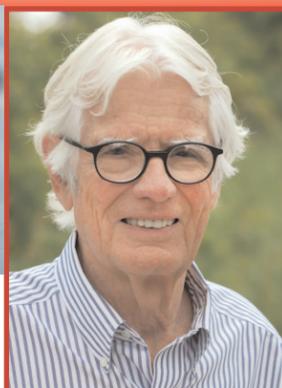


# HEALTH CORNER



## The Doctor Game

By W. Gifford-Jones M.D.

### Chronic Pain: A Close Cousin to Suicide

"He preaches patience that never knew pain". These sage words were published in the Handbook of Proverbs in 1855. Or, as Shakespeare wrote, "They breathe the truth that breathe their words in pain". Today, pain is the most common medical symptom that plagues mankind. But when does it kill?

The number of people suffering from pain depends on the source of data. Some reports claim 25 to 100 million have some level of pain, and over 10 million suffer from considerable pain every day.

Dr. Emiko Petrosky, at the U.S. Center for Injury Prevention and Control, analyzed data on 123,000 suicides. His report, published in the Annals of Internal Medicine, shows that one in 10 patients with sizable pain decided to end his life.

Top causes for suicide are cancer, arthritis and spinal pain. And 54 percent of victims of chronic pain used a gun, 6 percent chose opioid overdose. The underlying cause is a combination of depression and pain.

Several reports have stressed that suicide could be prevented if patients received better pain control and counselling. But some famous people treated at world-famous clinics have nevertheless ended their lives.

I've known patients who, in youth, never reached for a baby Aspirin, but later in life developed arthritis, back pain due to spinal stenosis or a malignancy. Whatever the problem, constant pain caused a huge, negative change in lifestyle. This is when patients realize that the ads on TV depicting speedy relief of pain resemble Hollywood fantasy, rather than reality.

For instance, opioid drugs may have little effect on pain and often cause severe constipation. Unfortunately, it's a well-kept secret that high doses of vitamin C, such as Medi-C Plus powder and other brands, available at Health Food Stores, easily cure constipation. If 2,000 mg (milligrams) at bedtime fail, increase the dose by 2,000 mg. at night until it works. And this natural remedy does not injure bowel.

Pain therapy is difficult for doctors who worry about increasing the dose of opioid for fear of addiction. This is when, if steroid injections and other treatments fail, patients begin to seek acupuncture, chiropractic treatment and other remedies.

I have great empathy for patients suffering chronic pain because I've experienced many personal failures in the treatment of pain. I've had MRI's that failed to diagnose my pain, failed acupuncture, failed spinal decompression treatment, failed chiropractic Rx and failure from various types of cannabis that ease pain in some patients, etc. etc. Eventually, when all options fail, chronic pain day after day becomes soul destroying, and a close cousin to suicide.

So, what can you do before someone cries "enough is enough!?" People suffering from chronic pain show varying degrees of depression. After all, who wouldn't be upset when pain is a daily companion?

Studies show that up to 75 percent of suicides give warning signs to friends or family members. So, if someone you know is in pain, begins withdrawing from social activities, expresses a strong desire to die, starts to give away prized possessions, loses an appetite for food, starts to use alcohol more often, becomes restless, sometimes angry, or unable to sleep, think depression and make sure they seek medical help. And there is no greater flashing red light than the purchase of a gun!

I know well that patients suffering from metastatic malignancy reach a point where, knowing there is little hope for recovery, they plead for medical assisted death. They should be allowed this gentle way of leaving this planet.

But for others with unrelenting, but non-fatal pain, it's easier to sympathize than predict when they will end their life. Some eventually decide it's simply not worthwhile or productive enough to get up in the morning. But that final second before they pull the trigger and leave their family must be the most agonizing moment of all.

I find it amusing and ironic that a glass of Chardonnay, or a rum and diet coke provide more relief for me than any treatment doctors have yet prescribed!!

Shakespeare was right, "They breathe the truth that breathe their words in pain".

Online docgiff.com Comments info@docgiff.com



## Direct Answers

from Wayne & Tamara

### Biting The Bullet

I have been going out with a girl for 10 months, but the last two months have done nothing for me. I am no longer in love with her. She has done nothing wrong, but I am 21, she's 23, and I need space and freedom again.

