

# 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. Ron Strohan  
Optometrist

**Dr. Ron Strohan**  
Optometrist  
Wakefield Professional Centre  
106 Wakefield Rd., Milton  
905-878-5882

I had a dream as an optometrist to find the reason people develop the need for glasses, and reasons people develop eye diseases. After 24 years in practice, the past 14 of which have been dedicated also to study and research, I have found amazing information as to the developments in health and perception. I had never dreamed in all of my studies of the different sciences that I would be lead into physics, psychology, neurosciences, metaphysics and the HEART.

Vision is a sense, which is not limited to the eye. Vision is a sense which encompasses all the body, mind and perceptual abilities. Why many people develop difficulties seeing at an early age is because of the emotional element of perception and seeing. Sometimes some event, person, or object places a person in an emotionally charged state of uncertainty.

For example: A move to a new home, a change in schools, difficulties in family dynamics places the child or person in a state of fear, or uncertainty. Many people develop difficulties seeing while learning to drive; many when they are driving at night. I have found that the person presents with other measurable vision, and sensory difficulties which if not determined properly are misdiagnosed and the person may be given a pair of glasses for the incorrect reason. Especially at the ages of 3 to 19 years of age. A full oculovisual assessment with measurements of all the visual functions, and an understanding of a history of the individual's life is important in evaluating a visual problem. This may sound strange, but what does psychology have to do with this, and further more physics? Very simple. Everything you sense with your visual sense is a thought hologram. It is related to memory and conditioning emotion (energy in motion) and body physiology. Much of the interpretation of your visual environment will affect how you think. How much you interpret in a moment is tied into your perceptual memory, and thus is influenced by past events. In turn all the subconscious thought end up in producing a motor response (muscle, hormonal, or emotional energetic spike) an end result of a perceptual interpretation.

Where do we go with all this? Well, many thoughts in a day run through your mind, and most people use 80 percent of their visual sense to learn, communicate, and make a living. If patterns of thought are utilized at the perceptual sense, this in turn plays havoc with peoples memory, emotions, and actions. Then one can only add up, that eventually the energy which is vibrating through your body at any given moment will eventually change the muscles, tension and operation of your body tissues and organs, including your eyes, and related visual organs... most importantly your heart.

I have been fortunate enough in my research to have found people who are leaders in their fields. One of them, a chiropractor, with a background in physics who has helped me understand what light is, and how it affects the body. More specifically the visual sense. In understanding a process called the **Quantum Collapse Process** developed by a Dr. Damartini I have been able to correlate the emotional energy with responses in the eye and the heart. Should we be able to balance our perceptions, then we would be able to change our body responses in the eye and the heart. Should we be able to balance our perceptions, then we would be able to change our body responses, and thus the way we "see things", and yes your health. It may sound strange, but it's true.

For more information on this cutting edge technology, please call Dr. Strohan directly.



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

## BARROW FAMILY CHIROPRACTIC

180 Ontario St. S. Milton  
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### How Chiropractic Can Help You Cope With Seasonal Allergies

Commonly known as hayfever, **seasonal allergic rhinitis** is a term used to describe the stuffy, sneezy, itchy symptoms that affect 15-20% of Canadian children and many adults each year. Windborne pollens are the big offenders for most hay fever sufferers. Symptoms can develop from **tree pollen** in early spring, **grass pollen** in spring and early summer, and **ragweed and other weed pollens** from late summer to mid October. Moulds can also cause a reaction.

An allergy occurs when the body's natural defense system reacts to a substance, such as pollen, that it thinks may be harmful. The immune system overreacts to the allergen and produces too many neutralizing chemicals (usually histamines) to counteract it.

