

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

BARROW FAMILY CHIROPRACTIC

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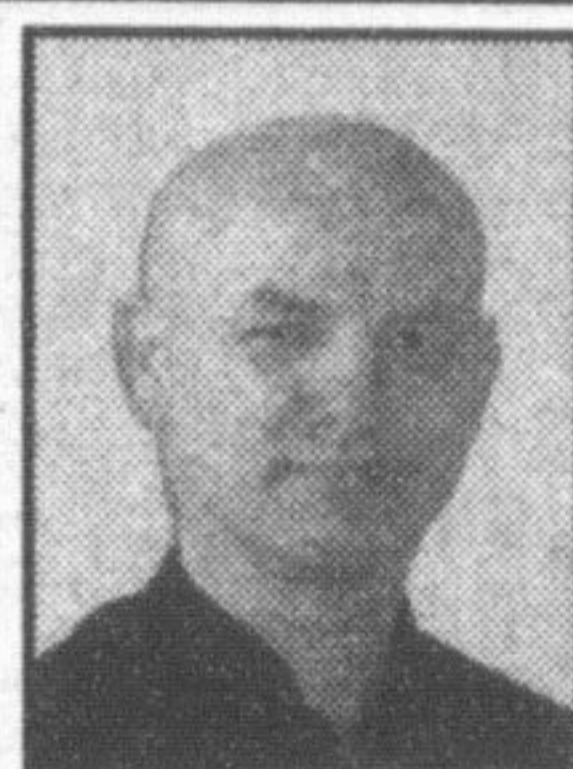
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EXERCISE MAY FIGHT DEPRESSION IN THE LONG RUN

"Aerobic exercise may be just as effective as medication at relieving depression and prove easier to stick with." This study "adds to growing evidence that exercise can significantly improve mental health at modest or no cost". The study compared three groups: antidepressants only; antidepressants plus group aerobics; exercise only. "After 16 weeks, patients in all three groups were equally likely to have recovered. But what was surprising were the findings in a follow-up 6 months later, "exercisers held a surprising edge. Of those who had recovered after 16 weeks, only 8% relapsed to depression, compared with 38% who took pills only and 31% in the combination group".

Health is defined by the World Health Organization as "optimal physical, mental and spiritual well-being, not merely the absence of disease or infirmity". This definition recognizes the intrinsic link between physical, emotional and spiritual health. Exercise produces brain chemicals, such as serotonin and endorphins which can contribute to the feeling of well-being. In this study it was found that only 50 minutes of exercise a week halved a person's chances of being depressed. Physical activity is key to all aspects of our well-being. Addressing symptoms with only medication is of limited value and certainly comes with the risk of side-effects present in all medications.

Lifestyle factors are paramount to good physical, emotional and spiritual well-being. As a family chiropractor, one of my goals is to help people make healthier lifestyle choices. Regular chiropractic adjustments are important to help your body adapt to life stresses as effectively as possible. Subluxation patterns develop over years as we place chemical, physical and emotional demands on our systems. Interference in nerve flow and control result in compromises in overall health. Minimizing unnecessary medications and exercising regularly is of great benefit to your systems, especially your nervous system. Lifestyle changes take time but the benefits are well worth the results; your health is your greatest asset so invest in yourself and make a commitment to better health.



Dr. Ron Strohan
Optometrist

Dr. Ron Strohan
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

The importance of nutrition on vision ... H₂O

The human body is said to consist of 80-90% water.

The human eye has components which are as much as 99.9% water.

Water is a universal solvent, which you depend on to maintain the circulation of nutrients, and remove toxins and contaminants from the body. All cells of the body produce pollutants, and depend on the consumption of water to wash the toxins from the body.

Water is also a communicator of information, as a liquid crystal. Having form, it is influenced by the electrical and magnetic properties of the body's nervous system.

Failure to replenish your body with adequate amounts of water affects your eyes' ability to remain CLEAR enough, and functional to allow for a clear view of your world. Many tissues "shrink" over time if not hydrated sufficiently.

Observations of people in my practices, over all are "malnourished" when it comes to the consumption of water. If you are thirsty, you have already been dehydrated. Many people tend to drink alcohol, teas, coffee, and soft drinks which contain caffeine, and other water draining chemicals depleting your body reserves.

A good rule of thumb is: Your weight in pounds, divided by two equals the number of ounces of water a person should consume ... count your ounces.

And drink water more often and see more clearly for LIFE!



Herbal Magic™

Weight Management and Nutrition Centres

15 Martin St. 905-693-9594



Maxine Stanley

"Providing a Natural Way to Better Health and Wellness"

Q: I recently purchased a herbal product that supposedly aided in weight loss. It contained a substance called ephedrine. I stopped taking it after a few days because I got shaky and my heart raced. What exactly is ephedrine and why is it being used for weight loss?

