

Food Facts and Fiction

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From now until April, I am giving you the chance to get free information about anything you would like to know about food! All you need to do is e-mail me at ahanlon@upei.ca and I will either reply to your e-mail or answer your question in my column. Don't worry, I won't mention your name because that's just unprofessional.

Since I have started taking courses at UPEI, I have found it more and more difficult to keep up with the everyday "grind" of classes and whatnot. So recently I have been searching for elusive brain increasing foods and supplements but to no avail. Do you know of any secrets that you would be willing to let me in on?

Actually, I know of a couple of things that may help you. Ginkgo Biloba is an herb that is used to prevent short term memory loss. It has been used by the Chinese for years for this, as well as other reasons. (<http://www.rxlist.com/cgi/alt/ginkgo.htm>). It is sold in supplement form at health food stores.

You may also want to try increasing your consumption of Omega 3 fatty acid. This property is found in fish and in flax seeds. However, most people do not consume as much Omega 3 as they should. This fat is required for proper brain function, and if you do not eat a lot of fish or flax, you may benefit from taking supplementary fish oil or flax oil found in (you guessed it) health food stores. You may find yourself able to concentrate for longer periods of time. You may also find that your energy level has increased substantially. I began taking flax oil capsules and, within a day, I had more energy than I remember having in a long time. Since then, I have been taking flax oil regularly. Omega 3 also makes your skin look very healthy by balancing the natural oils secreted by the glands in your skin.

I do a lot of weights at the gym. Do you know anything about those protein drinks? Also, what do you know about creatine and does it really work?

Why protein powder is the most popular protein drink with people who do weights. It is a milk derivative and is one of the least fattening ways to consume "complete" protein. It does work if you are hoping to build muscle, which I am assuming you are. Another great option is soy protein powder, which is essentially the same thing except that it is a soy product. You can purchase both at health food stores. They usually come in containers which have directions for use. Do not eat more than the directions suggest because consuming too much protein can be hard on your kidneys.

Creatine is actually a substance that your body uses naturally during intense strenuous activity. There are three bodily reactions that draw on your body's energy during a workout. The first is through the aerobic pathway, where you use the sugar and fat your body has stored. The second reaction, via the anaerobic pathway, is where the body produces lactic acid. This reaction is used when you do sprints or heavy lifting. The third reaction is via the use of phosphocreatine. When you have used up all of your "sprinting" energy, your body can allow approximately 3 more seconds of physical exertion by calling upon its store of phosphocreatine. Weight lifters consume supplementary creatine because it gives them more strength and endurance during their three seconds of power. It really does help them lift more weight. One thing you have to be careful of with creatine is that it attracts a lot of water to your muscles, whether you are lifting weights or not. Since a lot of water is being directed to your muscles, the rest of the body experiences a water shortage. Keep yourself well hydrated if you plan to start taking creatine. In addition, because water is pulled into the muscles during creatine use, you will find your muscles will increase in size. When the creatine "effect" wears off, your muscles will "shrink" back down to their normal size.

Igby Goes Down

Well I didn't get the porn I expected from the title of this film, but I did get a great movie with a messed up plot. Those are always favorites of mine. The main character Igby is played by Kieran Culkin (yes, the brother of Macauley). He plays a brother to the seductive Ryan Phillippe, and son to Susan Sarandon. The family is filthy rich, and like all rich families completely insane. The father (Bill Pullman) is in the crazy house, Sarandon is a pill-popping, speed addicted bitch, Phillippe is momma's little perfect college boy, and Igby, oh Igby, is

the rebellious 17 year old who smokes pot, and stirs up shit at school. Mama ain't so proud of him. So they send him off to military school, and then to live with Uncle DH (Jeff Goldblum aka: sexy fuckin' bitch) So through out the movie Igby gets some hot ass from Amanda Peet and Clare Danes, their mother gets cancer and promises the boys that they can kill her since they hate her so much. This was actually the most bonding moment of the entire film. The family was getting along. They feed her poison and put a bag on her head. It was touching.....really.

Ash D

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