

# 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

## SHOPPERS DRUG MART

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



MICHAEL WONG

**Q:** What is the difference between natural source vitamin E and synthetic vitamin E?

**A:** Vitamin E is a generic term meant to include a group of structurally similar chemical compounds. The four major groups of vitamin E that exhibit biological activity are alpha-, beta-, gamma-, and delta-tocopherols as well as their respective stereoisomers. Stereoisomers are identical molecules with subtly different spatial arrangement, designated by d, l, or dl, depending on their respective optical properties on polarized light.

International units (I.U.) is a measurement of biological activity of vitamin E associated with 1mg. of dl-alpha-tocopherol acetate, using a rat anti-sterility test. In the future, I.U. will be replaced by another newer unit called Alpha-tocopherol Equivalent (Alpha-TE), which is a standardization against solely d-alpha-tocopherol, notably the most active of all vitamin E isomers. In short, 1 Alpha-TE will be equivalent to 1.5 I.U..

Natural source vitamin E usually comes from an extract of vegetable oils, containing predominantly d-alpha-tocopherol. Synthetic vitamin E, on the other hand, contains dl-alpha-tocopherol. Theoretically, 1mg. of natural source vitamin E should be more active than 1 mg. of synthetic Vitamin E.

Nowadays, practically all commercially available vitamin E are labeled in I.U.; therefore, all 400 I.U. capsules of vitamin E, for example, should have the same biological activity, regardless of sources.

When comparing vitamin E, one has to look further. Since biological activity is defined by results of a rat anti-sterility test, it may not necessarily be an accurate reflection of all vitamin E activity in a wide range of human functions. Nonetheless, without a better indicator of efficacy in sight, one has to settle for an I.U. or an Alpha-TE as a reasonable scientific market.

Absorption is another important aspect for determining whether a vitamin is capable of being utilized properly. Under normal circumstances, vitamin E is only soluble in oil. To improve absorption, vitamin E is sometimes synthetically manipulated to make it soluble in both oil and water.

In general, the cost of natural source vitamin E is about twice that of the synthetic source. Intelligent consumers will instinctively make their choice.



Geraldine Hesketh

## COMFI INTERIORS

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I have something to declare:

I love wallpaper, yes and I know there are lots of you out there secretly waiting to fill that empty space with it. Why is it when somethin is in vogue we go absolutely nuts & fill our lives with it. To overflowing when it's considered passe ooh don't go near it at all or the wallpaper police will come get you! Hey be a rebel & not one of the sheep, we need to be individual and I always see in every home I decorate a spot just crying out for some texture, colour or design.

I realize the open concept, especially in the new homes, seems to push toward the monochromatic theme, but remember you can utilize wall coverings in a number of ways. On a large wall create large frames with moulding or wood or a rich coloured paint. Select paint colours & wallcovering to enhance the room creating an art in the panels yet not overtaking the area.

Use it above a moulding around the perimeter of say a dining room about 24" depth. And use it with a coloured ceiling for making a statement.

Powder rooms yearn for rich dramatic coverings or choose a faux effect in soft tones as with any look use sparingly & you too will love the result, overkill can be tiring and bareness cold; mixture in decorating is what turns your home into a warm inviting environment. Look around! I bet you can find an area just waiting! So bring your walls alive and visit our library of books. Bring in a cushion, a sham or bring the wall too & we'll have you covered in no time at Comfi Interiors.



Dr. Angela Barrow  
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## BARROW FAMILY CHIROPRACTIC

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### SURVIVING THE COLD AND FLU SEASON

Did you know...?

That antibiotics are used frequently and unnecessarily to treat viral illnesses? This is creating an emergence of antibiotic resistant germs. The Halton Region Health Department has sent information out to the community reminding us that **antibiotics may not be appropriate for every infection.**

They state that, "Bacteria and viruses are tiny organisms that can cause infections. The major difference between the two germs is how they are treated. Antibiotics may cure infections caused by bacteria, but are not effective against viruses." Your body's natural defenses will cure most viral illnesses over time. Often rest and drinking lots of fluids will help. "When antibiotics are used and not needed, bacteria that are normally present in the body can learn to become resistant to the antibiotic. Sometimes the most resistant organisms will remain and continue to grow. These resistant bacteria can cause serious diseases that may be difficult or impossible to treat."

Stress plays a major role in infectious diseases. Researchers have shown how stress on the body's immune system can lessen a person's immune response, which in turn makes him or her more susceptible to infectious diseases. In fact, current research indicates that 80% of all diseases are somehow related to stress.

In a study conducted to look at the relationship between stress and the immune system, it was found that 50% of the stressed volunteers caught colds, compared to only 27% of those with less stress in their lives.

Stress comes in many forms: **Physical stress**, resulting from car accidents, birth trauma, repeated lifting or improper seating posture; **Chemical stress** from cigarettes, poor nutrition and prescription drugs; and **Emotional stress** due to a job, finances, and relationships can all take their toll on your body causing interference in your nervous system.

Certain changes in lifestyle can improve your ability to deal effectively with stress and can increase your resistance to infectious diseases. These changes include developing a **positive mental outlook**, **maintaining a healthy diet**, **regular exercise**, **getting enough sleep** and **maintaining a healthy spine and nervous system.**

The nervous system is the master control of all systems, tissues and cells. Interference with the nervous system (called subluxations) results in compromised nerve flow and function, which in turn leads to a lowering of the body's natural healing ability. Chiropractors work on the spine to find areas where there is disturbed nerve flow (subluxations). By releasing the interference and allowing the nervous system to function properly, we move towards greater wellness. **Chiropractic care is the natural choice for optimizing your body's ability to deal with stress and fight infections.**



Dr. Ron Strohan  
Optometrist

**Dr. Ron Strohan**  
Optometrist  
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Mon-Thurs 9-6, Wed-Fri 9-5, Tues 9-8  
Saturday AM by appointment

### GLAUCOMA VS OCULAR HYPERTENSION YOU HAVE A CONCERN

- What does high pressure in my eyes mean?
- Why am I being monitored?
- Do I Have Glaucoma?

