

# 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**  
Cosmetic & Laser Centre

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

Natalie VanderMaaden

## Cosmetic Treatments - More Affordable Than You Think.

Did you know that certain extended health plans cover cosmetic treatments such as laser hair removal, Microdermabrasion and Photofacials?

Since our opening we have discovered that extended health packages that offer you a spending allowance will honour the cost of your treatments at Anne Maaden. We are able to offer this service to you as a result of our dedication to hiring only Medical staff. We have two registered nurses and a physician on site that performs all of our services. Most health packages are quite specific that only a nurse or physician can perform the treatment in order to have the treatment cost covered. You would be wise to verify their specifications before booking your appointment.

Consultations at Anne Maaden are always free. We would be more than happy to answer any questions and help you with your insurance claim process. Call and ask about our Holiday Specials.

The clinic will be open Saturday December 23rd from 10 am - 2 pm for Gift Card Purchases.

Clinic Hours  
Mon-Tues 9:30-9 pm  
Wed 12-9 pm • Thurs & Fri 9:30-1 pm



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

Dr. Ron Strohan  
Optometrist

## Aspects of vision related to health and learning and behavior

The visual process is a learned process.

Structure grows through function which in turn causes structure to build.

In the essence of perception, the whole body receives, and responds in which vision is only a small band of light frequencies of the entire electromagnetic spectrum.

Similarly, sound, touch (hot and cold) and all other receptive mechanisms operate at specific frequencies to receive information concerning the environment (heat is in the infrared portion of the same electromagnetic spectrum) Each sense is integrated through the body as a whole (body brain). Major centers within the body such as the visual centers influence the stimulation or minimization of other senses which is in turn affected by the emotional elements of your memory and imagination.

A person can have experiences which are 'traumatic' or 'elating' which in turn affects the person's flexibility to function within their environment. As an example: children, at a very young age are presented with experiences which are based on belief systems (what they are taught) which are built upon in holographic pictures of what is seen, heard, smelled and felt and maintained in a memory which is energized with emotion (energy in motion). The responses to the perceived event build with association to other events of perception so that eventually, any event that resembles in any way a previous event triggers a reflexive response due to the structure of the belief it has. Such building is a pattern of the human body, which allows for the aspect of the development of a pattern of behavior.

The effects of emotional response in a polarized manner (thinking & feeling, positive or negative) is strong enough to cause blindness, heart disease, cancer, and glaucoma, by causing electrical and therefore chemical structures to be altered. All based on the aspect of how you think and believe. And if it is a belief, then what are you really seeing? And how do the wrinkles on your body develop? Glaucoma is found highest in women who seem 'happy' and able to sleep as found in a study involved in understanding glaucoma as a Systemic (body) disease.



Geraldine Hesketh

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## Well it's that time again.

All that running around and mayhem for that special day when Santa drops in with all his goodies.

However, after Santa has hung up his suit and all the decorations are put away, the house looks a little bare, doesn't it?

Well this is the perfect time to contemplate those decorating jobs that never got done.

Painting that room you always wanted to give a makeover, install a really attractive backsplash for that finished look in the kitchen, or replace that carpet that looks like the turkey ran all over it.

Now that it is colder than a penguin's feet outside and there is nothing to watch on the big screen TV, put down the remote and venture out to see what goodies we have to offer.

*Merry Christmas and  
Great Decorating in 2007  
from all of us at  
Comfi Interiors!*



Daniel J. Benor  
Wholistic Psychotherapist

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### Q: What is Wholistic Self-Healing?

A: Wholistic self-healing addresses the whole person: body, emotions, mind, relationships (with other people and the environment) and spirit. It activates the enormous self-healing potentials that all of us have. It can include relaxation, imagery, meditation, and a variety of other self-healing approaches.

C.I.H.S. is delighted to welcome Daniel Benor to our teaching staff, as the facilitator of our Wholistic Psychotherapy and Self-Healing program. Daniel trained in the US in Psychology, Medicine, Psychiatry and Research and practiced psychiatry for 35 years. Over this period, his profession changed from being almost exclusively psychotherapy to being almost exclusively medication prescriptions. While he is not against medications properly prescribed, he felt that doing only that was to miss taking responsibility for our own lives, and to hand over responsibility for healing to another person.

