

Attention

MILTON CHAMPION CARRIERS



Skating Party

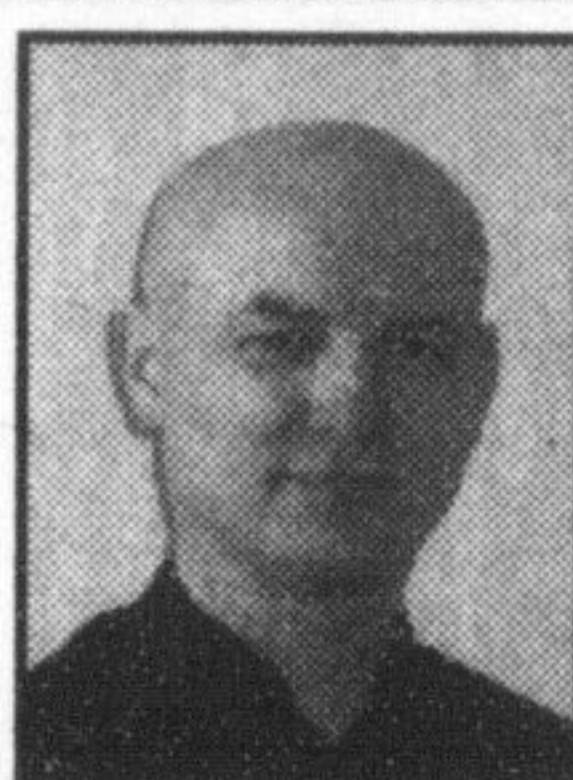
Wed. March 17 2-3pm
Milton Sports Centre Rink B

RSVP Sandy or Andrew by March 15



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

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Optometrist
Wakefield Professional Centre
106 Wakefield Rd., Milton
905-878-5882
Mon-Thurs 9-6, Wed-Fri 9-5, Tues 9-8
Saturday AM by appointment

Wondering about your Child's eyesight - If not then you should be!
Your child's future depends on you... the Parent!

Q. When should I have my child's eyes examined?

It is recommended a child be examined as early as 6 months of age, again at the age of 2, and yearly thereafter. This is to ascertain whether both of your child's eyes are healthy, and continuing to develop normally. Even though a baby is born with two adult sized eyes, development of vision continues up to the age of 8, and perceptually throughout life.

If an eye is "weak", then the brain cannot develop properly, which may lead to a condition called Amblyopia, or "lazy eye". A child who cannot see clearly will not develop the necessary visual acuity for the eye to see accurately later in life. This will evidently affect your child's ability to achieve visual standards for careers and livelihood.

Q. How can you examine children when they can't respond to questions?

Oculovisual assessments, or eye examinations involve much more than answering questions of what is seen or not seen. Evaluation of the health, optical qualities, and function of the eye's structures, and eye coordination do not require any questioning of the child. Much information about a child's ability to see can be determined through thorough eye examination by an OPTOMETRIST.

Q. Aren't my children being screened, or tested in schools?

No. Unfortunately, there are no routine vision evaluations occurring in schools. The responsibility has been left to the parents. Since vision is "relative to experience", a child would not know if they are having difficulties unless they have been examined. If a child even has a subtle visual problem it may impeded the child's ability to learn clearly. Since 80% of learning comes through vision, how clearly a child learns is affected by how clearly the child sees. And the behaviour of your child will be affected by the ability of your child to respond and communicate. Vision is the most powerful form of communication. You depend on it... Do not take your eyesight and vision for granted.

If you have any questions, please take the time to ask... your child's future depends on you.



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

BARROW FAMILY CHIROPRACTIC

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

Fax: (905) 875-4485

Email: drabarrow@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; its 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, snuffle 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 than 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.



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 eight years, and is a trained nutritional counsellor.