

# 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

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Isn't it refreshing to know there are products out there that actually are made to make life simpler. Today most things are time consuming, confusing and stressful to deal with.

Well what we are talking about Engineered Wood of course.

There is a rumour that with in 3 years or so, all hardwood will be made this way.

Wood floors have never been so popular for a lot of reasons, with the engineered you also gain, being more dimensionally stable you are able to put it in any room even the basement. It also in most situations can be installed over most surfaces & best of all it can be floated just like laminate but is true hardwood. Having a choice in widths and effects and species available, allowing it to complement any decor and coordinate with existing hardwoods.

Bamboo is now available, Merbau Cherry names and species too exotic to name series such as Trade Winds, Stockholm Chesapeake to name a few.

The construction makes it environmentally friendly which is definately a good thing.

(You see life is simple after all)

P.S. To top it off finish the look with a beautiful area rug, sisal mat, or custom piece found right here at the store.

Elayne Tanner & Associates Inc.



Elayne M. Tanner

## Elayne M. Tanner

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

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www.etasolutions.com

**Q:** As we approach the holiday season, I know I will be seeing my family. I did not have a good childhood. I don't know if I can forgive.

**A:** Forgiveness is more for your benefit than for the benefit of anyone else. When you forgive, you release yourself from the poison of the past and free yourself to move on to enjoy your future. Although the people who have hurt you may not accept responsibility and may never apologize your anger is not hurting them—it is only hurting you.

As long as you hold on to your past hurts, waiting for an apology, an admission of guilt, or some other type of compensation, your behaviour, feelings about yourself and your relationships with others are all being affected by the people who you are most disappointed in. You are giving them a lot of power. Forgiveness means taking back this power. This does not mean that their behaviour was acceptable. It does not mean that they did not hurt you. It just means that you do not let them hurt you further. You accept that this may be the best you can expect from these people and you do not expect any more. You then can move on to shape your future as you choose without spending all your energy focusing on the past.

Remember though that you do not have to accept more bad behaviour. Learn to be assertive and stand up for yourself. You cannot change anyone else. You can only change yourself and find inner peace.

"HELPING YOU HELP YOURSELF"



DR. MARC DAVIS  
DOCTOR OF  
HOMEOPATHIC MEDICINE

## IMPACT LIVING WELL

CHIROPRACTIC AND  
REHABILITATION CENTRE

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As we enter deeper into the fall months and the days become shorter and darker I have noticed that my mood changes. I am fatigued, irritable, sad and unusual quiet.

Can you help me Dr.Marc?

Dusky mornings, cold - wet days and long dark nights the Canadian fall months can wear on even the most joyful of hearts. The symptoms you describe are very similar to those of Seasonal Affective Disorder or commonly called SAD.

It is believed that reduced expose to light during the fall months disrupts the bodies circadian rhythms (our internal clock) leading to changes in sleep patterns, eating habits mood and a suppressed immune system.

Here are a few effective suggestions:

1. **Exercise:** Is considered an effective part of a treatment program for all forms of depression. As we exercise it increases blood flow to the brain and reduces the frequency and intensity of mood swings associated with SAD.
2. **Essential fatty acids Omega 3,** which are very important during the winter months. These can be obtained from cold water fish (sardines, salmon and mackerel) or in supplement based capsules. Reduces inflammation and mood swing
3. **Homeopathic Rx:** Hypericum perforatum. This medicine effectively address those feeling of sadness, dullness of emotions difficulty sleeping and mood swings.

Before using any homeopathic, herbal or supplement medicine it is recommended that you discuss it with you homeopathic doctor and your family doctor.

Dr. Marc welcomes any questions, concerns and inquires at 905-693-0003 or Fax 905-593-7341 or email: yobosa@sympatico.ca

Dr.Marc



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

## BARROW FAMILY CHIROPRACTIC

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### SURVIVING THE COLD AND FLU SEASON SURVIVING THE COLD AND FLU SEASON

Did you know...?

