

ASK THE PROFESSIONALS



E.C.C.
Laser & Cosmetic Centre
Judith E. Finn - Director



25 Years Experience

HOW TO FRESHEN UP FOR SPRING

Many of our patients come to us for a personalized analysis and program to look their best for the new season.

On a recent trip to the Anti-Aging Show with a group of Dermal Therapists, we found a myriad of creams, potions, home devices and miracle promising treatments. It is more than a little confusing to most of the public. This is why personalized skin care and treatments are even more important for your specific needs.

For fresher brighter skin; getting rid of sun damage; hyperpigmentation; broken blood vessels/capillaries; acne scarring or refining the tone and texture there are several technologies that are both effective and cost efficient.

Only medical grade Microdermabrasion, Lasers for Hair Removal, BBL for Photorejuvenation and ProFractional lasers have the ability to achieve the results you are looking for in the least amount of treatments. Spas or clinics that only have one laser will not be able to achieve that, which your skin may need. Efficiently trained professionals are able to customize the treatment for specific skin conditions to effectively improve the cosmetic appearance. The latest technologies are comfortable and effective with no downtime required.

This spring try several body or facial treatments to look your best!

CALL OUR MEDICAL CLINIC FOR A COMPLIMENTARY CONSULTATION AND PERSONAL SKIN ANALYSIS WITH ONE OF OUR DERMAL THERAPIST TODAY

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Member of the Ontario Society of Chiropractors and The Ontario College of Chiropractors

Q. I have foot pain as a result of walking barefoot on my ceramic tile in the house. I wear orthotics but do not want to wear outdoor footwear inside. What do you recommend?

A. We now have an orthopedic slipper available through the clinic. The slipper is made by Biotime and has a removable insole that accommodates orthotic devices. The slippers are available in both men's and women's sizes in various colours.

Please call or drop by the clinic to try on a pair today!



Dr. Ron Strohan
Optometrist

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HOW OPTOMETRISTS SAVE LIVES

1. EYE EXAMINATIONS INVOLVE VIEWING OF THE FUNCTION OF THE NERVOUS SYSTEM

The optic nerve and retina are parts of the brain which give tell tale signs of what the nerves and blood vessels are like elsewhere in the body. Aneurisms, hemorrhages as well as the appearance of the walls of the arteries and veins and how they inter act are viewable in the eye.

Many people who are on the verge of diabetes or hypertensive changes are found during routine eye examinations

- The function of your IRIS (changing pupil size) give the optometrist cues as to the very centers of your brain which are vital to the function of your brain and body. Also indications of possible blood chemistry changes are often detected.

- Difficulty in focusing give cues as to the brain function and neurological disorders involving important structures of the brain and other organs including the heart, pancreas, liver among others.

- Measuring eye pressures gives an idea of the possibility of developing glaucoma which can destroy peripheral vision important in driving and night vision. Auto, and work related accidents are related to poor visual function. It is also a measure of 'vitality' and conscious awareness.

-Headaches associated with eye structures at times are associated with other neurological issues such as Pituitary tumors, or extreme oculovisual disfunctions related to perceptual assessment of your environment. Visual field evaluations are necessary to determine more than 20/20 as normal vision.

2. EYE EXAMINATIONS IMPROVE YOUR QUALITY OF LIFE AND EXPERIENCE OF VISION

Early eye examinations (as early as 6 months of age) help determine the visual sense is developing properly. Many children are missed from being protected from developing AMBLYOPIA (lazy eye). School screenings are at times missing this important human characteristic as many screening issues do not assess important HEALTH problems. Eye development and the ability to see detail is a LEARNED experience. To learn clearly one must see clearly. If the image is not focused clearly the brain will not develop the necessary clarity of function. This impediment results in a persons inability to judge depth and distance effectively. Thus 'stereo vision' essential in occupations requiring these abilities are excluded as a possibility of employment. And the safety of a persons occupation also become impeded.

It doesn't take much time to save a life. One hour per year. You may not be saving your own life but saving the lives of others. **Prevention is a positive thought,** the negative thought is **THE POTENTIAL FOR A SHORT LIFE.**

Elayne Tanner & Associates Inc.



Elayne M. Tanner

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Q: My child is afraid to go to school and has all sorts of physical complaints that go away as the day wears on. I am afraid he is being bullied.

A: Bullying is aggressive, intentional behaviour repeated over time that involves an imbalance of power or strength. It can be physical such as hitting, emotional like taunting and teasing or rumours in person or on-line, active such as stealing the victim's possessions or passive as in ignoring or leaving out the other individual.

