

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 Inc.



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Q: As we approach Christmas, I know I will be seeing my family. I did not have a good childhood. I don't know if I can forgive.

A: Forgiveness is more for your benefit than for the benefit of anyone else. When you forgive, you release yourself from the poison of the past and free yourself to move on to enjoy your future. Although the people who have hurt you may not have accepted responsibility nor have they apologized, your anger is not hurting them—it is only hurting you. 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. This does not mean that their behaviour was acceptable. It does not mean that they did not hurt you. It just means that you do not let them hurt you further and accept that this may be the best you can expect from these people and you do not look for more. You then can move on to shape your future as you choose without spending all your energy looking backwards. You do not have to accept more bad behaviour. Learn to be assertive and stand up for yourself. You cannot change anyone else. You can only change yourself. Give yourself the Christmas gift of inner peace.

I wish you a Merry Christmas full of peace, compassion and joy.

"HELPING YOU HELP YOURSELF"



Tina Doney
Connie Francoz
PHYSIOTHERAPISTS



17 Wilson Avenue
(corner of Wilson & Main)
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Q: I wake up feeling really stiff and sore in the morning and someone told me that maybe it is Osteoarthritis. What is that?

A: There are more than 100 kinds of arthritis, and the most common kind is called osteoarthritis (O/A). The term "osteo" refers to bone. Usually the bones are vulnerable where two bones meet, at a joint. The ends of the bones are covered by a protective cover called a cartilage. Osteoarthritis happens when there is a wearing down of this cartilage. The cartilage starts to crack or even break away, causing irritation to the tissue inside the joint, or to the bone underneath, as the bone no longer has a protective cover. The bone is very pain sensitive, so when two bones start to rub against each other, it can be very painful.

You can have O/A in any joint, but the most common joints are knees, shoulders, hips, ankles, back and neck. You may get O/A in one joint, or in multiple joints. People suffering with O/A may feel pain in or near a joint, stiffness at a joint, loss of movement at a joint, or swelling.

There is no real known cause of O/A, but some studies link O/A to your family history, wear and tear on a joint from an injury, or a heavy body weight. Studies show that twice as many females have O/A than males, and as you age, you have a greater chance of getting O/A.

Although you cannot cure O/A, you can do things to slow the progress of O/A. Moving your joints to make them more flexible, and strengthening the muscles around the joint will help to support the joint, and reduce pain. Ice to a swollen or inflamed joint for ten minutes at a time can also relieve O/A pain. If you think that you have O/A, consult with your doctor about your condition. A physiotherapist can also assist you with stretching, exercise, pain relief modalities/machines, and education about your condition to help you manage your symptoms.



Geraldine Hesketh

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Well it looks like we will have a white Christmas after all. Once the frivolity & cavorting is over and we have a few days at home, boredom can set in. A perfect time to spruce up a room or two.

Turn your mind back, its the 18th century and we are in Williamsburg Virginia, what a beautiful town. Bustling with people at Christmas time, carolers singing at James Geddy's house where a rich tan colour is used on his walls.

Down the street the Raleigh Tavern rooms are painted in Chinese red, warm and rich for Christmas visitors arriving.

Grissell Hay Lodging House Gold, houses with names such as The Everard Dining Room Cream, Thomas Everard Olive & on & on.

These original colours now transported through time to be used again now! 184 different shades from Williamsburg Red Cedar to Palace Parlor Cream.

Historic colours definitely suitable for the modern home today. So bring a piece of history home and enjoy your Christmas everyone.

From all at Comfi Interiors, heres to an exciting 2006 with lots of new things on the horizon!

**Halton Hills
Speech Centre**

Division of M. Karen MacKenzie Stepler Speech Language Pathology Professional Corporation

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Q: I have a 2½ year old boy who has about 15 words in his vocabulary. The rest of the time he points and grunts to get what he wants. Should I be concerned or will he "grow out of it"?

A: At the age of 2½ years a child should have a vocabulary of several hundred words, use both nouns and verbs in combination, refer to himself as "me", answer "where" questions and be able to have "conversations" with other children. It is important to remember that all children develop their skills at different times, however, if your child has a limited vocabulary by 2½ years and is not showing any indication of increasing it on a daily basis, there is possibly cause for some concern. If there are signs of frustration and anger at not being understood and if there is a reluctance to imitate words and phrases that are modelled for him, it would be advisable to refer your child for a speech and language assessment with a Speech-Language Pathologist. If you have any questions or concerns, please call the Halton Hills Speech Centre for information on assessments, individual therapy or possible group therapy.



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Q: How does cold weather effect the body, particularly the feet?

A: The body responds to cold weather by trying to protect core temperature. Blood flow is reduced to extremities and routed vital organs, leaving hands and feet vulnerable to frostbite. The most common form is superficial, appearing as a white patch of skin that heals in a few days but severe frostbite can lead to deformity and possibly even amputation. Don't take chances when it comes to your health this winter. Bundle up and enjoy yourself! Footwear should be loose enough so toes can wiggle and leave room for an extra pair of socks. Thick polypropylene or wool socks or tights are good for extra protection on very cold days.

A study led by Dr. Anne Wirz-Justice has shown that thermoregulation, the body's heat distribution process, is linked to sleep cycles. Redistributing body heat to the arms and legs can increase sleepiness and may help initiate a more restful sleep.

For everyone suffering from cold feet during the winter months, we have something for you. Slippers that combine the benefits of the traditional heating pad with the comforts and freedom of a slipper. The slipper is filled with a natural grain that can be heated in the microwave and retain heat for an hour. They are a great gift idea!

We would like to wish everyone a Merry Christmas and a prosperous New Year.



Dr. Ron Strohan
Optometrist

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Optometrist**

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How wonderful a season where the 'focus' is on giving. Christmas.

I look at this as the season of 'Appreciation'.

Sometimes I feel like a "Scrooge", simply because of the importance there seems to be placed on giving of gifts. How much time is spent on the commercial aspects of the season? How many life styles are influenced by the mere percept of the aspect of wanting more, and more 'stuff'; seeking pleasure by filling of the body with stimulants, and toxins?

I see the season of healthcare influenced by this aspect. I would love new office equipment, and new things for my passion. However, the values of what I know will be of benefit does not require anything more than I already have. Helping people 'see'. Not only through the eyes, 'through their hearts'. And the latter does not require equipment other than a change in perspective, and a direction of thoughts.

Being involved in research, and study of the relationships of vision, eye sight, perception and the mind body relationship to health, I look at this time as the opportunity to reflect on all the people I have met. Attempting to point in the right direction.

Which way is that? Hopefully toward Wellness which is Balance. Do they listen? Or do they SEE?

It is widely been studied that the heart functions more powerfully when the emotional thoughts are of "Appreciation." When the body, and mind are in synchronicity with the heart and functioning in a coherent state. This is where the entire aspect of life takes on a new meaning. When the eyes, are in focus to observe what is in the heart, in appreciating what we see, then one can be found to be living a life of purpose. All rhythms, or the 'songs' of the body, act as a symphony. The body tissues operating coherently with the heart. The mind and body are then brought into balance and Well Being. The more vital and alive life becomes.

If there is one thing I can give of this season is a Message of Appreciation. Look again at your surroundings. The people, and their faces. The gleam in people's eyes. How important are the people, and a season of coming together appreciating all that we already have.

Preserve your well being so that even your eyes can 'gleam' for Life. They too are a gift. And the water we drink is the conveyor of health for the body.....enjoy it too.

Don't You See? You already have everything that is important. Take care and enjoy.

Merry Christmas. Dr. Ron Strohan Optometrist and Director of HeartSensee.