained professionals.

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 vascular (treatment of broken capillaries).



Debbie Hawkins  
B. Sc., DVM

## Hawkins Animal Hospital

Debbie Hawkins B.Sc., DVM

Doctor of Veterinary Medicine

550 Ontario Street South, Milton

(Pizza Hut Plaza)

Phone (905) 875-6888

Fax (905) 875-6853



### Q: Just how toxic is antifreeze?

**A:** I am often asked this question and my answer is as follows:

Ethylene glycol is the chemical in antifreeze that is deadly poison to both our children and our pets.

Ingestion of this chemical causes the kidneys to completely shutdown - the symptoms being severe generalized illness, followed quickly by death.

There is a delay between ingestion of antifreeze and the onset of symptoms. By the time a diagnosis is made, sadly, it is often too late. Despite attempts at treatment most pets die. I have known many pets, including a pet of my own, that have died this horrible death.

The amount that needs to be ingested to be fatal is so small, that for instance, a cat could take one lick of it and suffer the consequences.

To all that have pets and toddlers, be very careful when using or disposing of antifreeze - if any spills occur, wipe them up immediately and then hose them down.

To all that do not have pets or toddlers, please be aware that your visiting relatives, friends and neighbours who do, may encounter your neglected spills.



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 Chiropractors

A Foot Specialist is an individual who treats any foot related condition. People with Diabetes are more likely to develop problems with their feet. Not only does a Foot Specialist take care of these problems, we also perform screening to help prevent any complications. Individuals who are diabetic should get their feet screened on a yearly basis, if no problems currently exist. Screening of the foot consists of assessment of the circulation, nerve testing, orthopedic assessment and footwear assessment. Even if no problem exists, a Foot specialist can be a good source of information regarding prevention. Below there are a few questions regarding diabetes. Let's test your knowledge.

- Poor blood supply is common in people with diabetes who:
  - are older
  - smoke
  - have high cholesterol
  - have high blood pressure
  - have had Diabetes for more than 10 years
- If you find an area of your foot that is hot, this might mean that:
  - there is normal blood supply
  - there is poor blood supply
  - infection, stress or fracture

Answers: 1. All of the above. 2.C.

If there are any groups, companies, schools or clubs interested in a presentation on any foot related topics, please call our office.

The clinic offers extended hours.  
No referral is necessary.