

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



Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

ESTABLISHED SINCE 1999
15 Martin St. 905-693-9594
www.herbalmagicsystems.com



Stephanie Norrie

Our Quality Commitment
The secret is standardization!!!

Herbal Magic's dedication to quality is unsurpassed. We are committed to the highest product quality available in the world. Unfortunately the botanical market has many products selling unspecified concentrations of herbal products, often just the raw herb and filler, without the total weight identified. We know that each plant contains one or more naturally occurring active constituents or ingredients which give the herb its therapeutic benefits. However, the level of active constituents in each herb can be affected by the same natural elements and variations that can affect the overall potency of plants in general. By standardizing the active ingredients, critical potency levels can be obtained and guaranteed.

After each herb is harvested, the herb is tested for purity and quality. Only when the herb meets Herbal Magic's highest quality standards is it processed, extracted and standardized. The herb must be specially cut prior to processing in order to allow for superior extraction of the active ingredients. The standardization process has a unique protocol for each herb. When followed, each batch will yield a specific range level for the active ingredients from the herbs. A fluid mixture is passed through the herb, extracting the active constituents. The extracted liquid is then concentrated to a predetermined standard and dried into a powder and then encapsulated. If the extract batch does not meet Herbal Magic's prescribed potency levels, we don't use it! Furthermore, after we add just the right amount of extract to each capsule, we don't fill the rest of the capsule with fillers or lactose. By reading our ingredient statements, you will see that we formulate our products to provide you with the whole plant or synergistic benefits.

In short, Herbal Magic provides you with a wide choice of premium, standardized herbal extracts that supply guaranteed potency in a broad range of products.

Milton Therapeutic Massage Clinic

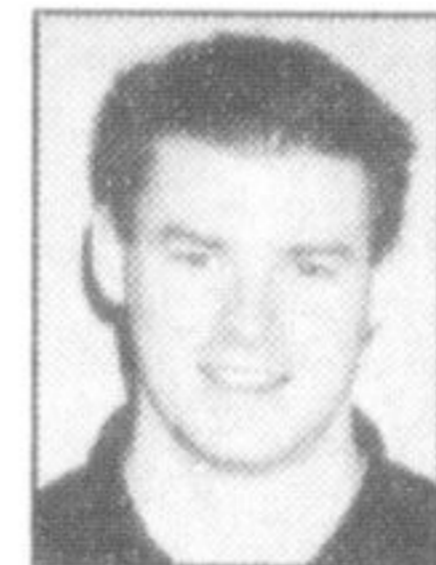


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Registered Massage Therapy

Q: What is pseudo-sciatica?

A: Pseudo-Sciatica or Piriformis Syndrome is a compression syndrome of the sciatic nerve, producing symptoms commonly referred to as sciatica. The sciatic nerve is the largest nerve in the body and is the main branch of the sciatic plexus. It descends from the lumbar spine anterior to the pelvis and exits, passing between the piriformis muscle and the lower pelvis. The nerve then travels to the posterior surface of the thigh and down the leg. In some people, the sciatic nerve actually penetrates and passes through the piriformis muscle belly. This is an unusual variant typically requiring corrective surgery.

If tight, the piriformis can squeeze the sciatic nerve against the pelvis causing parathesia and pain in the buttocks and radiating pain down the leg into the thigh and calf. The pain is usually intermittent with varying intensities. Presentation is usually in one leg only and neurological deficits are uncommon. Only if the syndrome is of long duration will the sciatic nerve irritation develop into the true inflammation of sciatica.

Common causes of piriformis syndrome are occupational and postural factors (prolonged sitting) which can shorten and increase tone in the muscle. Injuries to the sacroiliac joint, gluteals, or lateral rotator muscles with subsequent inflammation, haematoma, and scarring can irritate the muscle.

Treatment of piriformis syndrome involves deep tissue work to the lateral rotators of the hip, trigger point therapy, and passive stretching. Education with respect to postural corrections and a reduction in causative factors will follow.

