

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

Milton Therapeutic Massage Clinic



Jillian Guard
(Hons.) B. Sc., RMT

75 Main St., Ste. 10
Milton Medical Buildings
905-878-0800



Cathleen McTavish
RMT

Laura Westwood
RMT

Ryan Weaver
B.Sc., RMT

Registered Massage Therapy

The Muscle Spasm

The physiological response of muscle to trauma of any type (overuse, overload, hypertension, impact) is tightening. This tightening is facilitated by the nervous system and results in a spasm at the exact spot where the trauma occurred. A spasm is a group of muscle fibers held in continuous (tetanic) contraction, unable to secure its own release – a rigid knot. Because spasms are an extension of the normal contraction process, nothing will show up on x-rays or diagnostic imaging. It is, however, a malfunction, and any portion of a muscle that is not working for you is working against you – ACTIVELY!

A spasm in a muscle can severely impact its ability to contract and relax (release). The portion of the muscle involved in the spasm is unable to work, forcing the remainder to work excessively. A compromised muscle is a weak one, which fatigues quickly. With continued use the spasm becomes aggravated and enlarges, causing pain and discomfort. Worse yet, the shortened fibres in the spasm restrict the ability of the muscle to be stretched to full length.

A muscle that cannot accommodate the movement placed on it will pull or even tear. Thus, a movement normally within the safe context becomes unsafe when shortening and spasm are present. The stage is now set for one final overstretch overload which will produce the massive spasm of a charley horse or straining of the tissue.

Massage Therapy is effective treatment for muscle spasms and contractures. The therapist will use techniques to reduce pain and increase the local circulation to help reduce the spasm. More importantly, the therapist will help prevent recurrence of the spasm by considering the causes or contributing factors and reducing their effect.

Christmas Gift Certificates Available

Clinic Hours: Mon.-Fri. 8-8 • Sat. 10-2 • Closed Sunday



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



Maxine Stanley

"Providing a Natural Way to Better Health and Wellness"

Q: I'm sick and tired of my New Year's resolution being "to lose weight"! How do I survive the holidays (but still enjoy myself) without gaining a large amount of weight?

A: The Christmas season usually is a time when home-baked treats and high-fat meals are not only readily available, but are highly encouraged!

Unfortunately, our waistlines pay the price, and we end up making the ominous New Year's resolution "to lose weight"... until the next holiday arrives!

Wouldn't it be nice to be able to fit into that dress you wanted to wear on New Year's Eve? There is no better time than the holidays to get your eating habits and weight under control! At Herbal Magic, we believe that the holidays can still be enjoyed without having a huge weight gain. Meal ideas, food planning, alternative treats, and constant support and motivation are all part of the Herbal Magic program, making the holidays much more enjoyable!

Our programs use only your own grocery store bought foods, and incorporate treats so that you don't feel deprived and binge. Herbs are used to help control cravings for carbohydrates and sugars, making the holidays much more bearable! The herbs also help to naturally boost the metabolism (without the harmful effects of caffeine or ephedrine), providing energy and improved weight loss.

If the impending holidays have got you worrying about your weight, we'd like to help! Stop by or give us a call. All consultations are free with no-obligation.

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 six years, and is a trained nutritional counselor.

SHOPPERS DRUG MART

Open to midnight, 7 days a week
Carriage Square, 265 Main St. E.
905-878-4492



Joy Thornton

Q: I've heard that some asthma inhalers will no longer be available. How will this affect me?

A: Many metered-dose inhalers currently contain CFC's which help propel the medication out of the inhaler. Unfortunately, CFC's are known to deplete the ozone layer and so Environment Canada has brought out regulations to phase these inhalers out.

The first inhaler to be affected by the phase out will be the Ventolin® or generic salbutamol inhalers (eg. Alti-Salbutamol®, Apo-Salvent®, Novo-salmol®) Effective January 1st, 2003, pharmacists will be prohibited from selling these particular CFC containing inhalers.

The following options are available to you:

1. Continue with your current inhaler until December 31st, then switch to the new CFC-free inhaler in the new year.
2. Switch to a new CFC-free inhaler now.
3. Change to a different asthma inhaler with the same or similar medication.

You will need to discuss the above choices with your Healthwatch Pharmacist or doctor since a new prescription will be required.

Are the new CFC-free puffers the same as the old ones?

The new formulations work the same way as the older ones for treating your asthma. The main difference is that they don't affect the ozone layer. When you use the new inhaler, you may feel some of the following differences.

1. Warmer, softer spray
2. Different taste
3. Canister is lighter

Be sure to speak to your Healthwatch Pharmacist about this issue. He or she can help make the transition to the new inhaler an easy one.



BARROW FAMILY CHIROPRACTIC

180 Ontario St. S. Milton

(905) 878-4994

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THE "NINE TO FIVE LABOUR" PAINS

Any woman who has carried a pregnancy to term can attest to the very real labour pains of childbirth. But the "labour pains" associated with working at a nine-to-five job are nearly as well accepted or understood.

