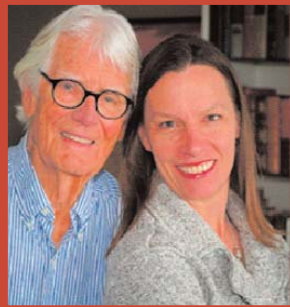


HEALTH CORNER



Who Can Solve the Chronic Disease Crisis?

By W. Gifford-Jones MD and Diana Gifford

Elon Musk is the richest person in the world. He got the title thanks to innovative thinking and masterful moves in the business world. U.S. President-elect Donald Trump has nominated Musk to lead the Department of Government Efficiency. Musk intends to apply economic efficiencies in fighting the crisis of an obesity society by making weight loss drugs cheap.

In a post on X, Elon Musk wrote, "Nothing would do more to improve the health, lifespan, and quality of life for Americans than making GLP inhibitors super low cost to the public. Nothing is even close."

GLP inhibitors are a class of medications that help manage blood sugar in people with diabetes. Ozempic is the brand name for one such product that is enabling pharmaceutical executives to join the ranks of the ultra-rich.

But are these powerful synthetic drugs the right way to fight the problem? Robert F. Kennedy Jr. is another of Trump's controversial appointments. He will be the next U.S. Secretary of Health, charged by Trump to end the chronic disease epidemic. Kennedy believes promoting a better lifestyle is the answer. In his own post on X, he said "ultra-processed food is driving the obesity epidemic."

So, who is right? Neither of them is a doctor. But we mustn't hold that against them. Doctors haven't done near enough to address the steady destructive progress over several decades of obesity and Type 2 diabetes. North American was not a land of obesity in the past. But it is today, at a huge cost. And now the scales have tipped, and the fight is on, one way or another.

Kennedy is right that lifestyle is the answer, but hell will freeze over before companies put healthy products ahead of corporate profits. Processing things is what companies do.

Kennedy faces another major human conundrum. Study after study show that following good nutritional guidance does lead many people to lose weight and gain better health. But history shows that humans are not angels. They get tired of diets, go back to eating what they enjoy, and obesity returns with a vengeance. So, Kennedy's plan gets a failing grade. Is Musk's plan to get innovative, costly drugs into the hands of the masses the better way? The new class of weight loss drugs are effective in helping people lose weight and fight Type 2 Diabetes. But there are consequences of turning to drugs to make life easy. Year after year, synthetic drugs result in thousands of deaths, and negative side effects can accumulate when they're used for prolonged periods of time. Doctors, politicians, and businesspeople who fail to acknowledge the risks associated with drugs are not being honest. People who turn to synthetic drugs without pause are ignoring their options.

Musk's plan has this and other challenges. How does he propose to lower the cost of weight loss drugs while also slashing federal spending on health? And how will he corral health insurance companies that are now starting to say no to coverage for such drugs. So there's no high grade for Musk either.

Meanwhile, the health of North Americans is declining as the medical complications of obesity and diabetes march on. Blindness, heart attack, kidney failure and sometimes amputation of both legs due to gangrene are the complications of diabetes.

The only winners will be the ones who knuckle down with the determination and dedication required to lose extra weight. They will follow Abraham's Lincoln's advice about having legs. Use them!

No drug offers a glitzy reward free of repercussion. Shakespeare wrote, "A substitute shines as brightly as a king, until a king be by."

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Second Fiddle

By Wayne & Tamara

We've been married six months. Although my husband swears he supports me first, his actions and words reflect that his mamma is number one. My husband believes she's an angel who wants to get close to me, "her favorite girl." I feel this family lives in "Pleasantville" under the façade of the perfect family.

She's a bragger who wants to show me off. I hate it. While my husband finds this flattering, I find it demeaning. I want to be treated like an adult, not a preschooler learning to ride a two-wheeler. My husband would like me to become her best friend.

My mother-in-law told her pastor we would make great youth group leaders. We never expressed such an interest, plus I avoid her church as just another way to control me.

One day my husband came home and said, "Mom really wants us to go to this youth group meeting. It's not a commitment, she just wants us to see if we like it. Want to go?" "Not really," I responded. "You can go. Otherwise tell your mom you aren't interested."

He replied, "Well, it's really important to her..." I became agitated and told him I don't spend enough time where I already volunteer.

Then she signed us up for dog class without discussing it. At first my husband said she signed "us" up. When I got annoyed, he changed it to "him." Then he says she didn't sign him up, she talked to him and he just didn't mention it to me. I think he's trying to protect his precious mother.