The sex is good, and I do not hate or dislike her. I just no longer love her. She is deeply in love with me. If I ended it, I know she would be totally distraught. That is why I can't. I tried, but I just don't have the heart. I'm a student and want to live like one. I need to get my life back. How do I end it with minimal pain on her part? **Ethan**

Ethan, you are in school. If you pick the wrong major and don't change, you'll set yourself up for a career you don't want. Breaking up with her will be a little like taking a dangerous toy away from a child. The child simply cannot have it. It doesn't matter how much they cry or scream, the child simply cannot have it. When love is not mutual, there is no relationship. The other person does not want to accept that, so you must be the grownup.

You can't give yourself to someone simply because they want you. You are not a possession. You are not a toy. Do this as quickly as you can. No, "Let's be friends." No calling her up for sex the next time you get high. Leave her be. Expect complaints not compliments, resistance not rewards. You'll get reasons. But when you know the person, or the college major, is wrong, it's wrong.

You can't end the relationship without hurt. Every day that goes by and she doesn't know, is another day building her attachment based on the lack of truth. That's worse than breaking up now.

Wayne & Tamara

### The Other Woman's Lament

I met a wonderful guy four months ago. The moment we saw each other the attraction was instant. We hung out the entire night. At the end of the night I found out he was in a relationship with another girl for nine years. He ended it the next day. We dated and everything was perfect. But two months later he told me he thought we were moving too fast. He wasn't completely over his ex, he said. For the last two weeks we've been on-again, off-again, but we can't go a week without seeing each other. Last week she called and asked to get back together. He says he can't be with me right now because he still has feelings for her, though he thinks it will never work out. I know he's just afraid to let himself have feelings for someone else because she is all he knows.

I miss him like crazy. He is all I want. What do I do? **Bridget**

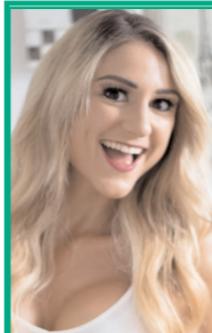
Bridget, you spent an entire evening in a universe that contained only the two of you. It was out of space, out of time, and out of reality. He lived a fantasy for an evening. The next day, still fueled by a superficial, hours-long connection, he broke up with a woman he was with for nine years.

A nine-year relationship is like a marriage. If we got his letter, it would be a whole different discussion. He had a mental hiccup, he would say. But you want us to act on the crazy, reckless part. You want us to make his wild hair concrete.

It's a little like this. The bank manager may fantasize about stealing all the money in the vault, but in the end, he knows he lives in a different reality.

Wayne & Tamara

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



## Healthy Living Healthy Eating

from Marissa Liana

Certified Nutritional Practitioner/Health Coach

### How to train with your genetics, not against them.

Chances are, your body excels more naturally at certain sports or physical challenges. This is dictated not only by your genetics, but of course your lifestyle and training history.

For me, I grew up playing ringette, which favours physical challenges that involve quick bursts of explosive movements. It is no surprise today that I

LOVE sprinting and gravitate more towards HIIT workouts. The type of training you engage in dictates which muscle fibres you develop, and ultimately has the power to change your body composition. So how can you use this information to change the shape of your body and improve performance?

Most people are born with an equal number of fast twitch and slow twitch muscle fibers. Slow twitch fibres excel during endurance sports as they don't fatigue quickly, while fast twitch fibres are excellent for shorter duration, power movements like heavy lifting and sprinting. Depending on the type of training you engage in, will depend on which muscle fibres you develop.

Slow twitch fibres which are great for endurance and accompany a leaner physique, while training fast twitch fibres results in fibres growing larger and appearing bulkier. Depending on your physical and aesthetic goals, this will dictate which type of training you should engage in.

If you're like me and love training HIIT style, which train type 2A muscle fibres, try out this workout, and don't forget to recover with your protein post workout to repair your muscle fibres! I love the Paleoethics plant protein

@Paleoethics code: Marissa saves you 15% on all orders <http://paleoethics.ca/marissa>

Do each exercise for 60 seconds, and keep up the momentum!

Burpees, Lateral lunges with hops, Jump squats, Mountain climbers, 60 second dash, Plank jacks, Flutter kicks, Star jumps

Stay well. Marissa



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**Marissa Liana, CNP, BHSC Kin**

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