**PART THREE OF A SERIES** - A synopsis of studies on the 'Mysteries of the Living Cell'; a conference I attended in December. A continuation of studies in Perception, and body energetics - (neuropsychiatry/immunology). As mentioned in the two previous articles, glaucoma can occur whether a person has high eye pressure or not. Glaucoma is not a disease of eye pressure. It is a disease of Apoptosis (programmed cell death). **Apoptosis** is a normal occurrence for cells in some tissues such as your skin (Lower order cells). It is not a normal occurrence for the optic nerve (High order specialized cells functions).

The possibilities as to why optic nerve cells result to lower ordered cell processes developing the disease

#### Glaucoma (Apoptosis-programmed cell death):

1. Pressure on a cell causes a cell to change its shape. If intense enough, and long enough in duration, a nerve cell to proceed through apoptosis. The cell resorts to lower level functions when under 'stress'. Thus, the component of measuring cell pressure is still important. The nervous system which is responsible for responses to reactions to the **perceived environment**, influences eye pressure just as in your blood pressure, and heart rate. An excessively reactive, or unreactive individual may produce a lopsided, or repressive nervous system stimulating the cells responsible for aqueous fluid production to increase the pressure in the eyes over the years. (Emotional perception, and thoughts influence body functions by influencing the energy in the body.)

2. **Stress**, a 'negative emotional perception', depletes the energy states of the body significantly to produce cell death, as your body holds a 'charged emotional state' - electrical charge. The electrical energy, of the collective cells of the body in communication with one another causes a cell to proceed to **Apoptosis**, should the energetics of the body reach a polarized intolerable state. This may show up as a person who is either excessively a 'negative', or a 'positive thinker', producing a lopsided or one sided polarized-expression, and repression in relation to a perception. This relates to the **Paradigm** a person 'SEES' through. They don't see life as it is, however, sees life with charged emotional thoughts, and actions. The cellular perceptions-communications are also affected, thereby affecting all body functions, and form. These people have difficulty seeing overall, not knowing their vision, and all perceptions and overall health, are affected in some form.

3. Comparatively: People who are appreciative, and balanced tend to have a better cellular radiance, generally have a lower tendency to a lopsided body energetic function, and apoptosis. These people are generally well centered, radiant, graceful, certain, present in thought, and **balanced in WELLNESS - PURPOSEFUL IN LIFE. They 'See Through the Heart'.** A process which the **Quantum Collapse Process** demonstrates: *The 'Nature of Things' in life. A stress reducing form of photosynthesis of emotions, and perceptions (photon synthesis-light synthesis) which Dr. Strohan has introduced: In Mind Body Energetics, to the Practice of Optometry.*

What this has to do with vision, and optometry? Look forward to future articles. Copies of these articles are available - just call and ask Dr. Strohan for a copy.

### Milton Therapeutic Massage Clinic

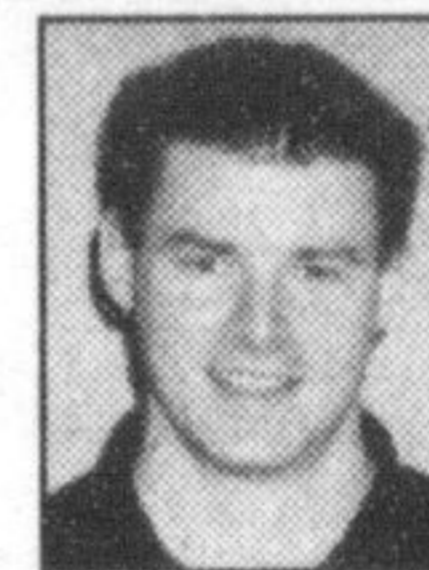


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### Registered Massage Therapy

#### 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.

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



Greg J. Lawrence  
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### GREG J. LAWRENCE B. Sc., D. Ch. FOOT SPECIALIST / CHIROPODIST

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Member of the Ontario Society of Chiropractors  
and The Ontario College of Chiropractors

**Q. I have a foot problem and I see many people advertising their services, from whom should I receive treatment.**

**A.** Footcare and orthotic therapy is not regulated in Ontario. This means that many people without proper training can deal with your foot problems. For example, have you not seen individuals selling orthotics (arch supports) in flea markets, sporting shoes, or the exhibition in Toronto? At all their booths they sell custom-made orthotics, so they say. In reality, they take an imprint of your foot and give you arch supports off the shelf. Unfortunately, this act is not regulated and the consumer can often receive a product, usually covered through extended health insurance, and when you are seen by these sales people, many do not realize they could have had these devices through insurance if they were seen by a Foot Specialist.

A foot specialist often starts with university training and then attends specialized training for three years. We all belong to a regulating body called the College of Chiropractors of Ontario, and many belong to the Ontario Society of Chiropractors, which maintains a high standard of practice and continuing education. During this period, we are taught all aspects of lower limb problems. We deal with general footcare, which encompasses diabetic footcare, nail problems, callous and corns. We deal with almost any infection affecting the feet. We deal with sports injuries, heel and arch pain. We perform surgical procedures. We dispense custom-made orthotics (arch supports) and footwear.