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



Dr. Ron Strohan
Optometrist

Dr. Ron Strohan
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Getting to the Heart of Vision care

It is wonderful to observe in years of practice the SHIFT IN VALUES people place on health and vision. It absolutely hurts my heart to hear: "Not now!" (apparently something is of higher value). "I can see just fine, I don't need glasses." (uneducated)

It is documented that vision is a very high value in most peoples lives, when asked "How important is your vision to you." However the ACTION for regular visits in the care of vision however is not.

The 60 percent of people who do not have regular vision examinations value ocular health and vision apparently very little, and are usually the ones who end up losing their eyesight. So it would seem appropriate to extrapolate: Those who do have regular eye examinations have in some way been educated by experience direct or indirect to the potential of vision loss, or impairment; and are likely the older portion of the population. 56% of my practice population are over the age of 56.

So where is the balance? Value. Expressed value seems to have a misnomer attached to it. Since the eyes generally do not provide warning signs or symptoms in many cases, and many people do not understand the importance of searching out... "What can I do to preserve my sight, and eye health?" results in a good number of people end up spending hours, and hours, and expensive treatments after the fact of something happening to their vision.

Quite the shift in values. And believe it or not, it is all PERCEPTION. It has been a motivator for me to give seminars, and write columns like this one. And it has made possible all sorts of research and discoveries. So in my perspective, there are benefits to me in this regard. The benefit to others, is to appreciate their health, and develop greater tools to educate and treat health issues.

And on this very topic I have been asked to give a talk in another Professional venture which I have become involved with. The International Energy Psychology Conference in November in Toronto. The Physics of Thought, Consciousness, Perception, and Quantum Physics - "Seeing through the Heart" - This is an opportunity and a challenge for me, as I am in the midst of various personal professions, teaching everything I know to other professionals.

Who will benefit? Everyone, because it is my determination to understand life in the areas of Optometry, Vision, Health, Perception, and just how everything fits together...and it is quite amazing how the Universe works, how your values, and experiences influence your health and the visual process. Vision in the sense of seeing...and the perceptual influence of your Vision or mission in life, or "Seeing Through The Heart." They are interrelated.



Dr. Mark Cross

Tooth Talk

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B.Sc., D.D.S.

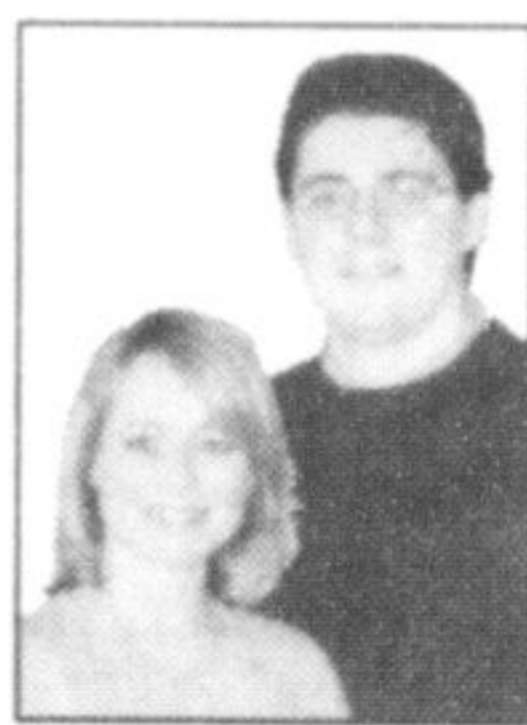
It's Natural, but is it Safe?

More and more people are taking herbal medicines either as an alternative or to supplement prescription medications. This may be associated with a distrust of pharmaceuticals especially when highly popular drugs such as Vioxx are recalled. There is the assumption that a drug is dangerous but an herb is safe.

Many people don't mention herbs upon an update of their medical history either because they forget or they think it isn't important. The truth is that although herbal medicines may be beneficial to your health, they may also produce some side effects that have important implications for dentistry.

