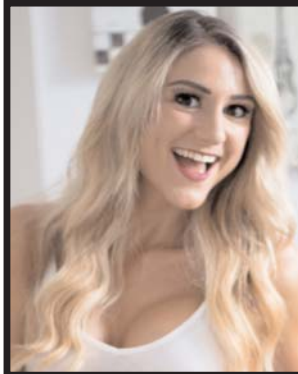


# HEALTH CORNER



## 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.

### Why not taking a probiotic is making you fat (or keeping you fat)

Having trouble getting lean? Did you know that those who struggle with obesity actually have different microflora (good bacteria/probiotics) in their GI tracts than those who are comparatively lean? Several studies have demonstrated that probiotics can help you lose weight and belly fat! Gut bacteria play a large role in extracting energy and nutrients from food. If your gut flora is compromised (use of antibiotics, BC pill, a diet high in refined carbs and processed food, a diet low in fiber, diet lacking in raw, fermented foods) you are not probably utilizing your food for fuel and can carry excess weight.

There are two main gut bacteria that have been studied in relation to weight and body fat differences between subjects, bacteroidetes and firmicutes. Body fat seems to be related to the balance of these bacteria in the gut. People with obesity seem to have more firmicutes bacteria and fewer bacteroidetes, compared to normal-weight people. There have also been animal studies showing that when gut bacteria from obese mice are transplanted into guts of lean mice, the lean mice get fat! All of these studies suggest that gut bacteria may play a powerful role in weight regulation.

#### What action do probiotics take in keeping you fat?

1. Probiotics, especially ones in the Lactobacillus family, may influence how much dietary fat is stored as fat in the body and how much fat is excreted in our feces! Storing less fat means storing fewer calories. This is quite significant considering fat is the most calorie dense macronutrient (containing 9 calories per gram), compared to carbs and protein (containing 4 calories per gram).
2. Probiotics may also regulate our hunger and improve feelings of satiety. This is achieved through probiotics releasing the GLP-1 hormone. Increased levels of this hormone may, therefore, help improve food consumption and weight management.
3. I am sure we have all heard how much excess inflammation is damaging to our health. Many studies show that probiotics reduce systemic inflammation by improving digestion and gut health, thereby reducing inflammatory conditions related to obesity such as diabetes.

#### So how can you improve your gut health and lose weight?

- Probiotics should be implemented in either your diet from fermented foods or in supplement form.
- 1) Get on a high-quality probiotic supplement. If I could choose one supplement to take the rest of my life, I would definitely choose probiotics. Probiotics are the "good" bacteria that help keep our digestive systems healthy by controlling the growth of harmful bacteria. This eases digestive upsets like IBS, improves weight loss, excess bloating, gas, diarrhea and constipation that is often caused by an overgrowth of bad bacteria and lack of beneficial bacteria (or probiotics). Fermented foods like kombucha, kimchi, sauerkraut and coconut kefir are also a great way to get natural probiotics in your diet.
  - 2) You MUST include adequate PREbiotics in your diet. Without Prebiotics, these beneficial bacteria can't thrive!

#### So what's the difference between pre and probiotics?

Prebiotics are food for our probiotics. They are plant fiber carbohydrates that cannot be digested by the human body, which feed our probiotics. Unfortunately, the standard American diet lacks foods rich in pre-biotics needed to keep our internal ecosystem (microbiome) happy. Food that we should be eating more often to support our gut health is natural Prebiotics such as, asparagus, apple skin, garlic, onions, artichokes, bananas, oatmeal, and legumes. We need to eat a VARIETY of these as we have multiple probiotic strains in the body that thrive on different prebiotic foods. If you're looking for a meal plan, supplement guide, and informational resource for improving gut health, I highly encourage you to check out my ebook program Bikini Bod beat The Bloat.



## Direct Answers Untrainable

from Wayne & Tamara  
I have been in a relationship for a year and we now live together. After about six months I realized there was a communication problem between my boyfriend, Jack, and me.

He believes, when expressing a problem, there is nothing wrong with negative criticism. He uses such words as thoughtless, careless and selfish to express himself. He claims I am responsible for responding appropriately regardless of what he says. He calls this the "harsh truth."  
He claims if he says anything that hurts my feelings, I need to remember he didn't mean to hurt me. It's just that "truth hurts." Jack does not agree with my feeling that his criticism is hateful, belittling and hurtful.  
It's my opinion you can express yourself without verbally attacking the other person.  
Hurtful criticism only creates more problems, which it has. We started counseling, but Jack does not believe this is a shared problem with communication, or that we must work on it together if our relationship is to succeed. He believes he has excellent communication skills and I am the sole problem. He believes I am overly sensitive and need to learn in counseling how to receive criticism appropriately. Jack believes in a healthy relationship, you each take turns "conceding" to your partner's demanded solution to a problem, even if you have a different opinion. Is this how problems are solved in a relationship?

#### Autumn

Autumn, the biologist E.O. Wilson was fascinated by the behavior of one colleague at Harvard. This man was notoriously weak in research and teaching. But he was a master of dominance.

At faculty meetings he would arrive early. As each person entered, he would look at him or her in a patronizing manner. When the meeting began, this man would address the chairperson as if he were spokesman for the entire group, and demand to know something.

