

# 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



**MacKINNON PONDS**

Complete Design & Construction

email: info@mackinnonponds.com  
www.mackinnonponds.com  
Tel & Fax: (905) 876-2836  
Cell: (905) 876-5317



Should I add a pond to my garden? If so, how deep and how large should it be? What is the best location? These are just a few of the questions being addressed in landscaping books today. Yes, any avid gardener should consider a water feature.

In your garden, nothing can be more relaxing than the sound of water tumbling over rocks and pebbles. The wildlife both in and around the pond is very rewarding. Imagine our famous red breasted robin splashing about at the edge of your pond. Imagine beautifully colored Koi or Goldfish swimming through the maze of plants below the water surface.

Because I have been building and maintaining ponds for many years, I feel that I can help with all of your questions. Call with your questions to 905-876-2836 or e-mail questions to mackinnonponds@yahoo.ca

## HALTON HILLS SPEECH CENTRE



Northview Centre  
211 Guelph St., Suite 5  
Georgetown  
(905) 873-8400

www.haltonspeech.com

**Q:** My niece is getting extra help from a speech language pathologist because she has an auditory processing disorder. What is auditory processing?

**A:** To answer your question in simple terms, auditory processing is our brain's ability to use what it hears. This is actually a complex process and involves more than just "listening". What we hear or receive through our ears can be called an audible signal (sound). Some people have difficulty processing the information carried by audible signals. The difficulty they have is not due to a hearing impairment or level of intelligence. There are techniques that can be used to improve a child's ability to absorb or process auditory information.

A child who has difficulty processing what he/she hears may appear to be easily distracted, have difficulty following directions and may not understand what was said to him/her. He/she may have difficulty "tuning out environmental sounds" or extraneous stimuli. Generally, a child with an auditory processing disorder has average or above average intelligence and has "normal" hearing. He/she may do well in a one to one situation yet may have noticeable difficulty functioning in a group. Auditory processing problems may be more difficult to identify in a quiet, shy child because he/she may not misbehave in response to difficulties. A child with auditory processing disorders may appear to be inattentive when actually he/she is working very hard to understand.

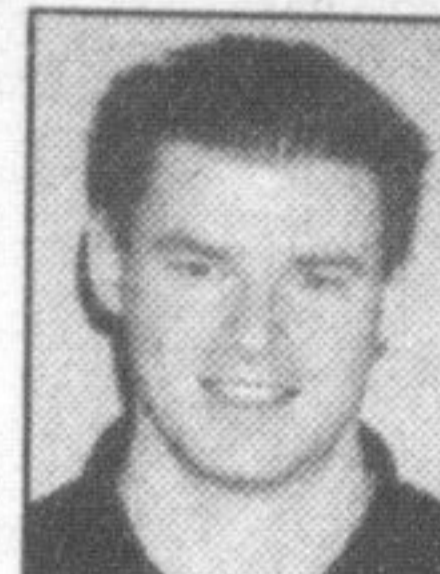
Thank you for your question. If anyone would like more information on speech or language issues, feel free to call the Halton Hills Speech Centre.

## Milton Therapeutic Massage Clinic



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

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



Cathleen McTavish  
RMT



Ryan Weaver  
B.Sc., RMT

### Registered Massage Therapy

### TENSION HEADACHES

Tension headaches are described as pain associated with the base of the skull or any other part of the head and face. They are differentiated from vascular (migraine) headaches and are patients' most frequently made complaints. Due to the many causes of headaches, a case history must be carefully considered to rule out organic disease and to ascertain the cause and type of headache. Common causes of tension headaches include trigger point referral, muscle spasm, cervical subluxation, postural stress, and environmental stress. Symptoms include a stiff and tender neck, and aching or vice-like pain in one or more areas of the head. The patient may also experience ringing of the ears, reduced attention, and photosensitivity.

Referred pain in the head most commonly occurs as a result of trigger points in the neck and shoulder region. For instance, the upper trapezius (shoulder muscle) is the muscle considered most likely to develop trigger points which refers pain behind the ear into the temple. Trigger points in the splenius muscles (base of the skull) refer pain upward to cause a deep-seated headache that concentrates behind the eye and often extends to the top of the head. Additionally, sternocleidomastoid (V-shaped muscles in the front of the neck) trigger points not only refer pain to the ear, temple, and around the eye, but may also cause dizziness, disorientation, and the symptoms of trigeminal neuralgia.

Treatment of tension headaches will include thorough assessment, trigger point therapy, and hydrotherapy to reduce pain and muscle spasm, and increase circulation to compromised tissue. The therapist will stretch shortened muscles and encourage the patient to be aware of and minimize contributing factors.

