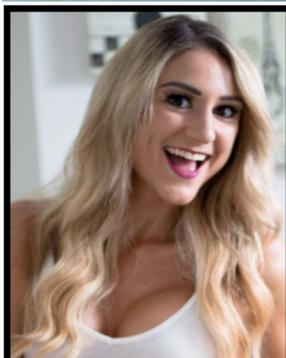


# HEALTH CORNER



## 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.

### Improve digestion with these simple life hacks.

Experiencing digestive difficulties despite eliminating an abundance of foods, undergoing a cleanse, taking digestive enzymes, or adding a probiotic? Some people may not realize how much stress can actually impact our digestion. Especially for those who have an irritable bowel.

It is firstly important to distinguish stressors. Stress does not only consider mental and emotional stress. Stress can come in the form of physical, environmental (think pollutants and chemicals), emotional, and even dietary stress as food intolerances generate excess inflammation in the body, which puts added stress on our systems. If you are the type of person who has a stressful living environment with our spouse or family members, is always eating on the go, rushing meals at work, or including stress from medications and drugs, you are more likely to experience irritable bowel and digestive issues. Instead of being in the state of "rest and digest" during meal time, your body is in a state of fight or flight. These conditions affect the enteric nervous system, which connects our digestive system to our central nervous system (our spinal cord and brain). Depending on the severity of this stress, our digestion can actually completely shut down, or produce symptoms of irritable bowel and diarrhea to prepare our body for the perceived battleground at hand.

As a Holistic Nutritionist, and a digestive healing guru, I think it is important to share ideas on how to reduce stress with my clients in order to improve their lives and ultimately their digestion. Some of my favourite ways include:

- 1) Make sure you set time aside for yourself to eat in a stress-free environment. I know many people, including myself, can be guilty of being so busy that we quickly wolf down a meal or snack on the go. Do not multi-task while eating and thoroughly chew each bite.
- 2) Practice mindful eating. This includes things like listening to your body and hunger signals when you're full or hungry, consider the quality of your foods and where they're coming from as opposed to "comfort eating", and adopting an eating schedule as opposed to eating at random times and places each day.
- 3) Include adaptogenic herbs like Ashwagandha and Maca into your diet or supplement routine to boost energy naturally and help your body cope with stress without relying on caffeine. This will help to take the load off the nervous system and aid symptoms of irritable bowel.

For more digestive tips and wellness, check out my website!

Until next week, Stay well.  
Marissa.

[www.marissaliana.com](http://www.marissaliana.com)



## Direct Answers

from Wayne & Tamara

### Strange Brew

I am a 34-year-old straight woman in an open marriage with a 39-year-old straight man. I have taken far more advantage of the openness of our marriage than my husband, at least until recently, and I have had a string of long-term affairs and short-term flings.

During the past eight months I have basically been living with another man in a neighboring town. I am drawn to men who are starkly different than my husband, who is an intellectual, moderate in his vices, with disdain for men who spend every evening in a pub.

I have a drinking problem, but it is not a problem I feel any need to resolve. I am drawn to men who, like me, are also drinkers. I can have a glass of wine in the morning, drink until I pass out in the afternoon, and wake up when my lover comes home. Then go to the pub with him and start drinking again.

My husband can't tolerate that behavior.

This past Sunday my lover and I went to a country pub. I glanced in the dining room and saw my husband with a beautiful older woman, but not just any woman, it was my mother. From the way they looked at each other and were touching, I could tell they were quite obviously in love.

My mother is 54, breathtakingly beautiful and, unlike me, hasn't let her body go. My husband, who is handsome and fit, looked happier than I had ever seen him. I went to the toilet and threw up. Then I dragged my lover out of the pub, went straight to the off-licence, bought a liter of vodka, and drank at his house until I passed out.

I feel betrayed by my mother and my husband. There has always been something lurking beneath the surface with them. I guess she made her move and he couldn't resist, or maybe it was the other way around.

Knowing I can't go back to my life as it once was makes me miss it so much. My mother is the one having long talks with my husband at night, going to a nice restaurant with him or the theatre, and I am at a grubby pub every night with my alcoholic lover.

I started stalking them, sitting in the car down the street from our house, drinking vodka from the bottle, and watching them come out hand in hand to play tennis in the courts down the street or go out to dinner.

I have sneaked in the house and gone up to what used to be our bedroom and found my mother has moved her clothes into the wardrobe and taken out what I had left. I even saw a tube of lube on the bedside table.

Seeing that made me hate her more than you can believe. My husband would be disgusted with the way I have let myself go, but he's happily enjoying my mother's perfect body.

I haven't confronted either of them yet. I would love to put an end to their happy little relationship. It is sick that my mother stole her daughter's husband, and I despise her for that. I can forgive my husband, but I could never forgive her and can't tolerate the fact that they are together.

Eleanor

Eleanor, your long letter deserves a full response, which we will publish next week.

Wayne & Tamara

Send letters to: [DirectAnswers@WayneAndTamara.com](mailto:DirectAnswers@WayneAndTamara.com)



## The Doctor Game

By W. Gifford-Jones M.D.

### Insomnia; It's Shortening Your Life

F. Scott Fitzgerald, the author, once remarked, "The worst thing in the world is try to sleep and not to." I'm sure many readers share Fitzgerald's problem. But suppose this common trouble kills you? That's when it's worthwhile to find out more about insomnia, and why some people suffer from TAT (Tired all the Time).

Professor Matthew Walker is founder of the University of California Berkeley's Center for Human Sleep Science. He's also author of the book, "Why We Sleep." Walker says, "The silent sleep loss epidemic is one of the greatest public health challenges we face in the 21st century."