He followed an unspoken rule: don't explain yourself, take ownership of a space as if it belongs to you, and treat others as your inferiors. Wilson said this man's performance always reminded him of a chimpanzee in the wild. You had the wherewithal to bring Jack into counseling, which is good. But Jack may have picked you as a person he could dominate, which is bad.

He is looking for women to abuse, but luckily, you've had the means to withstand him. From his point of view, he has a problem. He needs to get you over the hump from fighting verbal abuse to accepting it. He's a verbal batterer trying to teach you how to take a punch, and he builds himself up by tearing you down. It gives him satisfaction. Constructive criticism never includes insults. But constructive criticism is not his aim.

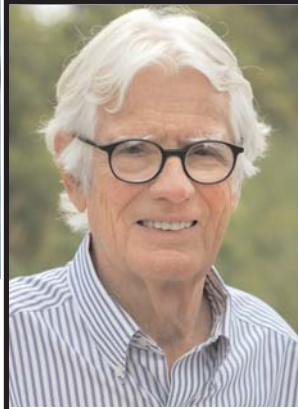
That's why you need to ask yourself why you stay with a man who does something you know is wrong. If there is a role for counseling here, it's for individual counseling, for you, to answer that question.

David Byrne, the lead singer of the Talking Heads, said, "You will never find the other ocean if you never leave the shore." You are looking for that other ocean. It's time to leave the shore.

You need to be with a man who respects you, which means you need to respect yourself and guard your dignity. No. Only two letters but so much power. Don't explain or justify yourself. Just learn to use the word. On him. There is a harsh truth here. Jack acts like a chimp, and he can't be domesticated.

Wayne & Tamara

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



## The Doctor Game

By W. Gifford-Jones M.D.

### Children and Grandchildren Headed for Liver transplants

Who hasn't heard of the "Mayflower", the ship that brought pilgrims to the U.S. in 1620? What is rarely known is that towards the end of that voyage, it was necessary to ration beer, and some pilgrims died as a result. In those days beer was safer to drink than water. It's still a safe drink when used moderately, but excessive amounts can cause cirrhosis of the liver. And how many know that too much food can also cause nonalcoholic fatty liver disease (NAFLD) in young people, and eventually require a liver transplant?

Today, the worldwide epidemic of Type 2 diabetes is well known. But liver disease rarely gets headlines. Yet, according to the American Liver Foundation, and some experts, 10 percent of all children, particularly those with belly fat, and half of those who are obese, suffer from NAFLD.

This should not come as a surprise to anyone who isn't blind. Walk around any super market and witness obesity in adults. Then see how often their children are obese. The end result is that children are now developing adult diseases because of too many calories.

The Gifford-Jones Law states that one medical problem often leads to another and another. In this situation, as fat builds up in the liver it becomes inflamed. Scarring occurs just as it does in alcoholic cirrhosis, and this may lead to either liver failure or malignancy.

It's ironic that excessive amounts of food can cause the same microscopic findings in the liver as alcohol. In fact, pathologists say that these changes are indistinguishable.

It's also tragic that experts predict it will not be too long before NAFLD will be the top cause of liver transplants. The next problem is there are not enough livers to supply the need. Moreover, we have already reached the point where our health care system is crying for more money.

The good news is that if NAFLD is suspected before inflammation and scarring occurs, it can be reversed by weight loss. But here's the bad news. Doctors dealing with this problem say that children with NAFLD often return to the clinic heavier. And that only one in four loses a significant amount of weight.

Moreover, the majority of children and adults with NAFLD go undiagnosed for years as it's a slow silent killer. The only definitive diagnosis is by liver biopsy. A blood test of liver enzymes can identify those developing this condition. So we have to get over the idea that only alcohol causes liver damage. In fact, in the past, adult patients were thought to be lying when they denied consuming alcohol.

Is there a possibility that North Americans will get smart, and finally realize what the number one killer is? I doubt it, as history shows the number of obese North Americans continues to increase year after year. It's often said that heart attack tops the list as the most frequent cause of death. But I've claimed for years it's really obesity, as it leads to so many medical complications that shorten lives. The secret for longevity remains the same. Following a healthy lifestyle early in life and sticking with it. Too many attempt it unsuccessfully at the end of life.

Add it all up, and it's moderation throughout life that wins the day. Just consider alcohol. At least 20 studies show that moderate drinkers live longer than either teetotalers or alcoholics. Alcohol lowers blood cholesterol and decreases the risk of a fatal blood clot.

So beer in moderation never killed anyone on the Mayflower, or anywhere else. In fact, beer contains no cholesterol, fat, triglycerides, sugar, and is low in sodium. It also contains vitamins, calcium for bones, potassium to lower blood pressure and magnesium to regulate the heart's rhythm. The government doesn't prevent the sale of cars because some idiots drive too fast. Yet ironically, and possibly criminally, it prohibits beer and liquor companies from stating that moderate drinking is a healthy habit. My advice. Buy a bathroom scale and step on it every day. This will help to keep you a moderate consumer of food, alcohol, and exercise. But, if the scale continues to show increasing weight?

Need I say more? " [Online.docgiff.com](http://Online.docgiff.com) Comments [info@docgiff.com](mailto:info@docgiff.com)



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