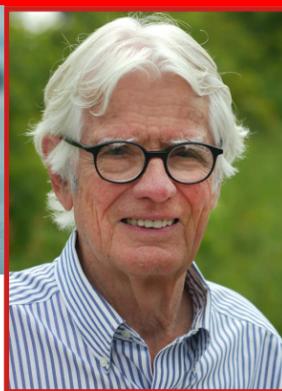


HEALTH CORNER



The Doctor Game

By W. Gifford-Jones M.D.
Dr. Sydney Bush;

Preventing Deaths from Influenza

Death from influenza is always tragic. But it is particularly so when it occurs at a young age. This year an increasing number of influenza cases is being seen in emergency centers. And, as usual, thousands of North Americans will die from this seasonal disease. But are some dying needlessly?

The Center for Disease Control and Prevention in the U.S. reports that, for the first time in 13 years, every state reports an increase in influenza caused by an aggressive virus.

Authorities stress that the best way to decrease the number of cases of influenza and deaths has always been to get a flu shot. As Dr. Shobhit Maruti, officer of Health in Edmonton, Alberta, where deaths have occurred, stresses, "It's never too late to be immunized as in 2018 this decreased the number of cases of influenza by 42 percent".

But history has shown that, although being vaccinated against influenza can prevent or decrease the severity, it is not always totally protective. So what other preventive measures are available?

I have a high respect for viral killers, as one nearly ended my career as a surgeon. In 1950, in my final year at The Harvard Medical School, I developed poliomyelitis. I was in one of the great medical centers in the U.S. But in the next 24 hours doctors could not stop my legs and abdominal muscles from being totally paralyzed.

How ironic that, if I'd been in a small town in North Carolina and treated by a family doctor, my paralysis could have been prevented. Equally ironic, none of my learned professors were aware of the doctor's huge discovery.

Dr. Frederick R. Klenner was not a trained virologist. But he was working in a ward of 60 polio patients. He decided to treat them with high doses of vitamin C for 10 days. Not one of the 60 patient developed paralysis!

This discovery was reported in the journal, "Southern Medicine and Surgery" in Feb 1948. It's appalling that it did not make headlines in the world's newspapers or other medical journals. In fact, it fell on deaf ears, and even now is still largely unknown by doctors.

In addition, Klenner later proved high doses of C could cure other viral diseases such as pneumonia, encephalitis, meningitis, measles and chicken pox.

Klenner's research showed that in addition to an annual flu shot, vitamin C provides additional protection. Particularly if you've been taking 4,000 milligrams (mgs) of C daily, long before influenza strikes. This keeps immune cells full of C to immediately fight the virus. So never forget the importance of this reservoir of C as infection immediately increases the need for more C.

Klenner's message to doctors was simple. If a serious infection strikes, but the cause is unknown, doctors should prescribe large doses of C while they're pondering the diagnosis. And just as small doses of painkillers will not stop cancer pain, neither will small doses of C stop viral diseases.

Ideally, for critical viral diseases, Klenner prescribed as much as 25,000 milligrams of intravenous vitamin C daily. But this is easier said than done. He also used intramuscular injections and oral tablets. But this means swallowing large numbers of pills.

I've urged my family to never treat themselves if the flu virus strikes. But before medical attention is available, to start taking 2,000 mg of Medi-C Plus or any other powdered brand of vitamin C, every two hours until loose stools occur. It could make the difference between life and death. These brands are available in Health Food Stores.

My advice to readers is the same, and to also get a second opinion. So, go to the internet and type in "Dr. F. R. Klenner and Vitamin C". Dr. Andrew Saul, an international expert on vitamins, has an excellent article about Klenner who should have received the Nobel Prize for his research. It's tragic that many doctors remain unaware of his discoveries that could save lives.

Online docgiff.com Comments info@docgiff.com



Direct Answers

from Wayne & Tamara

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.

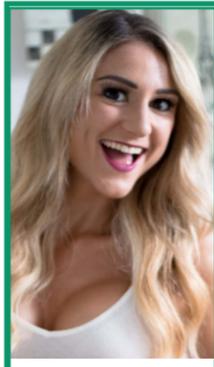
I'm afraid, however, that Shaun has a fear of commitment he will never grow out of. Since I am 31 and would like to have a family, I don't feel I have the luxury of time. Shaun is 34, never been married or engaged. Until last month he was very firm that, despite his many relationships (he has dated a 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. 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

Send letters to: DirectAnswers@WayneAndTamara.com



Healthy Living Healthy Eating

from Marissa Liana

Certified Nutritional Practitioner/Health Coach

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

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.



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Marissa Liana, CNP, BHSC Kin

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