

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



Geraldine Hesketh

COMFI INTERIORS

"Where we make you feel at home"
• Carpet • Vinyl • Ceramics • Hardwood
• Paint • Wallcoverings
Showroom RESIDENTIAL & COMMERCIAL
845 Main St. E. Milton 905-878-4280

What Comfi can offer you

Whether you be a new home owner or have an older place we think that you can benefit from a visit to our store.

Keeping up to the minute on choices can be difficult but we certainly try & do well in trying to accommodate.

We have a great showroom with the latest in designs & colour range to suit your decor.

Wood floors? Yes, we have oak but have you seen hickory available in 4 colours, and up to 4" wide. Engineered hardwood is very resilient and it's not a laminate, it's real hardwood! There are lots of styles, even distressed rustic beechwood, and it is great for the basement.

Moving on to our ceramics - we have been told we have one of the most extensive displays for miles around. Porcelain - metallic or 24x24 floor representing limestone beautiful decors to look at also.

We have a huge, yes huge selection of remnants, every size from 3' to up to 25' to spruce up a room. Bring along your colors.

We value what you have to say and with our expertise in flooring whether it be carpet to laminate and with our design knowledge you can be Comfi too.

Paint no problem with a top name like Pratt & Lambert 500+ wallpaper books. We think it's worth a visit.

And the most important asset only one store to complete most of your decorating schemes with excellent installers who have been doing it for a long time.

Joe will be happy to come over, measure and give you a quote.



Dr. Ron Strohan
Optometrist

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

Back to School Soon. Time to Think about Learning...

86% of children under six have never had an eye examination.

Clear vision helps them acquire information accurately, and communicate clearly. 80% of education and learning depends on vision. Do not assume both eyes of your children are healthy and able to see clearly.

Clear vision helps children develop social skills, and learn to use their bodies.

When there is a vision problem, your child will not know something is wrong, and thus will not alert you.

Give Your Child a Special Start

Your child's first eye examination should be at the age of 6 months, and yearly thereafter for life. Your life depends on your vision.

WILL YOU BE
MY EYE DOCTOR?



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

BARROW FAMILY CHIROPRACTIC

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

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Hot Outside?? Have a Drink. Have same WATER ... Here's to Prevention and your Good Health!

In his book *Your Body's Many Cries for Water*, Dr. Batmanghelidj believes that dehydration is the underlying cause of many diseases, including some that many in the medical profession regard as incurable. The facts are in!

At any given time, your body needs at least 3 quarts of water a day to function optimally. When considering hot, humid days like the ones we've been experiencing where temperatures reach in the mid 30's and the Humidex makes you feel like you're in a sauna, drinking enough water is crucial. Lack of water consumption can lead to not only dehydration, but many other deficiencies within your organs and overall health.

Since our bodies consist of 70% water, it can survive without food for five weeks, but can only survive without water for five days. Every cell in your body is regulated, monitored and dependent on a sufficient amount and efficient flow of water. Water is the adhesive that bonds your cell architecture and when you get enough water, fluid retention actually decreases, and gland and hormone functions improve. It regulates your body temperature, maintains your equilibrium and helps your liver to break down and release more fat. Water carries every nutrient, mineral, vitamin, protein, hormone and chemical messenger to its destination. For prevention, carry a bottle of water and drink continuously throughout your day to provide your body with the hydration it needs. If we wait until we're thirsty, we've waited too long.

We can liken the importance of drinking enough water to preventing disease and illness in the body, the same way having your spine checked by a Doctor of Chiropractic and receiving regular chiropractic adjustments can restore good health as well as prevent disease and illness in your body.

Chiropractic Doctors are highly skilled and trained professionals that locate subluxations, (occur when one or more of the bones of your spine (vertebrae) move out of position and create pressure on, or irritate spinal nerves), reduce and correct them. Done through a series of hands-on manipulative adjustments specifically designed to correct the vertebral subluxations in your spine, this approach is restorative as well as preventative for your good health. But, if we receive chiropractic adjustments only when we're in pain, we're really only "quenching our thirst" so to speak, only addressing the current situation, as in drinking only when we're thirsty.

To restore good health and for prevention, consult with a Chiropractic Doctor. Have your spine checked and receive regular chiropractic adjustments for correction of subluxations. If we wait until we have pain and discomfort, we've waited too long. A spinal exam, and prevention of spinal subluxations by way of chiropractic adjustments even when we don't experience pain, will result in preventing disease and illness and in keeping your body functioning at 100%. What will you do when your spine wears out?

