

HEALTHY LIVING

Routine eye examinations a must: optometrists

Eye health consciousness isn't as prominent as it should be, but thanks to Eye Health Canada Month in October awareness is growing, say local optometrists.

"I think regular check-ups are a part of checking your overall health," said Dr. Susan Jany of Milton. "(Eye health awareness) still has a way to go, but I think it's getting better. People are becoming more conscious of their health in gen-

eral."

Fellow local optometrist Dr. Ron Strohan agreed, adding that the majority of people still don't have their eyes examined as regularly as they should. Only about 40 per cent of people go for routine examinations.

"Every waking day, you have to think about where you would be without your eyes. You wouldn't be able to read your newspaper without

them," he said.

"And it's more than just your vision that's important. Things like glaucoma and diabetes affect the eyes and can be detected through regular examination."

The majority of people, Dr. Strohan said he believes, take their eyes for granted — only having them examined when a condition becomes painful. But most times vision can be impaired

without pain.

"Everyone seems to have the wrong impression as to why you need to have your eyes examined," he said. "Prevention is the only cure, and that's what we've always tried to get across."

For school-aged children, regular examinations can also detect why learning may have slowed, he said. Infants should be examined at six-months-old and again annually up to age 19.



Your Naturopathic Doctors

• Botanical Medicine • Homeopathy • Acupuncture • Clinical Nutrition •

What is Naturopathic Medicine?

Naturopathic Medicine is a form of health care whose core philosophy is "the healing power of nature". Our bodies have the innate ability to heal themselves. When a problem occurs, our bodies express this distress in the form of symptoms. As naturopathic doctors, we believe in treating the patient as a whole rather than focusing on isolated symptoms. In this way we try to get to the source or cause of the problem. Once the cause is addressed, symptoms will resolve and healing will result.

What kind of treatments can a Naturopathic Doctor offer?

Naturopathic Doctors are trained in Botanical Medicine, Homeopathy, Traditional Chinese Medicine/Acupuncture, Clinical Nutrition and Lifestyle Counseling.

What kind of training does a Naturopathic Doctor have?

All Naturopathic Doctors have completed at least three years of pre-medical studies and four years of post-graduate studies in medical sciences and naturopathic therapies at an accredited Naturopathic Institution. The only accredited college in Canada is the Canadian College of Naturopathic Medicine in Toronto, Ontario. During the final year of study, fourth year

interns assess and treat patients at the Naturopathic College Clinic under the supervision of licensed naturopathic doctors. After graduation, standardized international exams are written before one is eligible to become licensed as a Naturopathic Doctor.

Is my visit to a Naturopathic Doctor covered by insurance?

Most private and company insurance policies do offer coverage. Check with your individual insurance company.

For more information about Naturopathic Medicine, or to book an appointment, please contact one of your local Naturopathic Doctors.

Helping You ... Naturally



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CHIROPRACTORS OF MILTON

HELPING YOU HEAL

Digestive Health and Chiropractic



Your digestive system is a long tube that has one primary purpose: to break down your food and extract energy and nutrients. After you chew your food it travels down the esophagus to your stomach where one of the most powerful acids found in nature - hydrochloric acid (HCL) - dissolves your food. A thick layer of mucous covers your stomach's inner walls to protect it from HCL. The delicate balance between the amount of acid and the amount of protective mucous is controlled by the nervous system.

