

# HEALTH CORNER



## Direct Answers

from Wayne & Tamara

### Loveless

I am a 45-year-old woman married to her second husband. In February he told me he has been unhappy for a long time and wanted his freedom. This was prefaced by my finding email of a more than friendly nature from more than one woman. I confronted him. He said he was just "having fun" and "a lot of these women think they are in love with me."

I had a hysterectomy in January, and while home recuperating, I happened to find the email. After that there was no turning things around.

I got him to go to a marriage counselor one time. He told numerous half-truths about our married life, then left in a hurry saying he didn't need another appointment.

We live in a split-level home. He moved his things downstairs, but he hasn't slept there. At first, he said he came upstairs because he heard me crying and couldn't stand it. No sex, but we sleep together like always, most nights wrapped around each other.

We are also having a bad time financially, though I tried my hardest to remedy that. We are selling our house, and I put money down on a mobile home for myself. He wants to live separately. Two months ago he purchased a ticket to Las Vegas, for himself, to go have a good time.

I think the reality of getting a place of my own has affected him, but there has been no overt move toward reconciliation. He hasn't even looked for a place yet.

He knows I love him. I tell him at least once a day. But he has a separate checking account and post office box. He sold his Lexus and is driving a junker. He spends most of his time at home on the computer. I no longer see his contacts because he uses his laptop.

Our house is going on the market next week. He's leaving town for four days and leaving the cleaning and yardwork to me. He has offered to help me move, pay for my car, and not divorce me because I would lose his insurance coverage. So here we are. I still have hope in my heart that he will come to his senses before it is too late. I've tried being strong, and begging and pleading. Oh, he also says it is not me, it is him. What are your thoughts on this mess?

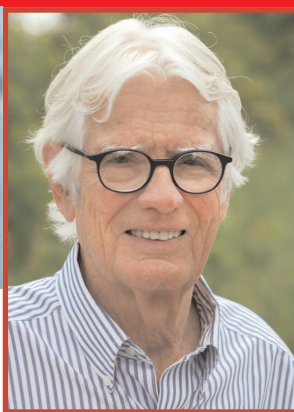
Wendie  
Wendie, when he says it's him believe him. He is confessing that his feelings for you are not strong enough to keep him in your marriage. He is so certain of that, he won't let some counselor try to change his mind. It's simply the way he feels. You can't talk people out of their feelings. If you could, they could talk you out of yours. Who is more in the right? You for wanting him to stay? Or him for admitting, once you caught him, that he is looking for someone else to be in love with? You can't be happy forcing a man to stay against his will. There must be a connection both ways.

People want to blame the internet, Facebook and dating sites for breaking up relationships. All the internet did was shine a light on all the people in broken relationships looking for the real deal.

There is no begging and pleading in love. That's adversarial. Though you are willing to settle for his physical presence over love, if he doesn't love you, he is not present. So, what's the point?

Wayne & Tamara

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## The Doctor Game

By W. Gifford-Jones M.D.

### Remedies to Prevent Death from AAA

Ask anyone about AAA and they will immediately think of the American Automobile Association. But in this case it stands for abdominal aortic aneurysm. Sir William Osler once remarked, "There is no disease more conducive to clinical humility than aneurysm of the aorta." He could have added that it's a lethal disease, so prevention is better than cure.

Every year over 20,000 North Americans die from a ruptured aorta. Albert Einstein, the physicist who expounded the Theory of Relativity, and Lucille Ball, the TV star that made us laugh, both died of AAA.

So, what causes the aorta, about the size of a garden hose, the largest artery in the body, to rupture?

Getting a little stiff in various parts of our body is one of the problems of aging. But arterial stiffness, known as hardening of arteries, is particularly hazardous when it happens to the abdominal aorta. A sudden rupture can result in death in a few minutes. And studies show that about 5 percent of men over age 65 have some degree of AAA. It's also five times more common in males than females.

Sir William Osler, Professor of Medicine at McGill, John's Hopkins, and Oxford University, remarked that, "It's good to be born with good rubber." In effect, to have soft, elastic, arteries that expand and contract with each beat of the heart.

But as we age arteries often become rigid, resulting in hypertension, heart attack, stroke and rupture due to an aneurysm. The cause is arterial calcification which can affect the aorta, coronary arteries and valves of the heart.

To reduce the risk of calcification it's important to block its penetration into arteries as soon as possible. Several studies show that people with a higher intake of vitamin K2 have less risk of arterial calcification.

