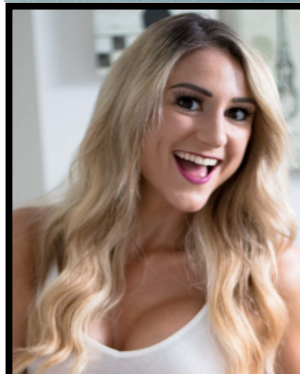


HEALTH CORNER



Healthy Living Healthy Eating

from Marissa Liana
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My Favourite Healthy Food Swaps

It has been 7 years now since I have been using nutrition as a method of healing. For those of you who don't know my history, when I was a teenager I developed horrendous digestive issues, from frequent diarrhoea, bloating, gas, intense stomach pain and chronic fatigue. When doctors told me I simply had "IBS", or an "irritable" bowel, I knew this couldn't be the answer. I wanted to know WHY. What was I doing or eating that was irritating my bowel? I began my own research and found a strong link between gluten and digestive issues. Despite my love for traditional whole wheat bread and cereal, I knew this was something I had to try. Literally within 2 weeks after eliminating gluten, I felt like a completely different person. I hadn't known what it felt like to not be gassy or in pain for almost 4 years. This was the only motivation I needed to continue with eliminating gluten from my diet.

Fast forward 2 years when I graduated with my Bachelor's Degree in Kinesiology, my love for nutrition continued to grow and I definitely knew I wanted to learn more about the healing properties of food. It is safe to say that my studies at the Institute of Holistic Nutrition were life-changing. I learned everything from Ayurvedic food principles to herbal medicine, to the psychology behind the disease, and various diet types for various populations. A common trend was that so many of us eating the Standard American Diet are overfed and undernourished. Yes, it is totally possible to be obese and malnourished. People are choosing empty calories over nutrient dense ones and put themselves on a blood sugar rollercoaster with frequent cravings, low energy and heightened risks of disease.

One of the best things I think we can do for our health is simply swapping poor food choices for healthier alternatives. Removing foods with empty calories, inflammatory promoting foods, and foods that worsen digestive health, and replacing them for nutrient-dense foods that are easy to digest, are health protective, and balance our blood sugar to promote a healthy body composition and a healthy mind.

I wanted to share some of my favourite healthy food swaps with you guys. My hope is that you can increase the nutrient density of each meal for improved weight management, better digestive health, improved hormonal balance, and overall improved vitality.

1) DON'T EAT: REFINED WHOLE WHEAT OR CORN TORTILLA/WRAP.

EAT: GRAIN FREE PALEO WRAP.

This swap is especially great for those suffering from diabetes, obesity and women with PCOS as this swap is super blood sugar balancing. Grain-free paleo wraps are SUPER high in fiber, low in carbs, and high in healthy fats. Fiber helps to bind excess hormones and remove them from the bowels. Healthy fats help to reduce inflammation and promote glowing skin and hormonal balance. Lowered carbohydrates, higher fiber, and higher healthy fats help to balance our blood sugar, keep us feeling full longer and reduce cravings.

2) DON'T EAT: DAIRY ICE CREAM.

EAT: DAIRY FREE ICE CREAM.

This swap is especially great for those who suffer from acne, hormonal imbalances, irritable bowel and obesity. Milk and dairy products (this includes butter) promote insulin production and induces acne. Acne is triggered by an insulin-disrupting diet, and milk and dairy products contain insulin-like growth factor 1, which then stimulates acne formation. Milk proteins also increase the male sex hormone testosterone which clogs pores and increases oil production in the subcutaneous skin glands. Dairy is also high inflammatory: The sugar and the proteins in dairy are what give it these inflammatory properties in the body. Especially susceptible individuals are those who are lactose intolerant as they do not produce the lactase enzyme, which is required to break down lactose, the sugar found in milk. This worsens the accompanied digestive issues whenever they consume dairy products.

I also swap my regular milk for almond milk and my dairy-based yogurt for coconut, cashew or almond yogurt.

3) DON'T EAT: POTATO CHIPS.

EAT: KALE CHIPS.

