



TIME FOR DRUGS? This overweight dog is at risk of being prescribed drugs. PHOTOS.COM

Dogs deserve better

Don't treat them as we treat humans

By W. GIFFORD-JONES M.D.

Who doesn't love a dog—undoubtedly man's best friend? As former President Harry S. Truman once remarked, "If you want to have a friend in Washington, buy a dog."

But humans are making a major error in caring for their four-legged friends. They're starting to treat them like humans. Dogs deserve better.

A recent report states that U.S. dog owners now spend over 7 billion dollars a year on drugs for their dogs and that Health Canada has approved 40 new drugs for dogs over the last five years.

I love dogs as much as anyone else. I recall, as a young child, going into a major funk when our dog died. But until this report, I believed that most dogs just needed veterinarian help to protect them from worms or infectious diseases.

Now, Madison Avenue advertisers for pharmaceutical companies are looking for more markets. They're convincing dog owners there's more to dog health than worms. And what's good for humans—namely pills—is equally good for dogs. But in the process they're going to make man's best friend needlessly ill.

Pharmaceutical companies now have drugs to treat obesity in dogs,

but surely the marketing of drugs for this purpose is capitalism gone amuck and sheer madness.

Drugs to treat human obesity have been available for years and have been helpful in shedding pounds. But it has been shown repeatedly that drugs, whether dealing with obesity or other diseases, involve possible complications. You never get something for nothing when dealing with medication. And what happens to humans will happen to man's best friend.

One commonly used pharmaceutical drug for treating dog obesity states that it must be prescribed by a veterinarian and that the drug is fairly well tolerated.

However, there are a few "butts" in the prescription. For instance, it states that the most common side effect is vomiting, particularly during the first month of treatment or when the dose is increased. It goes on to say that dogs that vomit feel good.

But I've never felt good feeling nauseated and vomiting, and I'd enjoy it less if it went on for a month, or if I knew vomiting would occur every time the dose was increased.

I find it hard to believe that man's best friend would enjoy these frequent episodes either. And I'd bet that if the dog could do more than bark, it would say to its owner, give me a break! Isn't there an easier way to lose weight?

The prescription goes on to state that some dogs may feel tired, have diarrhea, or lose their appetite completely. Other side effects can include changes in the dog's liver enzymes, found only by blood testing.

It says these enzyme changes are usually temporary, and most return to normal on their own. Dog owners are advised to call their veterinarian if they notice any unusual changes in their pet.

Unless I've become senile and uninformed, there's no way I'd accept drugs that would affect my liver enzymes unless it was a matter of life and death. So why would I subject my dog to these changes just to fight obesity?

Some veterinarians I talked to believe that these drugs are a welcome addition to the care of animals. They quote studies showing 5 percent of dogs are now obese, and up to 30 percent are overweight.

Fortunately, other veterinarians share my view that the sensible approach is to attack the root cause of obesity. This means that whether you're a dog or a human, the only program that combats obesity is a decrease in caloric intake along with moderate exercise.

Today dogs have become part of the family, and I agree they deserve good medical treatment. But while providing loving care, don't subject them to the human foible of obesity and the host of medical complications associated with this disorder.

It's one thing to ruin your own health. It's another to ruin the health of man's best friend. And I doubt that you can ever train your pet to enjoy the negative complications of drug treatment.

Dr. Gifford-Jones is a medical journalist with a private medical practice in Toronto. His website is Mydoctor.ca/gifford-jones.

Three herbs for healthy skin

Epoch Times Staff

Since ancient times, the Chinese have formulated many secret recipes for beautifying the skin and nourishing the hair.

It is said that beauty obsessed some of the imperial concubines who regularly took recipes to remain young and beautiful even when they were in their 50s.

Here is a prescription for nourishing qi and blood and for abolishing freckles: "Take 5 grams of white peony root, 5 grams of large-head Atractylodes, 5 grams of China root, and 2.5 grams of licorice. Heat in water and drink it when it is warm." This is suitable to use for rough skin, chloasma [brown spots], and pigmentation.

The Chinese believe that the skin is closely related to abdominal function. Therefore, the

prescription that reconciles qi, the blood, and five internal organs can also be good for a fair and healthy skin.

