

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



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GREG J. LAWRENCE B. Sc., D. Ch.
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Member of the Ontario Society of Chiropractors
and The Ontario College of Chiropractors

Q: Are there any lacing tips that may reduce discomfort in my feet?

A: Not all shoes are created equal and everyone's feet are different. Specific lacing techniques can improve the fit of shoes to solve common problems.

Heels slipping out of the shoe

This can be due to narrow heels in wide shoes. One solution is to criss-cross the laces back and forth to create a tight fit. Some shoes have extra eyelets on either side of the top eyelets, these can be used.

Pain on top of your feet

This can be due to extra pressure from high arched feet. One solution is to thread the laces under the eyelets rather than criss-crossing back and forth. If these are absent then criss-cross the laces until the eyelet second from the top. Create a loop through the top eyelet with no cross over, then use this as the last cross over creating a tight fit.

Tender Toes

This is associated with over use. To decrease the pressure, take one side of the laces and go side to side through each eyelet and place the other lace in the top eyelet on the opposite side.

Width Problem

Staggered eyelet holes work well for this condition. For narrow feet use only the outside eyelets, skipping a few of the others in the centre.

The clinic offers extended hours. No referral is necessary.

Erika Ristok B.A., N.D.
Doctor of Naturopathic Medicine

- Clinical Nutrition ▪ Herbal Medicine
- Homeopathy ▪ Acupuncture

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Erika Ristok B.A., N.D.

Q: In past years my child has had behavioural difficulties in school, and has been diagnosed with attention deficit hyperactivity disorder. What naturopathic treatments can help?

A: ADHD is a diagnostic term that describes a child who displays symptoms including inattention, impulsiveness, and hyperactivity inappropriate for his or her age.

Allopathic medicine often treats symptoms in such children with the medication Ritalin. This has side effects including decreased appetite, slow growth, and rapid "rebound" when the drug is stopped. As reported in the Journal of Addiction and Mental Health, there is little information on the physiological effects on young children, despite a growing use among children as young as two to four years old (the drug has not been approved for children under the age of six).

Naturopathic doctors aim to treat the cause of problems rather than suppressing symptoms. A thorough history-taking and assessment including physical examination guides the naturopathic treatment approach.

Allergies or sensitivities to foods, dyes, and preservatives can have a large impact on behaviour. One place to start is to look at the amount of sugar your child consumes. Naturopaths have their patients fill out a one-week diet diary. This often reveals possible contributors to health problems. Alternately, deficiencies of nutrients such as B vitamins, magnesium, and essential fats could be a factor.

Herbal medicines can help to nourish and calm an overactive nervous system. Examples are *avena sativa* (wild oats) and *scutellaria lateriflora* (skullcap). Homeopathy is also often helpful. Careful questioning leads to a remedy that matches your child's unique physical and emotional symptoms, resulting in a balancing effect that reduces or eliminates the problem behaviours.

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

Elayne Tanner & Associates Inc.



Elayne M. Tanner

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Q: I am in the process of separating from my spouse and mediation has been suggested as a way of resolving our differences. What is mediation and how can it help me?

A: When separating/divorcing, there are decisions to be made regarding division of money, assets and child related issues. Often, each party gets a lawyer and the two lawyers reach a settlement. Mediation is a process where one impartial mediator works with both parties together to voluntarily reach a mutually acceptable settlement. A qualified mediator will help both people equally and will ensure that both sides are heard. Mediation has many benefits:

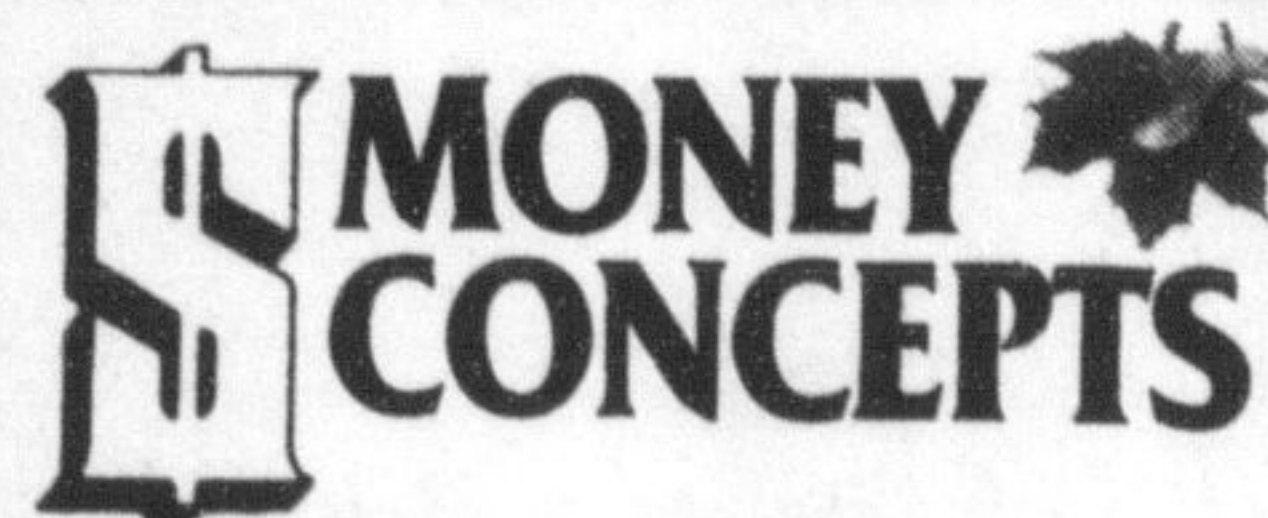
1. It is less expensive - 1 mediator is less costly than 2 lawyers and your lawyer can still approve the final settlement.
2. It is less adversarial - you work it out together.
3. There is a more positive outcome - everyone is happier because they have worked out the solution themselves.
4. It is more fair - everyone gets the necessary information and threats and coercion cannot apply.
5. A sense of personal empowerment - you have negotiated your own settlement rather than having lawyers or the court impose it on you and so, you are both more likely to follow through.