A: Ephedrine is a chemical compound that is found in the dried stems of the "Ephedra sinica" plant (better known as "Ephedra" or "Ma Huang"). Ephedra has a stimulant effect on the central nervous system, making the heart beat faster, increasing blood pressure and raising metabolic rate.

Its main use for the last 3,000 years has been as a bronchodilator, effectively opening small airways in the lungs and alleviating nasal congestion. It is excellent in small doses to safely treat asthma, allergies, colds and sinus infections.

The problem occurs when individuals start using products that contain ephedrine and caffeine for weight loss. Unfortunately, daily usage of these products over an extended period of time is instructed for weight loss.

The higher dose and the longer you take ephedra, the greater the incidence of side effects, such as racing heartbeat, nervousness, insomnia and heart palpitations. Long-term use can have more serious side effects that include high blood pressure, stroke and seizures.

Herbal Magic carries its own line of standardized/research-grade quality herbs that are specifically designed to aid weight loss, and are completely ephedrine and caffeine free. Both safe and effective, they provide good appetite control without the side effects of ephedrine. The herbs are combined with a proper eating plan to provide maximum results, helping you to achieve your weight loss goals.

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.



Phil Lawton

Taylor Nursery

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

905-876-4100



I'm building some garden areas or topping up my beds. All 'earth' is the same. Right?

Wrong. First of all, soils with high clay content and low organic matter (like most soil in Milton subdivisions) hold too much water and do not permit proper aeration. Ideally you should dig out the whole bed and start with good soil like **triple mix**, a combination of crumbly top soil, compost and well rotted manure—for healthy shrubs and trees and abundant flowering annuals and perennials. **Top soil** which is 'friable' or crumbly, is ideal for creating new lawns or creating bulk because it doesn't shrink much. **Black loam** is high in organics from bogs and looks rich for topping up beds and lawns. It needs regular moisture and fertilizer. **Top dress** is a combination of black loam blended with nutrient-rich, well-rotted manure. It's great for top dressing beds and lawns, seeding or enriching lawns or container gardens. Some plants may need the soil's PH values adjusted up or down too. At Taylor Nursery, we stock the right soils for all uses, available in bulk or by the bag, pick up or delivered to your door. We'll even custom mix a personal blend for you.



Carpet Care 101



Robert Rushton

"Facts About Vacuuming"

When it comes to carpet maintenance, the importance of regular & effective vacuuming cannot be overstated. It is the single most important thing you can do to keep your carpets clean & healthy!

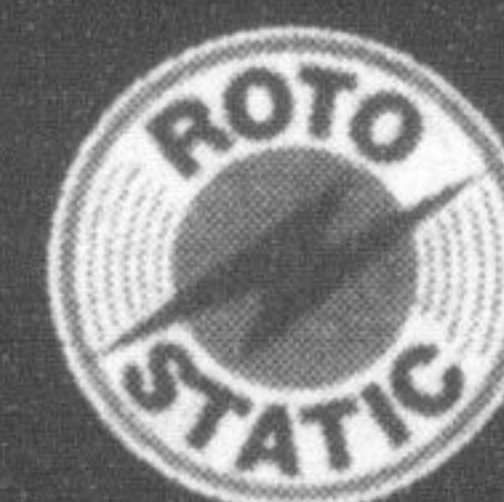
Regular Care Today's carpet fibres are designed to hide soil and reflect light, and have the ability to resist soiling and stains. The ability of today's carpet fibres to hide soiling is a positive feature for most consumers. However, the lack of apparent soiling does not eliminate the necessity of regular cleaning! Most dry soil has razor-like edges that abrade carpet fibres causing light to reflect differently, giving carpet a dull appearance. Soil can damage the fibres permanently if allowed to remain in the pile. A regular maintenance program, including vacuuming and professional cleanings, extends the life and improves the overall appearance of your carpet investment.

Basic Vacuuming A good practice is to vacuum often the areas that receive the most traffic, such as hallways, stairs, exterior entry ways, and paths in the home where there is constant wear. Vacuum the entire carpeted area a minimum of twice per week. Removing loose soil while it remains on the surface is important so that it is not worked into the carpet pile by foot traffic. Removing embedded soil is more difficult and time consuming than removing surface soil. To remove surface soil, push the vacuum forward several feet with the pile direction of the carpet in a slow, deliberate motion and then reverse direction. Embedded soil is more effectively removed by pulling the vacuum against the pile direction in a slow, deliberate motion. Be sure your vacuum head and brush are adjusted to the appropriate height for your carpet: too low and you may damage your carpet or vacuum; too high and your vacuum will not work effectively.

