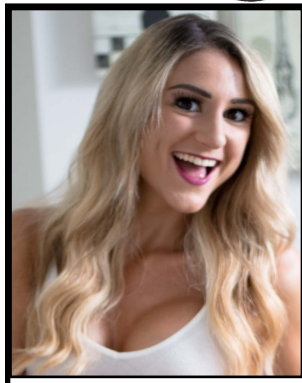


MEDICAL FILES



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.

Coffee intake worsening your acne?

Let me start by saying I'm a HUGE coffee lover and have never been the type of wellness professional that has advocated for eliminating it completely. There are, however, certain circumstances where eliminating coffee (and all major sources of caffeine) can be very beneficial for improving acne-hormones.

The adrenal glands - stimulated by coffee/caffeine, are responsible for producing *stress hormones* such as -Cortisol, Epinephrine (Adrenaline) and Norepinephrine as well as small amounts of *sex hormones* like -estrogen, - progesterone and - testosterone levels in the body. Since hormonal imbalances can lead to acne, stress, induced by caffeine and lack of sleep (worsened by excess coffee/caffeine) burdens the adrenals and cause our hormones to be produced in unfavourable amounts.

One major role of cortisol is to increase blood sugar. Chronically elevated blood sugar/blood sugar imbalances are also a root cause of acne! Fatigued adrenals/blood sugar imbalances and lack of sleep then lead to sugar cravings, which further disrupt blood sugar balance. It's a vicious cycle!

If you suspect you're adrenally fatigued and suffer from chronic acne, you may experience the following symptoms.

- Dependant on coffee or stimulants to get you through your morning/day.
- Midsection weight gain.
- Difficulty handling stress and tend to work off of worries.
- Often feel light-headed when standing quickly from a seated or lying position.
- Craving for salty foods.
- Low sex drive.
- Trouble staying asleep at night.
- Horrible PMS or Menopause.

In my Ebook HEALTHY SKIN FROM WITHIN - I teach you how to take control of your adrenal health, skin health, and how to properly assess the root cause of your acne + skin issues. You'll receive a full 14-Day Skin Healing Meal Plan, supplement guide, product recommendation guide, food list & so much more. Visit www.marissaliana.com to learn more and get your copy today!

Until next time,
Stay well.
Marissa



The Doctor Game W. Gifford-Jones M.D. What a Horrible Way to Start the Day!

The first thing I do every morning is read the newspaper. This AM I should have stayed in bed. The headline read, "No amount of alcohol is safe." The report claimed to be one of the largest studies of alcohol consumption that's ever been done. To make my day worse, the litany of alcohol problems was reported in one of the worlds most respected medical journals, The Lancet. So, should I be hung up by my thumbs, pour chardonnay down the drain, nail my bar doors shut, then repent my sins of writing for years that moderate drinking is medically beneficial?

But, in a world loaded with alarmist headlines and falsehoods, is this study "The Holy Grail" of Alcohol? First, it's a large study and studies of this magnitude require a huge amount of statistics. And, as one of the most brilliant professors at The Harvard Medical School once remarked, "If anything has to be proven by statistics, it's usually wrong." I say amen to that and hope he's right.

Then, how big is the risk for moderate drinkers? Researchers say that for every 100,000 non-drinkers, 914 will develop one of 23 diseases listed in a given year. But if a drinker has one drink a day, the risk increases to 918 in every 100,000. This represents such a small increase that you'd wonder why anyone would lose sleep or get so excited over this study. Or why editors would bother me with this news so early in the morning! The odds of winning are much worse at Las Vegas.

I admit it's shocking when studies claim that alcohol drinking results in the death of 2.8 million people each year. But some of these deaths happen to drivers who drink to excess, or others who become tipsy, fall and fracture a hip. Or who succumb to alcoholic cirrhosis of the liver. Behave yourself and this does not happen to you. Moreover, some reported deaths were from tuberculosis, still a big killer in some parts of the world.

