

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

Lindsay Jukes, RMT
Bobby Strutt, C.R.



Ryan Weaver
B.Sc., RMT

Milton Medical Building

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 splenius 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 the Milton Therapeutic Massage Clinic, if you have any questions concerning massage therapy or would like to book an appointment.

Call 905-878-0800

Now Offering Reflexology & Craniosacral
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SCHOOL

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STRIVING FOR BALANCE

An important lesson for young people is to learn to reduce stress and find balance in their daily lives.

Set Priorities – Decide what is worth your time and what is not.

Goal Setting – Take a reality check and make sure your goals are realistic and necessary.

Avoid Procrastination – Just do it.

Find the Best Time of Day – Are you a morning, afternoon or evening person? Try to schedule difficult tasks when you are at your best.

Laugh – Laughter reduces stress, relaxes muscles and increases mental alertness.

Relax – Spend time each day relaxing, let your mind wander, connect with nature, think positive thoughts, listen to music.

Be Healthy – Eat well, sleep well and find a physical activity that you enjoy.

Seek Balance – Try to balance academic, athletic, social and family activities and learn to say NO to things you really don't need to do.

Now accepting applications

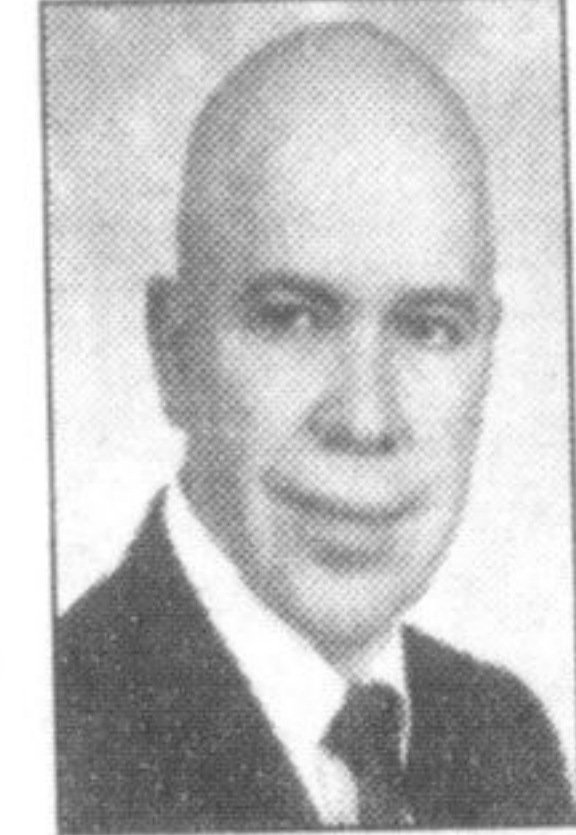
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For a tour of St. John's-Kilmarnock School, please contact the Admission Office at 519-648-3602, ext. 20. Discover first-hand why students from St. John's-Kilmarnock School consistently achieve success at University level study.

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

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MA, CFP, RHU, CLU, APC

Tell: (905) 876-0120 Fax: (905) 876-2934
420 Main Street East, Suite 203,
Milton, Ontario L9T 1P9

Question: Is it a good idea to consolidate your debts?

Answer: Debt, especially non tax deductible debt, can be a problem for many people. Consolidating your debts usually means collapsing your credit cards debt into your mortgage or some other loan. The goal is to reduce your monthly payments and improve your cash flow. Sometimes this can work, other times, it's a bunch of smoke and mirrors!

The downside of debt consolidation is that you can end up paying for a longer period and possibly a higher interest rate. This means that while your cash flow may improve short term, your total debt with borrowing costs will be greater and the time to get out of debt will take longer. This is not a good deal!

- Always look for ways to pay off your loans and other debts quicker.
- Always look for lower interest rates.
- Always make sure that interest is calculated on the current unpaid balance.
- Always watch out for high interest credit cards AND
- Always watch out for credit card deals that seem too good to be true – the fine print is what really matters!

Right now Canadians can obtain standard credit cards with less than 10% interest rates or for more than 20% rates. Some retail cards rates are close to 29%. There are special introductory offers where you can consolidate all your debt for 4% but new purchases are at 23%, or the rate automatically increases after six months.

Be careful! Lenders are in the business of lending! Need help to better understand your credit cards, mortgages and interest rates? Call Partners in Planning for a complementary meeting. 905-876-0120.

AFFILIATED WITH PARTNERS IN PLANNING INSURANCE SERVICES INC.



