

Vibrant *living*

YOUR GUIDE TO VIBRANT LIVING THROUGH FITNESS AND NUTRITION

Do you have Bad Breath?

Robin Walsh BAsC, ND

I'm sure at one point we have all eaten a delicious pasta dish loaded with garlic and onions and woke up the next day wondering "What happened in there last night?". When bad breath is an isolated incident with a known cause, it is nothing to worry about but when it becomes the norm it is something that requires further investigation.

Bad breath or halitosis has a number of causes, the most obvious being poor dental hygiene, eating certain foods, smoking and the consumption of coffee and alcohol. Brushing and flossing daily will prevent food particles from lodging and decomposing in your teeth, causing the bad odor. The combination of daily brushing, flossing and lightly brushing your tongue has been

shown to be most effective in preventing bad breath.

However, if you have had bad breath for more than a couple of days and have good oral hygiene then the cause of the bad breath must be investigated. Conditions such as chronic post nasal drip, certain medications (antihistamines, decongestants), liver or kidney failure, diabetes, an ulcer or chronic indigestion can also be culprits behind breath.

Did you ever wonder why foods like garlic and onions will cause your breath to smell for days after eating them. The truth is that breath only smells when certain aromatic chemicals are dissolved in it.

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Marinated Italian Salad

Sarah Heipel, CPT, SNS, CFC

This distinctively Italian salad is a popular summer favorite. It's fast and impressive!
Serves 5 prep time: 10 min

- 1 cup cherry tomatoes, halved and seeded
- 1 medium green pepper, seeded

- 8oz provolone or mozzarella cheese
- ¼ cup black olives
- 1 med red onion
- 2-3 sprigs fresh basil leaves, torn
- 1/4 cup extra virgin olive oil
- 2 tbsp red wine vinegar
- ½ tsp sea salt
- 3-4 grinds fresh pepper

Wisk dressing ingredients and toss with chopped veggies and cheese. Serve immediately or marinate 1-2 hours in refrigerator.

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So, how do things like indigestion and stomach ulcers contribute to bad breath? Normally, in a healthy individual, gases from the upper gastrointestinal tract do not mix with the expired air. It is only when the stomach is upset from indigestion, ulcers or during vomiting that the stomach gases will contribute to the malodor. A gastric ulcer has been directly linked to malodor, and bad breath is usually one of the initial signs. A parasitic infection or an overgrowth of abnormal bacteria in the digestive tract can also be culprits. If you have bloating, excessive belching or gas it is important to address these digestive issues to significantly decrease your bad breath.

Postnasal drip is an accumulation of mucus in the postnasal space caused by an increase in the secretion of mucus or abnormal mucus drainage. Postnasal drip may be the result of allergic rhinitis, acute or chronic sinusitis, nasal polyps, enlarged adenoids in children, septal deviations, congenital abnormalities, and foreign bodies.

If you have chronic bad breath it is important to deal with the root cause of the problem whether it is indigestion, post nasal drip or oral hygiene.

When bad breath is occasional...here are some things to help keep your breath fresh...

- Mouthwashes are a combination of flavors, a bit of dye, and alcohol... so instead put a couple drops of peppermint oil in a glass of water and rinse your mouth after meals or in the morning
- Snack on carrots and celery throughout the day to stop the development of plaque on your teeth
- Parsley can be used for more than a garnish on the side of your plate... it also helps bad breath as it is rich in chlorophyll which has cleansing effects on the intestines.
- Chew on a lemon rind or parsley immediately after eating foods like tuna, garlic or onions
- If bad breath is related to digestion, it may help to sip on a cup of peppermint tea after meals which should help to ease digestion

How to Improve your Golf Game

Dr. Adam Williamson, DC

Many avid golfers contort their bodies into oddly twisted postures, generating a great deal of torque. Couple this motion with a bent-over stance, repeat 120 times over three or four hours, add the fatigue that comes with several miles of walking, and you've got a good workout- and a recipe for potential lower-back trouble.

