

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



Anne Maaden

Anne Maaden Cosmetic & Laser Centre

Knowledge, Experience, Results
13 Charles Street, Suite 103,
Milton • 905-878-2770

Educate yourself on the benefits of Laser Hair Removal.

Did you know that only 5% of the population has never had to wax, shave or pluck again? That's because they have experienced the amazing and permanent results of laser hair removal.

Laser hair removal is a very comfortable treatment that achieves excellent results in permanent hair removal. Clients can expect hair to be gone anywhere from 6-8 treatments. We book appointments at the same increment of a full cycle of hair growth, this way we can carbonize the root of each hair before it has an opportunity to drop another single cell to reproduce a new hair.

Unlike waxing, there is no need to grow the hair in. The laser only targets the melanin in the root of the hair which means you can shave in between treatments!

Treatments are fast, safe and effective! Laser on the bikini or underarm can take as little as 15 minutes! The fall and winter months are a great time to get started on your laser. By springtime you will be hair free!

Call the centre to book a consultation.
Ask about our fall specials!

Dr. Ron Strohan
Optometrist

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

October is Eye Health Month.

There are initiatives taken by organizations such as the Canadian, and Ontario Association of Optometrists, Canadian Booksellers Association, through a Web Site www.Preserveyoursight.com to help end the increasing number of people loosing their eye sight.

It has been two years on Oct. 31 that OHIP had partially deinsured routine eye examinations for the age group 20 to 64. The most vulnerable group of our population. It is great to appreciate all the patients who took care of themselves by continuing routine eye examinations in the past two years. More people are being accountable for themselves by taking preventative measures, proactive in their well being.

Unfortunately, there are those who do not take care of themselves, are likely the ones imposing increasing strain on the health care system by neglecting themselves and not being responsible. A few minutes spent today saves a lot of time and resources in the future.

The best thing you can do for your eyes is to know about them. Asking for a professional eye examination involves: A thorough personal health, and lifestyle history; A thorough family history evaluation; a medical health assessment; central and peripheral vision evaluation; an optical and functional evaluation of vision and visual needs; a dilated (use of eye drops) internal and external eye health examination; an eye coordination and muscle testing evaluation; and a plan of approach and follow-up of your visual and overall well being. And at times it merely takes a change in lifestyle values to obtain wellness and abilities to see for a long life.

Life is Worth Seeing.....be accountable for yourself. No one will do it for you.



Geraldine Hesketh

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Imagine, Explore & Discover

What are we talking about? The new generation of Armstrong Resistant Flooring of course.

Not everyone wants ceramic or laminate, even wood. However vinyl flooring has always been a strong contender, warmer on the feet, contours better to any surface especially with uneven areas to deal with. You can't even detect it is vinyl., at times you have to look twice.

Great for wearability for todays busy lifestyles. Natural Fusion is the latest addition to our line of vinyls from Armstrong.

Sweet Bamboo with a french country look in neutrals, I personally think it looks quite contemporary too. Mediterranean Walnut subtle to rich plank woods, less expensive than real wood too. Why not put it down in the rec room? Warmth and texture are a plus, then add a funky rug and 'voila'!

Beijing Slate variegated tones-dramatic. Could look fantastic in a foyer, bath or kitchen. Blues-golds-browns to name a few.

I have always liked vinyl flooring as you can use it virtually in any room and create unique decors, even cut on the curve to create interest, great in a sun room for that southern look.

So if you want a great look with great designs, low maintenance and cost effective, a vinyl floor could be just the thing for you.

Paul Henderson,
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Q: I've been hearing a lot about Chinese Medicine and different approaches to wellness and was wondering what acupuncture was.

A: Acupuncture is an ancient Chinese method of healing that is in the forefront of both allopathic and complementary health care today. It is based on the principle of manipulating acupuncture points along the body's meridians (channels) to restore balance or health. Stimulation of these points is traditionally done through the insertion of small disposable needles. Today, through the use of electronic devices, lasers, and/or tactile pressures, these points can be similarly affected.

