



Direct Answers

from Wayne & Tamara
Broken Dreams

I'm 36 and have never been married. I graduated from a private university and have always been able to support myself. My boyfriend has been living with me almost three years. We have a great sex life and I know he loves me, but he says he wants to try new things.

We are best friends, soulmates, and I've never received more love and attention from anyone before him. He is very sexually curious and asked me to try swinging with him, but I told him I wasn't into it.

Last week he let me know he met a married couple online and met them at a hotel (twice) and had sex with them. He thought it would be okay with me and wanted me to join them the next time they met. I told him I wasn't okay with that.

I had him write them and tell them it's over, and he promised me he wouldn't do it again. But now I feel I can't trust him and feel he will do it behind my back anyway. I don't want to try the "swing" thing with him.

Do I kick him out and say goodbye forever? It's not what I really want to do. I knew when we started dating he was a handful to deal with, although I didn't realize to what extent. By the way, he rationalizes it as "just sex."

Katherine

Katherine, if he rationalizes it as "just sex," he is saying it doesn't mean anything to him, which means it doesn't mean anything with you.

But that's a lie. Sex means everything to him. It means so much to him that he goes to meet strangers in hotel rooms. It means so much to him he tells you that you must be involved in this with him. It means so much to him he told you he had sex behind your back multiple times. That's how much sex means to him.

You said he is a handful, which means you had an inkling this man was a problem when you allowed him to move in. That has led to "I can't trust him." He's having sex with strangers, people who will have sex with anyone, and putting you at risk.

This is the perfect example how being with the wrong one can be worse than having no one.

It's not that he made a request you disagree with. He made a request which erodes your love and your worth. Shakespeare wrote, "Give sorrow words. The grief that does not speak, whispers the o'erfraught heart and bids it break." That's the unsaid thing in your letter and the hard thing to face.

But even worse than his request, is this. He may have promised the other two, "Let me play today, and I will bring my girlfriend next time." He may have used your picture on his phone as his entry ticket with them. What he experiences in a few moments of pleasure means more to him than a lifetime with you.

Did he tell you he cheated because he felt guilty or remorseful? No. He told you because, quite likely, he has an obligation to bring you. So you need to get tested and retested for STDs. He may have been having sex with strangers all along.

Give sorrow words. Let the grief that does not speak whisper in your ear. See if it is telling you to call a locksmith, change the locks, and block his phone number.

Wayne & Tamara

Send letters to: DirectAnswers@WayneAndTamara.com

REGULAR IBUPROFEN USE MAY CONTRIBUTE TO MALE INFERTILITY, STUDY SAYS

Regularly taking common over-the-counter painkillers may contribute to male infertility, a problem that affects roughly 7% of American men, according to new research. A study published Monday in Proceedings of the National Academy of Sciences found that regular ibuprofen use may lead to compensated hypogonadism, a condition that can lead to infertility, erectile dysfunction, depression and loss of bone and muscle mass, among other symptoms. The

condition is most commonly seen in smokers and the elderly, but the new research suggests it can affect young men, too. The researchers recruited 31 healthy men between the ages of 18 and 35. Fourteen of the men took two 600-milligram doses of ibuprofen per day for six weeks — an amount consistent with what many athletes take to manage aches and pains — while the remaining 17 took placebo pills. (Ibuprofen is the generic name

for drugs including Advil and Motrin. Tylenol, meanwhile, is a brand name for a different drug, acetaminophen.) Both groups of men submitted to blood tests and hormonal analysis throughout the study. After 14 days of ibuprofen use, the researchers observed higher blood levels of luteinizing hormone, which regulates the production of testosterone and other hormones. After 44 days, levels were even higher. Testosterone production, however, did not increase concurrently, resulting in a lower ratio of testosterone to luteinizing hormone — a sign of hypogonadism, according to the paper.