The most common side effect of significance to us is increased bleeding. Some popular herbal supplements that have been linked to an increased risk of bleeding are ginkgo, garlic, goldenseal, St. John's Wort and feverfew. St. John's Wort may also cause dry mouth which can, in turn, cause an increased susceptibility to decay. Echinacea may cause tongue numbness as well as taste changes. Herbs can also enhance or detract from the potency of prescription drugs, thus reducing their effectiveness or leading to an accumulation of otherwise beneficial drugs at toxic levels. For example, cassia cinnamon, an herbal medicine used as a painkiller can reduce the effectiveness of tetracycline by up to 80%.

The lesson to learn from this is not to stop taking herbal supplements, but to make sure you let your dentist know of any that you are taking so that we can avoid any harmful interactions.



K.C. Bateman & Kate Rhéaume

Milton NATUROPATHIC CLINIC

K.C. Bateman, B.Sc., N.D. & Kate Rhéaume B.Sc., N.D.

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Q. My daughter is 8 years old. She suffers from terrible eczema. She is itchy all the time. Is there anything that can be done to help her?

A. Yes. Even though skin conditions manifest on the OUTSIDE of the body, they actually reveal much more about what is going on INSIDE the body. Most skin conditions result from food sensitivities, poor digestion, and improper elimination of toxins. When treating children with eczema, our patients have had great results. We work with children and their parents to eliminate problem foods from their diet. Once problem foods have been eliminated, it takes time for the skin to heal. However, since many patients with eczema also suffer from allergic symptoms such as a runny nose or itchy eyes. We often see these symptoms clear up quite quickly, followed by the skin healing.

In order to support the skin in the healing process we often supplement with Essential Fatty Acids (EFAs). Furthermore, replenishing the gut with healthy bacteria (also known as probiotics), significantly improves the digestion of food and the elimination of toxins, thus aiding in addressing the root causes of eczema.

It should be noted that infants should not be orally supplemented with EFAs. It is safe however, to use Evening Primrose Oil topically on infants to reduce itchiness.

These are just some examples of treatments for eczema. For an individualized treatment plan for yourself or your child, contact your Naturopathic Doctor.

**Be sure to attend our OPEN HOUSE,
Saturday, September 24, 2005, 10 AM - 2 PM.**

We are offering free 15-minute consultations.
Call now to book, as space is limited.

www.miltonclinic.ca



Debbie Hawkins
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Hawkins Animal Hospital

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Doctor of Veterinary Medicine

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CANINE LEPTOSPIROSIS

Many clients have been asking me for advice regarding the above named disease, which in short form, is simply known as "Lepto".

Leptospira is a spirochete, which is a bacteria that is shed through the urine of wildlife - the most common source being, raccoons, skunks, opossums and voles.

This bacteria, in general, is deposited on the ground. If a dog walks in that area and then licks his or her paws, they will ingest the bacteria and this will cause infection. The bacteria attacks mainly the kidneys and liver, and is often fatal, if not treated.

If your pet was unfortunate enough to require treatment for this infection, one would anticipate a one to two week stay in the veterinary hospital Intensive Care Unit.

The incidence of Leptospirosis is on the increase, despite the fact that, on its return as a concern, veterinarians have started vaccinating against this horrible disease. Leptospirosis is also zoonotic, which means that it can be transmitted to humans.

Over the past years, I have always advocated the use of the Lepto vaccine, in dogs who go to the cottage, camping or hikes.

We had our first case of Lepto at this hospital - a lovely 13-year-old dog named "Clyde" - who lives here in the town of Milton. He underwent lengthy intensive care, and now seems to be doing very well.

Interestingly enough, Clyde does not go outside the Milton area, so he probably contracted the disease in the park or on the sidewalk, on his daily walks. Alternately, maybe from his own back yard.

If you have any further questions regarding Lepto, please contact your veterinarian, who will be happy to advise you.