

Health, Mind & Body



A SPECIAL SUPPLEMENT TO THE CANADIAN CHAMPION

Advertorial

Spring into the New Year with Natural and Medically Focused Help

Congratulations! You and your family have made it through the busiest time of the year! You may now be feeling tired and burnt out but don't despair – the New Year is the perfect time for new beginnings! As we settle into the national freeze & hibernation mode, it is important to keep our minds & bodies alert & active. Now is the perfect time to make a commitment to yourself and your family by starting some healthy habits and addressing any nagging health concerns you have ignored over the busier months.

It is important to seek help from a qualified health care practitioner before you embark on any changes. The correct health care practitioner is trained to help you reach your goals in the healthiest way. Whether you want help to: stop smoking, start eating better, improve your digestion, increase your energy, improve your sleep, stay healthy during cold and flu season, or decreasing the effects of these long dreary days, a good health care practitioner is

there to get you through it. Naturopathic Doctors, for example, are clinically trained to safely combine natural therapies with traditional medical treatment and work from an individualistic approach. Treatments are varied and include nutritional treatment & supplementation, acupuncture, herbal medicine, and homeopathy.

The key to making lasting changes is baby steps: we must walk before we can run. It's great to be enthusiastic about a work out regimen or dietary plan – if your enthusiasm is matched with a commitment to real change. If not, you will feel burnt out and conquered!

See your local Naturopathic Doctor for an individualized approach to your health and that of your family's – men, women and children will benefit from naturopathic care. You will find yourself springing into spring in no time!

Mary MacDonald – ND, BSc, BCommDoctor of Naturopathic Medicine

Identifying Speech, Language and Hearing Difficulties

The ability to both speak and hear comes so naturally to most of us that we often take these senses for granted. Unfortunately, the same cannot be said for one in ten Canadians who are challenged each year with a communication or hearing difficulty. Surprisingly, many of these impairments go undetected or untreated. People often don't recognize communication impairments, and whether it be speech, language or hearing difficulties, many people do not realize that there are health care professionals available who are trained to help them.

There are a few key questions to ask in order to determine whether there is a hearing problem:

- ☑ Are you straining to hear in groups or on the phone?
- ☑ Are you asking people to repeat themselves?
- ☑ Are you frequently turning up the radio or television to hear it?
- ☑ Are others starting to notice or complain about your hearing?

Hearing loss can happen at any age and tends to develop gradually over many years due to the aging process, ear infections, exposure to noise and/

or head injury. Audiologists are trained to test hearing and counsel clients with respect to the options they have to hear better.

Equally prevalent among children and adults are speech and language disorders. Whether it is the pronunciation of sounds, difficulties reading and writing, stuttering, voice problems, or words are not coming easily, areas of speech and language delay can be addressed and many improvements can be made with the help of a qualified Speech-Language Pathologist.

Should you have any questions or concerns with speech, language or hearing contact the HearSay Speech & Hearing Centre (905)875-3345.

Editorial supplied by HearSay Speech and Hearing Centre.



(905) 875-3345

311 Commercial St., Suite 109, Milton
www.hearsay.ca

MARY MACDONALD, ND

Naturopathic Doctor

Dr. MacDonald is accepting new patients at her practice located inside
HOLLY PHARMASAVE PHARMACY
Coates Crossing Plaza
611 Holly Avenue (at Derry Road).

Appointments may be booked by calling

905-878-9001

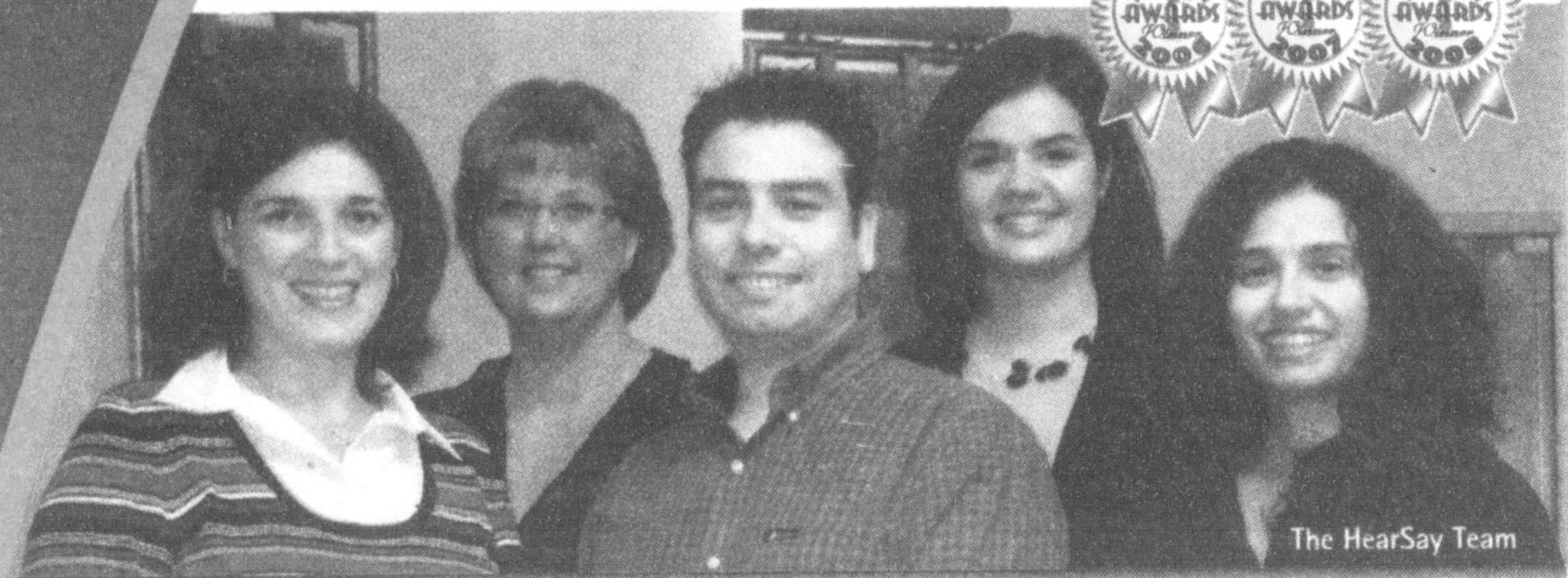
or e-mail Dr. MacDonald directly at

marymacdonald@gmail.com

A "no charge" 15 minute appointment to discuss your needs may also be booked. Naturopathic services are covered by most extended health care plans.

FREE Hearing Screening Days - February 11, 2009

Call to book an appointment.



Hearing Self-assessment Checklist

- Do you hear words, but not understand what is being said?
- Do people seem to mumble?
- Do others complain you turn up the TV or radio too loudly?
- Do you find it difficult to hear in noisy environments?
- Do your family members complain that you are not hearing them?

If you checked 1 or more of these boxes, it is recommended you have your hearing tested. Call to book an appointment for a hearing test with one of our Audiologists.



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