Although no one really knows why some people have allergies, there is agreement that it runs in families and that it is a **sensitization of the immune system**. There are, however, people with allergies who do not have a family history of them. A naturopathic doctor states that, "depending on how strong you are, your body can take stresses such as chemical, physical, emotional and environmental, but at some point, **one more stress will tip you over to have symptoms**. Orthodox medicine has no cure for allergies, only treatment. Since runny eyes irritation, redness, fullness in the sinuses and other allergy symptoms are caused by histamines, antihistamines are often prescribed to dry mucus membranes. A different approach would be to improve your body's own natural functioning so it can effectively cope with the environment.

Chiropractors do not treat allergies, asthma or even back problems, they treat the nervous system. As long as the nervous system is able to control all functions of the body with no interference, you should have the best health possible. If however, there is interference to the normal function of the nervous system, your body will not function properly and will react poorly to pollens and other environmental allergens. Chiropractors call this interference a vertebral subluxation. It is a serious health hazard! **By correcting these vertebral subluxations with regular chiropractic care, you will have a better chance to successfully deal with allergies and the rest of life's stressors.**



Phil Lawton

## Taylor Nursery

7429 Fifth Line, Milton  
(right at the east end of Main St.)  
905-876-4100



I've got some gaps to fill in my garden. What can you suggest?

Why not try something other than a flower or shrub? How about trying clumps of ornamental perennial grasses. They are hardy, distinctive and often very elegant. Here are some suggestions from Landscape Ontario.

**Small Grasses**—Small clump forming grasses and grass-like plants like sedges make excellent rock garden plants or can be mass-planted as an attractive groundcover. They work well with spring-flowering bulbs or as border edging.

**Mid-Size Grasses**—These ornamental grasses are 45 to 100 cm. tall and make nice focal points in perennial borders or annual bedding schemes. Fountain Grasses make a good alternative to the usual Draceana to add height and interest and can be used in planters and tubs.

**Tall Grasses**—The most well known of the tall grasses is Pampas Grass which does not thrive in Ontario but for the same spectacular effect you can use Plume Grass whose flowerheads can reach 12 to 15 feet in height. Grasses can make attractive lawn ornaments. A circular bed planted with only one type of ornamental grass will make a splendid show-place!

At Taylor Nursery, we have an excellent selection of hardy grasses to choose from for every garden use. You can pick for size and shape—tufted, mounded, upright (divergent, erect or arching) and arching grasses from 35 cm to 270 cm in height and you can choose for colours of grasses—blues, greens, straw, gold—and colours of flower plumes. Come see what ornamental grasses can add to your garden's beauty.



Tina Doney  
Connie Francoz  
PHYSIOTHERAPISTS



17 Wilson Avenue  
(corner of Wilson & Main)  
876-1515

Q. I have really bad tennis elbow, and have heard that your clinic has a new treatment to help tendonitis. Can you tell me about this machine?

Yes, we have started to use a new modality to help with tendonitis, especially in the elbow, shoulder, and foot, which is called iontophoresis.

Iontophoresis is a method of administering a liquid steroid medication directly into the inflamed spot using an electrical current. The medication, prescribed by your family doctor, is applied onto a sponge, and placed directly over the painful area. It is then hooked up to a small machine, and a gentle current assists in pushing the medication into the tendon. It is less invasive than a cortisone injection, but very effective in helping to reduce inflammation over a painful area. Often other physiotherapy techniques are also used in conjunction with Iontophoresis to not only settle down inflammation, but to restore strength and flexibility of the tendon.

If you have a tendonitis that you are having difficulty with, consider Iontophoresis. Call the Halton Community Rehabilitation Centre at 905-876-1515 to book an appointment for a physiotherapy assessment and to discuss iontophoresis, or speak to your family doctor.

Please contact Tina or Connie at the Halton Community Rehabilitation Centre, 17 Wilson Drive, Unit #12, Milton, 905-876-1515 for questions about physiotherapy.



