

# 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

## Milton Therapeutic Massage Clinic



Jillian Guard  
(Hons.) B. Sc., RMT

75 Main St., Ste. 10  
Milton Medical Buildings  
905-878-0800

Wendy Cook  
RMT

Cathleen McTavish  
RMT



Ryan Weaver  
B.Sc., RMT

### Registered Massage Therapy

#### TENSION HEADACHES

Tension headaches are described as pain associated with the base of the skull or any other part of the head and face. They are differentiated from vascular (migraine) headaches and are patients' most frequently made complaints. Due to the many causes of headaches, a case history must be carefully considered to rule out organic disease and to ascertain the cause and type of headache. Common causes of tension headaches include trigger point referral, muscle spasm, cervical subluxation, postural stress, and environmental stress. Symptoms include a stiff and tender neck, and aching or vice-like pain in one or more areas of the head. The patient may also experience ringing of the ears, reduced attention, and photosensitivity.

Referred pain in the head most commonly occurs as a result of trigger points in the neck and shoulder region. For instance, the upper trapezius (shoulder muscle) is the muscle considered most likely to develop trigger points which refers pain behind the ear into the temple. Trigger points in the splenii muscles (base of the skull) refer pain upward to cause a deep-seated headache that concentrates behind the eye and often extends to the top of the head. Additionally, sternocleidomastoid (V-shaped muscles in the front of the neck) trigger points not only refer pain to the ear, temple, and around the eye, but may also cause dizziness, disorientation, and the symptoms of trigeminal neuralgia.

Treatment of tension headaches will include thorough assessment, trigger point therapy, and hydrotherapy to reduce pain and muscle spasm, and increase circulation to compromised tissue. The therapist will stretch shortened muscles and encourage the patient to be aware of and minimize contributing factors.

Please call Ryan or Jillian at the Milton Therapeutic Massage Clinic, if you have any questions concerning massage therapy or would like to book an appointment. 878-0800.

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

## SHOPPERS DRUG MART

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



DAWN  
ROSS

**Question: How do I know if my Dad has Alzheimer's Disease?**

Alzheimer disease is a progressive, degenerative disease of the brain that destroys vital brain cells. It most often occurs in people over 65, but can occur earlier. One in 13 Canadians over 65 years of age has Alzheimer's or a related dementia.

The following are warning signs of Alzheimer's

- 1. Memory loss that affects day-to-day function.** Forgetfulness that is out of the ordinary.
- 2. Difficulty performing familiar tasks.** They may have trouble with tasks that have been familiar to them all their lives, such as preparing a meal.
- 3. Problems with language.** Having difficulty finding words, finishing sentences or remembering people's names.
- 4. Disorientation of time and place.** They may become lost on their own street and not know how to get home.
- 5. Poor or decreased judgement.** They may not recognize a medical problem that needs attention or wear heavy clothing on a hot day.
- 6. Problems with abstract thinking.** They may have trouble balancing a cheque book, and not recognize what the numbers mean.
- 7. Misplacing things.** They may put things in inappropriate place such as an iron in the freezer or a wrist band in the sugar bowl.
- 8. Changes in mood and behavior.** Someone with Alzheimer's can exhibit varied mood swings - from calm to tears to anger - for no apparent reason.
- 9. Changes in personality.** They may become confused, suspicious, withdrawn or fearful.
- 10. Loss of initiative.** They may become more passive, and require cues and prompting to become involved.

If five or more of these statements apply, you probably should be consulting a doctor.

For more information you can visit the Alzheimer's Society website at [www.alzheimer.ca](http://www.alzheimer.ca) or visit your Health Watch Pharmacist.



## Inner Sanctum Yoga Studio

400 Main Street, Suite 208, Milton  
905.876.0551



Wendy Sammut, FOYT C

[www.innersanctum.ca](http://www.innersanctum.ca)

*I am pregnant and would like to take some yoga classes, is there a difference between a regular class and a pre-natal one?*

Regular yoga classes are designed to advance you from one pose to the next, gradually increasing muscular strength and mental focus over the course of the term; a basic level class in traditional hatha yoga could easily be adapted to accommodate pregnancy especially during the first and second trimesters. Keep in mind that it is important to always make space for baby and not to work with inversions or breath retention at this time.

In a pre-natal class there is the opportunity to meet others who are pregnant and develop a support system where you can discuss concerns and make friends while still gaining the benefits of a solid yoga practice. Pre-natal classes are designed to help you keep active and place a greater focus on breathing, visualization and relaxation techniques to help with labour, delivery and the general aches and pains that you may experience. As pregnancy progresses, movement and breathing often become more difficult because of the baby's growth and a pre-natal class will allow you to continue at your own comfort level while finding a practice that works best for you.

Yoga is a personal process. There should be no expectations, demands or competition within the class. You need to be permitted to work at your own pace, and the instructor must be able to accommodate and adjust postures to keep you comfortable and safe. A yoga class will feel wonderful, energizing and calming at the same time. When you leave you want to be looking forward to the next time; yoga is afterall, a gift we give ourselves!

