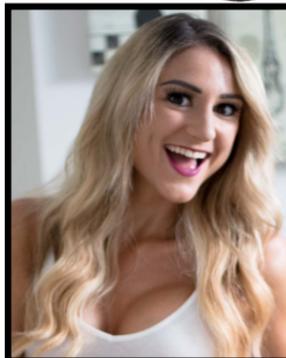


MEDICAL FILES



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.

Why eating 'clean' isn't enough for optimal health.

Are you constantly eating the same foods over and over again? I see this a lot in the fitness community #mealprep #broccoliandrice #turkeyandquinoa #oatsandeggs Or simply not eating much of anything from the earth that is plant based? Although you may be eating healthy or 'clean' foods often, you're still putting your health and immune system at risk. Here's why:

The collection of bacteria living in and on our body is referred to as the 'microbiome' and consists of about 100 trillion bacterial cells, the highest concentration of which is in your gut.

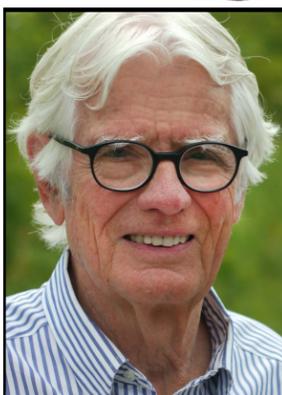
Having a wide diversity of these microbes is essential to protect our health and immune system. Different foods feed different microbes. Unfortunately, many of us have compromised microbiomes because we are eating the standard American diet that is high in sugar, refined carbohydrate grains, processed foods, artificial sweeteners and antibiotics, and low in a variety of fruits and veggies.

When our gut's microbes are not flourishing, we extract fewer nutrients from our foods and, are more prone to being overweight because bacteria interact with hormones in our guts that regulate appetite, such as leptin and ghrelin.

What must you do? Eat more plant foods! Fruits and vegetables contain fibres and plant chemicals which feed your gut bacteria and help it grow which is why they're crucial to a healthy gut, just as probiotics are, which feed the microbes in the gut. Aim for a minimum of 8 different plant foods per day, the majority of which should come from vegetables and a portion coming from natural fruits.

In my Bikini Bod Beat The Bloat Ebook, I provide you with a 14-day digestive healing meal plan that supports your gut and helps to heal your digestion. Visit www.marissaliana.com in the 'shop' section of my website for more info!

Until next time, Stay well! Marissa



The Doctor Game W. Gifford-Jones M.D. Why Did Anthony Bourdain Commit Suicide?

Albert Camus, the French humanist, wrote, "There is only one true philosophical problem and that is suicide. Judging whether life is worth living amounts to answering the fundamental question of philosophy." Pliny the Elder had said earlier, "Admit the miseries of our life on earth, suicide is God's best gift to man."

But what prompted Anthony Bourdain of TV's "Parts Unknown" to hang himself? And could medical care have prevented it?

Suicide rates are rising in North America. For instance, among girls 10 to 19 the suicide rate has increased a shocking 70 percent.

It's easy to understand how elderly people, dying of metastatic cancer, who are in severe pain, decide to call it a day. Or, those who have lost a loving partner, who are depressed, believe the world is in a mess, and pull the trigger. Even someone with a boring job, a nagging partner, living from pay check to pay check who decides life is just not worthwhile.

But Anthony Bourdain was apparently not physically ill, not financially destitute, not concerned about getting his next meal, and not lacking in fame. In fact, he remarked he had "the greatest job in the world."

So fame and fortune do not protect some people from suicide. What about depression? According to Dr. Anne Schuchat, Deputy Director of the U.S. Centers for Disease Control and Prevention (CDC), "depression is not a condition that's related to success or failure." This means no one is immune to suicide.

But success related suicides are harder to evaluate than lifetime failures. No doubt depression plays a role. But according to the CDC over half of those who commit suicide do not have a mental problem. So is the increase in suicide the result of societal problems?

Consider this single fact. According to the U.S. National Institute of Health, 11 percent of Americans over the age of 12 are on antidepressant drugs! And 1 in 4 women in their 40 and 50s are also on antidepressant medication. If you don't believe this doesn't indicate deep societal problems, you'd better start smoking marijuana. We are a mentally sick pill-infected nation.

It's also ironic that antidepressant side-effects have been linked to sleep disturbance, brain damage and suicide. The other irony is that there is little evidence they benefit patients suffering from mild to moderate depression. And that in 80 percent of cases, they work no better than a placebo sugar pill.

Could medical treatment have saved Bourdain's life? Maybe, but I doubt it. If this were possible, Ernest Hemingway, a famous author, and Philip Graham, owner of the Washington Post newspaper, both treated at a famous clinic, would still be alive. Great wealth and expensive care cannot heal a brain that's dedicated to eventual self-destruction. Moreover, some victims never reveal their inner thoughts to anyone. And an Arizona study showed that 80 percent of successful suicides visited a doctor one month prior to self-inflicted death!

Some suicide victims believe they will be reunited with a loved one. This is proven by the fact that the anniversary of a devoted partnership is a high risk period for suicide.

Possible suicide should be suspected if a person claims to be a burden, talks about suicide, has increased anxiety, increased alcohol or drug use, sleeps too much, expresses hopelessness, or withdraws from activities.

I wish I knew why spring is the favourite time for suicide. But Torontonians usually kill themselves in the fall. And why do Toronto males tend to commit suicide on Sunday and women on Monday? There are many unanswered questions.

I also wish I knew why Bourdain, who had fame and fortune, was so depressed that he hung himself in a hotel room in France while working on another episode of "Parts Unknown." His brain must have been in the throes of unbearable turmoil to give up so much of a productive life.

Fortunately, most people, even those tired of life, struggle on. As Shakespeare wrote in his play, Hamlet, "The fear of something after death, the undiscovered country from which no bourn returns, puzzles the will, and makes us bear those ills we have, than fly to others we know not of."

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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

Pack it light. Wear it right. (Handbags)

Some women carry the whole world in their handbag, but a heavy bag or purse can cause pain and injury to your back, neck and shoulders. Overstuffed bags also cause poor posture by encouraging the carrier to lean to one side.



The good news is pain and injury can be easily avoided by following a few simple tips. Choosing a handbag

Choose a handbag that is proportionate to your body size and no larger than what is needed. Your handbag should not weigh more than 10 per cent of your body weight.

Choose a handbag that has several individual pockets, instead of one large compartment. This will help to distribute the weight of the contents more evenly and keep them from shifting.

Packing a handbag

Change the size and weight of your wallet once in a while. You may also consider one wallet for your work and a different one for when you go out, as you may need different objects for both.

Ensure the weight is evenly distributed in the purse by using all the pockets.

Carrying a handbag

Use both hands to check the weight of the handbag.

Instead of always carrying your handbag on the same shoulder, switch sides often so each shoulder gets a rest.

Square your shoulders - many women have a habit of lifting the shoulder on which the purse is carried to keep the straps from slipping.

More tips

Try to maintain good posture. When standing, your head, shoulders, hips and ankles should line-up, one comfortably above the other.

If you can walk to lunch or a meeting, lock your purse in your desk or locker and carry only your cash and/or credit cards in a pocket.

By following these simple strategies, it's easy to lighten your load.

For more information on health and safety please visit the Ontario Chiropractic Association web site at 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

Dr. George Traitses, 416-499-5656 www.infinite-health.com

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