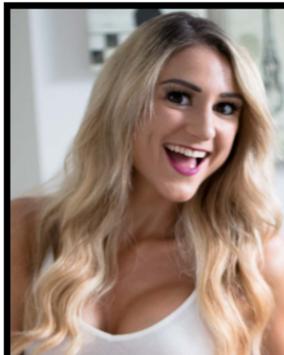


HEALTH CORNER



Healthy Living Healthy Eating

from Marissa Liana

Certified Nutritional Practitioner/Health Coach
Specialized in Applied Holistic Nutrition from the Institute of
Holistic Nutrition. b.a. (Honours) in Kinesiology from UOIT.

CREATING A HEALTHY IMMUNE SYSTEM STARTS IN YOUR GUT

Creating a healthy immune system doesn't mean just supporting it during cold and flu season. It is an ongoing process that creates a sustainable, internal environment to protect us from short-term illness and long-term diseases. One of the best ways to ensure a healthy immune system is to ensure the health of our gut! But why?

You should start to think of the gut as being the barrier that protects us from the outside world. It is also important to know that approximately 70% of our immune system resides in our gut. Our "gut-associated immune system" and the gut lining is highly selective and designed to only allow properly digested amino acids, fatty acids, simple sugars and certain molecules through the gut wall into the body and bloodstream. When the gut lining is inflamed (due to food sensitivities, bacterial imbalances, medications, antibiotics, low stomach acid, poor diet and low digestive enzymes), unwanted and improperly digested food proteins bypass the damaged gut lining and make their way into the bloodstream. This triggers an immune reaction and eventually over time leads to the development of allergies and autoimmune conditions (the attack on our body's own healthy tissue)

If you suffer from rheumatoid arthritis, celiac, type 1 diabetes, inflammatory bowel disease (Crohn's/colitis), lupus, psoriasis, or eczema, you are going to love the newest ebook I am writing, Managing Autoimmunity through Digestive Healing. I am working with an alarming number of clients lately who have presented these conditions, and I knew this was a much-needed book to release to help you guys. Stay tuned to my Instagram page @marissaliana and my website www.marissaliana.com for the launch of this ebook.

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Direct Answers from Wayne & Tamara Castaway

I'll get right to the point. Lately my best friend Matt has been blowing me off left and right. I have no idea why. We used to hang out every night. Now days go by and I don't see him. Not that he's really doing anything. He's usually home, and sometimes people come over and hang out at his house, but I have no idea

why he doesn't ask me.

One thing I should tell you is that we were friends with this guy Jacob, and then Jacob and I had a huge fight and no longer speak. Matt feels stuck in the middle. I don't know if that has anything to do with this or not. But I know if Jacob is around, Matt won't even call me because Jacob's there. I'm hurting bad because Matt's my best friend and I feel I'm losing him. I've tried everything. I've blown him off for a couple of days, hoping he'd realize what he's missing, but he's stubborn, just like me, so that doesn't work.

I can't "talk" to him, because you know how guys are, they can't talk about their feelings. I want to save this friendship more than anything, and I need advice. I'm at a loss.

Rob

Rob, in Daniel Defoe's famous tale, Robinson Crusoe finds himself shipwrecked, alone on a deserted island. In despair he cries out, "Oh that there had been...but one soul saved out of this ship...that I might but have had one companion...to have conversed with!"

Loneliness is one of our worst feelings. As the song says, "One is the loneliest number." It calls up a primal fear and the memory of waking in our crib, believing we are solitary in the universe.

You don't know why Matt cut you out of his life. It could be a preference, an unintended slight or a miscommunication. It could be he takes Jacob's side. Or it could be Matt does not even see what is going on. But you will never know until you ask.

Perhaps Jacob wants to take your spot. Perhaps he is a person who plays two against one or a person who seeks revenge. But even if it is a guy thing not to talk about feelings, you should be able to have your say.

If you accidentally did something, you need a chance to make it right. If it's just a matter of liking Jacob better, that shouldn't put you completely on the outs. But the more time that goes by the less chance there will be to remedy this.

