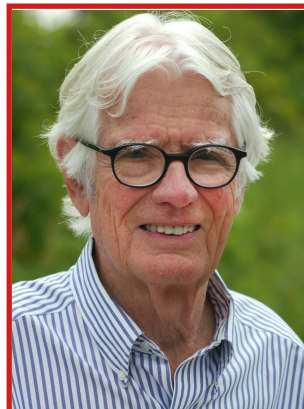


HEALTH CORNER



HEALTHY LIVING

By Dr. George Traitses
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Member of the Ontario Chiropractic Association

Summer Fit Tips

In summer our thoughts turn to Canada's great outdoors, and pursuits such as golfing, running or gardening. Being active can help you maintain a healthy weight, flexibility and good posture, build strong bones, and relieve stress. Recreational activities are a great way to enjoy these benefits while having fun. Whether you pick up a garden rake or a golf club, or pound the pavement in running shoes, the important thing is to get moving. Keep your back in mind, as you gear up for a fun-filled summer. Here are some tips to keep your back healthy as you exercise and enjoy the great outdoors this summer.

Warm up
Before hitting the links or even the back garden, make sure you warm up. Do gentle stretches to limber up muscles and joints before lifting, digging or swinging that golf club.

Learn the Proper Technique
Learn the correct technique for your activity, right from the beginning. Poor technique can cause injury to joints and muscles. For example, be sure to kneel, not bend, when planting your garden. For golfers, take professional lessons to rid yourself of bad habits in your golf swing that could hurt your back.

Maximize Your Flexibility
Maintaining good mobility for muscles and joints will contribute to your athletic ability and help prevent injury. Restrictions in muscle and joint function can hamper your technique and lead to strains and sprains. If you are a runner, take the time to stretch out calf and thigh muscles before hitting the road.

Drink Fluids
Drink plenty of fluids before, during and after physical activity. Remember that once you are thirsty, you are already starting to dehydrate. Dehydration affects your energy level and your physical functioning.

Don't Overdo It
Don't do too much, too soon or too fast. Take your time and work up your activity level slowly before pushing yourself too hard. This is especially true if you have been inactive all winter.

Cool Down
Cooling down after any physical activity is just as important as warming up. Take 20 minutes for a brisk walk or a slow jog, and stretch out your muscles and joints before heading for the shower.

Treat Injuries Promptly
If you suffer an injury or experience pain from your summer recreational activities, ice the area to reduce swelling and inflammation.

Seek Professional Help
If pain persists, consult a chiropractor or health care professional to help you with your recovery.
Dr. George Traitses, 416-499-5656 www.infinite-health.com

The Doctor Game

By W. Gifford-Jones M.D.

When Are Heart Stents Lifesaving? When Not?

Every year over 300,000 North Americans have a stent implanted to increase the flow of blood to heart's muscle. Stents have been inserted for decades because of cardiologists' concern that, without a stent, a heart attack may occur. Or, a coronary attack may have already caused angina, due to inadequate blood supply. Now, a study published in the medical journal, The Lancet, reports that some stents are life-saving, while others could have been avoided.

But this is not the first review that has cast a shadow over stents. In 2007, the highly respected New England Journal of Medicine reported second thoughts about the value of stents. A survey of 2,287 volunteers showed that adding stents to drug therapy had no effect on heart attacks or death, compared to just using drugs alone.

This debate will not end quickly as doctors' habits rarely change overnight. Moreover, these studies could be wrong. So I'm sure that more will follow. In the meantime, when the heart's muscle is not getting enough blood and angina occurs, what is the best treatment?

There are two kinds of angina, stable and unstable. Stable angina causes chest pain when walking, exercising, or during emotional stress, and is relieved by resting. Coronary arteries have to be about 70 percent blocked to trigger angina.

Unstable angina in contrast can occur without exercise. For instance, it can suddenly waken you during the night, and is not quickly eased by resting or using nitroglycerin. This is a critical condition, as heart attack may occur in a short time. In this case, the insertion of a stent can be life-saving.

In spite of this analysis many cardiologists continue to use stents. They reason that, even if stents do not save lives, they at least reduce or relieve angina pain. Now, even this conclusion is being questioned by further interesting research. For the first time, researchers decided to see if the power of placebo treatment could match the success of stents. This was a double-blind study, in which neither researchers nor patients were aware of who had been given a stent, and who had not received one.

200 patients in their sixties were followed. They had obstruction of coronary arteries causing chest pain. They were given six weeks of drug therapy to decrease angina. Then another group was treated with stents. Lastly, a third group was given sedation, catheters were inserted, but no stents were deployed. It was sheer sham, fake therapy without the patients' knowledge.

Six weeks following the procedure, patients were tested on a treadmill to evaluate the result. What was found shocked the researchers. For years they had known that a sugar pill could often help those in pain. But it was a surprise for them to discover no statistical difference between those who had received stents, and those who had the phony procedure. So, never underestimate the psychological power of sham therapy, and its effect on the accuracy of clinical trials.

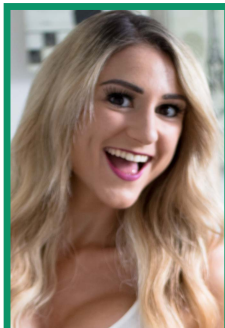
So what is the solution? It makes sense to try drugs first as they could be as effective as using stents. But if drugs fail, stents should be considered. And remember, if a stent is inserted, drugs to keep the stent open are needed, and more drugs to stop blood from clotting.