The researchers also observed other hormonal disruptions at 14 and 44 days of ibuprofen consumption, suggesting wide-ranging consequences of hypogonadism. Next, the researchers tested the direct effect of ibuprofen on testicles, using samples that had been taken from organ donors. When exposed to levels of ibuprofen similar to that which would be taken orally, the testicle samples produced less testosterone after just 24 hours. The higher and longer the level of exposure, the researchers found, the more dramatic the impact. Gene expression associated with turning cholesterol into steroidal hormones was also impaired, they found. Prior research from the study's lead author also found that boys born to mothers who took ibuprofen during their first trimester of pregnancy may have impaired testicular development, adding weight to the idea that, at least in some scenarios, the drug may have a negative effect on fertility.

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Enzyme's To Go!

Last month I wrote on the topic of Vitamin C at a patient's request. This month I am going to address the topic of enzymes which is a word much peddled and or mis-used by over the counter products/manufacturer/industry.

Let's go back to basic science - What is an enzyme? It is a protein, which in small amounts, enable a biochemical reaction to take place without itself being used up in the conversion. Essentially it acts as a catalyst. A substance (which maybe called the substrate) converts into another substance - or product . There are differing enzymes for differing reactions as many

of them are quite specific and they also require certain conditions to be met in which any such reaction can take place such as PH, temperature, the presence of co-enzymes such as zinc. Enzymes are easily rendered useless by heat or chemicals. Some enzymes are present within cells to create the biochemical reactions others are in the interstitial fluid between cells. Enzymes are essential for the normal functioning of the body. The failure in the production of the enzyme or activity of a single enzyme may create metabolic disorders. These disorders are often inherited such as cystic fibrosis.

Thus in summary you cannot buy an enzyme product off the shelf despite any implicit advertisement that it will sort out any disorder or metabolic dysfunction. So lets apply that scientific knowledge to some actual body processes. Many drugs are targeted to modify enzymes. A simple example is aspirin which binds irreversibly to cyclo-oxygenase ie it prevents the substrate from converting by a biochemical change to another product. Fluoroucil a common cancer drug replaces uracil and thus blocks DNA synthesis and cell division. Simvastatin blocks HMG CoA reductase in the mitochondrial wall releasing reactive oxygen species. In genetic disorders there are two types where the enzyme within the cell prevents the normal conversion such as in Gaucher's disease, or where there is a disorder in the transport of substances between cells, as in cystic fibrosis as the receptors are impaired and thus cannot convert into product allowing for impaired chloride secretion. A far more common disorder is diabetes type 2. This arises from excess consumption of sugar in the diet and results in too much binding of sugar to proteins causing irreversible damage (ie the volume of glucose is uncontrolled as enzymes cannot stop this conversion). In tissues containing high levels of aldose reductase (nerves, eyes, kidneys) it enzymatically converts high glucose levels into sorbitol and fructose causing swelling and cell damage. No amount of enzymes will stop this. Reduction in sugar consumption is the primary need.

When the liver is damaged enzymes normally contained within cells leak into the blood stream and can be measured with tests called AST ALT. The main causes today of liver injury are alcohol, viral infections, drug reactions, gall stones and road traffic accidents. It is not the lack of enzymes it is physical damage to liver cells. Increasing the amount of enzymes artificially does not halt or prevent this process. The liver has a fantastic ability to repair itself but the message is very simply give it time and watch what you are eating and drinking. Many so called enzymatic products are given for impaired digestion. Food is divided into three categories by the body - sugar, fats, and proteins- irrespective of what you call it! In order to keep it simple for this newsletter, I am only going to discuss the main enzymes of the pancreas. Fatty acids in the stomach stimulate the release of the hormone Gastrin and CCK (cholecystokinin) from the duodenum, which in turn stimulates the pancreas and the small intestine to release trypsinogen to activate proenzymes and then produce four enzymes (carbopeptidase, chymotrypsin, elastase and lipase) to break down proteins. The pancreatic enzymes which are stimulated are amylase, lipase, colipase (co factor) which then go on to breakdown fats which are then solubilised with bile salts and phospholipids. Thus a high blood reading of amylase indicates a pancreas under stress due to in most cases high sugar/ fatty diets. Sugars such as starches are broken down in part by pancreatic amylases to 4-8 glucose molecules and di (2) and tri (3) saccharides which in turn are broken down by enzymes fixed to the micro villous border of the intestine. You cannot fix enzymes in this border by oral consumption. Hormones are not enzymes. The whole digestive tract is under hormonal control. The whole process is a long and complicated chain of biochemical actions for which specific criteria have to be in place for any action to take place. No amount of supplementary enzyme products control these specific criteria in order to produce the biochemical action required to facilitate good digestion. Health Canada regulates the enzymes that are permitted in foods and the source of those enzymes. For example to include amylase into a processed product it may be sourced from aspergillous niger. Aspergillous niger is a fungus. That is potentially harmful for those with impaired immunity or lung conditions. The first product which came up on the web when I searched for digestive enzymes contains the following: Betaine