But calcium is also an essential mineral to sustain life. In fact, without sufficient calcium we could not maintain the electrolyte balance needed for the normal rhythm of the heart.

In a healthy body, 99 percent of calcium is stored in bone where it provides structural support. The amount of calcium allowed into the blood stream is strictly controlled.

Dr. Dennis Goodman, cardiologist and Director of Integrative Medicine at New York University, says that "Ignoring vitamin K2 is dangerous. Few are aware of how K2 aids bone health, but even fewer know how it helps cardiovascular health."

The great risk is that a deficiency of K2 increases the risk that calcium will be deposited in the aorta. These calcium deposits weaken the wall, increasing the risk of rupture and sudden death.

A Dutch study of 4,600 men aged 55 and older showed that a high intake of vitamin K2 decreased the risk of aortic calcification by an amazing 52 percent.

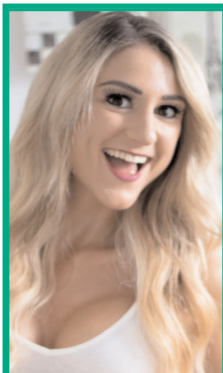
Since K2 is not easy to obtain in the diet, various supplements are available. For instance, K2 drops also contain vitamin A and D as all three are needed for bone health. And as we age, vitamin A also helps to improve night vision.

What is not mentioned in most studies is that a combination of vitamin C and lysine also strengthens the wall of the aorta and other arteries. This helps to decrease the risk of aortic rupture, coronary attack and stroke. Pills of vitamin C and lysine are effective. But for those who dislike swallowing large numbers of pills Medi-C Plus and other brands of powdered C along with vitamin K2 Plus A and D drops are available at Health Food Stores.

Pathologists have known for years that arteries are soft and flexible in youth. But with age, calcification occurs in the soft tissues of the body, particularly arteries. So one secret for longevity is to keep calcium in bone where it belongs, and out of the aorta, coronary arteries and those in the brain where it can prematurely end life.

Osler was right. It's good to be born with good rubber. But if this doesn't happen, vitamin K2 along with high amounts of vitamin C and lysine, is the way to keep arteries elastic and increase longevity.

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## Healthy Living Healthy Eating

from Marissa Liana

Certified Nutritional Practitioner/Health Coach

### WHY CALORIE COUNTING DOESN'T WORK - NOT ALL CALORIES ARE CREATED EQUAL.

Are you counting calories but still not losing weight? It's important to know that not all calories are created equal. Here's why????

1??Nutrient density is not the same as calorie density. Nutrient density refers to the proportions of nutrients, specifically the vitamins and minerals that are contained in a food. Vitamins and minerals are considered essential nutrients because they are required to perform hundreds of roles in the body that keep us alive and healthy. They help strengthen our bones, boost our immune system, convert food into energy, repair muscle tissue, and increase rates of detoxification.

Too many people are eating calorie dense foods that lack nutrient density, which therefore sets their body systems up for failure. It is 100% possible to be over-fed and under-nourished.

2??Hormonal response of food. Carbohydrates, fats, and proteins all generate different hormonal responses in the body. Carbs increase insulin, the hormone responsible for fat storage. Proteins increase glucagon, which helps to burn/break down stored fuel sources including fat stores. Fats do not increase insulin, help to keep us full and cholesterol is actually needed for proper sex hormone balance (like estrogen and testosterone). The way food affects your hormones has a huge impact on your body composition and the way you look.

3??Food impacts your gut's microbiome. In order to manage your weight, hunger and body composition, you must keep your healthy gut bacteria flourishing. Those who struggle with obesity actually have different microflora (good bacteria/probiotics) in their GI tracts than those who are comparatively lean! Gut bacteria play a large role in extracting energy and nutrients from food. If your gut flora is compromised (from a diet high in refined carbs and processed food, diet low in fiber, diet lacking in raw, fermented foods) you are not probably utilizing your food for fuel and can carry excess weight.

If you're ready to start a meal plan that balances your gut, hormones and replenishes your nutrients, visit [www.marissaliana.com](http://www.marissaliana.com) or email me at [marissalianacnp@gmail.com](mailto:marissalianacnp@gmail.com) to set up a consult now.

Until next time, stay well! Marissa

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**Marissa Liana, CNP, BHSC Kin**

*Become Rooted In the Realm of Health that Mother Nature Intended*