That antibiotics are used frequently and unnecessarily to treat viral illnesses? This is 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.**

They state that, "Bacteria and viruses are tiny organisms that can cause infections. 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 defenses 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 a 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 your 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 (call subluxations) results in compromised nerve flow and function, which in turn leads to a 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.**



Dr. Ron Strohan  
Optometrist

## Dr. Ron Strohan Optometrist

Wakefield Professional Centre

106 Wakefield Rd., Milton

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### What is vision?

**Are you having an Eye Health Assessment or an Eye Test?**

That is a simple question. Or is it? Everyone who hasn't had an issue with the difficulty in seeing may not fully appreciate it at this point in life. People will either be very clear, or oblivious.

Hence our dilemma with healthcare.

We wake up in the morning expecting to see the world, hear the world and get what is of value to us. Get in the car, drive to work, view movies, read, and prepare the meals we like, read the restaurant menu, feed your emotions with what you desire. Yet the few minutes of care go unheeded. OOPS! Is that human nature? Communication and daily function requires your senses. Yet Vision is the most powerful form of communication and expression one has, and is directly related to HEALTH. What is life like without it?

As an optometrist I deal with peoples values and attempt to explain to them the need to maintain and value your sense of vision. Yet I continually deal with beliefs that an eye examination is only for those who need glasses. The public's unawareness allows for risks as "Free eye tests, free glasses", sales which can misdirect people by playing on their beliefs.

Hence eye surgery and health disorders which affect vision is one of the most devastating aspects of life are on the RISE. What are you going to do to preserve vision? Advertisements for free EYE TESTS and misdirection are typically not in your best interest. Lately there has been a news video in the GTA which you might find interesting: [http://www.citynews.ca/news/news\\_4479.aspx](http://www.citynews.ca/news/news_4479.aspx) Be informed. This is more of a problem which confuses the public than you might expect.

Simple fact: Spending is conserved. If you think you will save- Time, money, energy, and effort now.....you will spend time money and energy wishing you hadn't taken shortcuts. There are none. Everyone will learn to appreciate. Hence your choices are your choices, and you are responsible and accountable for everything that happens to you. NO ONE ELSE. Taking the time to learn to care for your health, will inevitably benefit your ability to see clearly for life. A change in values shouldn't need to be a shocking experience. The value of the cost of time and energy need only be put into perspective. Once you loose it its gone, sometimes for ever. Ask anyone who lost the ability to see, then work, and enjoy even seeing.

Write to ask if you wish to know, I will do what it takes to point you in the direction you need. [optometry@globalserve.net](mailto:optometry@globalserve.net) And drink a glass of water.



Greg J. Lawrence  
B. Sc., D. Ch.

## GREG J. LAWRENCE B. Sc., D. Ch. FOOT SPECIALIST / CHIROPODIST

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**Q. What is athlete's foot and how is it treated?**

**A.** Also known as tinea pedis, Athlete's foot is a fungal infection that affects about 12 percent of the population. Contrary to its name, Athlete's foot can strike anyone. It is common in both adults and children.

### Symptoms

- Athlete's foot may appear on any part of the foot but is most common between the toes (especially between the 4th and 5th toes) and on the bottom of the foot.
- The infection may appear wet or dry.
- Redness, scaling, blisters itching and burning are common findings
- One or both feet can be affected.
- Sufferers often have recurrent episodes

### What You Can Do:

- Over-the-counter antifungal products are often effective for skin infections when used according to the manufacturer's instructions. These products must be used for the full treatment period, which means that they are used even after the symptoms disappear.
- Wash and dry feet thoroughly on a daily basis and sprinkle foot powder to absorb perspiration.
- Wear shoes made of natural materials, like leather or canvas that allow moisture to escape from the shoe.
- Select socks made from natural fibers, preferably cotton.
- Change shoes and socks regularly to decrease moisture.
- Foot soaks can help to dry excessive perspiration.
- Avoid walking barefoot in public places.