This swap is great for anyone who is as extra as I am (LOL). If you know me, you know how much I love kale chips, so I felt obligated to put this one in here. With all jokes aside, if you are a snacker you really need to try this swap. Kale chips are the perfect amount of crunch and come in both sweet and savoury flavours. Other chip alternatives include sweet potato chips, banana chips, cassava chips and plantain chips. Making them yourself will eliminate a lot of the pro-inflammatory oils (such as sunflower and canola) that a lot of cheap, store-bought brands use.

4) DON'T EAT: WHOLE WHEAT PASTA/WHITE PASTA.

EAT: BLACK BEAN PASTA.

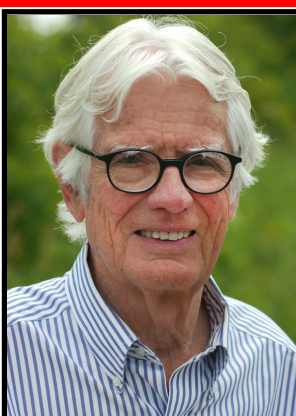
This swap is important for anyone looking to lose weight, improve energy and balance their blood sugar. A serving size of pasta is typically 1/2 to 1 cup but let's be real when people eat pasta they go beyond this and end up eating 2-3 cups. Who needs 200+g of carbohydrates before they go lay on the couch and watch Netflix? Unless you are a professional athlete or an extremely active individual, you probably do NOT need carbohydrates to this extent in one sitting. The insulin surge caused by eating this amount of carbohydrates in one meal will have you feeling exhausted within minutes, and then craving something sweet shortly after. It is a vicious cycle. Bean pasta, on the other hand, is LOADED with fiber and protein. This will help to keep you feeling full, longer, balance your blood sugar, and improve hormonal balance

5) DON'T EAT: WHOLE WHEAT/REFINED BREAD

EAT: GRAIN FREE FLAX BREAD.

This swap is again great for people looking to balance their blood sugar, manage their hormones, improve body composition, fight candida and improve digestive health. The number of healthy fats and fibre in this bread alternative will help to bind excess hormones such as estrogen and remove them in the bowels. Elevated estrogen levels are associated with weight gain (the more estrogen you have, the more fat you produce). Flax also contains natural phytoestrogens which help to block harmful xenoestrogens, associated with estrogen dominant cancers, from binding to our hormone receptor sites. Lastly, this recipe is grain free, gluten free, and dairy free so it is perfect for anyone with food sensitivities that can worsen digestive issues. Get the recipe <https://www.marissaliana.com/single-post/2018/03/21/Paleo-Flax-Loaf>

Until next week, Stay well. Marissa. www.marissaliana.com



The Doctor Game

By W. Gifford-Jones M.D.

We Need Lee Kwan Yew – Not an Opioid Summit

Why don't we learn from history when the question is a no-brainer? For instance, a recent editorial in a major Canadian newspaper states, "We Need an Opioid Summit." One could add to this headline, "a Summit that would solve nothing and cost taxpayers millions of dollars." What we actually need is the perspective of Lee Kwan Yew, Prime Minister of Singapore. Unfortunately he's dead.

Saskatoon police recently disclosed publicly the name and telephone number of a known drug dealer. They warned people that cocaine purchased from the dealer might also contain fentanyl. It could kill them. Last year the Canadian government stated that about 4,000 citizens died from drug overdose. More bluntly, they were murdered by poison by drug dealers, more easily than being murdered by a gun.

What would Lee Kwan Yew, the Founder of Singapore, have done? He would have arrested the dealer and hanged him, a great benefit to society.

Years ago I visited Singapore to interview authorities about its form of justice. Prior to landing by air I was handed a card that read, "Death for Drug Dealers." Just four words got the message across.

During interviews, authorities mentioned two other words I've never forgotten. Namely, they accused western society of being "irresponsibly permissive." I could not agree more when we are warned by police of the address and telephone number of a drug dealer, and nothing is done about it, except propose a Summit!

Lee Kwan Yew faced a severe drug epidemic in Singapore. He knew something had to be done. He was also aware that if you show your teeth you have to be prepared to bite. It did not take long for drug dealers to realize he was serious.

I applauded Lee Kwan Yew's approach to crime on my return to Canada. After all, even Aristotle preached that punishment was a form of medicine. But I was criticized by bleeding hearts and those who consider the death penalty barbaric. Others argued tough laws do not deter crime. Don't try selling this message to Singaporeans.