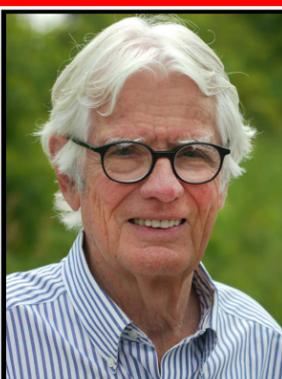
When we feel we have been wronged, we can't let things go. You can't let the clerk shortchange you or the bank rip you off. You have a right to say, "Hey. This isn't the correct change," or "I think there is something wrong with my bank balance."

We are not telling you to protest aggressively, we are telling you that you have a right to question. Think of it not as a confrontation but as a plea for information. Why did this happen? Can it be mended?

We fear the unknown as much as we fear loneliness. If you continue not knowing, it will only compound your problem. Robinson Crusoe said he felt condemned to "silent life." You don't have to choose the same fate.

Wayne & Tamara

Send letters to: DirectAnswers@WayneAndTamara.com



The Doctor Game

By W. Gifford-Jones M.D.

A Great View, But Will it Kill You?

What is the greatest threat to having a heart attack, the nation's number one killer? Ask this question and most people will answer it's having high blood cholesterol. Or they respond, it's due to hypertension, obesity, diabetes, or a stressful lifestyle.

But suppose you ask what things will improve the chance of surviving coronary attack? I'd predict that after some hesitation the answer will be having someone nearby to administer cardio-pulmonary respiration (CPR). But how many will know it depends on the floor you're living on in a high rise building? And what should you know about the 26th floor?

I've now been living for 35 years in a high rise condo in Toronto. But my wife and I never considered that whether we chose to have a view of Lake Ontario or the city might be a lethal decision. Now, a report in the Canadian Medical Association Journal by Ian R. Drennan, an advanced care paramedic and his colleagues, says the floor you live on can be a matter of life or death.

Their study shows that more than 400,000 out-of-hospital cardiac arrests occur every year in North America. They add that, "in spite of continued attempts to increase resuscitation care, survival to hospital discharge in most communities remains below 10 percent."

They continue, "rapid defibrillation and high quality CPR are essential to survival, with an absolute decrease in survival of 7 to 10 percent for each minute of delay to defibrillation!" Today, and in the future, an increasing number of people will be living in high rise condos. For instance, over a five year period in Toronto there's been a 13 percent increase in those living in high rises. Moreover, 40 percent of homeowners over the age of 65 reside in high rise buildings, the very ones who are at higher risk of cardiac arrest. This will result in an increased number of 911 calls from high rise condos.

So what can go wrong? Drennan and his colleagues outline a number of obstacles, some just lacking in good sense. For instance, the majority of studies consider the time it requires from the moment a 911 call is placed to how long it takes for help to arrive at a residence. But with a condo, ambulance and fire-fighters face either a flight of stairs or an elevator.

The CMAJ reports elevators pose a significant problem. Barriers to elevators are the main cause of delay. Elevators may be in the process of moving a new resident in, or moving one out. Or it may be rush hour in early morning or late afternoon causing an increase in wait times.

I found it disturbing to read that in 67 percent of cases the ambulance stretcher could not fit into the elevator! In a similar number of cases, an entry code was needed for access, or doors to the building were locked. Or a lack of directional signals occurred in 82 percent of cases. Finally, no one was available to quickly escort medical personnel to the patient.

So who survived? This is not a reassuring story. For those living below the 3rd floor the overall survival rate was 4.2 percent. It was 2.6 percent if you lived above this level. But suppose you had purchased a condo above the 25th floor with an eye-catching panoramic view of the city. At this high level there were no survivors!

What's the message? Life is a game of chance at any time and in any location. But this study shows you may pay a price for a lofty view, namely your life, when chest pain suddenly strikes.

So if you live in a high rise condo, or plan on moving to one, find out the number of barriers that will delay first responders to your floor. See if there are any automated external defibrillators at specific locations nearby that would increase survival. Then learn about instruction for personnel to learn how to use them. The study revealed that bystander use of them was low.

My floor number is not above the 25th. But I admit this was not good planning, just good luck.
Online docgiff.com Comments info@docgiff.com

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