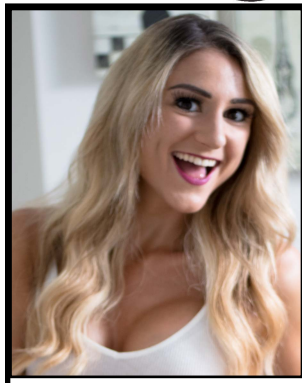


MEDICAL FILES



Healthy Living Healthy Eating

from Marissa Liana
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Why Eating More Fat Is Actually Heart-Protective!

Are you still afraid to eat high fat foods? Do you know the importance of Omega 3 fats? Why do we fear fat as a society in the first place? In the 1950's, the nation began to fear heart disease as it was the leading cause of death. It became a public health problem. During this time, Ancel Keys, an American physiologist who studied the influence of diet on health, hypothesized that dietary saturated fat causes cardiovascular heart disease and should be avoided. He was able to get his beliefs into the hands of the American Heart Association and this became the beginning of the "low fat diet craze". Guidelines for "heart-healthy eating" became: "eat low fat, skinless poultry, non-tropical vegetable oils, whole grains, nuts and legumes and fruits and vegetables".

We now know that this is ill-advised! But why?

Since then, billions of dollars have been spent on trying to prove that saturated fat cause heart disease, and not 1 study could prove Ancel Key's hypothesis. Today, the 2nd leading cause of death in Canada is still heart disease. This low fat way of eating for over 50 years is clearly not working.

Where did his study go wrong?

This ONE STUDY, formed by Mr. Keys, looked at people's diet and of these people, who died of heart disease. His study showed that low saturated fat intake was ASSOCIATED with low rates of heart disease. Problem? Association does not = CAUSATION. For example, just because people who wear purple more often get cancer, does not mean that wearing purple CAUSES cancer. In fact, the study revealed that the strongest correlation to cardiovascular death was SUGAR/Refined Carbs.

More and more literature today reveals high fat, low carb diets to be PROTECTIVE against modern day illness such as cancer, cardiovascular disease and type 2 diabetes!

So what SHOULD you eat for a heart-healthy diet?

Definitely more fats, particularly Omega 3 fats! These have been shown to be effective at lowering blood pressure by improving blood platelet fluidity, which help to reduce the risk of blood clots, hypertension, and strokes. omega 3's are also nature's most powerful anti-inflammatory - and heart disease is an inflammatory condition. Omega-3s are essential fats, meaning our bodies cannot make them and we need to consume them in our diets. Good sources of these fats include fish like salmon, mackerel, and sardines as well as nuts and seeds like walnuts, flax seeds, hemp seeds and my personal favourite, chia seeds!

If you're not eating at least 2-3 servings of fatty fish/omega 3 sources per week, I highly recommend supplementing with a fish oil supplement containing a high concentration of EPA and DHA. Make sure that the source of fish oil is coming from wild-caught fish, not factory-farmed. Smaller fish such as anchovy and sardine will also contain less heavy metals and contaminants, so these are preferred. My personal favourite brand is Genuine Health's Omega 3+ from Healthy Planet. Click here to learn more. It contains high amounts of EPA, which has been shown to help boost mood and reduce seasonal affective disorder.

In addition, make sure you eat the rainbow and eat a variety of plants! This will provide adequate fibre in the diet which helps to reduce cholesterol and provide an abundance of antioxidants to protect your blood vessels.

Some of my fatty food sources for health include: whole eggs, avocados, full fat, organic cream, GHEE, coconut oil, and cold pressed extra virgin olive oil. Do you still fear fat?

Until next time, Stay well! Marissa #SaturatedFat #FoodFacts #holistichealth #diet #health #nutrition #nutritionist #holisticnutritionist #holistichealing #eafat #keto #intuitiveeating #highfatlowcarb #rainbowdiet #healthyplanet #fishoil #omega. Today's nutrition topic, due to popular demand: what hormones affect weight gain/weight loss and body composition. For the purpose of length and efficiency, today I will be talking only about 5 of the main hormones that affect weight gain/weight loss and body composition.

