

Dedicated to the ex-pat Sri Lankans & others globally



Welcome to our New Sri Lankan
High Commissioner in Australia

Pic shows Dr Quintus de Zylva on the left; Skandakumar in the middle and his lady Ranjini on his right

His Excellency Somasundram Skandakumar - High Commissioner in Canberra - was the chief guest at a reception in his honour in Melbourne at The Grand on Sunday 18th October. The hall was packed to capacity and Skanda spent time mingling with the diaspora who had come from wide and far including New Zealand.

Skanda was introduced by Dr. Quintus de Zylva - Chairman of the Sri Lanka Cricket Foundation of Victoria. His response covered a wide selection of topics including the need for dialogue and reconciliation.

The Deputy High Commissioner Hemali and the Consul Prasanna Gamage were also present. The Vote of Thanks was proposed by Prasanna.

Sent by Dr Quintus de Zylva

World's oldest woman will 'eat bacon all day long' if given a chance

by [Taboola](#)

More from [TODAY.com](#)

The folded egg dish may have come out on top of [TODAY's Breakfast Battle](#) in September, but it can't hold a candle to the food that the world's oldest woman eats every day.

Fans of the streaky pork delight will feel vindicated, others will probably be horrified, but it's true: 116-year-old Susannah Mushatt Jones would "eat bacon all day long" if she had her say, the [New York Post](#) reported her niece Lois Judge saying. (When she turned 116, her birthday cake was garnished with bacon, per [The New York Times](#).) A reporter visited Jones at the Vandalia Senior Center in Brooklyn, New York, where she chewed Doublemint gum (at 96, said Judge, she grew a new molar). She didn't have much to say to the reporter, but her aide reported that she voted for President Obama twice, and on her wall hangs a copy of the 27th Psalm.



New Stroke Management Removing clot allows blood flow to return to the brain

The new approach to treatment is major news for the one-in-six Australians who will suffer a stroke in their lifetime. Almost two thirds of those who have a stroke develop some form of disability as a result. The new approach would benefit those who suffer the most extreme form of stroke known as ischemic stroke, where a clot blocks an artery.

Removing the clot allows blood flow to return to the brain, which is critical in stroke recovery. [I think it offers hope that hasn't necessarily been there before.](#) Associate Professor Peter Mitchell

The lead investigator, neurologist Dr Bruce Campbell, said one of the key features of the study was advanced brain imaging.

"To actually look into a patient's brain and see which parts were already irreversibly damaged that we couldn't save, versus how much was actually salvageable if we could get the artery open quickly... is a major difference between our trial and many of the other trials," Dr Campbell said.

"This is a treatment that applies to patients with the most severe types of strokes, the strokes that are likely to cause disability, people who end up in nursing homes or even dead, and so it is a major advance."

Fellow investigator Associate Professor Peter Mitchell said it was a "revolutionary" development that was being welcomed worldwide.

"I think it offers hope that hasn't necessarily been there before," he said.

"We've had these spectacular anecdotal reports where we remove the blood clot, someone is densely paralysed in their arm or leg, can't speak and then on the table, or within 24 hours they're almost normal and they can go home within a couple of days."

ABC News

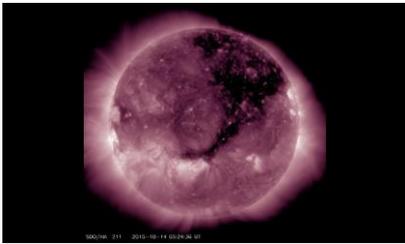
Citrus Fruit

Oranges, grapefruits, tangerines and lemons are all rich in Vitamin C, which is critical to eye [HEALTH](#). The antioxidants in these fruits can delay or even prevent cataracts and AMD. Vitamin C can be destroyed by heat and light so it's best to enjoy these fruits uncooked and freshly cut/juiced. Try a freshly made carrot and orange juice (double the goodness for [YOUR](#) eyes!) or drizzle a lemon juice and olive oil dressing over a leafy green salad.

These fruits also contain flavonoids – antioxidants that work with Vitamin C in the body to reduce cancers and certain effects of aging as well as protecting against cataracts and macular degeneration.

Giant 'Hole' in Sun Is 50 Earths Wide

by Sarah Lewin, [Space.com](#) Staff Write



A Solar Dynamics Observatory image published by the National Oceanic Atmospheric Administration reveals the

The sun has sprung a leak: A hole in the topmost layer of the sun and its magnetic field, the size of 50 Earths, is letting loose an ultrafast solar wind that has kicked off several nights of auroras down on Earth.