## MacKINNON PONDS

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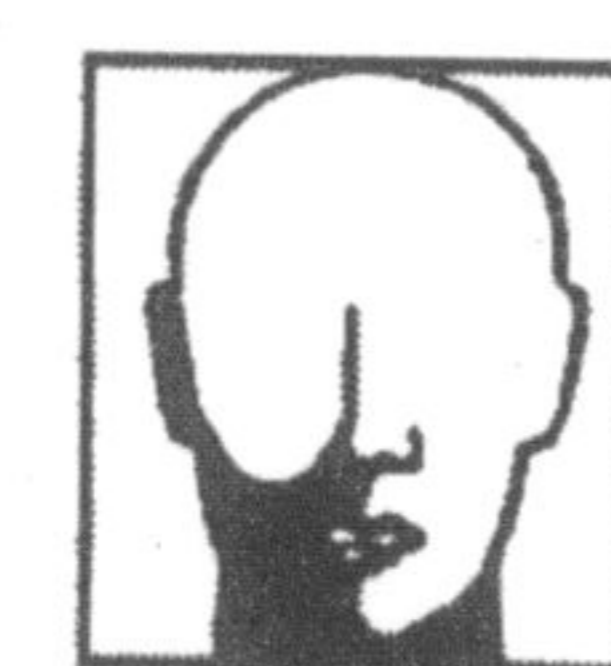
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www.mackinnonponds.com Cell: (905) 876-5317



### Let's Plan a Pond

When it comes to where to build a pond in your backyard, consider these things. Do you want to see the pond from within your house, or would you rather see it only from the garden? Your pond should have at least six hours of sunlight daily but some shade is a good thing. Be sure you make your pond large enough to accommodate all the plants and fish you wish to have. Mark out the shape and where the waterfall will be. When you start digging, find the lowest point in the perimeter. At this point dig down 12 inches. Stay at this level around the rest of the pond. This is you planting ledge as well as the shelf for your border. When digging the deeper area 3 feet, make sure this is not in the same area as the waterfall as this is the place where the lilies will live. Measure and buy the liner once the digging is done, not before. Lay a Geo Fabric in before the liner to protect it from any stones that may be close to the surface of the pond bottom. Fabric should also be wherever you place rockery. Your waterfall should be next. Plan the size and where you want to see the water falling. Will there be any planting or pooling areas? Maybe you want a stream of some sort. Keep in mind that the plants are the most important thing in your pond. They aerate and balance your pond's chemistry and they look good, so make room for lots of oxygenators, plants to make shade and plants to filter out the bad nutrients through their root systems. Now you are ready to build that beautiful oasis.

## HALTON HILLS SPEECH CENTRE



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

Q: Someone in my family is having speech and language difficulties and it was suggested that I contact a Speech-Language Pathologist. How do I find one and what type of questions do I ask?

A: A Speech-Language Pathologist (SLP) is a professional who is trained to assess and provide intervention to children and adults with communication and swallowing difficulties. A SLP practicing in Ontario is licensed by the College of Audiologists and Speech-Language Pathologists of Ontario. A SLP can work both in publicly funded agencies and the private sector. Services provided by a private SLP may be covered through your work's health benefit package. You should look into your benefits first and determine the type and amount of coverage you have.

You can obtain the names of private SLP's in your area by contacting the Ontario Association of Speech-Language Pathologists and Audiologists' Private Practitioner's Registry at (416) 920-0361. You may also try the yellow pages and/or call your physician's office to obtain names of SLP that they are familiar with.

When you have some names, the questions that you should ask are: Name of the organization; years in business; location of service (office, home, daycare, school, nursing home, etc); number of SLP's; days and hours of operation; types of clients (adults, children, preschool, school-aged) seen; types of communication problems seen (stuttering, voice, language, swallowing, etc); treatment types (individual, group, computer, home program, etc); fees (assessment, consultation, therapy, mileage, etc); other value added services (interdisciplinary programs, case management, seminars, library resources, computer programs, etc).

If you would like further information about a Speech-Language Pathologist or the services that they provide, please contact us at the Halton Hills Speech Centre (905) 873-8400 or visit our website at www.haltonspeech.com.