

Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
875 Main Street E.
Milton, Ontario L9T 3Z3
or Fax to: 878-4943



BARROW FAMILY CHIROPRACTIC

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

Email: drabarrow@sympatico.ca

HOW CAN CHIROPRACTIC HELP WITH MY ALLERGIES?

Millions of people suffering from a wide variety of conditions, allergies included, have benefited 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.

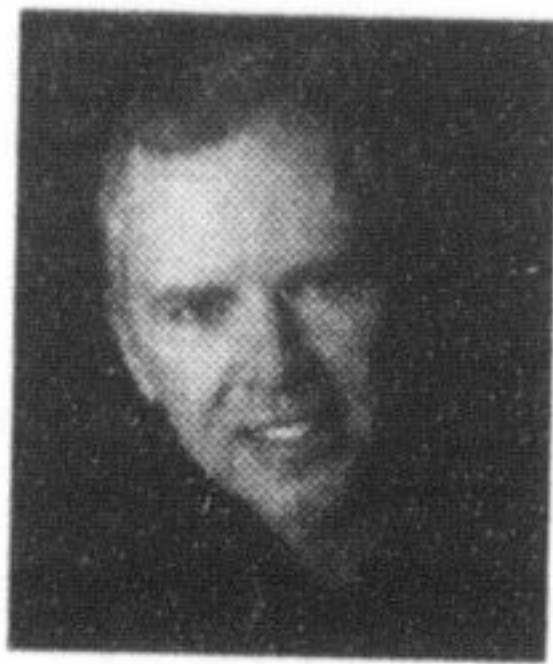
Your immune system is what recognizes and destroys anything that is not suppose to be in you: bacteria, viruses, pollutants, dust, pollen, drugs, tumors, dead pieces of your own cells, etc. A healthy immune system means high resistance to disease and infection, better ability to deal with stress, and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



Mark Cross
B.Sc., D.D.S.

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Dry Mouth

The technical term for dry mouth is xerostomia (ZEER-oh-STOH-mee-ah). It affects approximately 25% of the population and is caused by a reduction in the amount of saliva produced by the salivary glands.

We all experience a dry mouth at times when we are feeling stressed or nervous, but for others it may become a serious and debilitating problem.

Medications are the cause of more than 90% of xerostomia cases. Over 400 different medications, including many commonly prescribed ones, may contribute to symptoms associated with dry mouth. Other common causes of dry mouth are diseases such as Sjogren's syndrome, radiation therapy that damages the salivary glands, chemotherapy, and damage to the nerves that tell salivary glands to make saliva.

A lack of saliva can cause difficulties in tasting, speaking, swallowing, and chewing as well as an increased chance of developing dental decay and other infections of the mouth.

So what can we do about a dry mouth? Frequently sipping water, especially at meals, is beneficial as is chewing sugarless gum. Avoid alcohol, caffeine and tobacco since these dry out the mouth. Artificial saliva substitutes such as Biotene can be very helpful. Be sure to brush and floss thoroughly to help decrease the chances of getting decay and ask your dentist about prescribing a fluoride gel to use at night.

Novel approaches for treating xerostomia are being investigated and one of these which shows promise is acupuncture.

If you feel you have a dry mouth, be sure to mention it to your dentist or hygienist. They may be able to help provide relief!

Elayne Tanner & Associates Inc.



Elayne M. Tanner

B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.
Counselling & Psychotherapy

Milton (905) 854-0801

www.etasolutions.com

Elayne M. Tanner

Q: I have been feeling down and weepy. This has been going on for a number of months and is not getting better. Am I depressed?

A: The easiest way to test for depression is a simple self-assessment. If your results indicate a problem, talk to me or your family doctor and together decide if medication and/ or counselling are warranted. For each of the following questions ask yourself if over the last 2 weeks there has been a problem: NOT AT ALL; MANY TIMES; MORE THAN HALF THE DAYS; or NEARLY EVERY DAY.

1. Little interest or pleasure in doing things
2. Feeling down, depressed or hopeless
3. Trouble falling or staying asleep or sleeping too much
4. Feeling tired or having little energy
5. Poor appetite or overeating
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down
7. Trouble concentrating on things, such as reading the newspaper or watching television
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual.
9. Thoughts that you would be better off dead, or of hurting yourself in some way.

