

# 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



Dr. Angela Barrow  
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## BARROW FAMILY CHIROPRACTIC

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### FATIGUE - WHY SO TIRED?

Fatigue is a state of exhaustion, resulting in a loss of energy, strength or endurance. It is evidenced by increased discomfort and decreased efficiency and involves an abnormally low response to stimulation. Often there is no evidence of another illness however, it is a sign that should not be over-looked. It is a disruption of balance and can be an early sign of dysfunction that will precipitate disease.

There are many reasons for fatigue, one of the largest being stress. In our present society, continuous stress seems to take a permanent seat in many households. Stress, whether it be physical, emotional or chemical impairs organ function. This often occurs without symptoms or pain being present. During stress, ACTH (adrenocorticotropic hormone) is released within the body and is responsible for increasing blood pressure due to the imbalance it creates in sodium (salt) and potassium levels in our bodies. Thus, along with stress, our bodies must deal with high blood pressure as well.

A combination of regular exercise, a healthy diet and chiropractic adjustments can be the winning ticket in fighting fatigue.

- Try to exercise at least 3-4 times a week for a minimum of 20-30 minutes. Regular exercise has proven to keep stress levels in check.
- Avoid refined carbohydrates, caffeine and chocolate - all interfere with the sodium/potassium balance.
- Choose a diet rich in potassium-containing foods (bananas, dried fruit and asparagus).
- Uncooked vegetables also provide the body with wholesome enzymes to aid in digestion and homeostasis.
- As well, the chiropractic adjustment aids in the removal of sub-luxations (created by stress) thus re-establishing uninterrupted nerve flow and allowing the body's inner healing abilities to function optimally.

All three together can bring the body back to a state of balance and ease and bring you back on track to a more healthy lifestyle.

## MONEY CONCEPTS

- Financial Planning
- Retirement Planning
- Mutual Funds
- R.R.S.P.'s
- G.I.C.'s • R.R.I.F.'s
- Life and Disability Insurance
- Tax Shelters



Lou Mulligan MA, CFP, RHU

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**Q:** I understand there have been changes to Labour Sponsored Investments Funds (LSIFs). What are they and are they for me?

**A:** LDIFs (formerly Venture Funds) have been available in Ontario for a long time now. They are intended to provide financing to small companies to help stimulate economic growth. In exchange, the investor receives a total of 30% tax credits up to a maximum of \$1,500. Recent changes are that some funds are eligible for a 35% tax credit to a maximum of \$1,750 and increased RRSP foreign content to 50%. A \$5,000 RRSP investment can yield combined tax deduction and credits valued at up to \$4,070. The investment must be left over 8 years or the tax credits are reversed.

Are they for you? Tax breaks are important, but so is the growth capability of our investment. Ask yourself: Can I afford to let the investment sit for 8 years? Do I worry about the future value of the investment? Some "Venture Funds" will start off well; others may take over 10 years to show adequate growth. Can I afford to wait? There are over 18 LSIF mutual funds available in Ontario. Choose carefully! What portion of your RRSP's are you willing to risk in "Venture Fund" category? GIC's and Venture funds reflect two extremes. LSIF venture funds investments are potentially volatile (risky). High quality mutual funds can provide a balance for more consistent asset growth and reduced volatility.

GET PROFESSIONAL ADVICE. Money Concepts is holding a venture fund information session 11:00 a.m. Sat. Feb 16th and 7:30 p.m. Wed. Feb. 20th at our office (420 Main St. E. above Harvey's) Call 905-876-0940 for more information or to attend our LSIF/Venture Fund seminar. Watch the sign in front of our office for details.



Dealer Services  
Canada Inc.

This year I resolve to lose weight & stop smoking



Susan Chorney

## Positive Results Hypnosis

123 Maurice Drive

Oakville

905-337-3700

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 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.

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



Geraldine Hesketh

## COMFI INTERIORS

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### Let's Talk Paint:

Were you aware that the 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 1,000 choices, some favorites to mention:

A rich bronzed yellow called Peanut Shell - used in model homes. For a softer English yellow try Creme which looks sharp in a kitchen with blues. Blue Fox is a darker blue and with white trim for a victorian or a contemporary look - it works for both!

Next Dusky Taupe is a yummy mocha taupe. Smoosh it with Clovis a Wow in a bathroom. Muffin tan, the guys like this - for den's & bedrooms and they look smart with plaids, paisleys and sagebrush for that olive tone.

If you need a neutral soft white try Seed Pearl which a lot of designers use. Why not take a colour and try a 1/4 formula to accent ceilings & trim. Paint is like cooking, put good ingredients together and you can't help but go right.

With exterior paints mostly latex is used, even high gloss. It is more pliable and weather resistant. Eggshell is generally used on siding. Gloss on trim: Black or white or 1,000 others. Pagoda Red! Anyone need an interesting version on your deck! Colours don't have to be blah on custom mixes-again latex & oil in stain, grey moire on horizontal bounding, main on rails, even the names are classy.

Just a few of the favorites and we have tons more to show you too.

P.S. We now have the entire line of faux finishes introducing Ovation, Classic Suede, Stoneridge or Opulence to use in so many ways the choices are endless.

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