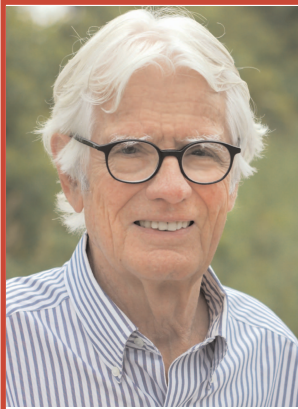


HEALTH CORNER



The Doctor Game By 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.

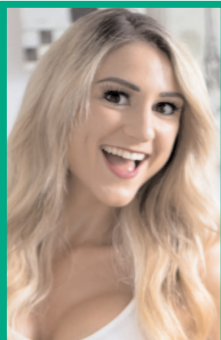
I find it hard to believe that all previous studies showing moderate drinkers live longer were wrong. I also believe that research has proven alcohol makes platelets more slippery, less likely to clot, resulting in a fatal heart attack. It also dilates arteries, increases the good cholesterol and decreases 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?

Online docgiff.com Comments info@docgiff.com



Healthy Living Healthy Eating

from Marissa Liana
Certified Nutritional Practitioner/Health Coach

FODMAPS and your Irritable Bowel

If you are someone who suffers from irritable bowel, you may want to consider following a low FODMAP diet.

What is a low FODMAP diet?

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols - which is essentially a long and fancy description of short-chain carbohydrates that are prone to ferment in the large intestine. Fermentation draws in water and produces gasses (like methane) that cause the intestine to stretch and expand, leaving us feeling super bloated and gassy. This is worsened in people who have low enzymes, low stomach acid, and imbalances in gut flora (healthy gut bacteria).

Common FODMAPs in your food include:

Garlic, onions, artichokes, cauliflower, beans, legumes, apples, avocado, plums, dates, apricots, peaches, wheat, barley, rye, lactose found in dairy, and sugar alcohols like xylitol, sorbitol and Maltitol.

As you can see, some of these FODMAP foods are very nutritious and would be unfortunate to have to eliminate forever. Working with a Nutritionist to balance the ROOT CAUSE of your digestive issues, in conjunction with following a low FODMAP diet initially can produce great improvements to your digestion.

If this is you, I offer low FODMAP meal plans, and you may also like my Beat the Bloat Ebook specific for individuals with digestive distress. Comes with a complete digestive healing supplement guide and a 2-week digestive healing meal plan. Learn more at www.marissaliana.com/SHOP

Until next time, stay well! Marissa



HEALTHY LIVING

By Dr. George Traitses
D.C., B.Sc.(Hon.), M.Sc., C.H.N., C.N.M., A.C.C.R.B. 3, C.R.A.
Member of the Ontario Chiropractic Association
DON'T LET A FALL BRING YOU DOWN

A senior who's suffered an injury from a fall knows the dramatic impact it can have not just physically, but psychologically. Falls can swiftly take away the sense of independence and confidence that allows a senior to fully enjoy their life. Unfortunately, falls are all too common in our aging population, 1 in every 3 Canadians over the age of 65 will experience a fall, with hips, wrists and pelvic fractures being the most common injuries.

However there are some easy tips and techniques anyone can use that help reduce the risk of injury as a result of a fall.

Reduce clutter in the home

Maybe it's time for some fall cleaning. Getting rid of loose articles such as rugs prevents you from slipping or tripping in your home. Reducing clutter can make for a much safer environment.

Ensure easy transfers in and out of the bath

The combination of water and tile can be drastic. Installing grab bars in your bathroom to help with getting in and out of the tub is an affordable adjustment that can minimize your chances of slipping and falling on a wet floor.

Wear supportive footwear

Many of us wear slippers around the house, especially during the colder months. Making sure your slippers have traction and are non-slip can safeguard you from falling in your home.

Have your eyesight and hearing checked every year

Having your vision and hearing checked regularly is vital. If hearing or vision is impaired, you can miss important cues that help maintain your balance, resulting in a fall.

Exercise regularly

Although it can be a daunting task, exercising to improve strength and coordination helps to prevent your chances of losing balance and falling.

Have your medications evaluated

It is possible for a patient to receive several prescriptions from multiple doctors. By evaluating the medication you are on, you can decrease the chances of side effects and keep your sensory functions that help you stay balanced and upright intact.

Have your strength and balance tested

A person with low mobility levels and poor balance is at a higher risk of falling. Being mobile and continuing to improve balance is vital to helping prevent falls and injuries.

By following these falls prevention tips, you can reduce your chances of experiencing a fall that may lead to additional injuries down the road. Visit a doctor of chiropractic or other qualified health professional to test your steadiness, balance and strength and give you additional information on falls prevention.

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



Direct Answers

from Wayne & Tamara

Mirror, Mirror...

I have been with a man six years off and on. As always, the first nine months were pure bliss. Then springtime rolled around, women began wearing shorts, and he cheated on me. I wasn't positive, but I suspected it.

I cooked, cleaned, and took care of his two children from a previous marriage. I did everything for him. But when we were in public, he looked at and commented on every pretty woman who walked by. Might I add, he's been married twice and cheated on his first wife with his second.

In our second year, things declined. He hung out with buddies, drank a lot, and sex became nonexistent. He constantly put me down about my weight. I decided to leave. As I was walking out the door, a friend asked if I knew a girl named Missy. Come to find out Missy was a married woman he was having an affair with.

The fling didn't last, and we got back together. Half the time he acts like I am nothing to him, but after we got back together, he said he loved me and we should get married. End of subject. I never heard marriage mentioned again.

In our third year I became pregnant with our child. He said he loved me, was going to do right by me, and things would be different. End of subject.

During my fifth month of pregnancy, he went to a party, met a girl and started dating her publicly. He kicked me out of his house. I couldn't understand how he could hurt me so bad when I needed him so much. I cried all day and all night for months.

He didn't come to the hospital during the delivery. Anyway, the new girl dumped him, and he came back to me. I still love him, but now he is seeing a woman who lives right down the street.

Everyone is tired of hearing the same old song and dance from me. My father tells me I need counseling. I don't know what to do. Don't I owe it to my daughter to be a family with her dad?

Laila

Laila, your father must be tortured, asking himself, "Where did I go wrong? My daughter has lost her reason." Your friends must be in despair. "Why is Laila enthralled with a man so focused on one part of his body he has lost all moral compass?"

Imagine their stress and frustration. For them, it is like standing on the bank of a roaring river watching someone drown.

Don't I owe it to my daughter to stay, you ask. When you mention your daughter, you are down to your last hollow argument. You are a danger to your daughter. You seek to use her innocent life as an excuse to do wrong, and she is but another failed attempt to capture this man.

Why did you write us? To relieve the stress of doing what you know in your bones you should not be doing. Until you want help, until you want to change, there is nothing we can say to you. You are enthralled with an idea of this man which exists in your imagination.

You can keep saying the earth is flat, the moon is made of green cheese, and this is love, but none of those things will ever be true. You are committing a crime against yourself. When you understand that, you will realize you also have the means, motive and opportunity to change.

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.

www.marissaliana.com ~ Instagram: @marissaliana ~ email: is.marissaliana@nlp@gmail.com

Marissa Liana, CNP, BHSC Kin

Become Rooted In the Realm of Health that Mother Nature Intended