THE 5 HORMONES: CORTISOL, THYROID HORMONES, ESTROGEN, TESTOSTERONE, INSULIN
Other hormones worthy of mention which I won't be talking about today are leptin, growth hormone and glucagon. Let me know in the comments section if you want me to continue this conversation and explain these as well in their relation to body composition.

To begin, hormones are chemical messengers that travel through your bloodstream to your tissues or organs. Even a slight hormonal imbalance may have a significant effect on your metabolism, which controls the rate your body transforms the food and drink we eat into usable energy.

1) CORTISOL Cortisol is a stress hormone that is produced by our adrenal glands (aka the fight or flight glands). From a weight and body composition perspective, cortisol is a catabolic hormones (meaning to break down - as opposed to build up, which is what anabolic hormones do, such as testosterone). Cortisol increases blood sugar when levels fall too low and/or during stressful situations so we have adequate sugar in our blood to use as energy in a stressful event. Elevated cortisol levels also disrupt our body's ability to convert our T4 thyroid hormone into the active T3 hormone, — and many of us know thyroid hormones are responsible for controlling our metabolic rate. It is important to know that elevated cortisol and elevated stress can come in the form of dietary stress, under-eating, over exercising, emotional stress and environmental stress.

Which brings me into the next hormones - thyroid hormones!

2) THYROID HORMONES (specifically T4 AND T3) When you don't have enough of these important hormones, your metabolism slows down, resulting in weight gain and trouble losing weight. Thyroid hormones are affected by nutrient deficiencies such as iodine, selenium and zinc, as well as elevated stress levels and adrenal burnout. To support your thyroid, reduce stressors in your life and make sure you're getting adequate nutrients needed to support proper thyroid function as mentioned.

3) ESTROGEN Estrogen is an anabolic sex hormone that influences gene expression, cell growth and is responsible for the development and regulation of the female reproductive system and secondary female sexual characteristics. Unfortunately, the more abdominal fat we have, the more estrogen we produce as fat cells produce estrogen, and then this becomes a viscous cycle as fat cells produce estrogen and estrogen influences fat retention. Elevated estrogen levels can be due to elevated fat, as well as xenoestrogens in the environment in the form of pesticides, herbicides, BPA in plastics, hormones in meat, dioxins in dairy products, BC pill, and hormone disruptors in personal care products like parabens and phthalates.

Elevated estrogen levels have been shown to stimulate estrogen dependant conditions like breast cancers, ovarian cancers and endometriosis. Helpful tools to lower estrogen is to exercise to reduce fat mass, consume organic meat and avoid dairy, clean up your personal care products, and include tons of estrogen detoxifying ingredients like cruciferous vegetable such as kale, broccoli, brussels and cauliflower.

4) TESTOSTERONE Testosterone is an anabolic, sex hormone and plays a role primarily in the development of male reproductive tissues as well as secondary sexual characteristics such as increased muscle mass and the growth of body hair. Testosterone is also of course important for women looking to build lean muscle mass. Unfortunately, elevated cortisol / stress levels cause testosterone to decrease which can often be due to overtraining, under-sleeping, poor nutrition and also an increase in age. Additionally, something called the Aromatase enzyme converts testosterone to estrogen, further depleting free testosterone levels and increasing estrogen levels. In this case Aromatase inhibitors stop the production of estrogen in postmenopausal women. Aromatase inhibitors work by blocking the enzyme aromatase, which turns the hormone androgen into small amounts of estrogen in the body. **Maca:** Maca is a cruciferous plant that originates in Peru. Proponents say it has a host of benefits, including enhancing fertility and blocking estrogen in men. Although maca does contain many vitamins and nutrients, there's little scientific evidence that it plays a role in regulating hormones.

