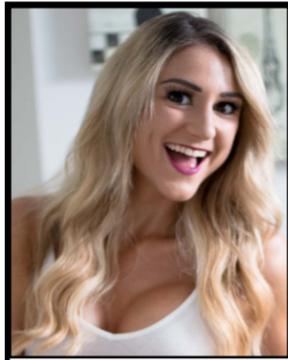


# MEDICAL FILES



## 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.

### Healthy on a budget: Avoid these “Dirty Dozen” to improve your digestion.

If you're looking to preserve the health of your immune system and digestion, you will want to purchase organic produce, particularly for "the dirty dozen". Evidence shows that exposure to environmental chemicals such as those on non-organic produce has been linked to various health disorders, including obesity, type 2 diabetes, cancer and dysregulation of the immune and reproductive systems. In terms of our gut, these environmental chemicals damage our gut's, further leading to digestive deterioration. When our gut bacteria/microbiome are compromised, we are left with horrible digestive symptoms such as cramps, diarrhea, gas, bloating and constipation.

Conventional produce is sprayed with pesticides and herbicides that damage our internal microbiome. The "dirty dozen" refers to the most heavily sprayed/contaminated produce that you should always purchase organic. These include:

- Strawberries
- Spinach
- Nectarines
- Peaches
- Apples
- Pears
- Cherries
- Grapes
- Celery
- Tomatoes
- Sweet bell peppers
- Potatoes and hot peppers

While purchasing organic can become costly, there are certain foods which are on Environmental Working Group's "Clean Fifteen" list, and can be safely purchased congenitally to save you some money! These foods have been found to have the least amount of contaminants and include:

- Avocado
- Sweet corn
- pineapple
- Cabbage
- Onions
- Frozen sweet peas
- Papaya
- Asparagus
- Mangoes
- Egg plant
- Honey dew melon
- Kiwi
- Cantaloupe
- Grapefruit
- Cauliflower

I would also recommend washing your vegetables and fruit with vinegar and water+sea salt to remove any contaminants. If you love these digestive tips and are looking for a complete digestive healing guide, you will love my Bikini Bod Beat the Bloat Ebook, A complete digestive healing meal plan and supplement guide to ease your digestive distress.

Visit [www.marissaliana.com](http://www.marissaliana.com) for more info and don't forget to stop by my Instagram page @marissaliana ! If you want help doing the same and you're looking for a total hormonal detox and diet refresh, I recommend checking out my Fresh Start 14-Day Holistic Detox on [marissaliana.com](http://marissaliana.com)  
[www.marissaliana.com](http://www.marissaliana.com)



## Direct Answers All About Him

from Wayne & Tamara

I am a married man, 47, going into my sixth year of marriage. I am having a bit of trouble lately. For starters, the marriage has been strained, mostly due to some mistakes I made, but we are slowly working things out. My main problem of late is depression and anxiety triggered by that situation and one other pressing issue. I have found myself developing a crush on my wife's best friend. I know this is an almost impossible situation, as she also is involved with someone and we are all good friends. I find myself nervous when I am around her and when I am not around her. I am playing it cool and do not want to hurt my wife, or anyone else for that matter, but it is bothering me. I am trying to work through this in the hope it will pass or that my wife and I will rekindle and get back on track.

**Travis** Travis, what does "mostly due to some mistakes I made" mean?

**Wayne & Tamara**

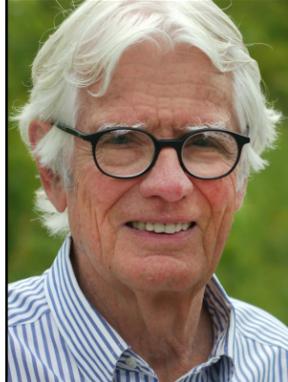
I lied about financial issues and job related stuff. My wife and I are past that, but still not on the same page. She claims there is a big lump where her heart used to be. I believe this is what has led to my attraction to her friend. While waiting for your reply, I confronted my wife's best friend with my feelings towards her. She was okay and very accepting towards it. I chose not to mention it to my wife until I feel it is appropriate to bring it up. I am also going to therapy. Travis

Travis, in psychology there is a principle known as the maturity principle. The maturity principle says that adults tend to become more emotionally stable and responsible as they age. They also tend to become less neurotic and self-centered. What's the basis of your problems? You are trying to buck the maturity principle Chaos rains down on your life, and you act as if it is someone else's fault. A young man might use his youth to excuse impulsive behavior. "I was 21 and married this stripper in Vegas. What was I thinking!" But at 47, excuses wear thin. You'd like to use anxiety and depression as a defense, but your problems can be explained by simple cause and effect. For most people, money and job issues equal safety. You lied about both to your wife. Now her heart is cold. Take credit for what you caused. You thought intimate involvement with her best friend was a solution to your problems, and all you did was create one more problem: what if she tells my wife?

