



Markham
Integrative
Medicine

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Top 10 tests OHIP doesn't cover...but you can get anyway

By Dr. John Gannage, MD CCFP



1. **Vitamin D:** This one I still haven't figured out why; it used to be covered; deficiency involved in many chronic health conditions and risk for cancer.

2. **Micronutrient Test:** 30 plus nutrients to determine deficiencies, including anti-oxidants, minerals and B-vitamins.

3. **Homocysteine:** To assess cardiac and stroke risk, treatable with nutrients.

4. **RBC Magnesium:** The more accurate measurement of this mineral, involved in mental relaxation, muscle relaxation, sleep, BP control, blood sugar control, and heart rhythm.

5. **Fatty Acid Profile:** Knowing your Omega 3 Score can help in the prevention of brain and heart problems.

6. **Antigluten Antibodies:** Celiac disease can present as many other disorders, including higher risk for coronary artery disease and osteoporosis.



JOIN US MAY 28TH @ 7:00 PM

Nutritional Support for Kids on the Asperger's and Autism Spectrum

A presentation by
Natasha Klemm ND,
and a special Q & A with
Dr. John Gannage, MD

Learn beyond the basics of neurodevelopment and nutrition, and gain tools and strategies to support your child's unique needs through diet and nutritional supplementation.

Ontario Institute of Studies
in Education
252 Bloor St. West
Toronto, ON
M5S 1V6

Reserve Tickets Now at
www.orthomolecularhealth.com

7. Genomic Profiling: To assess risk and alter lifestyle habits, including supplementation.

8. Toxic Metal Burden: Specialized testing to assess lead, mercury, arsenic, aluminum, cadmium and other metals.

9. Zonulin: A marker for all-important leaky gut syndrome, the precursor to inflammation.

10. Blood Histamine: Elevated systemic histamine can cause chronic rashes, allergy symptoms, inflammation, gut and cardiac disturbances, treatable with diet alteration.



Curb Your Sugar Cravings ***By Natasha Klemm ND***

Highly refined sugar, such as table sugar and high-fructose corn syrup, is kryptonite for optimal health. Consumption increases the signs of aging, weight gain, fatigue, bone loss, insomnia, mental fatigue and depression. Furthermore, key nutrients, including magnesium and calcium, are lost with sugar consumption.

Despite knowing sugar’s negative health consequences, we often find ourselves uncontrollably eating chocolate or sweets, unable to curb our cravings. Although one can be addicted to sugar, usually it is our diet and lifestyle choices that are the major causes of our sweet tooth.

1. Sugar causes increased transport of the amino acid, tryptophan, in the brain, where it is converted into serotonin, our feel-good brain chemical. This causes a temporary elation, followed by an immediate regression in mood.
2. The release of cortisol during bouts of stress cause a roller-coaster of blood sugar highs and lows. To keep your energy up, you reach for the quickest and sweetest form of vitality—sugar.
3. Sugar consumption can increase endorphin release, which has pain-relieving qualities. This is most notable during PMS, when women experience cramps and sugar cravings.
4. An imbalance in gut bacteria can lead to an overgrowth of microbes, whose increased sugar requirements stimulate cravings.

Curb your cravings:

- Consume a complete protein at every meal
- Remove sweets from your kitchen and workplace to avoid temptation
- Opt for 70% dark chocolate which has less sugar and more anti-oxidants
- Stay hydrated, as dehydration materializes as food cravings
- Get more sleep to reduce stress.



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