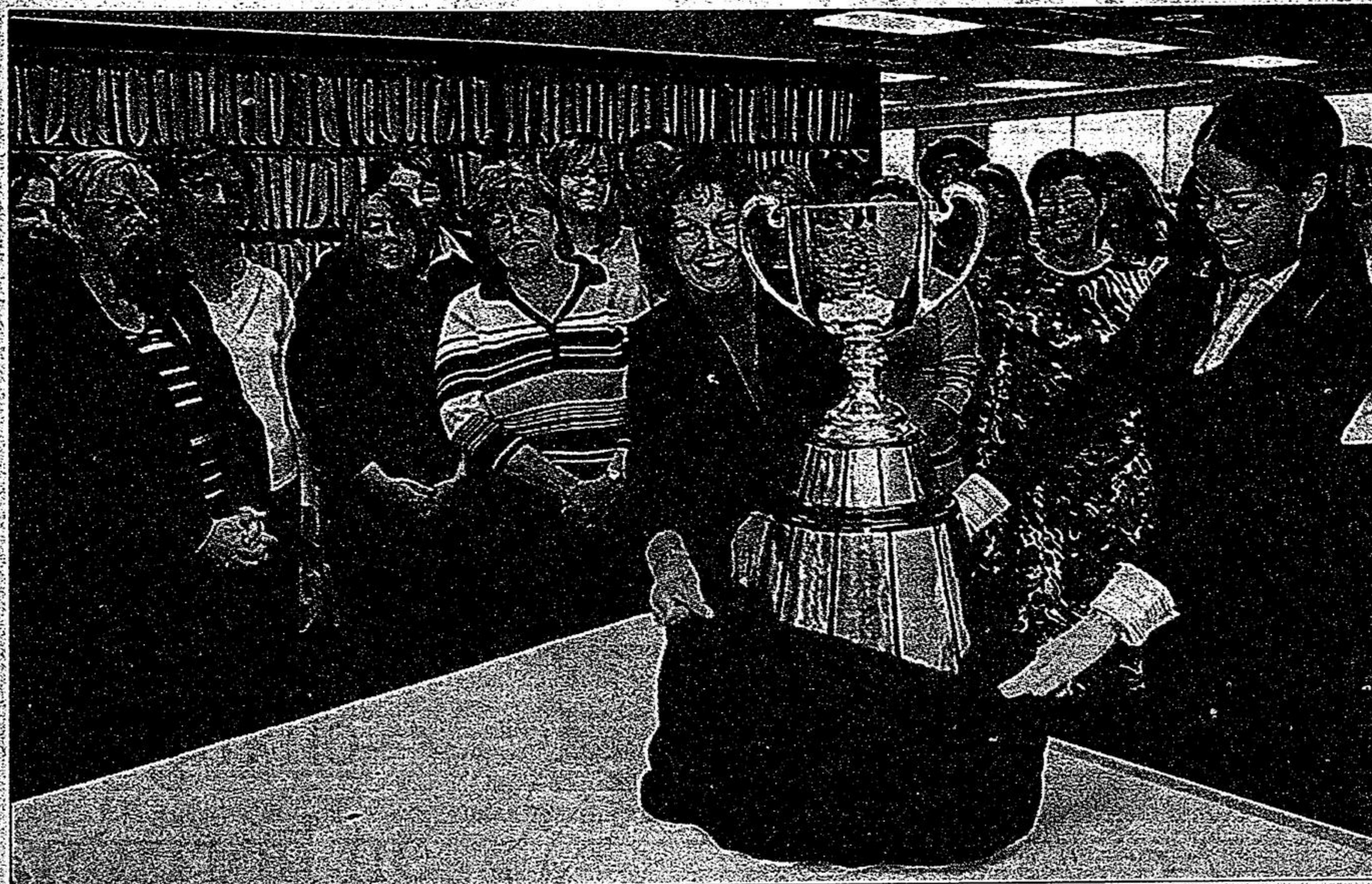


Grey day in Stouffville



STAFF PHOTO/SJOERD WITTEVEEN

Carolyn Mortson (left), director of marketing and promotions and Janice Boyd, customer services rep of Grey Power Insurance Brokers in Stouffville unveil the Grey Cup in the brokerage offices last week before a throng of co-workers. The firm has a partnership with the Canadian Football Hall of Fame and Museum in Hamilton. The Grey Cup game, for the championship of the Canadian Football League, will be played Nov. 21 in Ottawa.

Marketplace misleading, pharmacist tells TVO show

Stouffville pharmacist Farid Wassef, who combines traditional medicine with alternative therapies, hits the airwaves when he discusses low-carbohydrate diets on TVO's 2nd Opinion program with Mary Ito.

Airing Nov. 9 at 11 p.m., Mr. Wassef examines the validity of low-carb diets and Health Canada's decision to ban any claims on the labels of packaged foods regarding the amount of carbohydrates they contain.

He is one of four panelists on the program, including the medical director from the Atkins Centre in New York.

NOT PROACTIVE

Mr. Wassef believes Health Canada, because of limited funding, has not been proactive in reporting the latest findings in nutrition research and the marketplace, to a large extent, has made irresponsible and misleading claims.

He has worked at Houston Pharmacy on Stouffville Main Street for 16 years. His dad, Lou Wassef, has been a pharmacist for more than 50 years.

Mr. Wassef has studied the role of lifestyle, stress reduction, nutrition and alternative medicines and therapies on improving health.

CO-WROTE BOOK

Last year, he and Sherry Torkos, who works at a pharmacy in Niagara Region, co-authored the book *Breaking the Age Barrier*. Subtitled *Strategies for optimum health, energy and longevity*, the book explores the factors contributing to chronic illness.

Mr. Wassef has run a consulting practice for more than a decade and has witnessed dramatic healing stories. Results from integrating traditional and newer therapies often aren't immediate.

"Because it took time to develop an unhealthy state, it is going to take you some time to get well," he said in earlier interview.

— Hannelore Volpe

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