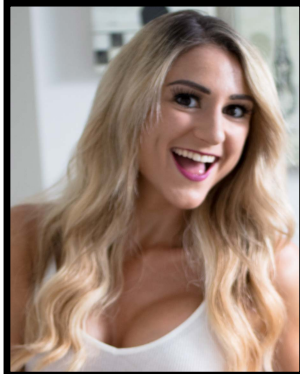


HEALTH CORNER



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.

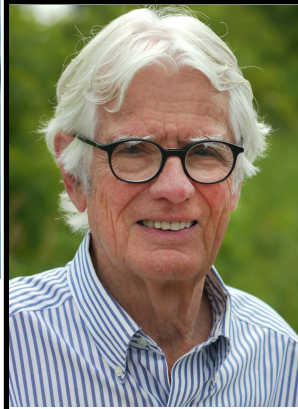
Understanding The Root Cause of your Irritable Bowel Syndrome:

Have you been told you have IBS (irritable bowel syndrome) by your general practitioner? I was there, and it was HELLA frustrating because GPs diagnose you with this only when they actually have no clue what's going on -(basically once they've ruled out that you don't have celiac disease). Sad but true. This can be extremely frustrating when you're looking for answers and treatment to this inconvenient and often debilitating problem, which I should be clear, is NOT a 'normal' part of life. Understanding the ROOT CAUSE of WHY your bowel is so irritated is the only way to find relief.

So I wanted to share with you what worked for me, and what common triggers (root causes) of irritable bowel are:

1. you have an underlying food SENSITIVITY. It is important to know there is a difference between a true allergy (IgE immune mediated) vs a sensitivity IgG immune mediated). Both cause inflammation and damage in the body, but a sensitivity IgG response is DELAYED vs. Immediate, such as in a true allergy or an Anaphylaxis response. For me, I removed gluten and it was LIFE CHANGING. See a Naturopathic doctor for a food sensitivity test, not a GP.
2. Imbalance of gut flora. You have an overgrowth of bad bacteria and yeast (Candida) and lack beneficial bacteria. This is a HUGE culprit. Excess bad bacteria worsen cramps, pain, diarrhea and bloating. Get yourself on a high quality probiotic, avoid antibiotics, BC pill and eat the rainbow! (No processed Sh*t)
3. STRESS- don't underestimate the impact of stress in relation to your gut. There are more nerve cells in your gut than almost anywhere else in the body. The gut is actually now referred to by scientists as "the second brain". Try to meditate, exercise, or find lifestyle changes you can make to reduce stress in your life

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



The Doctor Game Why Humans Get Kidney Stones and Gorillas Rarely

By W. Gifford-Jones M.D.

Do large doses of vitamin C increase the risk of kidney stones? It's a question I'm often asked, having reported the medical value of vitamin C in decreasing the risk of cardiovascular disease (CVD). So is this concern fact or fiction? Or does vitamin C, by making acid urine, combine with calcium and oxalate to form stones?

I asked Dr. Linus Pauling this question. Pauling, a two-time Nobel Prize winner, had for years taken 20,000 milligrams (mgs) of vitamin C daily. He said, "Not a single case had been reported in medical literature. But some people who had a tendency to form oxalate stones might do so while taking large amounts of vitamin C, or those with a rare genetic problem."

Dr. Andrew W. Saul, an international authority on nutrition, and editor of the highly respected Orthomolecular Medicine News Service, shares Pauling's views. In his book, "Vegetable Juicing for Everyone", Saul points out that gorillas eat a lot of plant food so consume large amounts of oxalate daily. But unlike humans, they rarely develop calcium oxalate kidney stones.

Saul also reports that gorillas get about 4,000 mg. of vitamin C daily in their natural diet. Yet health authorities in North America are adamant that the daily requirement of C for humans is only 90 mg! Saul suggests the gorillas are unlikely to all be wrong.

Dr. Emanuel Cheraskin, a former Professor of Medicine at the University of Alabama, states that vitamin C is protective. He reports that, in urine, vitamin C binds to calcium. This union decreases the risk of forming calcium oxalate stones.

Dr. Saul adds another overlooked fact. He says that "High doses of vitamin C fight the formation of kidney stones by increasing the flow of urine. We know that fast flowing rivers deposit little silt, and an increased flow of urine has the same beneficial effect in humans." This is why it's been suggested, that since calcium oxalate stones are responsible for 75 percent of kidney stones, vitamin C should be prescribed to prevent them.

