

# 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



**BARROW FAMILY CHIROPRACTIC**  
180 Ontario St. S. Milton  
(905) 878-4994  
Fax: (905) 875-4485

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

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## STRESSED AND LOOKING OLD?

For the most part, stress is an emotional and physical response that occurs when humans confront or dodge challenging or extreme circumstances. The body's sympathetic nervous system instantly readies itself for **fight or flight** as hormones including adrenaline and non-adrenaline are released. The heart rate accelerates, respiration quickens, pupils dilate and digestion slogs.

Stress eases as the **parasympathetic** nervous system, known for rest and relaxation, takes over. This scenario, one of activation followed by relaxation, is a normal and healthy one. Too much activation and too little relaxation however, negatively impact the body and mind.

In the presence of **chronic stress**, the immune system weakens and stubborn infections take root. Illnesses occur more frequently and take much longer to heal.

Most of us understand how stress can be linked to high blood pressure and arthritic conditions. But, did you know that stress also speeds up the aging process?! Protein DNA complexes called telomeres, serve as a sort of biological clock that tells the age of cells.

Telomeres shorten each time a cell divides. When they finally shrink away, cell division stops and the cell dies. This results in signs of aging such as **grey hair, wrinkles and weakened eyesight**.

Chiropractic focuses on keeping your **nervous system** free from interference brought on by stress, thus allowing each individual to **be the best that he or she can be**. The nervous system is the **master control** in your body. It controls all functions right down to the **cellular level**. If your lifestyle is unhealthy (i.e. lots of stress), not only will it negatively impact you on the **inside** but on the **outside** too. Make sure to call for a check-up today... especially during this time of year, when our stress levels are elevated.



## Taylor Nursery

7429 Fifth Line, Milton  
(right at the east end of Main St.)  
**905-876-4100**

Phil Lawton

## What can I do to make sure my fresh Christmas tree looks great right through the holidays?

Choose a tree that has been unbound and let down so you can really see its shape and condition. Look for moist flexible needles and a fragrant smell without evidence of drying, browning, broken branches or damaged bark. Bounce the tree lightly on its cut end. You should see just a sprinkling of needles, not a shower!

Many people get fooled by size. Consider the height of your ceilings and how much width you have available for the tree. Bring a tape measure if you're not sure. And don't forget to account for the height of your tree stand and the amount of presents that need to fit under the tree!

As soon as you get the tree home, cut an inch off the bottom of the tree using a small hand saw and get the tree into a sturdy tree stand filled with fresh water. Never let the water well dry out. If the bottom dries out, the vessels will become blocked. Locate your tree away from heat vents and open flames.

When decorating, use common sense. Never, ever use candles or open flame ornaments. Any tree lighting with frayed or broken wires should be discarded and never leave lights on when no one is home. Then sit back and enjoy one of the best sights and smells of the Christmas season.

At **Taylor Nursery**, we only sell Kriss Kringle fresh Christmas trees. We believe they are the best available! Come see us for a complete selection of fresh greens, wreaths and swags and unusual gifts, too.



## STRIDE

Address, Milton  
**905-691-3060**  
[danc@yourstride.com](mailto:danc@yourstride.com)



Dan Campbell

## Advantages of "In Home" Personal Training

With the demands of today it has become increasingly more difficult to find time for ourselves. One of the main troubles we face is TIME. Well with in home training you can do just that. Save time. No rushing home to get the kids or make dinner before you head back out to a gym. You can come home spend quality time with your family and fit in a workout. The travel time alone is worth it. Another reason to workout at home is an economic one. You will not have to pay for babysitting like at a club. No monthly membership dues, which can add up to over \$500 a year. Money that you can spend on equipment for your home. Over 25% of us are using our memberships no more than 1 x per week and some of us are not going at all. You can train at home for an investment of under \$100 by picking up a few items. It also allows you to get the rest of the family involved in a healthy lifestyle too. Other advantages are enjoying your own music, your own hours, no crowds, nothing worse than paying for a membership and having to wait to use equipment. I guess your next question then is can I get the same results training at home as in a gym? The answer is YES. Results are a product of a good program and hard work. You can do that anywhere. And in this case if you can save time and money why not do it at home

**STRIDE Personalized Training and Consulting Inc. is a leader in "In Home" training, corporate training and home gym design. If you would like to save time, money and most of all See Great Results contact us for your Free lifestyle consultation and a half hour training session.**



## towne dental

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MON - THU  
9AM - 8PM  
FRI - SAT  
9AM - 3PM

## Holiday Smile Makeover

If you are considering procedures to brighten and enhance your smile for the holiday season, you should first make sure your mouth is healthy.