Grape seed extract: This extract has been shown to act as an aromatase inhibitor or estrogen blocker, in postmenopausal women at high risk for breast cancer. Men may experience similar benefits when taking it as a supplement.

5) INSULIN Insulin lowers the sugar in your blood and provides your cells with immediate energy while the remaining sugar is stored in the form of glycogen in our liver and muscles and excess energy is converted and stored as fat for later energy use. This also makes it an anabolic hormone, which means to build/grow.

Eating too much sugar or carbohydrates (especially in the absence of protein, fat and fiber) can increase your levels of insulin too high, for too long, which may lead to insulin resistance, type 2 diabetes, obesity, and perpetuates inflammatory conditions. Manage your insulin levels by insuring you're not consuming more than you need per day. It is best to consume carbs around your workouts to help improve insulin sensitivity, and always try to pair your carb sources with fibre, fat, protein or all three to help blunt the impact of insulin and better manage blood sugar which will help with hunger and weight loss. If you guys are looking for more specific information on how you can manipulate your hormones to achieve your ideal body composition, send me an email to marissalianaacnp@gmail.com and I would be happy to help! You can also visit the SHOP section of my website at www.marissaliana.com to browse my self-guided ebook programs which help balance hormones, improve weight loss and aid in digestive healing!

kindest regards, Marissa!



The Doctor Game W. Gifford-Jones M.D. No Shortcuts

I am 31 and divorced. I have dated Shaun for a year and a half. I love him a lot. He is sweet and funny and attentive, and he seems to care for me a great deal. We spend almost every night together, and he has invited me to family occasions like weddings and Christmas.

I'm afraid, however, that Shaun has a fear of commitment he will never grow out of. Since I am 31 and would like to have a family, I don't feel I have the luxury of time.

Shaun is 34, never been married or engaged. Until last month he was very firm that, despite his many relationships (he has dated a lot of women, usually for around a year) he has never been in love. He told me he believed love is like a lightning bolt that would suddenly strike and change his life forever.

He acknowledges his opinion of love may be romanticized, but it truly is the way he feels. When I pressed him, he said after a year with me and no lightning bolt, it would probably never happen.

Suddenly last month he said he loved me. I have my suspicions his statement was caused by a fear I was going to end the relationship. I don't have real confidence that he really loves me, as he defines the word. By the way, since he said "I love you" last month, he hasn't said it again.

Shaun's told me he thinks marriage is a huge sacrifice and a big adjustment. He insists he wants to be married and have a family sometime, but he has some "growing up" to do first. He says if it weren't for the pressure he feels from me to make a commitment, he wouldn't consider marriage for at least another two years.

I love him but fear I might be pushing him into something he is not ready for. My fear is, if we marry under these conditions, he will eventually resent me for "forcing" him into marriage.

I already had one marriage end. I don't want to be divorced again. If I had confidence he truly loved me and wanted to marry, I would marry him tomorrow without a second thought. But I have so many nagging doubts.

Kara

Kara, we give you credit for not letting the plans you have for your own life, override the foundation it needs to be built on. But every day you went down the road with him not saying "I love you" put you in this position.

You are an experienced, adult, smart woman. You are too emotionally savvy to delude yourself into thinking that marrying a man who doesn't want to marry you will end well.

Shaun says he hasn't grown up yet, and it will be at least two years before he would consider marriage. That's just kicking the can down the road. How can he estimate when he will be grown up?

He's dated a lot, so the issue is him. He enjoys the benefits of a long-term relationship, but like a man who wants a new car every year, that's what he enjoys more. Though he has had your model longer than most, he hasn't closed the door on getting next year's model.

A pressured marriage proposal has as much sincerity as a forced apology. We always say, if you have to ultimatum the other party, the relationship is over. Why? Because what you will initially be thrilled to have, once you realize it wasn't given freely, that will be all you can see.

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That will always loom over the relationship. You may love and care about him, but one-sided love is imperfect. To be perfect, to last a lifetime, it must be mutual.

Wayne & Tamara

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