Sometimes the only difference between the woman about to give births and the receptionist with recurring neck, arm, wrist or shoulder pain is the way each condition is perceived. Being pregnant is quiet noticeable. It is also common knowledge that pregnancy and childbirth involve pain and discomfort, and will require some time off work. By contrast, anyone suffering from "unseen" conditions such as repetitive motion injuries (RMI's) and cumulative trauma disorders (CTD's) usually have trouble being taken seriously. Few people really notice, understand, or consider the conditions serious enough to impede work or warrant some time off.

To make matters worse, some doctors actually suggest that people with such injuries find "easier" employment, such as secretarial or office work. Unfortunately, even the seemingly simple tasks, such as bending over a desk, typing, stuffing envelopes, answering the phone, or simply sitting for an extended period of time in a poorly positioned chair can be difficult or painful for someone suffering from injuries associated with the neck and upper extremities. The "difficulty" in completing a task is not always related to the pain alone, but often involves associated symptoms such as nausea, headaches, blurred vision, weakness or numbness of limbs or fingers, a sense of being utterly drained, and even total body pain.

Different people will experience varying degrees of discomfort. For some, it will merely be uncomfortable, for others it will result in stiffness, soreness and irritability. For still others with more serious conditions, it will become almost unbearable even to the point of feeling unable to sit, stand, or cope with simple work demands.

So, what do you do if you're a victim of such nine-to-five blues? The first thing you need to do is to see your chiropractor. Chiropractors can pinpoint the specific problem area and bring welcome relief, hence, making both your job and your life more enjoyable. Those suffering from work-related injuries or disorders who are considering consulting a specialist in these areas, should insist on making chiropractic an integral part of their treatment plan, since most of these symptoms are aggravated, if not induced by interference in the neck area. Clinical studies have demonstrated a direct connection between arm, wrist, and shoulder pain, and the nerves that emit from the neck. A spine free from nerve stress will be better equipped to heal the body from these painful and often crippling conditions. In most cases, the drug-free, non-surgical approach of chiropractic will be far more effective than the more traditional medical options.

Most importantly, learn to take the "unseen" pain seriously. Just because you can't see the problem doesn't mean it "won't get on your nerves!" Just as you wouldn't expect a woman to wait until she's about to give birth to see a midwife or doctor, don't wait until your pain is unbearable before you take action. Talk to your chiropractor today.



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 878-4280

As Christmas approaches, and we think back a year. It has been one with a lot of new concepts in ideas and products within the design field:

Firstly, we brought in Pratt & Lamberts latest faux finish line and we have finishes from suede to stone in some very interesting tones and have put them on the wall to show you!

Next, a diverse line in the latest ceramics wall and floor very unique in a huge display. Samples to take home too!

What about a gorgeous patterned stair runner from poly to wool - blacks, golds and red with area rugs in varying sizes also.

When it comes to click flooring, we have good names such as Wilsonart & Mannington. Products you know you can trust.

New on the scene is Hickory Hardwood. Available in 2 1/4" to 4" widths in rich warm tones a little different from oak but very elegant and hardwearing.

Laura Ashley's designer line of carpets now takes residence on the showroom floor along with Shaw and its amazing R2X stain repellent carpet.

Also this year, Joe acquired lots, yes lots of his famous remnants in every size imaginable. So come and browse and decorate with us next year.

Thanks to everyone of our great customers old and new who we hope will pop in. Happy Holidays from the Gang at Comfi.



Wendy Sammut

Inner Sanctum

15 Martin St., #3 (Carriage Square)

Milton, Ontario L9T 2R1

905-876-0551

wsammut@rogers.com

Yoga in the heart of Milton

Q: I suffer from fibromyalgia and chronic fatigue syndrome and I find that the added demands of the holiday season cause my symptoms to flare. A friend told me that yoga has really helped her; could that be true?

A: When we are in constant pain and discomfort, it can be a challenge to keep up with the regular routines of our busy lives; then we add to that many more tasks associated with entertaining and socializing and we become over-extended; stressed. Stress drains us of vitality and energy in a time when we need it the most.

Hatha yoga is a form of physical movement that combines an awareness of the body with a focus on the breath. The postures move you through every muscle group and work into every joint. Yoga is practiced mindfully with full attention to how the body is moving and feeling, and when done correctly creates a wonderful sense of well-being. A regular practice of gentle yoga movements and breathing techniques gives us time for ourselves and teaches the tools we can use to relax the body and mind while building strength and flexibility, even in those stressful moments.

A great deal of research has been done regarding the long-term benefits of hatha yoga and the results are very positive. There have been numerous cases where individuals with illnesses that result in chronic pain have found a marked improvement in their overall state of being when following a regular yoga practice under the guidance of an experienced, well-trained teacher. Consider a yoga practice as the gift you give yourself, remember to consult with your health care provider prior to beginning any type of physical activity.

Inner Sanctum is a full-time yoga studio offering classes, workshops and private sessions year-round. Our Winter Term begins Monday, January 6th. For more information contact Wendy Sammut, 905-876-0551 or email wsammut@rogers.com.