

# 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

Elayne Tanner & Associates



Elayne M. Tanner

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**Q:** Why should I have to forgive someone who hurt me? Everyone keeps telling me to forgive but I don't get it.

**A:** Forgiving is for your benefit and not for the benefit of anyone else. When you forgive, you allow yourself to let go of the past and move on to enjoy your future. Although the people who have hurt you may not have accepted responsibility and they may not have apologized, your anger is not hurting them—it is only hurting you. Let's say, for example, you are still angry with your ex-spouse for cheating on you and leaving the marriage. Your ex has moved on to the new relationship but you, on the other hand, are not sleeping, you are having stomach problems and you are driving away all your old and new friends with your constantly angry attitude. Who is being hurt by this anger? Clearly, you are. As long as you hold on to your past hurts, waiting for an apology, an admission of guilt, or some other type of compensation, your behaviour, feelings about yourself and your relationships are all being affected by the people who you are most disappointed in. It is like driving a car. Do you look forward through the large expanse of window, or do you spend all your time looking at the tiny view in the rear-view mirror? Forgiving does not mean that the behaviour was acceptable. It does not mean that the other person did not hurt you. It just means that you do not let them hurt you further. You then can move on to shape your future as you choose without spending all your energy looking backwards. You cannot change anyone else. You can only change yourself.

Forgiveness is the topic of this month's women's support group. Please call for further information if you are interested in joining us.

"HELPING YOU HELP YOURSELF"



Marilyn J. Samuels

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**Q:** My partner and I are not married but have been living together for 5 years. I pay for all of the living expenses including the house, yet the house is only in his name. What are my rights if something happens to our relationship?

**A:** Unmarried couples do not enjoy the same rights that married couples have. Unfortunately many people believe that once they have lived with someone for 3 years it is the same as being married. This is not correct.

You do not have the same rights with respect to dividing property upon separation as married couples do. Married couples have an equal right to the value of property acquired during their marriage. You have no right to any property not in your name notwithstanding you may have financially contributed to the purchase of it.

Spouses are entitled to equal shares in a matrimonial home, regardless of whose name the house is in. Since you and your partner are not married the house you live in belongs to your partner because his name is on the title. You may be able to make a claim against him for the mories you put into the house.

You would be entitled to financial support, if you can establish that you are dependent on him. If you have children, he would have to pay child support just like married couples.

Married couples cannot cut each other out of their wills – spouses can elect to take under the will or under the Family Law Act whichever is more beneficial to them. Unmarried couples have no rights other than those provided for under a will. If he leaves nothing in his will to you, you have no claim against his estate. If a spouse dies without a will, there is still protection for the remaining spouse to inherit under the Succession Law Reform Act; unmarried couples have no such rights.

Anyone in a common law relationship should know their legal rights.



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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



**Help! I've got bare spots in my garden and yard where grass and flowers just won't grow.**

We often suggest perennial ground cover plantings to our customers as a decorative solution. Many thrive in shade or where lawns won't grow; others are ideal for preventing soil erosion and for controlling weeds. Some like sandy soils; others prefer moist gardens. Better still, many have foliage that lasts through the winter! Here are some suggestions from Landscape Ontario.

For sun or part shade—Bearberry (glossy green leaves; pink flowers in spring; red berries), Goutweed (bright green and white foliage), Bugleflower (bronze, purple, green or variegated leaves; blue spike flowers in May/June), Woolly Yarrow (silver foliage; yellow flowers in June/July), Lady's Mantle (lobed or wavy leaves; chartreuse-yellow flowers in May/June), Crown Vetch (bushy, upright; masses of pink flowers in June), Snow in Summer (silvery foliage; white flowers in June), Purple Wintercreeper (dark leaves in summer; turning bright red in fall), Barrenwort (green leaves with red/bronze tints; flowers in red, pink, yellow or white), Dead Nettle (reddish leaves with silver veining; hooded pink or white flowers), Ground Phlox (densely tufted soft evergreen leaves; blue, pink or white flowers in May), Woolly Thyme (dense mat of gray foliage; pink-mauve flowers in June)

For full or partial shade—Lily of the Valley (broad green leaves; fragrant white flowers in May/June), Sweet Woodruff (whorls of bright green leaves; masses of small white flowers in June/July), Baltic or English Ivy (fast spreading shiny green leaves, turning bronze in fall), Japanese Spurge (evergreen mat of leaves; green/white flowers in April/May), Iris and Scotch Moss (bright green or gold mossy foliage; tiny white flowers in June/July), Periwinkle (Evergreen; blue-purple flowers in May/June)

At Taylor Nursery, we maintain an excellent selection of perennials all season long and we are happy to advise you on any gardening problems.