If your answers are mostly not in the 'not at all' category, you might want to talk to someone about this. You do not have to live with depression. Together we can come up with a plan of action to get you back on track to a happy life.

"HELPING YOU HELP YOURSELF"



Dr. Ron Strohan
Optometrist

**Dr. Ron Strohan
Optometrist**
Wakefield Professional Centre
106 Wakefield Rd., Milton
905-878-5882

THE WORLDS GREATEST ASSUMPTION IN FAMILY HEALTH CARE AND VISION

Children are born with two full sized adult eyes.

Visual acuity or detailed vision however is developed over a period of years.

If one eye is a different power (one more farsighted) then the image will be clearer to the brain with one eye and not with the weaker (farsighted) eye.

The brain will therefore not develop the weaker eye's nerve pathways and the child will develop a 'lazy eye' or amblyopia. The development of vision for acuity continues until approximately the age of eight years, and if the difference in eye power is not detected prior to the age of eight the vision can be permanently impaired.

The greatest assumption a parent can make is to assume their child can see.

Statements like: "He/She can see better than I can. They can see the plane in the sky before I can." Now is that with one or both eyes? Too many children have impaired vision without even knowing it. But then of course are they wiser than adults???

Children can be examined by the age of 6 months, as recommended by the Canadian Association of Optometrists. It is important to determine if the child is at risk of amblyopia since many occupations and professions require the clarity for vision to be equal in each eye, and have well balanced binocular vision for depth perception.

Show your children your care and representation for responsibility by having regular visual health assessments. Such services are covered by the Ministry of Health up to the age of 19 years.



Phil Lawton

Taylor Nursery

7429 Fifth Line, Milton
(right at the east end of Main St.)

905-876-4100

I'd love to have roses in my garden but I've heard they can be difficult to grow.

According to Landscape Ontario, roses have an undeserved reputation as being hard to grow. While earlier varieties of roses may have been more delicate, we now have new, hardy varieties of roses that are much less temperamental, yet just as beautiful!

Roses will thrive in Milton's clay soil as long as it is well drained and has been amended with lots of seasoned manure which provides essential nutrients. Keep the garden free of fallen leaves that can cause mildew and rose disease. Correct pruning (different for each variety) helps roses grow and discourage the onset of disease.

Hybrid tea roses are the classic long-stemmed roses. They should be pruned in spring back to three to five good strong stems, each with three to five buds per branch. Select branches that will form an open vase shape. Branches that cross one another or grow inward will block light and air from the centre of the plant.

Floribunda roses are shorter and have multiple blooms on each stem. They should be pruned so that five to seven stems remain, each with five to seven buds.

David Austin English roses have large, old-fashioned blooms. They come in many different growth habits but our staff can advise you on specific pruning.

Parkland and Explorer series roses are hardy, low-maintenance, Canadian-developed roses. They need minimal care and are environmentally friendly; have superior disease resistance; flower continuously all summer; require minimal pruning and are available in many colours and sizes.

For more information on growing roses in Canada, visit www.canadianrosesociety.org and come visit the helpful staff at Taylor Nursery!



Geraldine Hesketh

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Spice Up Your Life

When it comes to decorating, brown isn't as dull as you think, to my mind it is one of the most versatile colours out there. Having browns with a green base from soft & subtle to rich & warm is an excellent foundation and compliments blues, greens, reds, cream & taupe, giving you versatility.

Petaluma is a muddy green brown, going deeper try spectrum rock, a great tone in your master bedroom for those who are not afraid.

For those of you with a quieter taste, almond toast is the choice for you, then put alongside deep or navy blues - great for the boys' room.

The browns work excellently with the latest in wood floors and furniture with eastern flavours, be it bamboo, teak, cherry - all work exceedingly well.

The red base browns spicier still. Definitely a statement in a dining room. Create ambience and use colours such as Benjamin Powell red, mincemeat, cinnebark. Try some striping using a glaze - this will certainly impress your dinner guests.

Pratt & Lambert may not be as well known as other brands of paint, but unique colours and good quality let you be a little different from everyone else and add some spice to your life.

Ask Us About Our Design Service!