Right now, if you become drowsy while driving, his figures should awaken you. Walker says that one person dies every hour in the U.S. due to fatigue-related mistakes. For instance, this week over 2 million people in the U.S will fall asleep while driving! This translates into 1.2 million accidents caused by drowsiness every year in the U.S. Could driverless cars cause so many accidents?

On first thought one would expect professional drivers to have a better track record. But Walker says truck drivers are more hazardous because 80 percent are overweight and 50 percent clinically obese, increasing the risk of sleep apnea.

The result can be catastrophic. Long distance truck drivers have a 200 to 500 percent greater risk of accident. And when a driver is killed, he or she takes 4.5 other people with them!

Currently, there are more than 20 sleep studies that have been following patients for several decades. For those who suffer from insomnia one single relationship is notable and disturbing, namely, the "shorter your sleep, the shorter your life!"

But being short on sleep is the cause of more than traffic accidents and death. Professor Walker also shows evidence it's related to heart attack, obesity, diabetes, cancer and dementia.

Walker reports that in the spring when we lose one hour of sleep due to Daylight Savings Time, there's a 24 percent increase in heart attacks. Then in the fall when we gain one hour, the reverse, a 21 percent decrease in coronary attacks.

He reports that even our body's waste-removal system ramps up activity during sleep. This helps to remove plaque from coronary arteries, with less chance of heart attack. Sleep also decreases amyloid-beta waste products in the brain decreasing risk of Alzheimer's disease.

Equally alarming is the fact that Walker's research could not find a single psychiatric condition in which the subject's sleep was normal!

But how could insomnia affect whether or not one develops cancer? Walker claims that following one night of just four hours sleep, our natural killer cells that attack cancer cells decrease by 75 percent. Due to this loss of killer cells researchers have linked numerous types of cancer such as bowel, breast and prostate malignancies to insomnia.

To drive home the importance of sleep, and possible development of cancer, Walker notes that since 2007 The World Health Association has labelled shift work as "a probable human carcinogen." Moreover, if you are fighting a battle against cancer, sleep deprivation may cause malignancy to grow more quickly and be more aggressive.

What did not surprise me is that insomnia and drug addiction go hand in hand. Unfortunately, the Walker studies show that children who are chronic poor sleepers are at increased risk of alcohol and drug abuse in their adolescent years. Insomnia has also been associated with bullying.

So how can you improve your sleep so you're not tired all the time? Go to bed and get up at the same time even if it's been a bad night. Keep the room temperature at about 65 degrees (18 celsius) and wear socks if your feet are cold. One hour before bedtime turn off the TV, dim lights and use blackout curtains. Avoid caffeine after one p.m. and don't go to bed tipsy. Alcohol is sedation, but it is not sleep.

Still cannot sleep? Then get up and do something quiet and relaxing until you have an urge to sleep.

But what says Walker if his students snooze during his lectures? He says he's flattered! He knows sleep helps fact-based learning and memory.

Online [docgiff.com](http://docgiff.com) Comments [info@docgiff.com](mailto:info@docgiff.com)



## HEALTHY LIVING

By Dr. George Traitses

D.C., B.Sc.(Hon.), M.Sc., C.H.N., C.N.M., A.C.R.B. 3, C.R.A.  
Member of the Ontario Chiropractic Association

### Pregnancy and Your Back

Did you know that at least 50 per cent of pregnant women experience back pain? And 10 per cent of those report discomfort severe enough to disrupt their daily routines. The good news is that there are steps you can take to baby your back during pregnancy.

What causes pregnancy-related back pain in the first place?

The average healthy weight gain is more than 30 pounds. This extra weight places considerable stress on the back, feet, ankles and knees. As your baby grows, the core abdominal muscles become stretched, and cannot stabilize your posture as well as they did before.

In the third trimester, levels of a hormone called "relaxin" increase ten times. This also contributes to back pain. Relaxin loosens your joints to allow the pelvis to accommodate the enlarging uterus. These loose joints force the muscles of the back and pelvis to work overtime to keep you upright and balanced.

Try these tips to help minimize your risk of back pain.

Exercise can help increase muscle support for your aching back. Always consult a health care practitioner before participating in a new exercise regimen. Low impact cardiovascular activities, such as swimming, walking, or stationary cycling can help relieve pain and maintain fitness.

Sleep on your left side to reduce the pressure of the uterus on the large blood vessels in the abdomen, and optimize blood flow to both mother and baby.

Place a pillow between your knees to take pressure off your lower back when sleeping on your side.

Take frequent, short breaks with your feet elevated.

Remember, adequate rest restores your energy and gives your back a chance to relax.

Wear flat, supportive shoes and use a lumbar support pillow in your chair at home or work. If you sit at a computer or desk, take frequent breaks and walk around for a few minutes each hour.

Don't be afraid to ask for help, especially when lifting heavy objects, including other toddlers and children.

Studies Show

Numerous studies show that back pain can be reduced by manual therapies during pregnancy. In a study of 170 Canadian women those who received chiropractic care reported less pain both during pregnancy and during labour.

A maternity chiropractor can provide safe, effective, and drug-free conservative care to relieve pain, by decreasing pressure on the joints, muscles and nerves of the spine and pelvis.

For more information on health and safety please visit the Ontario Chiropractic Association web site at [www.chiropractic.on.ca](http://www.chiropractic.on.ca) or call 1877-327-2273. Dr. George I. Traitses of Infinite Health practices traditional chiropractic, advanced nutrition and anti aging therapy and has been serving the Toronto and Markham communities since 1981. You can reach him at 416-499-5656 or [www.infinite-health.com](http://www.infinite-health.com)

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