This study is also about dosage. Dr. Linus Pauling proved that some remedies such as vitamin C require huge doses to be effective in treating cardiovascular and infectious diseases. But here we are talking about a reverse situation, moderate, sensible amounts of alcohol. This morning's report says that there is no such thing as a safe alcoholic drink. This makes good headlines, but I believe it does injustice to moderate drinkers.

In life there are many things we encounter that are not safe. In the U.S. every three minutes a person is killed in a car accident. Some took the wrong fork in the road and died. Others killed due to alcohol excess, anti-depressants, marijuana or other medication. These are all tragic deaths, but we do not ban the selling of cars or medication that often isn't needed.

I find it hard to believe that all previous studies showing moderate drinkers live longer were wrong. I also believe that research has proven alcohol makes platelets more slippery, less likely to clot, resulting in a fatal heart attack. It also dilates arteries, increases the good cholesterol and decreases fibrinogen to decrease the risk of a coronary death. And surely there is a health benefit to being more relaxed in this increasingly troubled world.

In the past there's also been too many puritanical lies about alcohol. For instance, The National Institute of Health which funded a study on alcohol, forbade a Harvard Epidemiologist, who participated in the study, from publishing the health benefits of alcohol. Other doctors at conventions who report on the health benefits of alcohol, say they are forbidden to tell the public about it!! One could argue it's criminal to withhold good news from the public,

It was not the best way to start the morning, but I will not change my moderate use of alcohol. After all, Hippocrates supported the use of alcohol, Jesus turned water into wine, Sir William Osler stated that alcohol was for the elderly what milk is for the young. Or as Cardinal Richelieu remarked, "If God forbade drinking, would he have made wine so good?"

My case rests. Need I say more?

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HEALTHY LIVING

By Dr. George Traitses
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Sitting Down on the Job

Does your job find you sitting most of the day?

While sitting can seem restful, keep in mind that staying in any one position for long periods of time can cause strain and injury to your muscles, joints, tendons and ligaments. Sustained sitting can take a toll on your neck and lower back – steady compression on the spinal discs hinders their nutrition and can contribute to premature degeneration.

So, if you have to sit at work, what can you do to stay pain-free? Help take the load off your back with these tips:

- Take frequent breaks
- First, ensure that you take regular breaks from sitting. Get up, take a short walk outside or around the office, and stretch.
- Posture perfect
- Next, pay attention to your posture. Sitting incorrectly puts strain on your lower back, decreases blood flow to your working muscles and accelerates fatigue. Practise "active sitting" with your feet flat on the ground in front of you, your back straight, your shoulders squared and your chin parallel with the floor. This posture will strengthen the "core" muscles of your abdomen, sides and back to reduce the strain on other areas. The stronger your core muscles, the easier it will be to maintain good posture.

Choose a good office chair
What's most important in preventing injury and strain is to be able to easily vary your sitting positions throughout the day. An investment in a good office chair can help a lot. The right chair for you should:

- Be easily adjustable to suit your size
- Adapt to support your spine in various working positions
- Have a backrest that supports your lower back
- Have armrests, if they are appropriate to your work
- Have a front edge that curves downward to promote proper posture

Stability balls
One recent trend is to use a stability ball at the office. While a ball is a great tool to help you tone your abs at home or at the gym, it should not replace a good chair at your work station. If you do bring the ball to work:

- Use the ball only for short periods
- Use your abdominal, back and side muscles to maintain straight posture
- Stop when your muscles feel tired

Sitting on a ball instead of a chair can actually increase the pressure on your back, especially if your core muscles aren't strong. So, sitting a long time on the ball may lead to greater discomfort in your lower back. Do not use a ball if you have osteoporosis, balance or low back problems.

Remember, stability balls are not for everyone; consult a chiropractor if you have any pre-existing injury or health problems that could impact your balance or stability.

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