- Pancreatin Supplying: Amylase, Protease, Lipase
- Ox Bile Extract (45% Cholic Acid) 100 mg
- Bromelain (from Pineapple) 50 mg
- Papain Powder (from Papaya) 50 mg
- Pepsin Powder 50 mg
- Papaya Fruit Powder 45 mg
- Pineapple Juice Powder 45 mg
- Cellulase Powder 10 mg

So let us look at precisely what these constituents will do for you. Cellulase as an enzyme can be derived from aspergillous niger a fungus discussed above and is used to hydrolyse cellulose which the body cannot absorb in the first place, and often is known as roughage. Most people eat insufficient roughage such as the skin and core of an apple. It may also be a synthesised version of the molecule. Pineapple and papaya fruit powders is a very high level of fructose i.e sugars which cause so much digestive issues in the first place. Bromelain from pineapple and papain from papaya are fibrinolytic enzymes synthesised from those two fruits which can breakdown protein subject to other hormones and so on being present. Pepsin stimulates pepsinogen, a hormone, in the stomach to break down proteins. Nothing will happen if pepsinogen is in short supply, which in turn depends on sufficient hydrochloric acid secreted from the gastric cells. Ox bile may solubilise fats for transport to the liver but may also contain some of the harmful hormones that the dairy industry uses. Pancreatin is claimed to contain three enzymes but a major co enzyme is missing ie colipase without which lipase cannot be activated. Pancreatin maybe derived from animal pancreases. It is a word used commonly to imply a collection of pancreatic enzymes which may or may not be synthesised. Betaine is commonly found in red beats but in a commercial environment maybe a side product of sugar beet processing. Betaine is known to reduce high levels of Homocysteine in the liver and affect cholesterol and is an issue in cardiac and cancer diseases. So in effect this capsule contains something for the liver which you can eat very simply and cheaply, virtually nothing to break down sugars and some small quantities of enzymes but which can't work unless other things are present to use them in the process of converting one substrate to another product...and excess sugar. Much more importantly the enzymes which it is claimed the product contains merely add to the reservoir available for use by the body but as they are not made in the pancreas absorbability is almost negligible and should there be excess availability of lipase by the normal biochemical processes of the body they are broken up in the liver and excreted. Production of these enzymes is under a feed back control in the body so there is the potential for actually disrupting the neuro chemical signals leading to far more serious consequences, not unlike the long term evidence from the use of PPI's, which suppress the formation of hydrochloric acid in the stomach. Many herbs will stimulate the hormones and enzymes of the gastrointestinal tract with no side effects when used in the proper format and dose. Unlike the oral consumption of synthetic or low levels of actual vegetable plants make the body work better by correcting the biochemical imbalances rather than treating symptomatically. Artemesia absinthum - Wormwood - is a classic plant in this class of activity. Herbalists call them 'bitters' and in another newsletter I will explain more!

The CBC this week in a series on over the counter products and misleading claims in advertising clearly must have been reading my articles! Finally as this is the December newsletter I wish my readers a very happy holiday season.