People aren't dolls in a dollhouse or avatars on a computer screen for you to manipulate. You said you are in therapy. If that's true, you cannot get the level of care you need until you link the way you feel with the acts you commit. You have to face your self-centered nature. You can't be with others, or connected to others, when all you think about is yourself. A truly selfish person can only be alone in the world. Your past will be your future until you have a new outlook. Imagine this. I will be brutally honest about myself and my motivations. I won't complicate the lives of others until I can act with the understanding a 47-year-old man should possess. Embracing the maturity principle is the only way out of your problems.

**Wayne & Tamara**

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



## The Doctor Game W. Gifford-Jones M.D. Mediterranean Diet for a Long Life

Leonardo da Vinci once remarked, "Trifles make perfection and perfection is no trifle." Trifles can make a huge difference in surgery, when building rockets, in nutrition, or in life generally. For instance, a report in the publication LifeExtension shows that a Mediterranean Diet prolongs life. As we all age, this is no trifle.

For years doctors and nutritionists have known the Mediterranean Diet is a "Five Star" one. But no one knew why this diet had such remarkable benefits. Now, researchers have discovered its success is due to polyphenols (a plant based compound). They lower the risk of cardiovascular disease (CVD) by an amazing 60 percent! This means fewer heart attacks, strokes, hypertension and less inflammation.

The author of the report, Michael Downey, says that most people fail to obtain sufficient polyphenols in their diet. Authorities agree that people should eat 10 servings of fruit and vegetables every day to reduce CVD risk. Unfortunately, for most people, it's impossible to consume this amount of fiber, nuts, artichokes, lentils, grapes, pomegranates, olives, fish and wine each day.

The Mediterranean Diet also affects the risk of dying. In 2016, at the European Society of Cardiology conference, a study showed that the number of those who followed the Mediterranean Diet were 37 percent less likely to die than those who ate a non-Mediterranean diet.

One researcher made the sage remark that "the Mediterranean Diet provides more protection against heart disease than most of today's prescription drugs!" And this isn't a trifle!

Since so many North Americans suffer from hypertension, one study is of particular importance. After a year on two types of Mediterranean Diets, subjects showed that blood pressure had declined. Equally important, researchers discovered that increased amounts of polyphenols and nitric oxide were being excreted by the kidneys.

Nitric oxide (NO) is nature's natural arterial relaxant. I've previously reported that, as we age, less NO is produced by our bodies, causing constriction of arteries, hypertension and erectile dysfunction. Neo40, a natural remedy, is a pill that produces NO and is available in Health Food Stores (HFS). Due to my age I've been using this product daily for several years.

In view of the increasing prevalence of Alzheimer's disease another finding is significant. Those who were consistent in following the Mediterranean Diet had less age-related brain shrinkage. Since it's a challenge for most people to consume sufficient polyphenols, extracts such as grapeseed, pomegranate, walnut, pecan and artichoke are also available in Health Food Stores.

I love blueberries and was pleased to read that numerous studies show blueberries supply the brain with increased amounts of oxygenated blood. British researchers studied the effect of blueberry concentrate on brain function for 12 weeks on a group of people with an average age of 68. What made this experiment unique was that researchers analyzed brain function with a powerful MRI scanner while subjects were being asked questions. This revealed that blueberries produced a significant increase in brain activity.

Later, the use of blueberry concentrate on a group of children 7 to 10 years of age showed another amazing finding. They were given a battery of tests over a period of several hours. Significant improvements in memory were seen as quickly as 1.25 hours after using blueberry concentrate.

Some authorities have labelled blueberries as the number one antioxidant. This means that blueberries destroy what's known as free radicals, the waste products of metabolism, which are associated with an aging brain, cancer, and heart disease.

So the Mediterranean Diet is a prudent way to fight these major problems as it contains a variety of fruits, vegetables, fish, grapes, nuts, fiber, and tomatoes loaded with lycopenes which may help to prevent prostate cancer. A variety of healthy polyphenol extracts are all available in Health Food Stores.

I'll add more blueberries to my diet. I'll also continue taking Neo40 and several thousand milligrams of vitamin C powder daily, which carries more oxygenated blood to the brain. Why? Because during the past year no reader has been able to inform me of anyone who has developed Alzheimer's disease while taking 4000 to 6,000 mg of vitamin C daily for several years. This is a very interesting finding.

Online [docgiff.com](http://docgiff.com) For 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)  
**Dr. George Traitses, 416-499-5656 [www.infinite-health.com](http://www.infinite-health.com)**