

What I suggested to my wife just once!

By W. GIFFORD-JONES, M.D.

A song from the Broadway musical "Porgy and Bess" says, "Summertime and the livin' is easy." But it didn't add that it's also dangerous and high season for food-borne illness.

The U.S. Centres for Disease Control reports that 8 million people get ill from food each year. More ominously, 5,000 people die each year from this problem.

Here are several points to remember this summer to keep you well. And what I told my wife, just once, while shopping!

STORE FOOD PROPERLY

If you're planning a garden party and serving steak, you can keep steaks in the refrigerator for up to four days. But if it's going to be a hamburger or chicken evening, keep ground meat and chicken in the freezer until you're ready to thaw it.

AVOID RARE HAMBURGERS

Just never, ever eat them. Some people like to have their hamburgers cooked rare. It's hard on a pleasant summer evening to win friends by telling them they're idiots. But eating rare hamburger is like playing Russian roulette.

I admit that I order steak "blue," and eventually I may pay a price for an ultra-rare steak. But I never eat a rare hamburger.

Why? Because E. coli is a dangerous germ that resides in the intestines of animals and can contaminate meat in slaughterhouses. If this happens, and it's on the surface of meat, grinding merely moves the E. coli deeper



IDYLIC SETTING: Just remember to turn the grill on! It is safer to eat meat well-done rather than rare. PHOTOS.COM

into the meat.

This is not a good move. The deeper it's located in meat, the harder it is to destroy by cooking. E. coli can result in serious illness or death.

THAW FOOD PROPERLY

The refrigerator is your best friend in preventing food poisoning, and the prime place to thaw food is in the refrigerator. So plan ahead. It's not wise to thaw hamburger or chicken on the kitchen counter. The next-best alternative is to thaw

sealed packages in cold water.

HANDLE LEFTOVERS PROPERLY

The best policy here is to put leftovers quickly in the refrigerator or toss them out. I've often noticed at picnics that people leave leftovers on the table while other activities are going on. They may also place them in coolers that are no longer cool and take them home.

USE COOLERS PROPERLY

It's normal during a hot summer outing to open the cooler often for

soft drinks. But this practice also leaves the cooler less cool. Warm soft drinks are not going to cause illness, but meats and other perishables can cause upset stomachs. The obvious solution is to use two coolers and keep perishables in one. Be sure to use plenty of ice and keep the cooler out of the sun.

PREVENT CROSS-CONTAMINATION

You can prevent some attacks of food poisoning by using different utensils for raw and cooked

meat.

SHOP PROPERLY

Once while shopping with my wife, I noticed she picked up ice cream before other items. I said, "Why not leave that to the end so it won't melt?"

She replied, "Since you're so smart, maybe you should do the shopping!"

I've never used that line since, but picking up hamburger meat and poultry last before checkout makes sense. It also makes sense on an extremely hot day to take along a cooler packed with ice, so hamburgers and poultry can be placed in it. And don't delay in heading home.

DESTROY BACTERIA IN POULTRY PROPERLY

Don't rinse raw chicken as this just spreads microorganisms. The only way to destroy bacteria is by thorough cooking, and just because it's no longer pink, does not guarantee it's safe to eat.

CHOOSE FISH PROPERLY

A report from Tufts University cautions shoppers to avoid buying frozen food above the "frost line" or from the top of the store's freezer case. Make sure that fresh seafood is displayed on a thick bed of ice and it smells fresh. And if you eat raw seafood such as sushi, it's safer to eat fish that has been previously frozen.

Have a safe summer.

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



BELLADONNA. L. MCCOY/THE EPOCH TIMES

New study proves homeopathy prevents Japanese Encephalitis

(Hindustan Times)—Homeopathy can prevent Japanese Encephalitis (JE) infection that infects 50,000 and kills 10,000 in South and South-east Asia each year, report Indian researchers in the American Journal of Infectious Diseases.

A study by researchers at Kolkata's School of Tropical Medicine and the Central Council for Research in Homeopathy showed that the homeopathic medicine Belladonna prevented infection in chick embryos infected with the JE virus.

Caused by a virus that circulates in pigs and wading birds and gets transferred to humans through the bite of the Culex mosquito, JE causes symptoms of headache, sudden high fever, neck stiffness, disorientation, and seizures.

Deaths in India, which range between 1,000 and 2,000 each year, occur mainly in children under 15 years in the endemic states of Uttar Pradesh, Karnataka, Assam, and Bengal.

Belladonna—deadly nightshade—is used to treat complaints of sudden infections and fever. Other conditions treated include migraines and throbbing headaches in which the slightest eye movement intensifies the pain, boils, seizures, kidney inflammation, and restless sleep.

The study showed significant decrease in the viral load when treated with the homeopathic medicine Belladonna in different potencies, in comparison to placebo, said principal investigator Dr. Bhaswati Bandyopadhyay, assistant professor of virology, School of Tropical Medicine.

Source: www.theoneclickgroup.co.uk.

Artificial sweeteners linked to preterm delivery

By DR. JOHN BRIFFA

Of all the foodstuffs that have limited nutritional value and the potential to cause harm, I put soft drinks near the top of the list.

The sugar contained in regular beverages has been linked with a range of adverse effects on health, including weight gain, metabolic syndrome, Type 2 diabetes, and cardiovascular disease.

One review by a South African research team published in April 2008 in the European Journal of Clinical Nutrition showed that artificial sweeteners such as aspartame also appear to have considerable potential to harm human health.

The hazardous effects of foodstuffs have particular relevance during pregnancy. Food and

drink provides the basic building blocks of the growing foetus, but it can exert toxic effects that can affect the pregnancy and future health of the child.

A study published on June 30 in the American Journal of Clinical Nutrition looked at the relationship between soft drink consumption and pregnancy outcome in almost 60,000 Danish women. The pregnancy outcome assessed in this study was preterm delivery, defined as delivery before 37 weeks of gestation (normal gestation is 40 weeks).

For sugar-sweetened beverages, there was no relationship between level of sugar consumption and risk of preterm delivery.

It was a different story for artificially sweetened drinks.

Compared to those drinking

no artificially sweetened drinks, those having one or more servings of artificially sweetened drinks a day were found to have a 38 percent increased risk of preterm delivery. Consumption of four or more servings a day was associated with an increased risk of 78 percent.

Studies of this nature cannot be used to conclude that artificially sweetened drinks cause preterm delivery. However, as the authors of a study published in September 2004 in Neurotoxicology and Teratology point out, length of gestation may be affected by exposure to methanol.

Methanol is a known nerve toxin, which can be metabolized in the body to form formic acid (another nerve toxin), as well as formaldehyde (which is what is

used to preserve dead bodies). It's also a constituent of aspartame (the most ubiquitous artificial sweetener).

One study published in June 1998 in Life Sciences concluded that aspartame consumption might be a risk to health because it enables the formation of formaldehyde.

It's unlikely that we'll ever know if artificial sweeteners worsen pregnancy outcomes. However, given their ability for a myriad of toxic effects within the body, my advice would be to avoid them like the plague—pregnant or not.

Dr. John Briffa is a London-based physician and author with an interest in nutrition and natural medicine. His website is Drbriffa.com.



SWEET ENTICEMENT: If craving sweets during pregnancy, it's best to avoid artificial sweeteners. PHOTOS.COM



Yvonne Lu
會藝 國.粵.英
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
팔수있는 기회를 두배!!
두배로 늘리십시오!

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