But what is the initial risk of having a stent inserted? Doctors have inserted millions of stents and the risk is small. But as I've often stressed, there is no such thing as risk free surgical procedure. So what can go wrong?

During and following the stent insertion bleeding can occur. This can happen at the area where the stent is inserted, and a hematoma (blood clot) can form. It's not a serious complication, but it worries patients as it may take several weeks to resolve. There's also the risk of allergic reaction or stroke. And always the chance that the stent will become blocked in the weeks or months following its insertion.

Remember, if chest pain occurs at rest and lasts over five minutes, forget everything and call 911. An immediate stent can be life-saving.

Online docgiff.com Comments info@docgiff.com



Healthy Living Healthy Eating

from Marissa Liana

Certified Nutritional Practitioner/Health Coach

MALABSORPTION - you aren't what you EAT, you are what you absorb.

A lot of my clients come to me with vitamin and mineral deficiencies, despite eating what they consider a "healthy diet". Unfortunately, we aren't what we eat - what are what we digest and ABSORB, throughout the entire process of digestion - enzymatic and mechanic breakdown, absorption and elimination.

My job is to determine the root cause(s) of poor nutrient status, and implement dietary strategies to improve their absorption.

One simple tip I recommend is choosing foods which are sprouted and/or fermented! - especially when it comes to grains, legumes and lentils.

Sprouting is the practice of germinating seeds which, like cooking reduces the anti-nutritional compounds - which essentially reduce or inhibit the absorption of certain nutrients, particularly minerals (like magnesium, iron and zinc). Phytic acid in grains and lectins in lentils are examples of "anti-nutrients" which impede the absorption of these nutrients.

When you sprout your grains and seeds, you reduce these components and minerals are better absorbed in the body. Cooking also helps to reduce these compounds, which is why I wouldn't recommend a completely raw diet for people with digestive issues!

Sprouting grains also causes increased activity of enzymes, which improves the contents and quality of the proteins, fat, certain essential amino acids, sugars, and B vitamins in foods

For more digestive healing, I'd recommend my Ebook Bikini Bod Beat the Bloat! A complete guide to digestive health, meal plans, supplement plan, plus so much more. Visit www.marissaliana.com for your instant access.

Until next time, stay well! Marissa

Direct Answers

from Wayne & Tamara

No Free Lunch



Hello. I've been seeing someone for seven weeks. I have little experience dating, but I am pretty mature and have lots of other worldly experiences. My friend has much more experience with dating and sex.

I have zip. Yeah, I know some stuff, but I really wanted to wait for the right person, even if it meant waiting until I am married. He under-

stands and respects that, but on two occasions we got pretty intimate, though not completely. I'm afraid next time we will go too far.

He's hard to talk to, and I don't always want to be the one bringing up the topic. He does not flow with conversation, and though I can literally talk about anything, he is the opposite.

I think I was taken by the fact he asked me out and is a nice guy. If I were giving myself advice, I would probably say forget it, but I am trying to give him a chance. Relationships are a two-way street, and I don't want to be unfair.

He insists on paying for everything! I don't want to overanalyze but paying for things is easy. Talking and doing other stuff takes more effort. I don't want to be the one who always carries the conversation. Then again, you can't have a meaningful conversation every time you see each other.

I'm confused, torn between being with this person and being alone. What bothers me is he doesn't spend as much time worrying about it as I do. He has important things coming up, exams and career choices, so I don't want to bother him now, but I need some help.

Danika

Danika, Neanderthals disappeared a long time ago, but much of our ancient behavior is rooted in our genes. Even today, most women want a man to pay, especially on the first date. On both sides, it may be a primitive demonstration that the man can provide for the woman and his offspring.

Equally ancient in humans is the idea of reciprocity. "You do for me and I'll do for you" is a bedrock of human society. It once guaranteed survival. But it has two sides. The good side is, when I need help, I can call on you. The bad side is, if I call on you, I am indebted to you.

Indebtedness can be bad. Casinos have used this technique for decades, giving away drinks and other perks. These freebies make you feel beholden. The casinos want you to feel an obligation to continue to gamble.

Letting this man pay for everything lets him believe he is entitled to payback in another currency. You think fairness means you have to give him a shot, but you don't owe any man a shot at being intimate with you.

A song by Lauryn Hill asks, "Tell me who I have to be, to get some reciprocity." You don't have to be anyone but who you are.

To be honest, you think it's a choice between him and nothing. But you can't use a desperate mentality when dating, because if you do, and the other person has any awareness of it, you are vulnerable to something bad happening.

We often get letters from women who say they divorced because they couldn't talk to their husband. The oddity is they usually admit it was a problem from the first date.

So, you have answered yourself. You want a happy marriage. That means you can't give up what you find essential for your own happiness.

Wayne & Tamara

Send letters to: DirectAnswers@WayneAndTamara.com



Marissa Liana Nutrition

Whether you're seeking help with weight loss, digestive health, sports nutrition, or disease prevention, each client is individually evaluated by a professional Holistic Nutritionist and provided with a well-researched and comprehensive plan they can follow for the rest of their lives.

Whether you're looking for nutritious recipes, or you need professional guidance in order to address a specific health issue.

MARISSA LIANA IS READY TO HELP YOU REACH YOUR DIETARY GOALS TODAY.

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Marissa Liana, CNP, BHSC Kin

Become Rooted In the Realm of Health that Mother Nature Intended