

# 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



Geraldine Hesketh

## COMFI INTERIORS

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845 Main St. E. Milton 878-4280



In the past we have talked about most floorings; laminate, wood tile etc. We all tend to want what we see in glossy magazines or hear about which is fine. However it is not just the product to consider but the application also, so be willing to diversify.

For instance click laminate is a hot item but remember, it requires a good level surface. So if your room is like a ski slope, then a lot of preparation is involved and sometimes an alternative choice maybe necessary and with this in mind, you won't be so disappointed when your contractor puts you off. With ceramic tiles, remember height problems in some situations may occur and you may have to remove your existing floor to allow for this, by shaving doors and baseboards. 3/4" hardwood if being nailed, needs a good plywood or the nails can pop out and your floor sounds like the mating cry of a large mouse...SQUEEK!!!

Anything is possible, so long as we know ahead of time. There may be some pitfalls, but we accept this and usually we are happier knowing we made the right choice for the right reasons.

On the other hand, don't always think you are limited either. "Oh I can't have this look or floor." We have choices and designs, you have not even looked at. For example, **KARNDIAN** flooring is a company that has taken vinyl and produced a very unique product in tile or wood effect that incorporates borders, accent strips, inlay effects. We have had a great response to it. So we can cover all tastes and requirements. It is classy and tough, plus the design aspect is great and it's exclusive to us.

By the way, we hope you all had a very happy Thanksgiving.



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

## BARROW FAMILY CHIROPRACTIC

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### HOW CAN CHIROPRACTIC HELP WITH MY ALLERGIES?

Millions of people suffering from a wide variety of conditions, allergies included, have benefitted from chiropractic care even though chiropractic is not an allergy treatment. Why? Because chiropractic is a method of health care that permits your body to function at its best. That is especially important if you suffer from allergies.

Your immune system is what recognizes and destroys anything that is not supposed to be in you: bacteria, viruses, pollutants, dust, pollen, drugs, tumors, dead pieces of your own cells, etc. A healthy immune system means high resistance to disease and infection, better ability to deal with stress, and greater health and wellbeing.

Your immune system is influenced by your nerves and hormones, by your diet and by emotional stress. If it is unhealthy, it may fail to recognize and remove abnormal cells; it may not overcome infection; it may overreact to foreign substances, become depressed or even attack itself!

With allergies, what occurs is that the immune system overreacts to an allergen (dust, pollen, milk, dog or cat dander, strawberries, etc.) and produces too many neutralizing chemicals (especially histamines) to counteract it.

By releasing stress on the nervous system chiropractic permits the immune system to function more effectively ... something all allergy sufferers need. A healthy nervous system helps the immune system.

Chiropractors correct a basic cause of body malfunction to heal the immune system. A healthy body is capable of neutralizing these toxic substances and a body that has malfunctioning defense mechanisms cannot. The emphasis on allergies must be on building a healthy body, not on trying to use evasive tactics by eliminating all the allergens.



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

How we see affects how we SEE. Vision is your most powerful and influential sense.

Having the ability to see clearly, in turn affects the thinking process, and the ability to allow your body to be present and certain. This affects communication in language, and physical activities. Every movement, and thought is influenced, and influences the visual perceptual process. It is a two way street. Not seeing clearly results in not thinking clearly. Not thinking clearly therefore influences the brains interpretation, and reaction accuracy. This induces a stressful condition. Thus the clarity of vision, and therefore the accuracy of response in turn leaves a memory in the body to function as it has learned. The learned behavior becomes entrained in a person's body form and personality. Energetic levels of emotional energy, reside as electrical energy in the body tissues. The energy induced wears down the body functions, and interferes with the energy within everyone's heart. The heart is your true center, and is where you see through as an awareness with your environment, and your interpretation as to who you are. An Oculo visual assessment, or eye examination is much more than a determination of the need for glasses. It is an assessment of ocular health, general health, perception, and care of your quality of life. Clarity is not dependent on the optical characteristics alone, it depends on all of ones perceptual processes.

Imagine a child not able to see clearly with both eyes. How would they react to any stimulus in the educational environment? And what level of educational experience will the child then develop?

Consider that only 40% of people have had or will have a regular eye examination to assess the health of the eyes and the ability to see. What kind of vision does the other 60% of the population has which are driving on our highways? One does not know how they are seeing unless they have some reference to be assessed by. The department of transport has minimum requirements for vision, and yet many people are on our highways with below the minimum requirements. Yearly assessments are beneficial to everyone, but most of all to yourself, and your health.

## The Milton Community Guide is your source book to Milton.

The guide is published once a year and is delivered to 16,000 households within Milton, Campbellville and Hornby.

This invaluable directory includes community, health and government services. Schools, sports, interests and services clubs are included. Specialty pages for shopping, restaurants, pet care and home improvement are featured.

Your opportunity to be a part of the Milton Community Guide 2004

Please call Joice at 905-878-2341 to advertise in this annual directory.

The Canadian  
**Champion**

**Milton Community Guide 2002**

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