*Wendy Sammut, FOYT C, is the owner and principal teacher of Inner Sanctum, Milton's full-time yoga studio, specializing in traditional yogic teachings; offering classes, workshops and retreats year-round.*



## St. John's-Kilmarnock School

A premier Canadian independent school from Junior Kindergarten to Grade 12.

St. John's-Kilmarnock School

519-648-2183  
[www.sjkschool.org](http://www.sjkschool.org)

### GAINING ADMISSION

**What is the admission process when applying to an Independent school?**

The best advice for gaining admission to an independent school is to start as early as possible (at least one-year in advance and even earlier when trying to place more than one child). One of the major advantages of Independent schools is the maximum class sizes (an average of 20 students per class).

**Here's a checklist to guide you through the process:**

- 1.) Open Houses** - It is important to take advantage of Open Houses held throughout the school year to pick up information packages, learn about key dates and next steps.
- 2.) Application Forms** - Complete the application form and ensure that all of the supporting documentation is included i.e. report cards. At St. John's-Kilmarnock applicants can apply on-line through the School's website at [www.sjkschool.org](http://www.sjkschool.org).
- 3.) Interviews and Entrance Exams** - Parent and student interviews, as well as entrance exams, typically take place in November and January in order to find the best match of school for the applicant.
- 4.) Navigating the Waiting List** - As the demand for placement in independent schools continues to rise your child's application(s) may be placed on a waiting list. Parents will be kept informed of placement on the list through the admission office.

**Currently accepting applications for September 2007 & 2008.**

Join us for an  
**OPEN HOUSE ON NOV. 23 FROM 9 A.M. - 12 NOON.**

Discover why students from St. John's-Kilmarnock School achieve success at University level study.

Transportation is available from Rockwood, Moffat, Milton, Campbellville area.



Linda Henderson  
Doctor of Natural Medicine  
D.N.M., B.Sc., D.Ac., C.B.T.



**Naturally Be Wellness Centre**  
400 Main Street, Suite 206  
905.864.8696

**What is the difference between a therapeutic Jade facial and traditional spa facial?**

If you have visited an ordinary spa in the past we know you love to be pampered. But can you imagine escaping from layers of makeup and experiencing a beauty regime that would not just rejuvenate your skin but have a lasting impact on your overall health? How would you feel if you could look at yourself in the mirror and see yourself glow in a way only real health can provide? Your Jade facial is that extra-ordinary. The Jade toning device is a massage and acupressure device working in conjunction with colour, sound and gemstone frequencies to draw the toxins out of the face.

Your treatment begins by opening your lymphatic ducts to allow toxins to drain away, this is followed by a deep cleansing of your skin using certified organic products. We moisturize your skin with essential oils that calm inflammation, energize and restore balance to the cells. A skilled practitioner using microelectronic stimulation to tune and tone vital energy will massage you. You will then be treated to a healing organic clay based mask while resting in a calm environment utilizing both sound and aromatherapy. This firms, tones and refines while drawing toxins and impurities from within the skin so that they can be washed away. It is this collection of toxins that cause aging. We may not be able to reduce your age, but we can reduce the toxins. You will leave feeling beautiful. It is your natural state.

What this means for you is an experience that must be felt to be believed. Experience the comfort of healing touch and delight in aromas that lift the spirits. Why a Jade Anti-Aging facial? Because real beauty is more than skin deep.

**To experience a Jade Facial, contact Loretta at Naturally Be Wellness Centre to book an appointment.**



Marilyn J. Samuels

**Marilyn J. Samuels, LL.B.**

Lawyer

11084 Fifth Line, Milton

Ph. 905-854-4942

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*Q. In recent columns you have made reference to the Fieldstone Centre for Family Law, Counselling and Mediation. What services do you provide there?*

**A. The Fieldstone Centre for Family Law, Counselling and Mediation** is a unique service available in Halton. The Centre provides family mediation services to deal with issues involving divorce, separation, family businesses and elder care. I as a lawyer and Elayne Tanner, a registered social worker and family therapist, partners in the Fieldstone Centre, are able to address both your legal and emotional needs. Our holistic approach will care for these needs so that your family is protected and not forever torn apart by conflict.

We are committed to providing legal, educational, life management and mental health assistance to adults and children involved in the difficult process of separation, divorce and other life transitions.

The beautiful, private, relaxing rural setting in north Milton makes the process so much easier. As you drive down the laneway between the mature lofty maple trees to the beautiful expansive offices, you will shed your stress and be enveloped by the private relaxing setting.

The park like 60-acre escarpment location makes it easier to accomplish your goals for the day. Whether sitting in front of a roaring wood fire, enjoying the expansive vista of the conference room or enjoying a nature break walking in the woods or visiting the pond, this country location brimming with ambiance, will make you feel secure, welcome and at ease when discussing your emotionally or legally based personal issues. The Fieldstone Centre is centrally located between Milton, Georgetown and Guelph.