"MOST GOLFERS GO UNTIL THEY GET HURT, THEN LOOK FOR HELP"

DR. DAVID STUDE,
MEMBER OF THE ACA
SPORTS COUNCIL

As Canada's love affair with the game continues to grow, Dr. Williamson has advice on how to take a proactive approach that will prepare your body for many years of pain-free play.

"Most golfers go until they get hurt, then look for help," says Dr. David Stude, member of the ACA Sports Council and founding fellow of the National Golf Fitness Society. "Back pain is a warning sign that there is an underlying problem responsible for a symptom that will likely get worse. Doctors of chiropractic look for the cause of the symptom and help reduce the likelihood of future injury."

If you take the chiropractic approach, you're in good company. According to Dr. Stude, Tiger Woods says that lifting weights and visiting his chiropractor regularly have made him a better golfer. Dr. Stude and the ACA suggest these simple measures to help you avoid

back pain or injury and improve your game:

1. Purchase equipment that fits. Don't try to adapt your swing to the wrong clubs: A six-footer playing with irons designed for someone five inches shorter is begging for back trouble.
2. For the women in golf: If you have "inherited" your husband's or significant other's golf clubs, they might be difficult for you to use. Not only are the clubs often too long, but the shaft is often not flexible enough for a woman's grip. Women typically play better with clubs that are composed of lighter, more flexible material, such as graphite.
3. For the men in golf: It is a good idea to spend some extra time performing quality stretches-before and after your game-to increase your trunk flexibility. While men are traditionally stronger than women, they usually aren't as flexible. Men need to improve their flexibility to maintain a more even and consistent swing plane and thus improve the likelihood of more consistent performance.
4. For senior golfers: If you show some signs of arthritis in the hands,



5. consider a larger, more specialized grip for added safety and performance.
 6. Take lessons. Learning proper swing technique is critical. At the end of the swing, you want to be standing up straight; the back should not be twisted.
 7. Wear orthotics. These custom-made shoe inserts support the arch, absorb shock, and increase coordination. "Studies show custom-made, flexible orthotics can improve the entire body's balance, stability and coordination, which translates into a smoother swing and reduced fatigue," Dr. Stude says. While the upper part of a shoe may score style points, what the foot rests on affects your game.
 8. Warm up before each round. "Stretching before and after 18 holes is the best way to reduce post-game stiffness and soreness," says Dr. Stude. Take a brisk walk to get blood flowing to the muscles; then do a set of stretches. To set up a stretching and/or exercise routine, see a doctor of chiropractic or golf pro who can evaluate your areas of tension and flexibility.
- Drink lots of water. Dehydration causes early fatigue, leading you to compensate by adjusting your swing, thus increasing the risk of injury. Don't smoke or drink...

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- 8. ...alcoholic beverages while golfing, as both cause loss of fluid.
- 9. Chiropractic Care Can Help
 Doctors of chiropractic are trained and licensed to treat the entire neuromusculoskeletal system. Some doctors of chiropractic have specialized training in sports medicine and can provide advice for golfers to help them decrease the stresses and strains placed on their bodies. Doctors of chiropractic can address other health concerns, such as shoulder, knee, arm and wrist pain that could affect your game. "If you golf consistently, you will no doubt feel the stress of the game, but by following a few simple prevention tips, it is possible to play without pain for a lifetime."



Too Stressed to Exercise?

Sarah Heipel, CPT, SNS, CFC

Exercise is a form of stress. Anyone who has ever had tender muscles after a workout knows what I mean! There is a time when vigorous exercise contributes to health and a time when it deters from it. When your body is already overloaded, your exercise routine could be one stressor too many with regards to your health.

Here is a quick check list to determine if you could benefit from a day off of your vigorous exercise regime, and what you could do instead.

