

Ask The Professionals

If you have any questions that these professionals can answer, please write to:

"Ask The Professionals"
 c/o The Canadian Champion
 191 Main Street E.
 Milton, Ontario L9T 4N9
 or Fax to: 878-4943

Central Electrolysis Clinic

Talking Ad! Professional Electrology with Verifiable Sterilization
 Judith E. Finn, C.C.E.

808 George St. Milton, Ontario L9T 1T8 By appointment Phone/Fax (905) 878-8945 JUDITH E. FINN C.C.E.

Q: Am I receiving "Safe and Effective treatment for temporary, permanent, and therapeutic health and beauty practices?"

A: **Health and Safety Alert:** Due to the recent news release of twenty-five or more cases of Hepatitis B infection being transmitted through a seemingly harmless medical procedure, the public must be made aware of how to protect themselves. *What was once deemed safe in the past is no longer acceptable!*

Simple cosmetic and natural therapeutic practices have the potential to spread infectious and deadly disease (simple parasitic and fungal infections to HIV and Hepatitis) which are not seen to the naked eye but are just as dangerous. Until Standards in Practice and Regulation are established here in Ontario, we are responsible for our own knowledgeable decisions on health and safety. Alternative health and beauty treatments have just come under regulation in Alberta with the inspection for Verifiable Sterilization in practices performing body piercing, tattooing, electrolysis, acupuncture etc. This is what we need here in Ontario as a start to regulating such potential infection and disease transmission. Verifiable Sterilization is documented lab results or proof of sterile utensil use (sterile disposable needle use and proper discarding hazardous waste, utensils sealed and sterile, anyone touching the skin should be wearing latex gloves), Isopropyl Alcohol is not a sterilant and chemicals do not provide individual unopened packaging.

Think of your skin as a balloon, your greatest immunal barrier against infection and disease. It's what we don't see (bacteria and blood-borne pathogens) that can become harmful. Teenagers should be made aware of what to look for and the long term effect, before acquiring ear and body piercing (cartilage shrinkage) and tattooing (disposable needles and dyes) as well as other simple cosmetic trends.

Do not be fooled by unethical practices or schools, offering minimal training courses, offering a variety of services with untrained personnel, affordable pricing of service, ineffective cosmetic devices (do it yourself kits) and the list goes on.

What to look for: Ask questions, seek proper Consultation and Assessment of treatment, Honesty and Responsibility for the service rendered and above all, Public Health and Safety as an educated consumer.

Professional Electrology available at Central Electrolysis Clinic

HALTON REGION PEST CONTROL INC.

"Let us take the bugs out of your life"

(905) 876-1941 • Mobile (905) 330-2847

Q: How do I know if I need a professional pest control service?

A: Whenever you find yourself asking the clerk at your local hardware store advice on what pesticide to use.

FACT: The majority of pesticide poisonings in North America are a direct result of the misuse of off-shelf insecticides by homeowners.

- The use of off-shelf products rarely achieve their objective the first time due to lack of pest knowledge (ie. habits and biology).

Q: How do I know which pest control company I should use?

A: All structural pest control companies in Ontario are required by law to be insured and licenced as per the Ministry of the Environment, so this should not be an issue.

What is important is that the company representative educates the customer about the pest, discuss non-chemical means of control, covers all health & safety concerns regarding any pesticide being used and provides solutions for preventing future problems from reoccurring.

In a sense you want someone who can effectively evict pests knowledgeably and safely.

David Evans

MONEY CONCEPTS
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Tel/Fax (905) 876-0940 Lou Mulligan, CFP
 420 Main Street East, Milton, Ontario L9T 1P9

Q: I received my income tax refund! What's the best use of this money?

A: Congratulations on your first step in "tax planning!" The best use of your tax refund depends upon your personal needs. **You deserve the best information for your decision making, so review your situation with a financial planner.**

Consider the following terms:

- If you borrowed money for your RRSP, pay off your RRSP loan.
- Contribute to this year's RRSP or spousal RRSP - early!
- Pay down the principal on your mortgage.
- Pay off high cost loans and credit cards.
- Invest the money in an "informal trust" for your children's future.
- Begin a "next co. fund" by investing in mutual funds for diversified asset protection and capital gains.

Don't just put your tax refund in your savings account! It will blend in with your pay check and will disappear over the next few months as extra pizzas and videotape rentals, (or, is that fine wine and evenings at the opera?)

Treat your tax refund as a gift to yourself! It's free money... a special bonus for your hard work! Keep it working for you!

Make your money work as hard for you as you work for it! Clarify your long term goals and get your resources working towards them! Call Money Concepts in Milton, 876-0940 for professional advice.