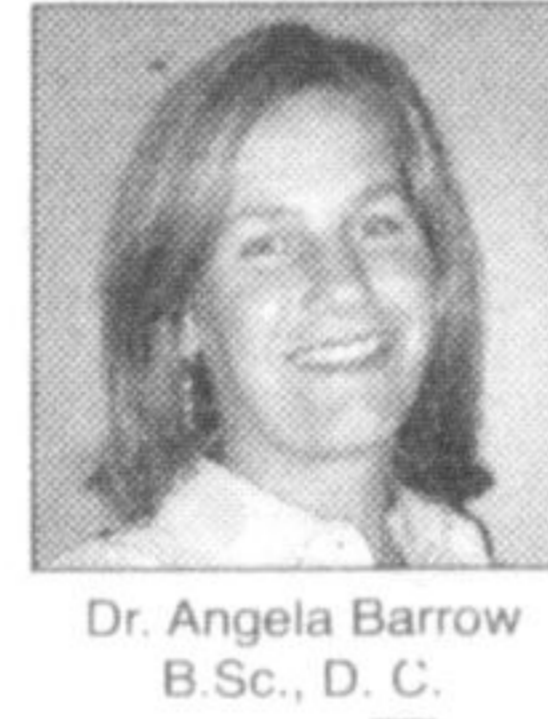
According to the World Health Organization (WHO), results can be found in a great number of disorders, including neurological and muscular-skeletal disorders, respiratory disorders, gastro-intestinal disorders, as well as many diseases associated with mouth and eyes. The benefit of acupuncture, unlike drug therapy, is that there are no adverse side effects with treatment.

Acupuncture is a growing area that would benefit individuals interested in the therapy, or as an adjunct therapy for individuals already practicing in the health care field.

C.I.H.S. offers a ten-month diploma program in Acupuncture and upon successful completion of the required course material, final theory and practical exams, case studies and internship graduates will receive a Diploma in Acupuncture from CIHS. They may then apply for the designation of Doctorate of Acupuncture (D.Ac.).

For information on our programs, to find out more about
Acupuncture and its uses, or to book a complimentary
Career Assessment Interview contact the College at:

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SURVIVING THE COLD AND FLU SEASON

Did you know...?

That antibiotics are used frequently and unnecessarily to treat viral illnesses? This creating an emergence of antibiotic resistant germs. The Halton Region Health Department has sent information out to the community reminding us that **antibiotics may not be appropriate for every infection.**

The state that, "Bacteria and viruses are tiny organisms that can cause infection. The major difference between the two germs is how they are treated. Antibiotics may cure infections caused by bacteria, but are not effective against viruses." Your body's natural defense will cure most viral illnesses over time. Often rest and drinking lots of fluids will help. "When antibiotics are used and not needed, bacteria that are normally present in the body can learn to become resistant to the antibiotic. Sometimes the most resistant organisms will remain and continue to grow. These resistant bacteria can cause serious diseases that may be difficult or impossible to treat."

Stress plays a major role in infectious diseases. Researchers have shown how stress on the body's immune system can lessen a person's immune response, which in turn makes him or her more susceptible to infectious diseases. In fact, current research indicates that 80% off all diseases are somehow related to stress.

In an study conducted to look at the relationship between stress and the immune system, it was found that 50% of the stressed volunteers caught colds, compared to only 27% of those with less stress in their lives.

Stress comes in many forms: **physical stress**, resulting from car accidents, birth trauma, repeated lifting or improper seating posture; **chemical stress** from cigarettes, poor nutrition and prescription drugs; and **emotional stress** due to a job, finances and relationships can all take their toll on our body causing interference in your nervous system.

Certain changes in lifestyle can improve your ability to deal effectively with stress and can increase your resistance to infectious diseases. These changes include developing a **positive mental outlook, maintaining a healthy diet, regular exercise, getting enough sleep and maintaining a healthy spine and nervous system.**

The nervous system is the master control of all systems, tissues and cells. Interference with the nervous system (called subluxations) results in compromised nerve flow and function, which in turn leads to lowering of the body's natural healing ability.

Chiropractors work on the spine to find areas where there is disturbed nerve flow (subluxations). By releasing the interference and allowing the nervous system to function properly, we move towards greater wellness. **Chiropractic care is the natural choice for optimizing your body's ability to deal with stress and fight infections.**

Ask The Professionals

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