Stress Indicators:

- Poor digestions
- Constipation
- Anxiety
- Increased heart rate
- Poor sleep quality
- Night sweats
- Jittery
- Increased muscle tension
- Increased inflammatory conditions
- Increased susceptibility to infection

5 OR MORE STRESS INDICATORS

FOLLOW OPTION A

LESS THAN 5 STRESS INDICATORS

FOLLOW OPTION B

Option A

Choosing vigorous exercise today is not in the best interest of your health, as it may worsen your stress symptoms. However, that is no reason to assume the position of a couch potato! Instead, discover the healing abilities of movement. Try going for a walk and focusing on your breathing to clear your mind and unwind, or take a yoga, pilates or tai chi class. The idea is gentle movement.

Option B

Choose any exercise today that is appropriate for your fitness level

For more information on stress and exercise contact Sarah at info@sarahheipel.com

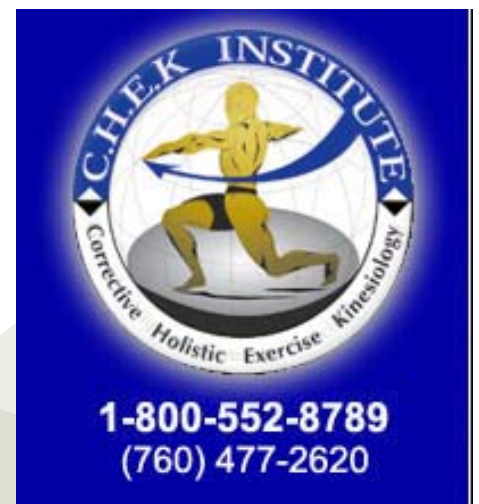
A Revolutionary Approach to Health & Fitness

More and more, the desire to get in shape and to stay healthy involves enlisting the help of a personal trainer or lifestyle coach. Dozens of organizations in the fitness industry now issue certifications to each, promising competency with those certified. But what makes one certification better than the other? And most importantly, who gets lasting results?

Now a revolutionary approach to health, fitness, and increased vitality has arrived.

Sarah Heipel, a personal trainer from Waterloo, recently became certified as CHEK Nutrition and Lifestyle Coach Level 1, using the cutting-edge techniques of world-renowned Holistic Health Practitioner and certified Neuromuscular Therapist Paul Chek, founder of the C.H.E.K Institute in San Diego, CA.

Chek, a sought-after teacher and speaker, has had unparalleled success using his holistic approach to rehabilitation and conditioning for over 18 years.



Health on the World Stage

Caroline Khoubessarian, Senior Research Officer

Updates and insights on international health events to keep your mind as active as your body in maintaining a healthy lifestyle

Did you know that... there exists a global strategy for diet, physical fitness and health

In May 2004, the World Health Organization's (WHO) Annual Board Meeting adopted a global strategy to improve diet and physical activity around the world. This strategy was put in place, after two years of consultations and research, because it was recognized that the major contributing factors for non-communicable diseases (NCDs) were an unhealthy diet and physical inactivity. These NCDs, such as cancers, cardiovascular problems, type 2 diabetes and obesity-related conditions are on the rise; they accounted for 60% of all global deaths in 2002 and are predicted to reach 73% by 2020. This is an alarming statistic when you realize that many of these cases are largely preventable by maintaining a healthy lifestyle.

Some examples of what was emphasized in this global strategy are the need for—

At the international level

- other international organizations to give high priority to the promotion of healthy diet and physical activity
- the Codex Alimentarius Commission to continue to improve health standards of food through evidence-based action

At the national level

- programmes aimed at limiting the intake of saturated fats, trans-fatty acids, sugars and salt and to increase the consumption of fruit and vegetables and levels of physical activity
- coordination amongst multiple sectors to play a role in the prevention of NCDs, such as food and agricultural policies; fiscal policies; regulatory policies; consumer education, including nutrition labeling; and, school policies