Greg J. Lawrence B. Sc., D. Ch.
 Foot Specialist/Chiroprapist

350 Main St. East
 Milton, Ontario
 (905)873-3423

Greg J. Lawrence

Q: What is a Chiroprapist?

A: Chiroprody (ki-top-o-de) [Greek cheir=hand, podos=foot] The term means to treat the foot with ones hands. The title Chiroprapist, has been around since the turn of the century. It wasn't until the 1940's, in the USA, that the title Podiatrist was developed. In Canada we have both Chiropradists and Podiatrists. Chiropradists train in Canada and Podiatrists receive their training in the United States.

Chiropradists and Podiatrists are the only health care providers educated exclusively in the assessment, treatment, and diagnosis of foot disorders. We treat a wide array of foot problems including:

- inflammatory conditions such as heel pain, foot strain, arthritis, and athletic injuries
- bone deformities such as flat feet, bunions and hammer toes
- infections
- disorders of the skin and nails such as warts, corns, callouses, ingrown toenails, and athlete's foot
- symptoms of general diseases such as ulcers and joint pain
- pediatric foot problems

To assess and diagnose certain conditions that require custom orthotics (arch supports), there is two casting methods I employ. I use a computerized system that produces a scan of the foot showing the pressure points and weight transfer throughout the foot or I take a non-weightbearing plaster cast of the foot.

I also perform some minor surgical, soft tissue and nail procedures.

If you have any of the above problems and require my service, please call us at:

(905) 873-3423

Robin's of Campbellville

70 Main Street, Campbellville
 By appointment Monday thru Saturday
 (905) 854-0376

Q: What's the latest new service in hair salons?

A: **Hair Spas - Blending Centre**

1. **Hair Treatment**
 The Spa Hairwrap features four deep conditioning treatments that wrap individual hair strands in moisturizing, botanicals. Each wrap works in conjunction with the scalp treatment or can stand alone. The real beauty of Biologie Blends is its simplicity. Each Custom 'recipe' is individually formulated for the proper customized at-home treatments for you.

2. **Scalp Treatment**
 The Scalp Treatment features three essential oils that treat your basic needs - remember, the source of healthy hair is a healthy scalp. Customized formulas that will help melt away stress, with a combination of soothing massage and pure Aromascience fragrances.

3. **Custom At-Home Treatment**
 Personalized Hair Therapy is a unique treatment that enhances and maintains the Biologie Blends benefits achieved in the salon. This is a truly "professional-only" product that is custom formulated and designed for your own personal requirements. Combining a blend of flowers, herbs and botanicals that will dramatically improve the look and feel of your hair and scalp. These treatments are designed to supplement your current Biologie hair care products, not take their place.

For further details call Robin.
 Mother's Day gift certificates available
 Happy Mother's Day!

Elayne M. Tanner
 B.A., B.S.W., M.S.W., C.S.W., DIP. SOC. ADM.
 Counselling & Psychotherapy
 Individuals, Couples, Children & Families

11084, 5th Line
 Milton, Ontario (R.R. 2, Rockwood)
 (905)854-0801

Elayne M. Tanner

Q: My child's teacher said that she thinks he may have Attention Deficit Disorder. What does this mean? How can I help?

A: Last month we answered - **What is ADD?** Now for the second part - **How can I help?** It is generally accepted that for the best results, the treatment of ADD should target all four areas covered below. That is what is meant by a **MULTI-MODAL APPROACH**.

- 1. Education and counselling** Parents need help to cope with the confusion, sense of loss, guilt and anger that often accompanies ADD. Family counselling to deal with resentment is important because these children tend to be very demanding. Support groups can also be invaluable. Counselling for the child with ADD helps deal with the frustration, while developing social skills, anger management and positive self-esteem techniques.
- 2. School intervention** helps both the teacher and the child by making sure that the school and the home are both working together with consistent rules and expectations. Often a third party is instrumental in helping with this process.
- 3. Behavior management at home** helps in the day-to-day dealing with what can be a very difficult child. Outlining clear, concise instructions, and logical, immediate consequences (positive and/or negative), will support success. This is not bribery, it is motivation. We all do things for the results, such as pay cheque, or a clean, healthy environment.
- 4. Medication** often offers the child the ability to concentrate and control their behaviour, which, in turn has a positive effect on every aspect of their life. Medication should always be closely monitored and adjusted as necessary. The physician's instructions must be followed closely.

Elayne Tanner has been very active in the field of ADD/ADHD, personally and professionally for many years. She frequently speaks and teaches on the topic. She counsels children, adults and families in coping techniques, strategies and self-esteem issues. Elayne Tanner works in conjunction with a number of local physicians in monitoring all aspects of ADD/ADHD. For a free consultation or further questions, please call (905) 854-0801.

Fees are based on 60 minute hour appointments and are negotiable if necessary. Confidentiality guaranteed.