

# MEDICAL FILES



## Healthy Living Healthy Eating

from Marissa Liana  
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Specialized in Applied Holistic Nutrition from the Institute of  
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### 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](http://www.marissaliana.com) to learn more and get your copy today!

Until next time,  
Stay well. Marissa



## HEALTHY LIVING

By Dr. George Traitses  
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### Tips to Enjoy Healthy Knitting

Many of us turn to knitting to pass the time and can be a great exercise for those with hand pain. However, knitting is a repetitive motion and can lead to a variety of injuries, much like typing, sewing and other repetitive tasks. Knitting can cause strain not only on the hands and wrists, but also on the neck and upper back due to the extended length of time knitters are looking down at their work in a sitting position. Knitting can also lead to carpal tunnel syndrome related to improper wrist positioning and grip technique in serious cases.

The Ontario Chiropractic Association has compiled a few tips and techniques to help knitters enjoy their hobby free of pain and discomfort:

The single most important thing a knitter can do to prevent injury is take frequent, regular breaks. Change the position of your body and look up often from your work and into the distance.

Sit in a chair with your feet on the floor and try not to hunch. Try to engage your abdomen when adjusting your posture.

Stretch your fingers by clenching your hands and then spreading your fingers as far as you can. Stretch and strengthen your wrists with simple curls. Lay your forearm on a flat surface with your wrist at the edge. While holding a small hand weight, let your wrist fall over the edge and then lift the weight up towards you only bending your wrist. The rest of your arm should remain flat on the table.

Switch it up! Learning to switch easily between English and Continental knitting styles will allow you to keep on stitching while reducing the risk of repetitive strain.

Sit in a comfortable but supportive chair and consider placing a small cushion, rolled up towel or sweater between your chair and the curve in the small of your low back.

The tools you use matter. Consider smooth, lightweight needles. Circular needles are best for large projects. When crocheting, use ergonomic hooks.

Make small, efficient movements. Practice how small you can make your movements. Keep the working yarn close to the tip of the needles.

Grasp your yarn gently. A consistently relaxed grip will help you keep a constant gauge while reducing unnecessary strain on your neck, shoulders and forearms.

Hold your projects away from you. This will help you relax and avoid muscle and eye strain. Plan your knitting projects in advance and try to space them out over time.

Any pain or stiffness resulting from knitting should not be ignored. Knitting should be a fun, relaxing hobby. Make sure that knitting is contributing to your well-being and health, not more injuries. Visit a chiropractor near you if pain and discomfort continues.

Dr. George Traitses, 416-499-5656 [www.infinite-health.com](http://www.infinite-health.com)



## The Doctor Game W. Gifford-Jones M.D. What You May Not Know About Vaccines

Every year readers ask me if I get flu shots. I reply, I don't. I rely on high daily doses of vitamin C to build up my immune system. But I may be wrong. So, I've sought the opinion of experts in the field. Their primary message is that informed consent is vital.

Most people believe vaccines would not be advised unless researchers and doctors deemed them safe. But I've often stressed, there's no such thing as 100 percent safe surgery. The same is true of vaccines. That's why 3.6 billion dollars has been awarded to families due to the complications of vaccines.

Here is a typical parent's story. "My child was healthy, was given a vaccine and then something happened." The occurrence is usually a neurological reaction due to inflammation in the brain that triggers problems such as autism, which has skyrocketed over the years. Or there's a lack of coordination, sleep problems, seizures, severe allergic reactions and at times, death.

History shows that vaccines are vital in preventing a number of infectious diseases and they do save lives. But history also shows that on rare occasions they have a potential hidden risk.

Unfortunately, it's become a medical sin for doctors to speak out about the negative effect of vaccines. In fact, the few who have the intestinal fortitude to do so are often labelled medical outcasts and sometimes punished by losing their job. So much for scientific fact!

So how do vaccines cause unintended consequences? It's primarily due to what's added to vaccines. For instance, some vaccines contain mercury, which is one of the most toxic ingredients known. Another additive, aluminum, is a known neurotoxin that can cause a toxic inflammatory reaction affecting the nervous system. Moreover, many people, including doctors, are unaware that there may be foreign DNA particles in vaccines!

Another frequent complaint is that vaccines are given too soon when young children are more susceptible to toxicity. For instance, in Norway, vaccines are not prescribed in the first two years of life. Contrast that to North America where newborns are routinely given vaccines such as a hepatitis B.

Surely doctors would not advocate the benefits of vaccines without the knowledge they're safe. But experts say this is part of the problem, namely they don't know. During their years in medical school they receive very little training in immunology. Or, vitally important, never learn what's actually in a vaccine.

Moreover, years ago there were just 3 vaccines. Now, by five years of age children can receive 46 or more vaccines. In fact, the message physicians receive from health authorities is, "Here is the vaccine schedule. Do it." And some physicians have bluntly told parents, either have your children vaccinated or find another doctor. Namely, it's my way or the highway!

What worried me as I listened to authorities talk about vaccines was this recurring phrase, "We don't know whether the vaccine triggered the complication." As a surgeon I know post-operative complications happen and why they happen. With vaccines, they remain in the never-never land of "maybe".

For instance, I learned of babies dying of SIDS (Sudden Infant Death Syndrome). This has occurred 24 hours after a vaccine was given. Some authorities claimed the death was a coincidence. Maybe it was. But as one critic remarked, "If I hit my toe with a hammer, the cause of the soreness is usually the hammer."

As I researched vaccines, I discovered the heavy responsibility of providing the truth. No journalist, nor any doctor, wants to advise against vaccination and have a child die needlessly from an infectious disease. Nor do they want to see a child vaccinated and develop a life-long complication.

I expect criticism from readers of this column. I'm also not your doctor, but believe you should be aware of these facts. So I urge all people, particularly parents, to discuss vaccines with their doctor. Try to read both sides of the vaccine debate. Then if a complication occurs, there are no surprises. And in medicine, the best surprise is no surprise.

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