Victims tend to be passive or submissive and are often cautious sensitive, quiet, withdrawn or shy. They are often also anxious and insecure with low self esteem. The bullies on the other hand, are often of dominant personality and tend to be impulsive, easily angered and with little empathy. Bullies are frequently defiant and aggressive to adults including parents and teachers and often demonstrate antisocial behaviours, such as active rule breaking. Both boys and girls can be bullies. Boys who bully are often physically stronger than other boys in general.

Shattering many myths and altering the way we work with bullies, it is now recognized that bullies do not have self-esteem problems even though that is what is often said. This means that instead of trying to build the confidence of a bully, which results in reinforcing their bullying behaviour, we must teach empathy and build a comprehensive response that includes teachers, parents, school staff and all students. Students react to watching bullying as active or passive supporters of the bully or of victims. A social contagion weakening of normal control and inhibitions against aggressive tendencies occurs which means that as bullying is being observed, it becomes more accepted and no one takes responsibility for stopping it.

There is a very effective award winning anti-bullying program originating from Norway being used in many schools in the US. It is supported by research and is well received. It is the Olweus Bullying Prevention Program. For information on this program see www.olweus.org. If you find that your child is being bullied or is a bully call Elayne Tanner & Associates and we can teach you to deal with it effectively before the problems get out of hand.

"HELPING YOU HELP YOURSELF"



Dr. Angela Barrow
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MY SPINE IS ONLY A LITTLE OUT OF PLACE AND I'M ONLY SLIGHTLY OVERWEIGHT. WHY IS THIS A BIG DEAL?

It is incredibly difficult to relax knowing that the vast majority of people lead a lifestyle that does not take into consideration the side effects. Right now, as you read this, (whether you realize it or not) you are making a deposit into your future.

Current research shows us that even subtle issues regarding your weight, your spine, your nutrient levels, and even your state of mind radically affect whether or not you (or your children) have a future.

The definition of disease is "any entity existing in your body, or any part of your lifestyle, that when present drains life and leads to premature death." A good example is the loss of curve in your neck, forward head posture, and scoliosis. When present these drain life and cause death. They have what's called, "a mortality rate." Therefore they are not simply spinal problems, but serious disease.

Other recent research found the same to be true about your weight. Even carrying a few extra pounds is enough to increase the risk of death, according to two large studies of patients who are not frankly obese. A prospective study of 527,265 American men and women, who were 50 to 71 years old at the start of the study, found that being overweight at midlife (age 50) increased the risk of death by 10% to 30%. "Our findings suggest that adiposity, including being overweight, is associated with an increased risk of death," reported Kenneth Adams, PhD, of the National Cancer Institute. Therefore, even having a few extra pounds on your body is, by definition, a disease.

Researchers found that overweight and obese people had increased rates of atherosclerotic, cardiovascular and cancer deaths. Studies were published in the August 24th issue of the New England Journal of Medicine.

A person with a BMI of 30 or more is regarded as obese, while BMI between 25 and 29.9 is regarded as overweight. A normal BMI is defined as between 18.5 and 24.9.

"The findings are a "sobering reminder" that an increased adiposity is a worldwide problem, bringing with it a host of chronic diseases" commented Tim Byers, MD, of the University of Colorado School of Medicine in Denver. "And, as the population ages, the overweight proportion is also likely to increase", Dr. Byers noted "unless something is done to curb the trend. Fortunately, evidence points to a substantial health benefit from even small changes in weight trajectory."

Therefore I cannot stress enough the importance of taking care of your body before it can no longer take care of you. This is called "stewardship". You are the one who decides what and when you eat, how much you sleep, how you handle stress, whether or not you choose to exercise and whether or not you are going to take care of your spine. The question is when?



Q: I want to be able to garden when I feel like it. But I am afraid that if I purchase my soil now, it will be all dried up by the time I am ready to use it, any suggestions?

A: Order your Bulk Bag early.

Spring weather is so unpredictable. And since there is no way to "order" a perfect day for yard work, you need to be ready when the weather is. It is on those perfect days when the sun is shining that you get the urge to be in your garden to do spring clean-up and flower-bed preparation. **By buying your Black Garden soil early you'll be able to take advantage of the good weather as it comes.** The Giant Bag will store conveniently on a corner of your driveway, keeping your garden soil dry and ready for planting.

No hurry to use it up. It is ready when you are.



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