The interesting political and socioeconomic detail behind the introduction of this strategy is that the divide between the needs of the

rich industrialized countries and the low-income countries play out, even on something as neutral as promoting a healthy lifestyle. It is now the case that the burden of disease and death from NCDs has grown to be a greater problem in developing countries. This is highly related to an influx of commercial food products and the advertising of a lifestyle and habits from industrialized countries into the developing world due to high market openness. Such transfers are common with the ease of exchange through globalization. The problem, however, is that the people living in these countries often are not educated on the effects such products can have to their health as their governments' have limited resources to invest on health promotion. Furthermore, their health care systems are not as well staffed and equipped as those in Europe and North America, thus they often can not effectively treat these higher incidences of NCDs, which in turn puts a drain on the overall productivity of the nation.

Some other issues that were taken into consideration during the development of the global strategy, which also reflects this North-South

divide, were:

- the assurance that the strategy would not be used to limit international trade of agricultural products and other goods
- that addressing malnutrition in poor countries remain a high priority for the WHO and thus appropriate levels of intake for energy, nutrients and foods be determined on a national basis

The point being made here is that promoting a healthy lifestyle at the global level is a complex process that not only takes into consideration good eating habits and physical fitness but also the relationship between countries and the varying impact such policies can have on the different countries.

Overall, however, it is important that there is a universal desire to promote physical activity and a healthy diet. It truly is impressive that our international system now has the resources and employs them to encourage healthy living, as this was not the case half a century ago. This shows just how humane our society has become and it is comforting to know that we all have common desires for the betterment of humankind.

QUICK FACTS ABOUT WHO

ESTABLISHED IN: 1948 AS PART OF THE UNITED NATIONS SYSTEM

LOCATION: GENEVA, SWITZERLAND

OF MEMBER STATES: 192

ANNUAL BUDGET: \$ 3,313 MILLION USD FOR 2006-2007

WEBSITE: WWW.WHO.INT



Ask the Expert

Robin Walsh BAsC, ND

Q: I have been trying to lose weight for over 1 year, and while I have lost some weight I can't seem to lose my stomach. I have cut all of the bread out of my diet, as well as do weights (including abdominal work) a couple of times a week. What am I doing wrong?

A: While this is a tricky questions to answer without looking at your diet and exercise program, it is a very common complaint. I have decided to answer this question because it brings up the very important topic of insulin resistance that I talked about in the last newsletter (you can access them online www.robinwalshnd.com if you would like to review it or if you missed it).

When people are eating well and exercising frequently and can't seem to shed that abdominal weight, there is usually an insulin resistance that has developed. In very simple terms this means that your body is no longer processing the blood sugars in the proper fashion. Instead of your body releasing the proper amount of insulin after a meal to allow the blood sugars to get in the cell for energy, it is releasing abnormally high amounts of insulin in response to the foods that you are eating. Since insulin is a storage hormone, when insulin levels are high your body wants to store away this food away as fat instead of utilizing it for energy.

So, how do you fix this problem. Well, you have to remove all of the foods from your diet that are causing a large insulin release after a meal, these are called high glycemic foods. So, removing breads may not be enough. It is more important to remove white foods and sugars from the diet, these being white rice, white pasta, and white bread. While whole wheat bread is better than white bread, it is still not as good for the insulin metabolism as a more whole grain such as 100% rye. If you are having difficulties losing weight (especially around the middle) and you are getting frustrated with dieting...it could be that your body is not processing food properly.

What can you do...the best thing to do is have your diet analyzed and get coaching on how to remove the foods that have a very high glycemic index. Exercise is also very important in order to decrease the insulin resistance and allow that food to get into the cell to create energy.

If you want more information, please review the article written last issue on Syndrome X and Diabetes. If you have questions, please email me at robin@robinwalshnd.com

TO HAVE YOUR QUESTION FEATURED IN AN
UPCOMING NEWSLETTER, SEND YOUR
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