

HEALTH CORNER



Fred's Fruit Market
Orono

**Farm Fresh and Home Produced
Honey, Maple Syrup and Much More!**
VISIT US AT!!!
4303 Hwy 115, Orono (South at Orono Exit)
905-983-5628
**NOW AVAILABLE
HOME GROWN ASPARAGUS
AND FRESH ORGANIC RUBARB**



Direct Answers

from Wayne & Tamara

PULLING TEETH

Q I am employed by a dentist who is a specialist. He has a Dr. Jekyll and Mr. Hyde personality. For the most part the staff has learned to deal with this, but not accept it. The rest of the staff has been with him for years, as have I. Our boss is generous in many ways, but his behavior often leaves us wondering if it is all worth it.

We are told to take an unpaid hour off for lunch, yet we are expected to pick up the phone and deal with his interruptions. The company he hired to do payroll handed us an office manual with the intended rules, yet it states they can change the rules at any time because he is an "at will" employer. I checked with a state agency and they agree.

Everyone in the office is grateful to be employed, but at the same time we are frustrated by the lack of respect we receive from him and by the overall standards that apply to "at will" employees. When we try to talk to him on issues, we are reminded of our place in this office with a you-can-move-on-if-you-want reply.

He knows that is not possible for most of us. What I'm looking for is guidance from someone at how to approach an unequal situation.

Tabitha

A Tabitha, the great unspoken topic in psychology is dominance. People resist even bringing up the subject. What people are more than willing to talk about is communication skills. There the core idea is: I believe this, you believe that, and I can get you to change your actions through some words.

It is all misdirection. If there were a simple way to make your boss agree with what you are saying, then you could, for example, make anyone come to your religion. All you would have to do is figure out the right words to say, and they would accept your way of thinking.

Words don't determine behavior, power does. In most situations, one person or group has power. What they say goes. People love to explain behavior in ethical, economic or social terms, but behavior most often comes down to a simple matter of power.

The easiest representation of power is dollars. I have so many dollars, so I can send my kids to the best schools. You cannot. I can buy lobbyists and influence. You cannot. Rightly or wrongly, your boss has a sense of entitlement in the workplace. His people are telling him the legal minimum requirements he has to meet, and that is where he is drawing the line.

Someone like you, in a subordinate position, can make inroads only by being creative. In a weak position, you must act like a martial artist. You can step to one side or use your opponent's leverage against him, but a direct counterattack will not work.

As a staff, find ways to minimize the lunch interruptions. On Monday one person might handle the phones; on Tuesday someone else. If one of you is disturbed at lunchtime, then find ways to lessen that day's burden on her. Supporting and caring for one another will lessen the stress of the job.

Since your boss has a generous side, try assaulting him with kindness. That often defuses people who are carrying an emotional load they cannot discharge. Even small actions, like bringing a plant to the office or voting for candidates who support your view of employee rights, will make you feel better.

Some people reading your letter would count you lucky to be working in an educated, safe, clean environment. Many people work in dangerous environments for little pay. But what it comes down to is this. You know where your boss sits, you know where the law sits, now look for the parries and countermoves which work for you and the rest of the staff.

Wayne & Tamara

Write: Directanswers@WayneAndTamara.com



The Doctor Game

It's Dangerous to Ignore Vitamin K2

W. Gifford-Jones, M.D. and Diana Gifford-Jones

Some vitamins don't get the attention they deserve. Ask anyone about vitamin K2 and few people can give an answer. In Vitamin K2: The Missing Nutrient for Heart and Bone Health, Dr. Dennis Goodman says ignoring vitamin K2 can be dangerous. So here are some important points to help you understand why K2 needs more attention.

In 1929, Dr. Hendrik Dam, a Danish scientist, discovered vitamin K. Now we know there are two types of K: K1 and K2. Most people get sufficient amounts of K1 by eating leafy green vegetables, rich in this vitamin. If you're cut, K1 plays a role in blood clotting.

K2 supports bone density. Bones, although solid structures, are not inert. Rather, they are constantly changing. Cells called osteoblasts build up bone, while other cells, osteoclasts, are breaking it down. Until around 30 years of age, osteoblasts win. But then osteoclasts take over in mid-life and we begin to lose one percent of bone mass each year.

There is a good solution. Bone must be built up early in life to ensure that it does not become like Swiss cheese later on, a condition called osteoporosis. These bones can snap like a dry twig, resulting in broken hips, which may mean ending life in a wheelchair or death.

Vitamin K2 serves the important role of helping direct calcium into bone where it belongs. A Japanese study showed that vitamin K2 decreases the risk of spinal fractures by 60 percent and hip fractures by 80 percent.

A combination of calcium and K2 is like building up money in the bank early in life. Later on, there will be enough calcium for some of it to be withdrawn from bones without causing a fracture.

K2 also supports cardiovascular health. If you have been reading this column for years, you know the benefits of vitamin C in decreasing the risk of coronary attack. But vitamin K2 also plays a role in fighting cardiovascular disease.

We all need calcium for strong bones. But too much calcium can be deposited into coronary and other arteries if there is a deficiency of vitamin K2. For instance, calcium can be deposited into the aorta, the largest artery in the body, that carries blood to all our organs. Calcium deposits in this location weaken the wall of the aorta increasing the risk of rupture and sudden death.

A Dutch study of 4,600 men aged 53 and older showed that a high intake of vitamin K2 decreased the risk of aorta calcification by 52 percent. Another study reported that K2 decreased the risk of coronary attack by 41 percent. In a study of 16,057 women, those on high doses of vitamin K2 lived 9 percent longer.

K2 can help with other health problems too. K2 acts like a traffic cop. It helps direct calcium traffic into tooth enamel decreasing the risk of dental decay. Some researchers report that K2 increases insulin sensitivity making it more effective in the fight against Type 2 diabetes.

There is no easy test to measure K2 levels. But if suffering from osteoporosis, heart disease or diabetes, you are most likely deficient in vitamin K2. Statin drugs to lower blood cholesterol inhibit K2 synthesis.

People who are taking blood thinners should not take vitamin K as it decreases the effectiveness of these drugs.

Vitamin K2 is an especially important partner to vitamin D, which controls the absorption of calcium. Various brands of K2, including in combination with D, are available, so check with a health food store and your doctor for guidance.

For comments, contact-us@docgiff.com.

Follow us on Instagram @docgiff and @diana_gifford_jones

Sign-up at www.docgiff.com to receive our weekly e-newsletter.

PHARMACY

FREE Local Delivery

Come in and see your neighborhood Pharmacists

Our Services Include...

- Compliance Packaging
- Diabetic Support
- Seasonal Flu Shots
- Easy Prescription Transfer
- Medication Review
- Medication Disposal

20% Senior's Discount on all OTCS & Health Products

All Drug Plans Accepted. We reduce the co-pay by \$2.00 for ODB eligible patients

FREE
Bayer Contour
BLOOD GLUCOSE MONITOR &
MICROLET LANCETS 100s
With the purchase of 100 Contour Test Strips for only
\$74.99

Buy 1 get 1 **FREE** or **9.99** EACH

Preferred
EC ASA 81 mg
Daily Low Dose
150 TABLETS
(BONUS Pack)

5-1345 King St East | OSHAWA
CALL 905.434.5005 TODAY!
Mon.-Fri. 9am-7pm • Sat. 10am-4pm

Mon - Fri. 7:30am - 5:30pm * Sat. 10am - 4pm