**SHOPPERS DRUG MART**

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



DAWN ROSS

**Q:** How prevalent is obesity and what are the health risk?

**A:** Obesity is on the rise in Canada, and it is seriously affecting the health of Canadians. Approximately one-third of Canadian men and one-quarter of Canadian women are obese. Also 10 to 25% of all teenagers have a weight problem as well. Obesity brings many health hazards with it, including heart attacks, strokes, high cholesterol and diabetes. It may also play a role in arthritis, reproductive cancers, breast cancer and prostate cancer.

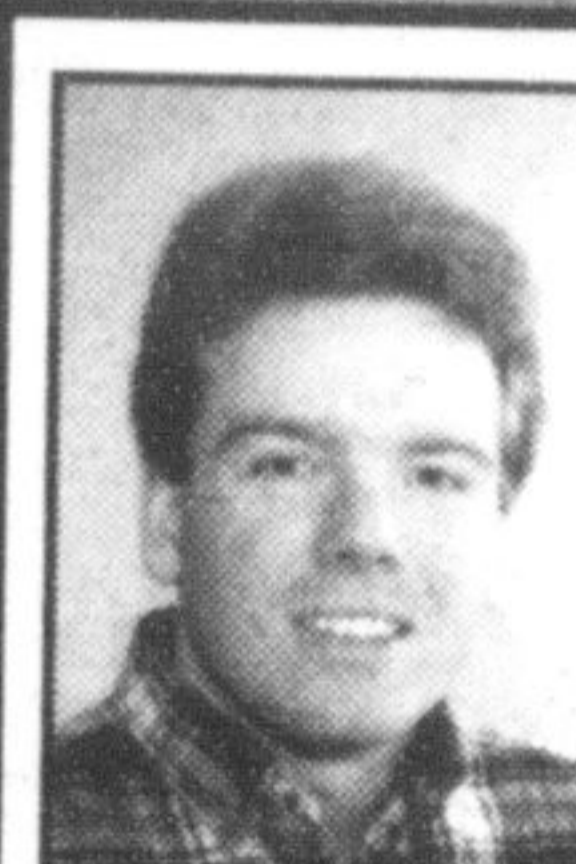
When a person eats more food energy than is needed for all of the day's activities, the excess body fat will accumulate. Over time this can lead to obesity. Inactivity and poor diet are the two most important contributing factors to excessive weight gain. Genetic factors and metabolism can also play a role.

Losing weight can improve your health. A loss of only 5 to 10% of your body weight can lower your risk of diabetes or improve blood sugar control, lower your cholesterol, reduce blood pressure, improve breathing and help you sleep better at night. Weight loss impacts all aspects of your everyday life and in the long term will have a significant, positive effect on your overall health and well being.

Successful weight loss often requires a long-term commitment to sustain weight loss. It requires a lifestyle change that includes developing healthy eating habits and incorporating activity into your daily routine. As in other chronic conditions, prescription medication may be appropriate for some individuals who have been unsuccessful in attaining a healthy weight.

There are a variety of products on the shelf that claim they will help you lose weight. You are always best to consult your pharmacist before purchasing these, as some claims have not been proven.

Dawn Ross, Healthwatch Pharmacist  
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**Q:** Can high-heeled shoes cause damage to my feet?

**A:** For several years, chiroprodists have been warning women that wearing shoes with high heels and narrow toes can lead to painful and often permanent foot deformities. Now, a study has found the first evidence that high-heeled shoes may also contribute to knee arthritis in women.

For many women, painful and misshapen feet are the ultimate cost of a long-term love affair with high-heeled shoes. In the United States, women visit orthopedic surgeons for foot problems four times as often as men, and they undergo about 87% of operations performed to correct acquired foot deformities, such as bunions and hammer toes. Problems tend to develop in the front half of the foot (the forefoot) and include bunions, hammer toes, claw toes and bunionettes. A bunion is a bump or enlargement of the side of the foot, at the base of the smallest toe. Hammer toes and claw toes are deformities in which the toe curls and its joints protrude upward, often rubbing against a shoe and causing painful corns.

Foot structure, heredity and the elasticity of ligaments can predispose some people to such deformities. But narrow, pointed shoes and high heels also contribute, by compressing the toes and increasing forces on the forefoot during standing and walking. With a 3 1/4 inch heel, pressure on the forefoot is more than seven times greater than with a flat shoe. New evidence, published in the British medical journal The Lancet, suggests that high heels are also bad for women's knees. No one had previously suggested that high-heeled shoes might contribute to knee arthritis. High-heeled shoes prevent the ankle from working as it should to absorb part of the force of walking, so it was suspected that they might result in abnormal rotational forces on the knee joint. Walking in high heels tends to rotate a woman's knees outward to a more bowlegged position.