

# HEALTH CORNER



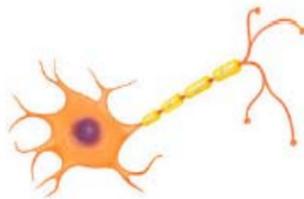
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## Direct Answers

from Wayne & Tamara

### A SPECIES OF MADNESS

I have been married for three years and five months, and I'm afraid I'm going to push my husband away. In the early part of our relationship, before we married, my soon-to-be husband would stare at other women. I told him how it made me feel, which is that I am not pretty. He said he would work on it. After we married, things didn't change and we parted. Now we're back together. He doesn't stare at other women, but every now and then he glances. When I spot a pretty woman walking, I watch to see if he is going to look when she passes. I get so angry inside. I hate the anger and jealousy I feel. I can't go anywhere with him without worrying if there will be someone he's looking at. There is another issue. If we go somewhere and I am getting ready, I feel he has to tell me I look pretty, and if he doesn't, I get angry. Help me understand what's going on and help me stop. I make him feel uncomfortable if we go anywhere together. **Valentina**

Valentina, he had a wandering eye before you married, and you could have stopped it then. After you married, nothing changed. Now look what this has made of you: an emotional wreck, perpetually scouting the horizon for his ogling material. Perhaps you may not have had the most robust self-esteem in the beginning, but this has destroyed the last vestiges of your self-regard. Once upon a time marriage was more important to you than his ogling. What excuse did you use to go forward? That's the most important question to answer. But see the letter and answer below.

**Wayne & Tamara**

## Got That Lovin' Feeling?

My girlfriend and I have been dating for a little over a year. We are both 24. We have what I would call a healthy relationship. Yeah, we'll get snippy at each other, but we're good at resolving problems. Here's the situation. We go to the gym to work out together, which is cool. Recently I've noticed her staring at other guys. I mean not just taking a quick glance or anything, but actually watching them as they walk by her. She'll turn her head completely around as they stroll by. When I say something like "Having fun?" she'll totally deny looking, even though I was sitting right there watching her stare. Now, hey, I'm not a perfect angel at the gym either. I'll glance at women walking by, but I don't go into full drooling mode either. Am I crazy for letting this bother me so much? Or should I let my girlfriend know she needs to tone it down? **Justin**

Justin, it may be hard to accept, but she is still looking. With all she knows about you, her head is being turned by men she has no clue about. The connection you feel for her is stronger than the connection she feels for you. Once the person you are with makes you feel they would rather be with someone else, you can be sure you are with the wrong one.

The men in the gym are not men in a magazine or on a TV screen. They are real people she could become involved with. Yet she acts like a starving woman in a bakery. If she felt nourished, she wouldn't act famished. People are free to use their eyeballs as they wish, as long as it is legal. But a classic song says, "I don't know if we're in a garden or on a crowded avenue, dear / I only have eyes for you." The essence of love is being with the person who makes you feel that way. While your partner and Valentina's partner are free to do as they wish, they are not free to make you accept it. **Wayne & Tamara**

Email us at [DirectAnswers@WayneAndTamara.com](mailto:DirectAnswers@WayneAndTamara.com)



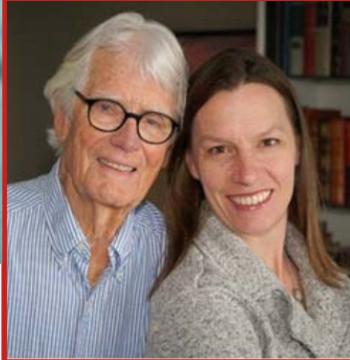
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## The Doctor Game What Steak Lovers Should Know About Plant-Based Meats

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

We live at a time of growing choices regarding food substitutes. But how good are these new products when compared with the old staples? Think of margarine versus butter. Or more recently plant-based meats versus the real McCoy? Was William Shakespeare right when he wrote, "A substitute shines brightly as a King, until a King be by"?

A report from the Friedman School of Nutrition Science and Policy at Tufts University provides plenty to chew on. Deciding what to do isn't just a personal decision. It also involved implications for our planet.

According to researchers at Tufts, sales of meat alternatives increased 30% in 2018. This increase is expected to continue since plant-based, meatless "meat" has become available at several fast-food outlets. But how good are these products?

Nicole Negowetti, a clinical instructor at the Harvard Animal Law and Policy Clinic, says, "These new plant-based meat products are designed to replicate the taste, texture and chemical composition of meat."

The point is, producers of these new foods are trying to fool us. They want consumers to have the impression they are eating meat, when in fact they are not. As Negowetti says, whether it's meat from a cow, pig, or any other animal, meat is muscle which is essentially protein and some fat. Meatless manufacturers are extracting these proteins and fats from plants and combining them to mimic the characteristics of animal meat.

It sounds simple, but there is more to the story. Nicole Blackstone, assistant professor in the Friedman School's Division of Agriculture, Food and Environment warns, some of these meatless products are so highly processed that they bear no resemblance to their sourced plant foods. Particularly those produced manufactured on a large scale are often highly processed and include in novel components.

For instance, to achieve the colour and meatiness that blood gives to red meat, producers have found a way to grow heme iron in soy plants. This is the type of iron found in meat and an essential element of blood production. So, what about the health risks of this scientific replication? For the moment Blackstone says we don't know the answer.

We do know that beef-mimicking hamburgers are similar in calories and protein and lower in saturated fats. However, many meat alternatives are higher in sodium than regular meat. Higher sodium intake can lead to higher blood pressure, causing hypertension.

There is one major benefit to eating substitute meat. According to the Centers for Disease Control, one in six North Americans develops food poisoning every year from a variety of food products. Unlike regular meat, substitute meats are far less frequently the cause of E. coli or Salmonella infection. In addition, manufacturers do not have to add antibiotics to these products that can trigger superbug antibiotic resistance. Nor do these products contain hormones. Negowetti says, "The key question is, can substitute meat products be the tool to help people decrease their intake of real meat? Global red meat consumption is increasing, and factory farming of animals is known to be devastating to animal welfare and environmental sustainability. I am calling for a broader interpretation of 'healthy' to include planetary health."

Different studies and producers report that a typical meatless hamburger uses 75-99% less water and has about a 90% smaller carbon footprint compared to a regular burger. According to a Nielsen survey, 62% of North Americans say they would replace meat-based protein with plant-based protein.

Negowetti claims the bottom line is that people will buy alternative meat products if they are delicious and cheap. This would also benefit our planet.

What would Shakespeare say today? Possibly, "A substitute shines brightly as a King, even when a King pass by."

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