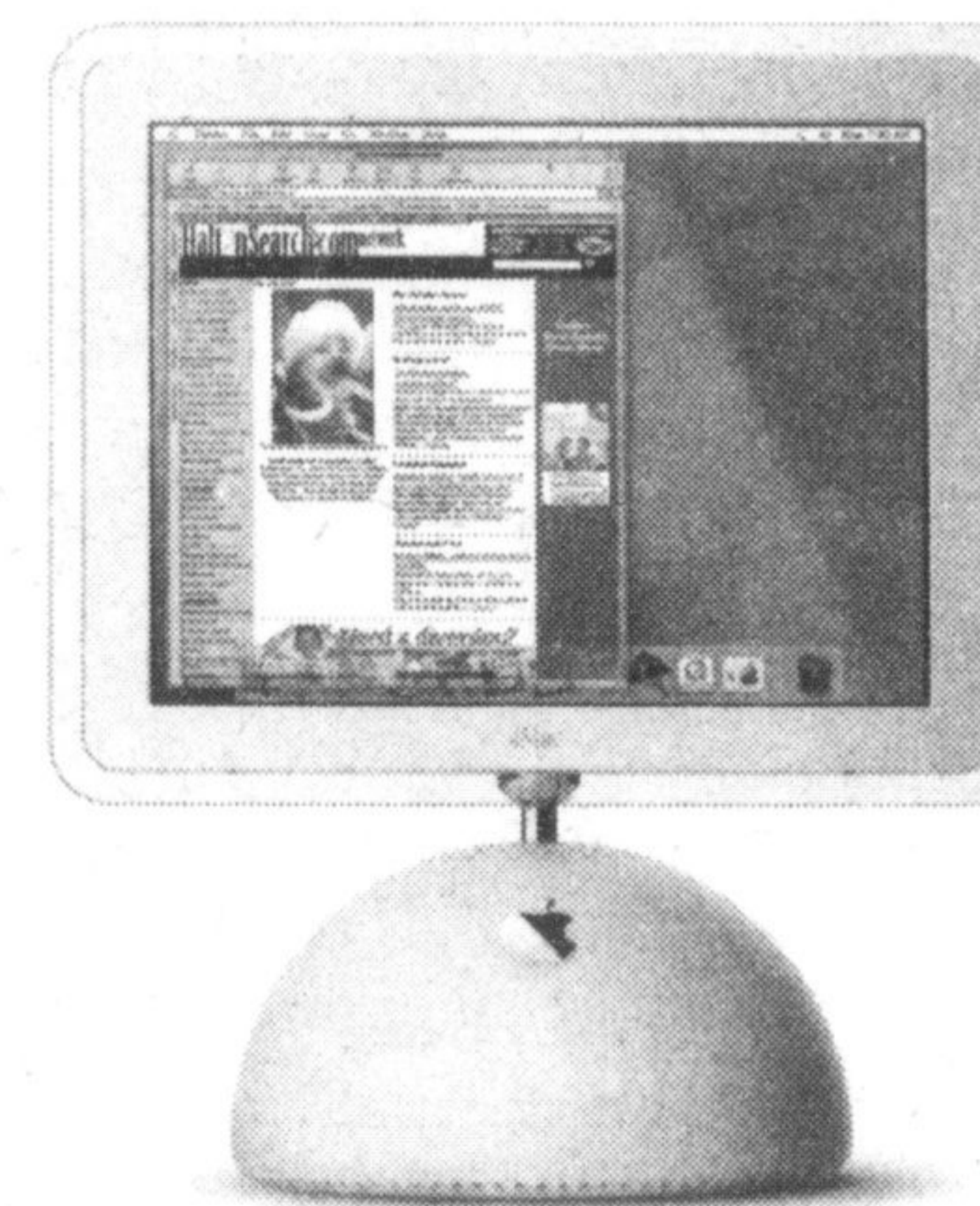
Vacuum Cleaner Selection For maximum effectiveness, use a vacuum cleaner that has adjustable and rotating brushes that are able to loosen ground-in soil, and a strong enough airflow to penetrate to the backing, extracting all particles. The vacuum cleaner should have an enclosed, high filtration bag that limits particles from recirculating into the air. For the best cleaning results, no matter which type vacuum cleaner you purchase, inspect it periodically to be sure it is functioning properly.

After a while, every carpet will eventually need more care than regular vacuuming. Soil types which are oily, or discolourations due to spills may need the attention of a professional cleaner. To keep your carpets at their absolute best, just give us a call!

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