His favorite self-healing approach is WHEE: Whole Healing - Easily and Effectively (AKA Wholistic Hybrid derived from Eye Movement Desensitization and Reprocessing/ EMDR and Emotional Freedom Technique/ EFT). WHEE can be learned in a few minutes and is incredibly rapid and potent in its effects. WHEE has been used by people of all ages - who report successes in dealing with pains of all sorts (tension and other headaches, migraines, pain following trauma and surgery, arthritis, irritable bowel syndrome, fibromyalgia and other pains), stress, anxiety, fears, cravings, residues of old traumas (particularly helpful in PTSD), depression and Christmas "blues", side effects of medications (including chemotherapy), nausea of pregnancy and motion sickness, allergies and more. WHEE can also help change our limiting beliefs, which hold us back from achieving our full potential - in work, relationships, sports performance and more.

To sign-up for a lecture or experimental workshop, to find out more about Wholistic Self-Healing and its uses, or to book a complementary Career Assessment Interview  
Contact the College at:  
905.864.8694 / paul@cihs.ca / www.cihs.ca



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

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## STRESSED AND LOOKING OLD?

For the most part, stress is an emotional and physical response that occurs when humans confront or dodge challenging or extreme circumstances. The body's **sympathetic** nervous system instantly readies itself for **fight or flight** as hormones including adrenaline and non-adrenaline are released. The heart rate accelerates, respiration quickens, pupils dilate and digestion slows.

Stress eases as the **parasympathetic** nervous system, known for rest and relaxation, takes over. This scenario, one of activation followed by relaxation, is a normal and healthy one. Too much activation and too little relaxation however, negatively impact the body and mind.

In the presence of **chronic stress**, the immune system weakens and stubborn infections take root. Illnesses occur more frequently and take much longer to heal.

Most of us understand how stress can be linked to high blood pressure and arthritic conditions. But, did you know that stress also speeds up the aging process?! Protein DNA complexes called telomeres, serve as a sort of biological clock that tells the age of cells.

Telomeres shorten each time a cell divides. When they finally shrink away, cell division stops and the cell dies. This results in signs of aging such as **grey hair, wrinkles and weakened eyesight**.

Chiropractic focuses on keeping your **nervous system** free from interference brought on by stress, thus allowing each individual to be **the best that he or she can be**. The nervous system is the **master control** in your body. It controls all functions right down to the **cellular level**. If your lifestyle is unhealthy (i.e. lots of stress), not only will it negatively impact you on the **inside** but on the **outside** too. Make sure to call for a check-up today... especially during this time of year, when our stress levels are elevated.

Elayne Tanner & Associates Inc.



Elayne M. Tanner

**Elayne M. Tanner**

B.A., B.S.W., M.S.W., R.S.W., DIP. SOC. ADM.  
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**Q: I will be doing visiting over the holidays and I never know what to say to people. How do I fix this?**

**A:** The best thing to do to fix this problem is to focus on becoming a good listener and responding to what the other person says, rather than worrying about what topic to initiate. Listening sounds easy but it is probably the hardest part of communication. Some of the things you can do to help you learn to really listen are:

1. Practice being in the moment and present. Choose a regular task and pay strict attention to your senses while doing it. For example if you are vacuuming, feel the vibration, hear the sounds, notice the smells.
2. Pay attention as if you are watching a great movie—let the time drift as you listen with complete attention. Even if the other person's conversation is not very interesting, listen to the details because that person trusts you with a portion of their reality.
3. Listen and respond respectfully. Do not interrupt. Do not minimize. Do not be thinking of your response as the person is talking—just listen. If you let your mind wander, you are filtering, or blocking. If you 'fix' every problem, even when not asked, you are advising or thinking you know better than they do. Sarcasm, joking or always agreeing are also not respectful and make it hard to really listen.
4. Practice listening skills with a trusted friend by giving eye contact, trying to repeat back what the person has said to you with the details and use open and welcoming body language. Paraphrase when appropriate by saying "it sounds like you are feeling..." Ask questions to get more of the story and make sure cell phones, television and other distractions are minimized as much as possible.
5. Make the person you are speaking to feel that for this moment, they are the most important person in your life.

*Enjoy your visits and have a very  
Happy, Healthy and Peaceful Holiday Season!*  
"HELPING YOU HELP YOURSELF"