Justice is swift in Singapore. An Indonesian caught stealing cell phones from his colleagues was apprehended on Tuesday. He was convicted on Thursday, his appeal was processed on Friday and he was deported on Saturday. He will never be permitted to return to Singapore. Hell will free over before this happens in North America or before we have a death penalty in Canada.

I've been a doctor and an observer of human nature for many years. I have come to believe that some people are not just wicked, but outright evil. And those who add fentanyl to illegal drugs, knowing they will kill, are not fit for this planet. The sooner they're caught and speedily executed the better.

I was embarrassed to be told by Singapore authorities we North Americans were irresponsibly permissive. But I knew that was the case. I'm equally embarrassed that we may spend millions on an opioid summit, when the solution is apparent.

While writing this column something else happened, and I wonder how many readers agree with me on this one. My telephone rang. A foreign voice began telling me something is wrong with my computer. It was the third annoying call of this kind in the last 24 hours.

This person has, to my knowledge, not killed anyone. But whoever it is he is evil. So are those who generously want to send me 50 million dollars from West Bongo in Africa. If I could catch these people I need not tell you what I'd do to them. I'm afraid it would shock you.

As a doctor I do not like to see people die needlessly when I've spent hours trying to keep them alive. But I fervently believe that the great majority of opioid addicts are self-made, not doctor made. And that the hundreds of millions spent at methadone clinics and at a summit could be better used for other medical purposes.

What do you, as a reader, think about an opioid summit? I'd be pleased to know. And also what you'd do to those who have a fixation about wanting to fix my computer. I'll publish your comments.

Online docgiff.com Comments info@docgiff.com



Direct Answers

from Wayne & Tamara

Last Days of Hunting Season

I've been dating a wonderful man for 16 months. I'm later 30s, no children, never married. He is 10 years older. We share the same passions, love to travel and our sex life is off the charts!

We met online. He pursued me a couple of months before I agreed to a date. He lives 90 minutes away, and I swore after the last long distance relationship I wouldn't do that again. He is a doctor with two children and I assumed he wouldn't have much time for me.

I was wrong. Since our first date, we've spent nearly every weekend together and traveled to three countries. During most of this time I was a student, which allowed me to spend 3-4 nights a week at his place.

His children love having me around. He's been redecorating his home and he asks my opinion on everything. He went through a rough divorce in 2015. She was brutal and he pays a small fortune in child support and alimony. I inquired in the beginning if he would be interested in marrying again or having another child. He said yes.

I was dating or engaged to the same man from age 17-26. We let it drag on because we were comfortable. I ended my last four-year relationship because he wasn't seeking marriage or a family. One of my biggest goals in life is to be married. To the right person of course.

Now to my big question. I've been living with my parents while I finish school. I'm in my last semester. Starting a new career, I'm at the perfect point to relocate. And why find employment here, just to uproot and move in with him once things have progressed? If they're going to.

He mentioned, if I get a position farther away, he could come to my new place on weekends and we would make our relationship work no matter what.

Everyone moves at a different pace, but in my mind, I'm ready to take this to the next level. In casual conversation I brought up I would sign a prenup, if I moved in or we married, to put his mind at ease so he doesn't think I'm out to get money.

Maybe I'm old-fashioned, but I feel like it's the man's job to pursue and initiate. Why does he treat me like a wife figure if he doesn't plan on moving me in or marrying me? Or am I being too impatient?

Allie

Allie, mentioning the prenup may have been a mistake. You hoped to show you are not greedy. What you might have shown is that you are desperate.

When you met, he was fresh from a nasty divorce. You are in a hurry; he is not. He's been there and done that: engagement, marriage, children, career. You spent years of your life with the wrong men. That has nothing to do with him. There is an inequality in your situations. In a sense, one party has everything and one has nothing. You want him to pursue? Then be someone worth pursuing.

Look for the best job you can find. The best money, the best working environment, the best position for you. The more wherewithal you have the more appeal you will have.

He's not the job. Instead of asking to move in, ask if he will be a character reference for you. Put yourself more in balance with him. Even if he is not your one, self-reliance will make you most attractive to the man who is.

Wayne & Tamara

Send letters to: DirectAnswers@WayneAndTamara.com