Stay cool, remember to drink plenty of water, and not only when you're thirsty. Here's to your good health ... cheers!

SHOPPERS DRUG MART

Open to midnight, 7 days a week
Carriage Square, 265 Main St. E.
905-878-4492



DAWN ROSS

How Can Anxiety Disorders Be Managed?

There are a lot of things that you can do yourself to help relieve anxiety. Changes in your lifestyle can be very helpful in managing anxiety or at the very least not aggravate the symptoms. These changes include:

Reducing caffeine intake: Caffeine is a stimulant found in many drinks. Individual sensitivity may differ to caffeine. If you experience symptoms of anxiety, especially insomnia, reducing caffeine intake can be very helpful.

Avoiding use of other stimulants: Stimulant medications can be found in over-the-counter medications as well as herbal therapies. Some common stimulants found on the pharmacy shelves include pseudoephedrine (found in decongestant and cold products), oral caffeine tablets as well as some weight loss products and herbs such as ginseng or ma huang.

Reduce alcohol intake, smoking and use of illicit drugs: The use of substances such as alcohol and marijuana among other illicit drugs are often reported to help relieve symptoms of anxiety. However, some illicit drugs are stimulants and can worsen anxiety when they reach their peak in the body; others such as alcohol will worsen anxiety as they are clearing the body.

Many people also report starting or increasing smoking to cope with stress or even anxiety. It is important to be aware then nicotine is a stimulant and can worsen anxiety symptoms and interfere with sleep.

Increasing aerobic exercise and healthy eating: Exercise not only helps our physical health but also has beneficial effects on our mental health. Aerobic exercise has been shown to reduce stress, to improve mood and to help relieve anxiety. Eating a well-balanced diet and having regularly spaced meals can also improve anxiety and sleep.

Good sleep hygiene: Having good sleep habits are important for a good nights sleep.

Relaxation and breathing retraining techniques: Relaxation exercises including yoga and meditation can help the body and mind relax. Some breathing techniques may help reduce anxiety especially with panic attacks.

Medical treatment options: Anxiety disorders are very common and there are many treatments available. Your HealthWATCH Pharmacist can help you understand the medication your doctor may choose for you.

Questions? Just ask your Healthwatch Pharmacist!

HearSay

SPEECH AND HEARING CENTRE

311 Commercial St. Suite 109, Milton
905-875-3345 www.hearsay.ca



Yvonne Oliveira

Q: Will heat and moisture affect the performance of my hearing aids?

A: Most hearing aid users become sadly aware of the consequences of ear wax embedded in a hearing aid. However, moisture can be a difficulty in hearing aids as well. Moisture and electronics do not mix. When you are out in your garden, on the golf course or just out in the sun, perspiration may get into your hearing aids. Custom in-the-ear hearing aids are prone to the collection of moisture due to the fact that they are embedded in the ear canal. Moisture in the tubing of a behind-the-ear hearing aid will block the sound travel.

In order to deal with moisture in your hearing aids a dri-aid kit can be very effective. This can help keep your hearing aids operating at peak efficiency. Dri-aid kits utilize silica gel crystals that can be reactivated many times and are designed to draw moisture from the hearing aids.

Other products and accessories available to help maintain hearing aid function and comfort are ear lotions to prevent dry, itchy ears, hearing aid sanitizers, ear blowers, and battery testers. The HearSay Speech & Hearing Centre carries a variety of hearing aid accessories. Feel free to call or stop into the clinic to enquire about the wide variety of accessories that are available.



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

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Dr. Tony Wan
B.Sc., D.D.S.

Opening Day!

Wow, it sure has been a busy summer. It's hard to believe that five weeks could have already passed since our renovation began.

After over a month of round-the-clock work, our office has had an "Extreme Makeover - Dental Office Edition". We feel like we should have had the host of the popular television show present to yell "Remove that wall!" as we recently took down the temporary wall facing the mall. You won't recognize it.

We're glad to be back to work in our newly renovated office. We love it and we think you will, too. We have appreciated your patience and support throughout the duration of our office closure.

Oh, by the way, we know that many of our patients and mall patrons enjoyed our tropical fish and we're pleased to let you know that we will soon have a new aquarium!