Phil Lawton

Taylor Nursery

7429 Fifth Line, Milton
(right at the east end of Main St.)

905-876-4100

I want to keep bugs out of my lawn and garden but can I do it without pesticides?

With the growing awareness of organic and natural products...and the push for pesticide-free laws in some communities, there are a lot of new options being offered to gardeners.

Keep It Healthy—For starters, it's a lot harder for pests to get established if you keep lawns and gardens well-nourished with fertilizers, well watered and well maintained. Bugs (and weeds) thrive in weak, thin grass but have a hard time getting established in lush, thick lawns and on healthy, thriving plants. So make sure you feed your lawn and garden plants with the right balance of nutrients for your soil, climate and location.

Know What You're Buying—Did you know that 'organic based' products in Canada only require 15% organic matter? Look for products that contain 100% natural ingredients which enhance soil structure while feeding your plants, improving drainage, water holding capacity and microbial activity. These same natural ingredients also help 'feed' the essential soil insects such as earthworms and microbes!

Learn About Integrated Pest Management (IPM)—IPM is a decision-making process that anticipates and prevents pest activity and infestation through education, monitoring, establishing practices that promote plant health (aeration, overseeding, proper mowing and irrigation) and introduction of new or native species to ensure diversification.

At Taylor Nursery, we now stock 100% natural products from Turf Revolution, including Green Acres 5-1-5 fertilizer, Easy Flo Compost, Roses N Bloom (with alfalfa and kelp) and Salt Stopper to neutralize brown spots from road salt or pet damage.

SHOPPERS DRUG MART

Open to midnight, 7 days a week
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JOY THORNTON

Q: I have just been diagnosed with type 2 diabetes and I'm not sure what I should or should not eat. Can you help me?

A: Every person with diabetes should see a dietitian to help them develop a meal plan that is individualized for them. You can contact one at your local Diabetes Education Centre or through your local hospital. Here are some guidelines:

If you have diabetes, you need to keep your blood glucose in control. Keeping your blood glucose in control may prevent or slow down diabetes problems such as damage to the heart, eyes, feet, kidneys and other organs.

Three things help keep your blood glucose in control:

1. the food you eat
2. the pills or insulin you take
3. the exercise you do

When you have diabetes what, when and how much you eat is important.

What to Eat:

- Eat foods from at least 3 of the 4 food groups from Canada's Food Guides at each meal.

- The 4 food groups are:
1. Grains
 2. Vegetables and Fruit
 3. Milk Products
 4. Meat and alternatives

When to Eat:

- Eat at about the same times each day.
- Eat 3 meals a day, no more than 6 hours apart
- If your doctor or dietitian has told you to eat snacks, eat them at about the same times each day too.
- Do not skip meals or snacks

How Much to Eat:

- Look at your plate at each meal and make sure that:
- 1/2 of your plate contains vegetables
- 1/4 contains meat and alternatives
- 1/4 contains grains.

Use a regular size dinner plate. The food should not be piled high or cover all of the plate. Add fruit and skim or 1% milk to round out the meal

Shoppers Drug Mart has developed an information package that tells you what you need to know about healthy eating and diabetes. Why not ask your Healthwatch Pharmacist for a copy today!

Elayne Tanner & Associates Inc.



Elayne M. Tanner

Elayne M. Tanner

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Q: After news reports of school violence I wonder if I should discuss it with my children or if I should wait until they ask?

A.: Children, whether young or adolescents, often do not bring up topics that worry them. They hear the news coverage but are reluctant to initiate the conversation. Assuring them that the dramatic incidents that are reported in the media are rare but that the school staff are trained to react appropriately can ease their concerns. Also tell them the suitable way to report any concerns that they may have during the school day. Encourage your child to discuss his/her feelings as fully as possible for his/her age by asking questions and discussing your own concerns. Watch for changes in behaviour in your child. These may signify either worry about a reported event or that something is happening to upset your child at school. Signs to watch for include things such as:

- a reluctance to go to school
- regression in behaviour
- drop in grades
- failure to complete homework
- a 'good' student becoming a problem in class
- change in sleep patterns
- change in personality

Point out to the child that school bullying is also a type of violence and is unacceptable. If you have any concerns that your child is being bullied or is bullying another child, that must be dealt with immediately as bullying can have long lasting effects. Children who will not discuss concerns with parents will often open up to me because they do not have to worry about my reaction. School is supposed to be exciting and fun. Do not let your children face every school day with fear and apprehension.

"HELPING YOU HELP YOURSELF"