

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



DAWN CASE



Supporting independent lifestyles & worry-free household maintenance

905-876-4999 or 1-877-206-7084
website: www.emptynesthome.com

The "dawning" of Empty Nest Home & Personal Services

Dawn Case founded Empty Nest Home & Personal Services after her first-hand experience helping her aging mother maintain her own home and lifestyle in a community 300 km away. Dawn spent many tedious hours dealing via long distance with unfamiliar contractors, frustrated by her inability to personally supervise the required maintenance and anxious about supporting her beloved parent throughout the stress-filled experience. Thanks to Dawn's perseverance and hard work, her mother was able to preserve her dignity and independence and still remain in the comfort of her own home. Dawn's extensive human resources background and personal experience motivated her to establish Empty Nest Home & Personal Services to help other seniors and their family members cope with their lifestyle preservation. Growing numbers of professionals with busy lifestyles who don't have the time to attend to household maintenance are using this service.

Q: Who makes use of the Empty Nest Home & Personal Service?

A: Empty Nest is a "one stop shop" for those people who:

- Don't know where to turn
- Are concerned about finding the right person for the job
- Don't have the time to do what it takes "What Is Your Time Worth?"
- Want "peace of mind" for themselves and their loved ones
- Don't want the "worry" or the "stress"

Q: What services do they provide?

A: A full range of household maintenance services. They organize and coordinate the following:
Roofing, plumbing, electrical, heating/cooling, carpentry, painting, general handiwork, house cleaning, window cleaning, lawn care and lifestyle support.



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 905-878-4280

Lets Talk Paint

Were you aware that Pratt & Lambert Paint not only is of very high quality, but their colour selection is one of the best out there today.

For instance Niagara-on-the-Lake uses their Heritage colours as a requisite on store fronts in the town.

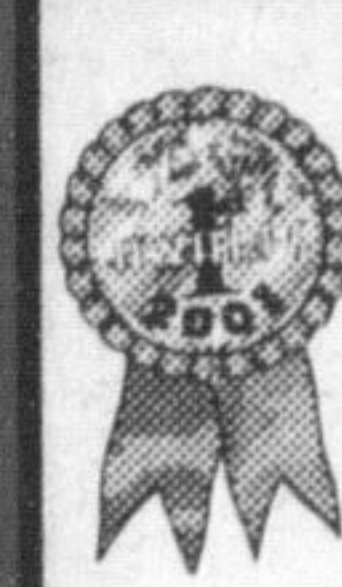
The collection consists of over 1000 choices, some to mention which are favourites:

A rich bronzed yellow is Peanut Shell seen in model homes. For a softer English yellow try Creme. Looks sharp in kitchens with blues. Blue Fox, a darker blue, with white trim. Victorian or contemporary these work! Next dusky Taupe is a yummy mocha taupe. Smooth it with Clovis – wow in a bathroom. Muffin Tan the guys like this. Dens & bedrooms smart with plaids and paisleys & sagebrush for that olive tone.

Need a neutral soft white try Seed Pearl – a lot of designers use it. Why not take a colour try a 1/4 formula to accent ceilings and trim. Paint is like cooking remember you need good ingredients to make it work.

With the exterior mostly latex is used even high gloss more pliable and weather resistant eggshell generally on siding. Gloss on trim. Black or white or 1000 others. Pagoda Red! Anyone need an interesting version on your deck! Colours don't have to be blah. Custom mixes again latex and oil in stain. Grey Moire on horizontal, Bounding Main on rails, even the names are classy.

Just a few of the favourites. We have tons more to show you too.



SHOPPERS DRUG MART

Open to midnight, 7 days a week
Carriage Square, 265 Main St. E.
905-878-3311

Q: I suspect my child has contracted poison ivy, what should I do?

A: Poison ivy, poison oak & poison sumac are the three most common complaints of contact dermatitis during summer time. Professional responses are likely as follows:

Recognition: This type of dermatitis is caused by physically contacting a group of highly allergenic and adhesive superficial plant resins. Roughly 80% of North Americans are allergic to these groups of plants; and their reactions range from mild to severe.

External symptoms vary from rash and swelling to blistering. A tell-tale rash appears within a few hours to 2 days of initial contact. Without complications, this rash normally peaks at the fifth day of exposure and resolves in less than 2 weeks. Irritations, itch and pain highlight the exposure.