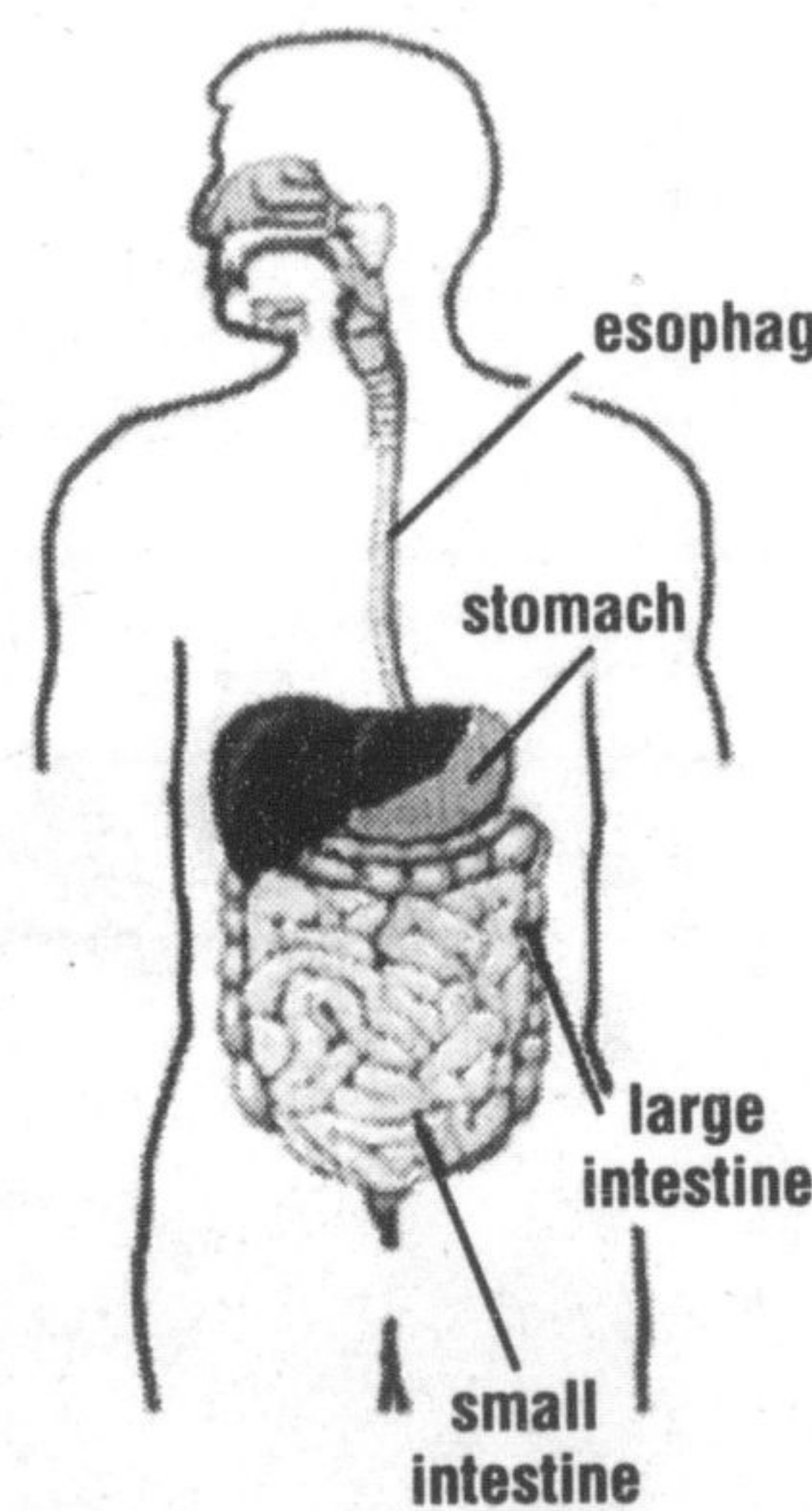
Chronic stomach ache, also called **nervous stomach** or **dyspepsia**, is a common stomach condition. Another is **ulcers** which occur when the powerful acids eat through the stomach and intestines - a very painful condition. **Heartburn** occurs when food reverses course from the stomach up the esophagus. **Gastritis** is a term used to describe inflammation of the stomach wall. The stomach can also develop benign and malignant **tumors**. All of these conditions can be caused by interference in the controlling nerves.

The medical approach is often directed at treating the symptoms with medications. It is not unusual to hear of people "living on" over-the-counter or prescription remedies for digestive difficulties. Apart from the risk of side effects, treating symp-

toms can lead you into the false belief that your problem is gone merely because your symptoms are gone.

The chiropractic approach analyzes your spinal column for vertebral subluxation complex, a condition that interferes with nerves and hence proper communication between your brain and internal organs, including every organ of your digestive system.

As early as 1921, it was discovered that spinal abnormalities could cause stomach, esophagus and intestinal disorders. 87% of a group of adolescents suffering from duodenal and/or gastric ulcers were found to have "pelvic distortion" and "blockage" in the spine. In one fascinating study, scientists surgically created a vertebral subluxation in rabbits: within 2 1/2 minutes there were changes in the stomach and small intestine. These changes could make the upper gastrointestinal tract vulnerable to disease and dysfunction. In another study, 86% of people with stomach and duodenal ulcers had abnormalities in the area of the spine that



supplies the stomach with nerve fibres. Correction of the spinal problem relieved stomach ulcers, gastritis, colitis and spastic constipation.

The job of a chiropractor is to ensure that the stomach and the rest of the digestive system (as well as all the other organs of your body) are receiving an unobstructed nerve supply. With a spinal adjustment your Doctor of Chiropractic will correct or relieve your vertebral subluxation complex allowing your digestive system to heal and function properly.

Chiropractors are licensed doctors, authorized to diagnose and treat conditions concerning the spine and nervous system. A healthy spine can improve your life - see your chiropractor for periodic check-ups!

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A PUBLIC AWARENESS PROGRAM BY YOUR LOCAL CHIROPRACTIC ASSOCIATION

Barrow Chiropractic
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
379 Ontario St. S.
Dr. Heather Jones
878-5020

Healing Centre
95 Main St. E.
Dr. Anna Neff
876-0048

Healing Centre
95 Main St. E.
Dr. Marlene Turner
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Family Care
Chiropractor
106 Wakefield Rd.
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