

Ask The Professionals

If you have any questions 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



Professional Electrolysis with Verifiable Sterilization

Judith E. Finn, C.C.E.

808 George St.
Milton, Ontario L9T 1T8

By appointment Please Fax
(905) 878-8045



JUDITH E. FINN C.C.E.

Q: What is Electrolysis?

A: It is the permanent removal of superfluous or unwanted hair growth using a very mild electrical current directed at the base of the hair follicle.

Q: Who is it for?

A: This service is available to everyone from the ages of 5 to 90, both men and women. Although the process has been performed for over 100 years, first by doctors then by trained professionals there are certain criteria one must look for before acquiring treatment. The permanent removal of unwanted hair growth is a very unique and fascinating field entailing medical background and practical expertise to eliminate the hair growth problems which people endure.

Underlying physical factors sometimes contribute to facial hair in both men and women. Continual use of temporary methods of hair removal such as tweezing, waxing, shaving, etc. often leads to heavier growth and irritation. Hair growth is not something that needs to be endured, since electrolysis performed safely and effectively will eliminate those areas that may be bothersome.

Q: What should I look for when choosing an electrologist?

A: Sterile disposable needles only — discarded after each treatment.

Never purchase your own needle. Public health and safety is a main concern. Electrolysis performed appropriately is a very safe and effective method of permanent hair removal. This is a health care service and complete, verifiable sterilization procedures must be practiced!

Professional Electrolysis available at Central Electrolysis Clinic



258 Commercial 878-7552

Q: What are some of the benefits of having my 2 year old in daycare rather than with a babysitters?

A: Although there are excellent home day care providers, some children need the extra social interaction and learning activities that a child care centre can provide.

The children at our centre are grouped together by age, with many age appropriate activities. There are a large variety of toys and materials, which combined with themes and special days, no one gets bored. Even at a young age children have access to computers, puzzles, music and creative art.

Young children often have difficulty sharing and because their communication skills are not developed this could lead to biting and hitting. In our centre, we offer so many activities that a child can be redirected quickly thus avoiding these conflicts.

As well as having lots of fun, our program is geared to early learning so that by the time a child is off to kindergarten they already have a head start. If a parent wishes siblings to be together, there are ample opportunities for this, during music time, outdoor field trips and other times during the day. Most children quickly adjust to a child care centre and soon comes the day when they won't want to leave.

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Tel/Fax (905) 876-0940

420 Main Street East, Milton, Ontario L9T 1P9



Lou Mulligan
CFP

Q: Are financial planners like stock brokers?

A: A stock broker is largely focusing upon a 'transaction-based' relationship • buying and selling particular stocks or bonds for his customers. A financial planner develops a 'plan-based' relationship. Financial planners develop and implement strategies aimed at achieving their client's specific goals and objectives. Stock brokers may not offer some of the financial products and services you need to execute your plan.

Both financial planners and stock brokers sell GIC's, mutual funds and limited partnerships. Both give investment advice for the products they sell. Financial planners provide segregated fund, as well as life and disability insurance. Planners specialize further, by designing and setting up detailed plans for asset growth, tax minimization, up grading retirement lifestyles, estate protection and maximizing family inheritances.

Some financial planners, such as Money Concepts, are independent and choose the best products from many competing suppliers. Other planners may represent only one supplier/ employer. A stock broker works for a firm which may be underwriting, or may own, the various financial investments which are being recommended.

While both focus on maximizing the growth of your assets, the financial planner also emphasizes minimizing investment risk, personal and estate taxes.

Get the right advice from the right type of advisor! Call Money Concepts in Milton, 876-0940 for professional financial planning 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 diabetes, and why should a diabetic see a Foot Specialist?

A: Diabetes is a syndrome in which there is a shortage or an absence of a hormone called insulin. The pancreas produces insulin to allow the body to take sugar (glucose) and store it for energy. Without insulin, the sugar levels increase in the blood and the body becomes weak, and might go into a diabetic coma.

All of us are likely to have problems with our feet, but diabetics develop serious problems more quickly and have more complications. Three complications related to the feet that diabetics are likely to encounter are poor circulation, neuropathy and delayed wound healing.

Poor circulation often happens when we get older, however with diabetes the likelihood is higher. Chronically tired feet or painful feet may mean your circulation is poor. Symptoms such as numb, tingling, cold or blue feet and swelling that will not go down, indicate poor circulation. Cramping may occur at night, during rest, or while walking a short distance. Smoking, caffeine, and stress usually increase the severity of the symptoms.

Diabetic neuropathy is damaged nerves that can cause insensitivity or a loss in the ability to feel pain, heat, and cold. Position sense is also often lost with neuropathy, so the feet strike in their path. Diabetic neuropathy can also affect the muscles of the feet, causing deformities such as hammer toes.

Poor wound healing is another health concern with diabetes. When a person that does not have all the sensation in the feet, walks around with their foot unprotected, they are likely to injure their feet and create a wound. Some wounds or ulcers that diabetics receive last months or even years due to their inability to heal properly.

As you can imagine there are numerous problems which go hand and hand with age and diabetes. It is wise for diabetics to receive and inspection by a foot specialist at a minimum every six months. When individuals have ingrown nails, corns, callous or any other problems which require some form of treatment, it is very important that a professional perform these treatments or else you are risking your own health.

If we could be of some assistance, 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.

Father's Day gift certificates available

Happy Father'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: A loved one died almost a year ago and I have never felt well since. Do you think that there could be a connection after such a long time?

A: Yes! The grief process is a complex one. When we suffer a severe loss we sometimes do not want to express it openly. We are afraid that if we start to cry we may not be able to stop, or we think that talking to others about our loss will burden or depress them. Sometimes our pain is too great and our subconscious numbs us. Time passes and we feel that we are dealing well with the loss. The grief, however, is like a monster fighting to escape. If you do not let it out by means such as talking, crying and writing, it will find other ways. These may include headaches, stomach troubles, breathing problems, anxiety, rashes, insomnia and general unwellness and depression.

We all know that grieving follows the death of a loved one but many do not realize that the grief process will frequently follow events such as:

- *loss of a pet
- *divorce
- *loss of our health (because of age, accident, or illness)
- *sudden unemployment

In all of these examples, we have lost something. Sometimes we feel silly for our sadness. People tell us and we tell ourselves to "get on with it" or "it is better this way" but unfortunately this never helps the grieving process. The only thing that helps is allowing yourself to feel the pain and deal with the loss. No one wants to go through these feelings, but sadly, it is the only way. Counselling can frequently be of great help in this process.

Elayne Tanner has had many years of experience in counselling people suffering from loss and grief. Her quiet, rural setting helps you to get away from the bustle of daily life and do the necessary work to bring you back to your maximum functioning and state of wellness.

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

For a free consultation or if you have any further questions, please contact Elayne Tanner.

Call (905) 854-0801