Treatment:

- To minimize reactions, first wash skin thoroughly in cool water followed by soap. Hot water may aggravate conditions.
- Wash clothing to prevent re-contact.
- Try not to scratch as scratching may introduce infections.
- Several suggested over-the-counter medications are available to relieve itch and inflammation:
 - Use cold compresses with baking soda or epsom salt in water.
 - Apply calamine lotion on rash, but not onto blisters.
 - Apply hydrocortisone cream to rash, but not onto open skins or infected areas.
- Take some fast-acting oral antihistamines regularly for a few days, eg. chlorpheniramine or diphenhydramine. Be careful with drowsiness.
- Use Burrow's solution as cool compresses onto weeping blisters or on mildly infected areas.
- Wear loose clothing to minimize frictional irritations.
- Apply breathable dressings to protect irritable and weeping skins.

Prevention & Precautions:

- Recognize the various poisonous plants and stay away (a botanical manual could help).
- Wear protective clothing in high-risk areas.
- Whenever mouths, eyes, genitals or babies are involved, seek immediate medical attention.
- If breathing difficulties occur, seek emergency medical attention.

"Leaves of three, let them be"
Enjoy your summer!

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: Our family will be heading up north to do some camping this summer. Can you suggest any natural first-aid remedies to bring along?

A: There are a few basics to include in your kit for any camping or cottage holiday.

First, you will want to deal with any motion sickness your children might experience on a long drive. Crystallized ginger eaten before and during the journey will ease nausea (or use ginger tincture or capsules). Pressing firmly on a specific acupressure point (located on the inner wrist, three fingers above the wrist crease and between the two forearm tendons) can be very effective. Homeopathic Tabacum will help in cases of nausea including motion sickness, accompanied by dizziness, chills, and cold sweat.

Once you reach your destination, you may encounter mosquitoes and other pesky insects. Itchy bites can be soothed with homeopathic Apis. Apis is ideal for bites that are hot, red, swollen and itchy. Homeopathic Ledum can reduce bruising, swelling and the general discomfort of insect bites. These remedies can be taken either orally, or used topically in a cream or gel. Another option is to dab on some vinegar to soothe the itchiness.

You or your family may experience cuts or bruises during your trip. For minor cuts, wash the wound well with soap and water, then apply gauze soaked in calendula tincture (diluted 1:10 with clean water). Calendula is a herb with antiseptic properties, that promotes healing. Afterwards, apply calendula cream and cover with a sterile dressing. If there is bruising, homeopathic Arnica (taken orally) will help ease any swelling and discomfort. For prolonged discoloration, where the area is cold to the touch and swollen, use homeopathic Ledum orally.

Have a great holiday!

Erika Ristok, N.D. uses naturopathic therapies including clinical nutrition, herbal medicine, homeopathy and acupuncture in her local family practice.



SUSAN CHORNEY
Certified Hypnotist

Positive Results Hypnosis

123 Maurice Drive
Oakville

905-337-3700

Q: How does hypnosis work?

A: 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.

Q: Will hypnosis work for me?

A: 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.



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



86 Main St., Milton
876-1515

Q: I have been told that I have a flat-backed posture. What is that?

A: There are many types of posture classifications, including flat back, sway back, relaxed, kyphosis-lordosis, scoliosis, and forward head to name a few. These postures can be the result of muscles that have become too strong and short or weak and long, being in a sustained posture for a prolonged period of time, like bending over giving a needle as a lab technician, or genetically speaking, you were born with a certain bone structure that makes you susceptible to a certain posture.

When you look at a normal spine from the side, there are natural curves that can be identified. At the neck, the curve faces forward. As you move towards the shoulder blades, the curve faces to the back, and at the lower part of the spine, it faces to the front again, like the back is arching. The tailbone curve faces back again, as it tucks underneath. Once you recognize what is normal, you can identify what falls outside of normal.

A flat-backed posture can be described as someone who has a very straight spine with little curve. Often you are born with a spine that is more stiff and straight than normal and it is important to try to perform flexibility exercises to make the spine as flexible as possible.

A relaxed posture is just that; when your muscles and ligaments are slightly weak or stretched, causing the spine to be slightly more curved than usual. This type of posture is usually caused from having poor posture as a habit.

A Kyphosis-lordosis posture results when you have too much curve in your shoulder blade area and your lower back, but the spine is still aligned so that is sitting over top of one another. From the side, the spine looks like a backwards "S". This posture can be the result of muscle tightness or weakness in the back, abdominals or chest area.

A sway-back posture is similar to a kyphosis-lordosis posture, however, the front of the pelvis is forward, and in order to compensate and stay balanced, the upper trunk shifts back. Often the front pelvic and abdominal muscles are not used, and the hip and spine rely on the front ligaments to stop further forward movement. These muscles are usually very weak.

Scoliosis is when there is a sideways curve that is noticed when you are looking from behind. If you would like to know more about your posture, and what to do about it, consult a physiotherapist.

Please contact Tina or Connie at the Halton Community Rehabilitation Centre, 86 Main Street East, Milton 876-1515, for questions about physiotherapy.