Please call Ryan or Jillian at the Milton Therapeutic Massage Clinic, if you have any questions concerning massage therapy or would like to book an appointment. 878-0800.

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 have tried just about every diet in the last three years, and I can't seem to keep my weight off. Why is that?

**A:** The answer is really quite simple: diets don't work! Unfortunately, there are a lot of "quick fix" promises, ranging from "fat-eating" pills to all-protein diets to muscle stimulation instead of exercise. The common denominator among these is that they offer short-term solutions to a long-term weight problem. Most make unproven claims of "weight loss", and can be potentially dangerous to your health!

At Herbal Magic, we understand that achieving long-term weight loss results requires focus on the underlying cause of weight gain: poor eating habits! There must be a change in the way one approaches food on a DAILY basis. With this in mind, Herbal Magic has designed a sensible, well-balanced eating plan that uses only your own grocery store bought foods (no shakes or pre-packaged meals). Safe, all natural herbal supplements are used to help control appetite and boost metabolic rate, making it easier to adapt to a healthier, eating lifestyle.

The trained health counselors at Herbal Magic know how hard it is to break old habits, so one-on-one counseling and guidance is provided each and every visit. For more information, stop by or call us at: Herbal Magic, 15 Martin Street (Carriage Square) 693-9594.

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 counsellor.



Dr. Angela Barrow  
B.Sc., D.C.

## BARROW FAMILY CHIROPRACTIC

180 Ontario St. S. Milton  
(905) 878-4994

Fax: (905) 875-4485

Email: angebarrow@sympatico.ca

### IS CHIROPRACTIC SAFE?

Chiropractic care is a safe, effective health care system for the whole family. While no health care is completely risk-free, few can match chiropractic's safety; it's gentle, non-invasive, drug-free methods benefit all age groups, from newborn infants to seniors and all ages in between. Chiropractic is the largest natural health-care profession for a reason... it's safe and it works! If we're going to be measuring safety, the statistics must be put into perspective. Our standard reference is modern medicine.

How Safe is Medicine?

Most people run to their physician for every scrape, sniffle and fever but few realize the inherent risks of drugs and medical care.

Studies show that as high as 10,000 Canadians die a year as a result of medical error. A further 10,000 deaths result from infections acquired in hospitals and unanticipated complications from medications. Add this to an estimated 20,000 medication-related deaths in non-hospital settings. That is 40,000 deaths per year. It is the equivalent of a jumbo jet crash every three to four days.

40,000 deaths per year makes drugs and medical care the 3rd leading cause of death after heart disease and cancer.

What about Aspirin?

Anti-inflammatory drugs like aspirin cause 3000 deaths per million people by bleeding ulcers. Aspirin, the one-a-day habit, has been shown to cause up to 7000 strokes per million people using it.

The risks associated with a chiropractic adjustment are so minimal, they are nearly impossible to measure. A lot of media lies and political deceit has surfaced. A study published in the Canadian Medical Journal said serious adverse reactions are estimated at approximately 1 in 5.6 million adjustments. To put this into perspective... any given person is more likely to be struck by lightning multiple times then suffer any permanent consequence from a chiropractic adjustment.

The truth of the matter is the most common outcome of chiropractic care is, by far, improved health.

## SHOPPERS DRUG MART

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



JOY THORNTON

**Q:** My baby has diarrhea. What can I give him?

**A:** Diarrhea is most often caused by a virus and so cannot be treated with antibiotics. Usually it is mild and clears up without treatment in 3 or 4 days. Children should be seen by a doctor in the following instances:

- if your child has diarrhea and is less than 6 months of age
- if your child has bloody or black stools
- if your child starts to vomit and is still vomiting after 6 hours
- if your child has a temperature greater than 38.5 C
- if your child has had less than 4 wet diapers in 24 hours
- if the diarrhea does not improve in 3 or 4 days

Most children should eat a normal diet while they have mild diarrhea as long as they are not vomiting. This includes breastfeeding, formula or milk. If your child seems bloated or gassy after drinking milk or formula, ask your doctor about a temporary change of diet.

Diarrhea can be dangerous because it can lead to dehydration. Symptoms of dehydration include: increased thirst, dry mouth & tongue, less urine output, lack of tears, sunken eyes, and a sunken soft spot on the infants head. Severe dehydration can be life-threatening.

Antidiarrheal medications should not be used in children less than 3 years of age. Instead, diarrhea replacement fluids known as oral rehydration fluids (eg Pedialyte) should be given to treat minor dehydration. These specially formulated products offer the correct balance of water, sugar and minerals. Sugary drinks such as Kool-Aid, fruit juice and pop should not be given. These contain the wrong amounts of water, sugar and minerals and can make your child's diarrhea worse.

Question? Ask your Healthwatch Pharmacist.