

Naturopath helping Bolton woman with MS

By **ALAN LICZYK**
Staff Reporter

With the help of a naturopath, a Bolton woman with multiple sclerosis hopes to get back to where she once was with her health.

Theresa Anderson, 41, started seeing her naturopath in December who is giving her alternative methods to medicine. She put Anderson on diet restrictions, telling her to eat chicken, turkey and fish, and to avoid dairy and gluten which promote inflammation.

"I hate fish, but she got me on to eating fish," she said.

Her naturopath has had MS herself for 23 years and she suspects hormones may play a part in the disease.

Anderson has noticed a difference in the three months since she started the diet.

"I think it has helped a little bit," she said.

She first started having symptoms of her disease when she was a teenager. She was experiencing numbness in her trunk and legs. Then in 1985 her right hand was paralysed for four months. Her doctors suspected she had MS, but diagnosis was difficult at that time. More symptoms cropped up over the years, but it wasn't until 1995 that she was officially diagnosed when she had an MRI done.

Her disease, however, didn't hold her back from attaining the career she always wanted.

"I wanted to be a teacher since Grade 2," she said.

"There was nothing that was going to stop me."

She went to York University and obtained a faculty of education and faculty of arts. She's been working at a high school in North York for 16 years, first as an English and French teacher, and now as a guidance counsellor.

In April 2003 she suf-

fered a setback in her health when she had a major exacerbation. She began to have difficulty walking.

"I had to use a cane," she said. "I use it for long walks now."

She was taking a medication called Rebif at the time, but she still had the exacerbation. She stopped

taking it after a year because she was having side effects.

Anderson had to go on disability for 16 months before returning to work in September 2004. While she was off work, she finished her qualifications to become a guidance counsellor. She had actually started her courses in 1993 at York University and then finished them online on her computer in 2004 through Queen's University.

"I always wanted to be a counsellor anyway," she said. "I love it. I love my job."

She currently works from 10 a.m. to 1 p.m. While being a guidance counsellor isn't as physically demanding as being a teacher, she still finds it tiring. She has 70 kids she provides counselling to, all of them in Grade 9 and having special needs. For example, some don't function in language or math as well as others.

Anderson's husband of 15 years, Andy, said she is always advocating for the kids.

"She really wants to stick up for them," he said.

The couple have lived in Bolton since 1997. They weren't able to have children of their own.

Anderson has no family history of MS. She has three sisters, but none of them have it.

She is now taking another medication called Copaxone which she researched. It comes in a more natural form and has no side effects. She asked her neurologist about using it and he agreed with her going ahead. She has five areas on her body that she injects with the Copaxone, but she only injects one area daily and rotates the injections to a different area the following days. The injections can cause bruising. She sees her neurologist annually at the MS clinic at St. Michael's Hospital in Toronto.

Some of the things Anderson can't do anymore because of the MS are play golf or take yoga with the general public. She is able to do Pilates at home using a video and she can go

walking if Andy helps her. She also serves as a eucharist minister at Holy Family Church in Bolton once a month on Sundays at 12:30 p.m., but she can only do it for 10 to 15 minutes.

She's very involved with the MS group in Bolton and has done administrative work the last five years for the local Zehrs Super Cities WALK for MS. This year's event will be held Sunday, April 15 at the Caledon Community Complex in Caledon East.

Anderson also facilitates a group of 15 teachers who have MS. They meet four times a year, and her naturopath will be coming to their meeting in April to speak. Their union is trying to spread awareness of MS in all school boards across Ontario.

"Yes, we might have an illness, but we can still function," she said.

She added her prognosis is very unpredictable. She needs to be aware and take the rest when she needs it.

"I hope I get better actually," she said.



Theresa Anderson



**DUFFERIN - PEEL
CATHOLIC DISTRICT
SCHOOL BOARD**

TENDER CALL FOR PRE-QUALIFIED GENERAL CONTRACTORS

ROBERT F. HALL SECONDARY SCHOOL 2005 RENOVATIONS - PHASE II

SEALED STIPULATED SUM TENDERS will be received only from pre-qualified General Contractors at the Dufferin-Peel Catholic District School Board, Catholic Education Centre, Main Floor Reception, 40 Matheson Blvd. West, Mississauga, L5R 1C5 until 4:00 p.m. local time on:

THURSDAY, 26TH, APRIL, 2007

Bid documents may be obtained by pre-qualified General Contractors from **Stafford Haensli Architects Inc, 25, Watline Avenue, Suite 300, Mississauga, Ontario. (905) 568-1010 after 12:00 noon., THURSDAY, 5TH, APRIL, 2007.** Two sets of bid documents may be obtained by General Contractors and one set by Mechanical & Electrical Sub-contractors against a **refundable deposit of \$200.00 per set by certified cheque**, payable to Dufferin-Peel Catholic District School Board.

Pre-qualified General Contractors and Sub-Contractors, may obtain additional sets on **non-refundable** basis. Bid Documents will be on display at the Toronto, Mississauga, Grand Valley and Hamilton Construction Associations.

General Contractors' tender submissions must be on the forms supplied by the Architect and accompanied by a Bid Bond for 10% of the Tender Amount and by an Agreement to Bond for 50% Performance Bond and 50% Labour & Material Payment Bond.

Lowest and/or any tender not necessarily accepted.

P.FERREIRA
Chairperson of the Board

M. G. BATOR
Director of Education

REGIONAL MUNICIPALITY OF PEEL NOTICE OF PUBLIC INFORMATION CENTRE

Municipal Class Environmental Assessment Inglewood Reservoir Expansion Project No. 06-1810

The Regional Municipality of Peel is completing a Class Environmental Assessment (EA) to address expansion requirements at the Inglewood Reservoir in the Town of Caledon. In order to ensure adequate water supply volumes and continued public safety and reliability in the drinking water system serving the community of Inglewood, there is a need to expand the Inglewood Reservoir.

The project is being planned under Schedule 'B' of the Municipal Class Environmental Assessment. A Public Information Centre (PIC) is planned to provide further information to the public and to receive input and comments from interested persons:

The PIC is scheduled for:

Date: Thursday, April 5, 2007
Time: 6 - 9 p.m.
Location: Inglewood Community Centre
15855 McLaughlin Rd.
Inglewood, ON

Subject to comments received as the result of this PIC, the Regional Municipality of Peel intends to proceed with the planning of this project and an Environmental Study Report will be prepared and placed on the public record for a minimum 30 day review period.

If you are unable to attend the PIC and would like to review and provide comments for consideration, or would like additional information, please contact either of the following Project Team members:

William Turner, A.Sc.T.
Project Manager
Region of Peel,
10 Peel Centre Dr.
Brampton, ON L6T 4B9
Tel: 905-791-7800, ext. 4593
Fax: 905-791-0728
E-mail: william.turner@peelregion.ca

Paul McLennan, P. Eng
Project Manager
Gamsby and Mannerow Limited
Suite 210, 255 Woodlawn Rd. W.
Guelph, ON N1H 8J1
Tel: 519-824-8150
Fax: 519-824-8089
E-mail: pmclennan@gamsby.com

Region of Peel
Working for you

WELCOME WAGON
a new baby?
in this world, there's always room for one more.
WELCOME WAGON
www.welcomewagon.ca
905-857-3625