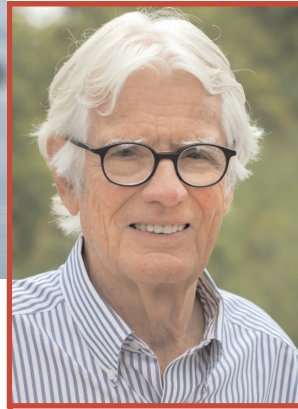


HEALTH CORNER



The Doctor Game

By W. Gifford-Jones M.D.

Fire Gifford-Jones for Vaccination Column!

Do you need excitement in your life? If so, just write a column on the rewards and risks of vaccination. Then find a safe, secure, hideout. Pour yourself a drink and wait for those who want to boil you in oil. This scenario happened to me when an editor pulled my article, balanced I thought, after it was published, due to criticism. Some readers thought I'd been fired.

A Professor of Medicine in Calgary writes, "I was horrified that you would publish these remarks for unsophisticated readers. (This implies newspaper readers are stupid!) Another reader wrote, 'Your recent piece is a threat to public health. You should be ashamed for spreading lies and fear.'"

These are damning comments that must be challenged.

I also received an overwhelming positive response from readers, the general reaction, "Thank God a doctor has finally had the courage to speak out about this matter." A few predicted I'd be fired. Another wondered why I wasn't stoned at my front door!

WD from Toronto replied, "I cannot believe your column on vaccines was removed. What is happening in this world? Big pharma has its teeth in everything and people blindly follow. Your column simply advised people to look at both sides of the coin."

From the prairie provinces, "You are one of the brave. All of the momma's out in the trenches are celebrating your article." Another reader in Massachusetts claimed that, "dropping the column was an attack on free speech".

MG writes, "With my first and only flu shot I developed Guillain Barre disease and became paralyzed. I've regained the ability to walk, but have permanent nerve damage. It's so frustrating to hear that flu shots are safe as one nearly killed me. Thanks for speaking up."

From Niagara-on-the-Lake, Ontario, "I'm a registered nurse who worked in Toronto and never took a flu shot. Like you, I take a lot of vitamin C, and also B pollen and Manuka honey from New Zealand to increase immunity."

A doctor from Mexico says, "I wasn't taught about immunology and I was impressed and shocked to read about the dangers of vaccines in your column."

But what have critics missed in denouncing this column? Investigators always counsel, "follow the money to find the answer." This means following 3.6 billion dollars, awarded to families due to the complications of vaccines. It's a huge pay out if nothing wrong ever happened!

Critics also make the error in ignoring the fact that no therapy in this world is 100 percent safe. I could never guarantee that my surgical patients would have an uncomplicated recovery. Every day people die of blood clots after surgery and prescription medication. Vaccines are no exception.

But some things like apple pie, motherhood and vaccines have become sacrosanct. And if doctors analyze them they're immediately damned.

Some critics claim that large amounts of mercury are no longer used in vaccines. But mercury even in small quantities is dangerous. Good sense demands that something in the vaccine triggers occasional complications. To date, we regrettably do not have a utopian 100 percent safe flu vaccine.

I've written often that vaccines, thankfully, have saved countless lives from infectious disease. Never have I ever counselled anyone to refuse vaccines. Rather, I urge that medical decisions should always be made by the patient and his/her doctor. Informed consent must include the possibility of an unexpected, minor or serious complication.

One thing I do know. I'm not related to the Almighty. I therefore can't be infallible. I am also very aware that readers often request my column be discontinued when I write about controversial, social and medical issues.

In view of what happened should I have by-passed a column on flu vaccine? I hate hypocrisy so I'd be the world's worst hypocrite if I followed the non-controversial path. Medicine is made up of many controversies.

An editor 45 years ago counselled me, "It's the job of a journalist to make people think." This has left me with scars. But if I get fired for writing what I believe should be said, it's time to stop. After all, the motto of The Harvard Medical School is one word, "Truth". I will live or die by it.

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Direct Answers

from Wayne & Tamara

Man-child

My boyfriend had a climbing accident three months ago. He showed up on my doorstep that night with serious injuries. I got him to the ER ASAP. Then I let him crash while he recovered, and I played nurse until he could get back on his feet.

He's been back to work for a month and gets a daily paycheck. But I pay for all the important stuff! Not to mention the rent, which I could lose if housing a non-resident! I do not want him on the lease. I want him out! But he has nowhere to go. That's where I drop the ball and don't stick to my guns.