The above herbs used as traditional Chinese medicine to moisturize skin. Accompanied with licorice, they can also help to stay young.

In Chinese medicine theory, white peony root tastes sweet and sour, its nature is a bit cold, and it has the effect of nourishing blood.

Large-head Atractylodes tastes sweet and bitter, its nature is warm, and it has an anti-aging effect.

China root tastes sweet, its nature is calm, and it can make the skin fair.

Licorice tastes sweet, its nature is calm, and it has the effect of a deodorant.



WHITE PEONY: SUYUFEN/THE EPOCH TIMES

Report debunks saturated fats theory

By SALLY FALLON AND MARY G. ENIG, PH.D.

The Weston A. Price Foundation

A mega-analysis published in the American Journal of Clinical Nutrition (March 2010) has left most commentators speechless.

Researchers combined the relative risk rates from 21 studies representing almost 350,000 people whose diets and health outcomes had been followed for 5 to 23 years.

The conclusion: "There is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD (coronary heart disease) or CVD (cardiovascular disease)."

Not one word about this study

appeared in the mainstream press. An accompanying editorial voiced outrage at the findings and repeated the old discredited advice: Avoid red meat, whole milk, egg yolks, and cheese, and eat more egg whites, grains, fat-free dairy foods, and seed oils.

Only James H. Hodges of the American Meat Institute Foundation spoke out in favour of the findings.

"This study is critically important because of its size and statistical power. No doubt, it will be viewed with skepticism by some researchers who believe strongly in a link between heart disease and saturated fat.

"But when it comes to science,

we must view new findings with an open mind and critical thought. Without an open mind, we risk enacting misguided public policies.

"While this study may not reflect prevailing nutrition advice, it is a very substantial body of work. It is important to note that the study's authors relied upon 21 peer-reviewed papers in the scientific literature that represent some of the leading thinkers in nutrition research.

"The magnitude of this study and its findings merit both respect and thoughtful consideration," Hodges said.

Source: Westonaprice.org/caustic-commentary/1953-caustic-commentary-summer-2010.html.



Yvonne Lu
會藝
2009 Chairman Award

Great Service, Great Results!

We Speak English, Cantonese, Mandarin, Korean, and your properties!

604.339.3088

email: myrealtor.yvonne@gmail.com web: www.yvonnelu.ca



Dong-Ha Baik
백동하
팔수있는기회를두배!!
두배로늘리십시오!

<p>Featured Properties</p> <div style="border: 1px solid black; padding: 5px;"> <p>SOLD in 2 days</p> <p>602-1099 Marinaside Cr Yaletown \$1,490,000</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>JUST LISTED</p> <p>8100 Corless pl Richmond \$898,000</p> <p>● Weekend Open House</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>1016 E 56th Ave Vancouver \$1,039,000</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>JUST SOLD</p> <p>1340 W 64th Ave Vancouver \$1,090,000</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>4849 Marguerite St Vancouver \$2,998,000</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>120 4155 Sardis St Burnaby Central Park \$528,800</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>902-668 Citadel Parade BB Downtown \$528,000 \$479,000 Reduced</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>1339 E 8th Ave Vancouver \$528,000 \$498,000 Reduced</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>16-5880 Hampton PL UBC \$958,000</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>JUST SOLD</p> <p>3301-1077 Cordova St \$3,250,000 Coal Harbour</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>JUST SOLD</p> <p>2601-1011 Cordova St \$3,880,000 Coal Harbour</p> </div>
<div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$1,150,000 118 W 39th Ave Vancouver</p> </div> <div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$1,088,000 5718 Gilpin St Burnaby South</p> </div> <div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$1,388,800 2770 Point Grey Rd Vancouver West</p> </div> <div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$1,098,000 7651 Montana Rd Quilchena RI</p> </div> <div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$1,139,000 4827 Watling St Metrotown</p> </div> <div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$948,000 7560 Manzanita PL The Crest</p> </div> <div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$880,000 404-3611 W 18th Ave Dunbar</p> </div> <div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$648,000 8333 Hudson St Vancouver West</p> </div> <div style="width: 20%; border: 1px solid black; padding: 5px;"> <p>SOLD</p> <p>\$379,000 2403-3663 Crowley Dr Vancouver East</p> </div>			