Through Elayne Tanner & Associates I have developed associations with professionals that I know to be highly qualified, skilled, and experienced in their specialized areas. I have done the screening and financial negotiations for you. If you would like to know more about mediation or wish to be referred to a mediator I have confidence in, please contact me and I would be happy to assist you.

Elayne Tanner is a Registered member of the College of Professional Social Workers, with many years of professional experience in individual, family & marital counselling. Her office is located in Milton in a private rural setting minutes from the downtown area.

Further questions welcome - call (905) 854-0801
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Q: My daughter and I have been talking about estate planning. I've heard about setting up trusts to save on probate but she said there is something new called and alter-ego trust. Can you tell me about this?

A: It's great that you are taking steps to plan your estate and getting your daughter involved. It is very difficult for children to ask their parents about their estate plans. A lot of people leave their estate with problems because they are hesitant to talk to their next of kin.

Trusts in general may save probate costs, as the assets in them are not considered part of your estate. Also assets distributed by a trust ensure confidentiality. Your will becomes a public document once it is probated; your trust does not.

An alter ego trust is a living trust that allows you to move assets without necessarily triggering a taxable disposition. This trust must be set up by individuals 65 years of age or over. The terms of the trust must ensure that during your lifetime you are entitled to receive all the income and no one else may receive the income or capital prior to your death. The assets are deemed disposed of upon your death and the tax payable is determined then. (You may also set up a joint spousal trust)

Trusts and Probate planning are important parts of your estate planning strategy. There are legal, tax and financial issues involved and you should consult your lawyer. A Money Concepts planner would be pleased to help you ensure that your estate plan meets all your financial and personal concerns. Please call for a "no obligation" appointment 905-876-0940.

Money Concepts Group Capital Corp. and N.F. Insurance Agency Inc.



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HEAT STROKE

I thought it only appropriate to discuss the perils of high temperatures this month. We have had record highs and still I have seen dogs confined to cars while their owners are in the shopping mall.

We all know how fatal heat stroke (hyperthermia) can be to human beings. For the past few weeks, on the news, we have heard about people dying as a result of heat.

HYPERTHERMIA is, by definition, a physiological increase in our core body temperature. The physiological response to overheating is sweating in order to release heat from the body. Dogs and cats do not possess sweat glands in their skin to do so. They can only cool by sweating through their foot pads and by panting. When they pant excessively and for long periods of time the pH of the blood changes. This results in a form of shock that is life threatening. Once this cascade of events has occurred, unfortunately death is imminent - I'm sure like me, you find this subject very upsetting, but unfortunately it happens all too often.

Please use common sense in the hot weather. If the temperature is too hot for you do not leave your pet in a car or outside. Be assured, if the weather is too hot for you then it is 5 times too hot for your pet because of his inability to cool himself.

If you see a pet locked in a vehicle, in a distressed state, call for assistance immediately - you just might save a very precious life!



Wendy Sammut

Inner Sanctum

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Yoga in the heart of Milton

Q: I have a very busy lifestyle and have heard that yoga is a good way to learn to relax and deal with stress, but I am very inflexible and not in great shape. Would I benefit from yoga classes?

A: With the demands of work, home, families and friends; our lives have become very full and busy, leaving little time for ourselves. As a result, stress levels have attained an all-time high showing up as headaches, stiffness in the joints, fatigue, sleeplessness and numerous stress-related symptoms.

Hatha Yoga is physical movement combined with mental focus and an awareness of the breath, developed thousands of years ago to keep the body healthy. At Inner Sanctum, the yoga program begins by teaching you how to relax and how to "undo" tightness within yourself. By gently working through all the different muscle groups you develop an awareness of how your body moves and acquire the tools and knowledge to be able to work through and release some of the tightness and tension in order to feel more relaxed.

The essence of Hatha Yoga is very personal and completely non-competitive. There is no pushing or forcing, the goal is to bring the body to a place of comfort, once it is comfortable it can relax, and from that relaxed state the movement comes. Yoga gives us permission to be exactly where we are in any given moment, therefore allowing people of all ages, fitness levels or abilities to move and work at a pace that is best for them.

A regular yoga practice will impact greatly on your overall well being and how you handle day-to-day stress. Think of a yoga class as the gift you give yourself.

Inner Sanctum is a year-round yoga studio offering classes, workshops and private sessions. For more information contact Wendy Sammut, 905-876-0551.