The first day of class fell on my birthday. I said there was no way I'd go on my birthday. My husband said I would. When I got mad, he dropped it, but he chose dog class with his mother over dinner with me to celebrate my birthday.

Kiki

Kiki, most behavior is deep-seated. As one counselor remarked, when a new client comes to him, it takes six months just to get the new client to change his cologne.

When you married your husband, you either hoped for the best or were completely snookered. If you were snookered--hadn't a clue your mother-in-law would be the primary person in your marriage--make that clear to everyone. If you were blindly hopeful, admit you went forward against your own interests.

You can't change your mother-in-law, nor do you have the right. You can't change your husband, only he can do that. The odds are two to one against you. You don't have a right to change them, and they don't have a right to change you. It's simple logic. What others can't apply to you, you can't apply to them.

A song by Madonna says, "There's no greater power than the power of goodbye." It's like seafood. If you're allergic to seafood, you can't live with it. If you can't live with it, you can't love it.

Wayne

Point Of View

I've been dating my boyfriend for a year and a half. He was married for four years, and from what I've been told, it was a pretty bad marriage. I've never been married.

I have a daughter, 2, from a previous relationship. I now have a 5-week-old boy with my current boyfriend. We act like we are married, but marriage doesn't seem to be getting any closer. I want to get married so badly, but anytime I bring it up he gets defensive and ignores me.

I'm starting to think it will never happen. Why can't he just commit?

Daryn

Daryn, when you go to a job interview and don't get an offer, it's not because the employer has a commitment phobia. It's because he doesn't want to hire you. Regardless of what your boyfriend says, he doesn't want to marry you.

Tamara

Tamara

SEND LETTERS TO: Directanswers@WayneAndTamara.com

Wayne & Tamara are the authors of Cheating in a Nutshell and The Young Woman's Guide to Older Men—available from Amazon, Apple, and booksellers everywhere.



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FIVE STAR RATING

Grandma Magic's Pancake School

By Debbie Wolski

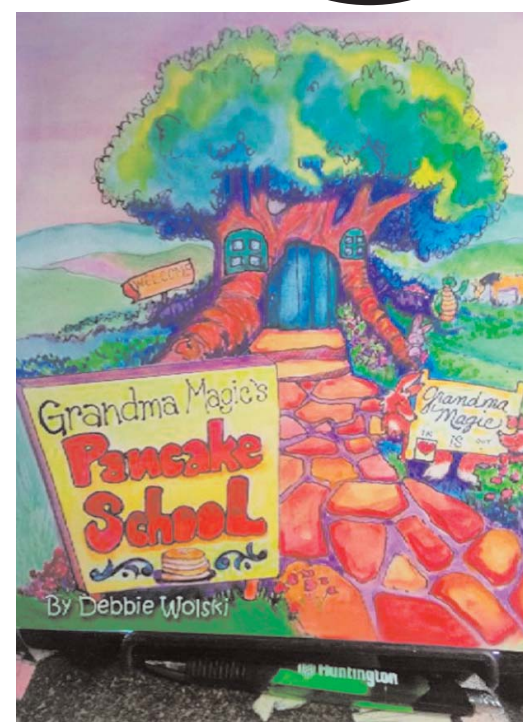
EXCEPTIONAL READ

From the vibrant covers to the many illustration through the book. Grandma Magic's Pancake School is a fun book for all ages. An easy read for young minds to explore. Great follow up pictures that keep the young mind in the realm of imagination.

Debbie Wolski shares gentle lessons about emotional balance, kindness and self-esteem through a charming tale of woodland characters who inhabit Grandma Magic's tree house. Therein lies Pancake School, where "flip the pancake right" is the only rule! The aspiring young chefs, including Tyler T. Turtle and Twilly the Filly, must overcome challenges and learn from their mistakes to make a perfect batch of pancakes.

Debbie Wolski is no stranger to the world of words and whimsy. The acclaimed author has previously delighted readers with her enchanting childrens books, including "The Littlest Mermaid," "The Twelve Dancing Princesses," and "The Princess and the Pea."

Recommended for children ages 3-12, Grandma Magic's Pancake School is the first in a nine-book series connected by a common thread of positive, insightful lessons for little minds. The book includes Grandma Magic's pancake recipe, so readers can whip up their own batch of fun and learning!



Grandma Magic Pancake School

By Debbie Wolski

This book is "Inspirational, motivational and most importantly. Good Honest FUN!!! Great Read."

Claims Joe Ingino, Editor Publisher b.a.

The Central Newspapers, Canada.

The Central Newspaper endorses this book. Get A Copy Today!!!



Grandma Magic's Pancake School, Is a must for all grandma's tool boxes as it opens the door to introduction to other family cooking recopies

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