People are increasingly looking to cosmetic dental procedures as part of sprucing up for the holidays, or even as gifts for loved ones. Demand for tooth-whitening, veneers and other smile-enhancing procedures has increased dramatically in recent years.

Even the most subtle change in your smile can make a dramatic difference in the way you look and feel about yourself. Your dentist can help you decide which procedures are appropriate and within your budget.

But remember that a healthy mouth is the most important part of a beautiful smile. People should undergo a routine exam, which includes checking for tooth decay, periodontal (gum) diseases, oral cancer, worn fillings and other changes in one's teeth and gums.

See your dentist before deciding on making changes to your smile, this includes over-the-counter products. Once you know your mouth is healthy, you and your dentist can discuss ways to brighten, shape or sculpt your smile.

**Best Wishes for the Holiday Season from everyone at Towne Dental.**



## Marilyn J. Samuels, LL.B.

Lawyer

11084 Fifth Line, Milton

Ph. 905-854-4942

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Marilyn J. Samuels

**Q. How can I deal with the emotional aspects of my divorce and still move forward with it?**

**A:** A divorce is a very emotional and difficult time. Making decisions while you are depressed or upset can be a mistake. Decisions made under these circumstances can easily be bad decisions. Try to make important decisions only when you feel strong.

Don't get advice from family and friends. No doubt you will hear a lot of stories about divorce law. Many of them are not correct. While your family may have good intentions and want to help you that does not change the fact that many things they tell you may be wrong. Just because your friend got the house in his or her divorce does not mean that you will too. This can only serve to give you false hopes or depress you more. The only reliable source of information is your lawyer.

Think strategically. Thinking strategically means deciding what is worth fighting for and what is not. It may be too expensive and too emotional to fight about everything with your former spouse. You also have to decide how much you are willing to pay to fight for your assets.

Most importantly don't use your divorce to punish your former spouse. Not only will this cost you a bomb in legal fees, but it will also hurt you and your children a lot. You can divorce your spouse but your children are your children forever. Don't destroy them in the process of trying to get back at your spouse.

This is particularly important at this time of the year. This is a time for children and to involve them in a holiday "tug of war" is simply wrong. Find a way to embrace the season and remember everything you do have to be grateful for.

I wish everyone a peaceful joyous holiday season and new beginnings for 2006.

## SHOPPERS DRUG MART

Open to midnight, 7 days a week  
Carriage Square, 265 Main St. E.

905-878-4492



DAWN ROSS

**Question: Will an antibiotic help get rid of my cold?**

**Answer:** Antibiotics do not usually help a cold. 90% of colds or flus, and the coughs, sore throats, aches and pain that go along with them are caused by viruses. Antibiotics kill bacteria but do not treat viruses. Antibiotics are powerful and important medications used to treat bacterial infections ranging from meningitis to acne and strep throat. But because antibiotics are not always used appropriately, bacteria are becoming resistant to antibiotic treatment.

Bacteria are constantly evolving and new varieties are resistant to antibiotics. When antibiotics are used inappropriately, the weak bacteria are killed leaving the stronger more resistant ones to survive and multiply. These more resistant bacteria are more difficult to treat. We can help by taking an antibiotic as instructed and finishing the whole course of the antibiotic treatment.

An average adult will have 2 to 3 colds and flus in a year and children will have as many as 6 to 12. A doctor should be consulted if

1. illness lasts longer than a week
2. symptoms get worse instead of better
3. high fever occurs
4. sinus pain, earache or toothache develops
5. a cough gets worse instead of better

If you visit your doctor and you are diagnosed as having a virus, it will run its course in a week or so. To help you feel better you should get extra rest, lots of fluids and take a cold or flu remedy. If your doctor gives you an antibiotic for a bacterial infection be sure to finish all of the medication even though you are feeling better after a few days.

Proper use of antibiotics helps to ensure that the next time you or someone in your family needs an antibiotic, the treatment will be effective.

**Questions? Just ask your Healthwatch Pharmacist!**