People should also not overlook the importance of magnesium. Over the years many patients asked me, "Am I getting enough calcium?" I can't recall anyone who asked the same question about magnesium. Yet this mineral is needed for 300 metabolic reactions in the body. Studies show that most North Americans are lacking in magnesium.

Saul agrees that magnesium also plays an important role in preventing kidney stone formation. He explains "Magnesium stimulates the production of calcitonin which draws calcium out of blood and soft tissues and puts it back into bone where it belongs. Its main job is to keep calcium in solution, preventing it from forming crystals even when people are dehydrated."

His book has several other suggestions for avoiding kidney stones. Maximize fluid intake by drinking fruit and vegetable juices. Orange, grape and carrot juices are high in citrates which inhibit a buildup of uric acid and stop calcium salts from forming.

Take a magnesium supplement, 300 mg daily, such as magnesium bisglycinate malate, magnesium citrate or magnesium chloride, available in Health Food Stores. Magnesium oxide is cheaper, but only 5 percent is absorbed, and the rest can cause diarrhea. You can also take foods high in magnesium, such as green vegetables, beans and nuts.

A good general rule is to have a slightly acid urine as this helps to prevent urinary tract infections and at the same time dissolves both phosphate and struvite stones. The best natural remedy to ensure a weak acid urine is 500 to 4,000 mg. of vitamin C daily. See my web site for more information about vitamin C.

Dr. Saul has bad news for those who enjoy meat as it's the main source of purines that form purine stones. But I'll still take my chance on enjoying a prime rib meal. I'll also have the occasional cola drink that contains high amounts of phosphorus. But I always watch sugar intake that increases the risk of kidney stones.

Nor will I forget that in the case of kidney stones, gorillas are getting a better nutritional deal than humans.

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Direct Answers Onward and Upward

from Wayne & Tamara

I am 30, single and never married. My boyfriend is 35 and divorced. We've been together 10 months and we've been exclusive. The sex is great. He is a nice person who is crazy about me, considerate (though not faultless), faithful and really a decent guy. But he absolutely insists he does not ever want to remarry.

I had recently broken off an engagement, so I would never have dared to bring up marriage. I didn't want to scare him off, plus I'm probably not ready. On the other hand, it seems empty to continue to sleep with someone who calls our relationship casual, says he likes me and tells me I am fun.

What about love?
There is nothing per se wrong with the relationship, but is it right to stay with someone just because nothing is wrong? I guess if I were older or lonely, I'd feel this is great. But where is the love?

My friends say stay with him until I meet someone else, otherwise I'll be alone. So what? Is being alone really that bad? And how can I meet someone if I am with him? I don't see the point of long-term relationships which go nowhere.

I would never ask for something until it's time, but I don't like the idea of ruling out the possibility of living together or marriage. I tried to break up with him once before. He talked me out of it since I couldn't explain what's exactly wrong with the relationship.

He gets what he wants, but what about me? I just switched jobs and will probably need to move soon, so I'm being told it would be a bad time to break it off with everything else going on. Won't it be harder the longer I stay with him? This whole situation makes me numb.

Riley

Riley, it's as if you've gone to a hardware store for bread and milk. You feel the weight of the relationship. It is dragging you down and so is the advice of your friends. You gave him a second chance once. Nothing changed. He wants you as you are. In effect, you are in a job with no hope of advancement.

He hasn't offered you a raise, more job satisfaction or more benefits. The second chance wasn't for you; it was for him to get you to accept less than what is right for you.

When you break up with him this time, simply say, "I'm moving on." If he offers inducements to stay, decline them. You know whatever he may offer isn't given freely or done from the heart. His normal state is: I am not remarrying. So don't break up as a tactic; break up because it's not right for you.

Switching jobs and moving don't make this a bad time to leave him. They make it the perfect time to leave him. You are already there in your mind. You know being alone would be better than being with him. You have all the resolve and self-sufficiency you need.

People who tell you to stay while continuing to look for another man are, in effect, saying "use him as he uses you." That's not a good principle of life. It's nasty and self-centered. It bodes well for you that you are uncomfortable with that.

Numbness comes from clutching at wrong things and wrong people. What you are looking for is the man who can't imagine life without you.

Wayne & Tamara

Send letters to: DirectAnswers@WayneAndTamara.com