I've been penalized financially by the leasing office as a warning. And he still didn't leave! Bottom line, I cannot support two people. But he's always down for a good time. He's along for the ride because I'm the one paying for it all! Can I get a "thank you" instead of "that was really fun"?

Just give me a script I can use to tell him to go. I won't be rude about it, but I've been firm and this guy got way too comfortable living with me.

Willow

Willow, there are people in this world who will look for you. The less you look like a victim, the less you act like one, the less you feel like one, the less you will have to deal with these people, because they won't target you He's a mooch. And mooches look for people who can't stand up for themselves. Why do you think he showed up on your doorstep before going to the ER? He went through his mental Rolodex of those he could take advantage of, and he stopped when he reached your name. He set himself up with a support victim first. In your terms, he made you feel like a rescuer, like Florence Nightingale, and you stepped right into it.

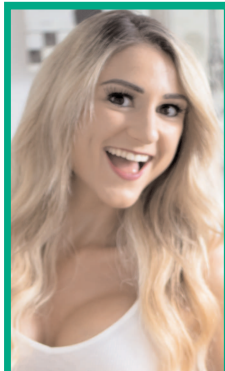
Thanks? Why would he thank you? You are in the role he stuck you in. If he thanked you, that would make him beholden to you and he does not want that. He's high-fiving himself for having picked so well. Pay his fair share? Are you kidding? Like all mooches, he feels entitled to what you are doing for him. He is already perfectly aware that he needs to leave. He knows your lease is in jeopardy and you are incurring costs. He's not deaf. He doesn't care. You don't have to explain yourself beyond the obvious. Tell him, I asked you to leave, I am done with you.

You don't need a script. The first time he is out of the apartment, haul his stuff out and change the lock. Or call the leasing company and ask for help evicting him. Or put his stuff on the curb and involve the police. Or dump his stuff on the curb, print off this column, and put it with his belongings. Aristotle called anger a point of excellence. Why? Because a justifiable anger protects us from those who would treat us unfairly. It is painful to say no. It was okay as a child to learn not to be rude, but that rule doesn't apply here. The rule that applies is honesty. You have honestly evaluated the situation. Now act from that honest understanding.

He is now able-bodied, and able-bodied men should take care of themselves. He wants an unearned benefit that puts you at a serious disadvantage. That's wrong.

Wayne & Tamara

Send letters to: DirectAnswers@WayneAndTamara.com



Healthy Living Healthy Eating

from Marissa Liana

Certified Nutritional Practitioner/Health Coach

Not meeting your health goals? Is it lack of time, or abundance of excuses?

Today I want to discuss the barrier of "time" as being an issue that prevents you from being healthy and reaching your goals.

I was going to try to be nice and sympathetic in this article at first, but honestly I don't have time for excuses. I had a client tell me today that they hadn't started their meal plan I made for them yet because "life gets in the way". This man is retired for one, and when I suggested he grocery shop today, he replied he didn't want to go to the grocery store on a Saturday. I'm sorry, but I know too many of you can probably relate and you're not recognizing the excuses you tell yourself on a daily basis.

With that being said, I still want to try my best to be helpful and provide some easy strategies to eating healthy, even with minimal time.

1. One Pan oven meals. Buy 2-3 bulk protein, carbs, and fats weekly and rotate weekly. Protein examples: chicken (ground or whole), Turkey, tempeh, eggs, beef. Carbs: frozen veggies, sweet potato, carrots, rice, squash, banana, apple. Fats: coconut oil, avocado, nuts and seeds/butters. An easy "one pan oven" recipe for example: chicken, Brussels and sweet potato covered in coconut oil.

2. Healthy restaurant options - skip the breaded meats and opt for baked. Ask for dressings and oils on the side. Skip the calorie filled drinks and go for water or diet Sodas (on occasion), get a side of veggies instead of starchy carbs, and slow down on the appetizer dinner rolls.

3. Gas station snack ideas. If you try to tell me there's not a gas station near by to buy a pack of mixed nuts, fruit, or beef jerky, I will literally not be able to have a serious conversation with you.

4. Eat whole foods when in doubt, not processed ones. This means eating real food. From nature. This should seriously be a no brainer, but unfortunately food marketing has made people believe that "low fat" and "cholesterol free" foods are "health foods".

5??? If you're still seriously lost and you're fortunate enough to hire a health coach, the investment will likely save you tons of confusion, frustration and lack of progress.

I hope this helps!

Until next time, stay well! Marissa



Marissa Liana Nutrition

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

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Marissa Liana, CNP, BHSC Kin

Become Rooted In the Realm of Health that Mother Nature Intended