

# 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



**Herbal Magic**  
Weight Management and Nutrition Centres  
15 Martin St. 905-693-9594



Maxine Stanley

"Providing a Natural Way to Better Health and Wellness"

**Q:** I have read so many articles on weight loss recently... Some promise rapid weight loss while still being able to consume fairly high-fat foods, while others tell me I just need to chew my food more slowly! Can you please dispel fact from fiction for me concerning weight loss?

**A:** There is no "quick fix" when it comes to weight loss! Anyone promising such "rapid weight loss" usually incorporates methods that are not only unhealthy, but also definitely dangerous to the body long term (without any lasting weight loss results!).

**MYTH:** You can eat cake and lose weight at the same time.

**FACT:** Eating high-fat high-sugar cake does nothing to promote weight loss, only weight gain! Cake consists of flour, sugar and large amounts of fat... these are things that should be reduced in the diet, not increased, when pursuing weight loss.

**MYTH:** Chewing your food slowly will rid you of your potbelly.

**FACT:** Chewing your food slowly is great for the digestion, but it does nothing towards shedding a potbelly! You can chew as slowly as you want, but if the food you are chewing is deep-fried, high in fat/sugar/carbohydrates, then it will increase your weight regardless! What is important is the food that you do decide to eat, making sure to eat the right foods at the right times.

**MYTH:** Drinking iced liquids prevents digestive enzymes from functioning.

**FACT:** According to Dr. Donald S. Robertson, MD, quote "Water should preferably be cold... it's absorbed into the system more quickly than warm water. And some evidence suggests that drinking cold liquids can actually help burn calories." Digestive enzymes function regardless of temperature, and cold beverages can actually help with metabolic rate! So go ahead and enjoy your iced beverages!

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.



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## THE IMPORTANCE OF THE "ANNUAL CHECKUP"

Most of us agree that the annual trip to the veterinarian with our pet is synonymous with shots or vaccinations.

This in most cases is true, however I believe that the opportunity for our pets to receive a thorough physical examination is of equal importance. We humans are no different as we visit our doctor on a yearly basis, and we consider the visit of key importance to our health and well being.

The **huge difference** is that we can verbalize our health problems and our aches and pains.

Before vaccines are administered to a pet, he or she should receive a systematic examination. The ears should be examined with a special scope to examine the ear canal and eardrum for abnormalities. The eyes and inside the eyes should be examined with a special lamp for the same purpose. The throat and tonsils should be checked for masses and teeth checked for dental problems. The heart and lungs should be listened to with a stethoscope to detect problems such as heart murmurs, abnormal rhythms and abnormal breath sounds. The abdomen is palpated to detect changes in the size of its contents, i.e. the liver, spleen, kidney, intestines and urinary bladder. This can identify areas of discomfort for your pet that you as the owner could otherwise be unaware of. The skeleton - neck, back, tail and legs should all be palpated for abnormalities. As you can imagine, all of these problems allow us to find abnormalities that your pet can not tell you about.

I also believe that our pets have a much higher tolerance to pain than we do, so it is really up to us to find the problems. So often I examine a pet's mouth to find a broken tooth or abscessed tooth root, the pet never having exhibited discomfort. If we had such problems we would all rush to the dentist as quickly as we could!

To quote a cliché, an ounce of prevention is worth a pound of cure. If we can detect problems before they amount to serious illness then we can maximize the potential for longer and healthier life.



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## So: What's new for 2002, Good question.


The trend when it comes to flooring continues to be about the same.

Laminates are still a hot item. Mannington has introduced a new laminate ceramic which is selling very well. being effective in looks and resilience. The glueless laminate is growing in popularity. Just like Lego, snap it together. Something the do-it-yourselfer really likes and the kids.

One progressive item is carpeting, not just straight wall to wall Saxony but versatile in design such as Sisals textures, berbers and of course the new gorgeous tacesse fibre, which gives both comfort and wearability. Ceramic tiles continue to grow, both in size and choice. Now floor tiles are available 24"x24", one tile and your done! Wall tiles are aiming for a more elegant look and can turn the most mundane bathroom into Shangrila.

The large 10x14's look excellent and have stunning borders to set them off. Try them behind the sink as a backsplash. Tiles around the entire bathroom is definitely a plus for effect and maintenance.

Well we hope that our hot off the press decorating news helps you this year. So come over to Comfi and take some samples home with you.



CLINIQUE DE BEAUTE  
**LILIANNE**  
139 Thomas St.  
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(905) 849-6414

Lilianne

**Q:** What is Laser Hair Removal?

**A:** Laser Hair Removal is a method of removing unwanted hair, utilizing laser energy targeted to the hair follicle preventing further hairs from growing.

**Q:** What Type of Laser Do You Use?

**A:** The LightSheer Diode Laser. One of the world's most advanced treatment for effective removal of unwanted hair. Great news for men and women who want to get rid of excess hair. Depending on your needs, most body areas can be treated with this state-of-the-art technology.

**Q:** How Does The Laser Remove Hair?

**A:** The laser light emitted by the system is absorbed by the pigment located in the hair follicle. The laser is pulsed for only a fraction of a second, just long enough to damage the follicle.


**Q:** Is Laser Hair Removal Painful?

**A:** You may feel a slight tingling sensation.

**Q:** What Are Your Qualifications In Hair Removal Technology?

**A:** We have been trained and certified in Laser Technology, Laser Hair Removal and Electrolysis and have been performing Permanent Hair Removal since 1982.

Please visit us at [www.lilianne.com](http://www.lilianne.com) or email us at [lilianne@canada.com](mailto:lilianne@canada.com)



**Positive Results Hypnosis**  
123 Maurice Drive  
Oakville  
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Susan Chorney Certified Hypnotist


**Q:** How does hypnosis work?

**A:** Our minds work on two levels - conscious and sub-conscious. 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 sub-conscious 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.

Let the power of the subconscious mind work for you in 2002! Call for details.



**Inner Sanctum**  
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Yoga in the heart of Milton

**Q:** I love the holiday season, but I find now that it's over I'm unhappy with how I'm feeling and my lack of energy. I have heard that yoga is more than just an exercise program, is that true?

**A:** Hatha yoga is a series of physical movements combined with mental focus and an awareness of the breath, which when used together, puts us in touch with ourselves. With practice we learn to notice how we are feeling, see any pain or stiffness in the body, and acquire tools that we can use to work through any fatigue or tightness.

At Inner Sanctum, the goal of our yoga classes is to first teach you how to relax, from that relaxed state you begin to find movement, and from that movement you learn to tone and strengthen the body. As you learn to relax, the tension in the body begins to soften and your breathing becomes deeper and more efficient.

A regular yoga practice will impact greatly on your overall well being, increasing your energy levels and reducing your physical reactions to 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.