A new image, from NASA's orbiting Solar Dynamics Observatory, reveals the enormous hole as it was Oct. 10, taken at an ultraviolet wavelength unseen by the human eye. To an ordinary observer, the gaping hole would be invisible, though you should **NEVER** stare at the sun because serious eye damage can result. The gap in the sun's magnetic field lets out a stream of particles traveling at up to 500 miles (800 kilometers) per second, kindling a days-long geomagnetic storm upon hitting Earth. [\[Biggest Solar Storms of 2015 in Photos\]](#)

Even marathon runners find it difficult to shed weight

When Mary Kennedy coached a charity team of marathon runners back in 2009, she regularly heard the marathon-weight question. "Several of them would come to me and they would say exactly that: 'I am working out more than I ever have in my entire life. I'm doing this for a lot of reasons, but I really thought I'd look better in my clothes,'" said Kennedy, who is an exercise physiologist at the Institute of Lifestyle Medicine, a nonprofit research center founded in 2007 by Harvard Medical School and the Spaulding Rehabilitation Hospital. She conducted a small, simple pilot study, limited to her group of 64 charity runners, comparing their weight before starting the training program to their weight after completing it. About 11 percent of them did lose weight, but just as many gained weight (and of those who gained, 86 percent were women). But for the remaining 78 percent, their weight stayed almost exactly the same, even after three months of running four days a week.

Editor: It is your gut microbiota that controls your weight, latest thoughts

'Herbal Viagra' and Lamar Odom: What's in These Supplements?



The former NBA star took 10 "herbal Viagra" supplements in the days before he was found unconscious in a Nevada brothel.

[Read More »](#)

Science of Sexy: Why Emilia Clarke Reigns Supreme



Emilia Clarke, Esquire magazine's sexiest woman alive, has many traits people typically associate with attractiveness, from pouty lips to high cheekbones.

[Read More »](#)

Quinoa Soup



Celebrate United Nations International Year of Quinoa (2013) with this nutritious Quinoa Soup
by [Lucy](#)

The New York Times - Well - Health

Some 20,000 Americans visit emergency rooms each year from taking dietary supplements, a new study found. Many of these cases involved:

- 1) Children taking multivitamins.
- 2) Young adults taking supplements for weight loss and energy enhancement
- 3) Women taking hormone replacement products...

[See More](#)

This newsletter provides sufficient knowledge on health issues for you to be in top health fitness. Reading and understanding is just what you require
Editor

Supplements Send 23,000 People to ER Yearly



Unlike prescription drugs, diet supplements are not required to undergo safety testing or FDA approval before they are marketed to consumers, researchers say.

[Read More »](#)

Local ticks likely responsible for Lyme disease in Australia, Perth research finds

A Perth-based researcher believes local ticks could be responsible for Australians suffering symptoms of Lyme disease, the controversial illness not recognised by governments or doctors' groups in Australia.

ABC News

Chicken Curry with Ground Almonds, Brown Rice and Coriander



This curry is unusual in that it has almonds in it
by [Finy](#)

PROFESSOR SEYMOUR'S TOP TOOTH TIPS

Use a powered toothbrush and replace the heads every four to six weeks

Always use a fluoride based toothpaste and, if you have receding gums, use a toothpaste with the highest concentration of fluoride.

Ideally you should brush for two minutes, but always aim for at least 30 seconds Spit out the toothpaste, but don't rinse with water so the toothpaste stays in contact with your teeth for as long as possible.

Depending on whether you are right or left-handed there will be a point on the upper left, or right, where you change direction, which you tend to miss.

Never brush straight after drinking orange juice or carbonated soft drinks, it will increase the risk of dental erosion.

Always use an alcohol free mouthwash containing CPC and essential oils.

So, should you put butter in your coffee?

We've been hearing about Bulletproof since 2013, and at first we thought it would be a passing fad. Fans swear it's a brain booster, and fills them up with a little extra nutrition that's lacking from their normal caffeine fix.

Since the craze shows no signs of slowing down, TODAY took a visit to the Santa Monica cafe — aptly named Bulletproof Coffee — to find out if it's worth a try.



So, what do people think?

Coffee drinkers at the Bulletproof outpost seemed happy to endorse the drink, telling us, "It's richer and fuller" and "I was shocked to not taste a buttery greasiness."

If you're in the market for a sample, know that a small cup contains 230 calories and 26g of fat and costs \$4.25.

Sri Lankan Friendly Age Centre



Public Open Day – November 14th, 10am to 4pm

Arcare Keysborough is a Sri Lankan friendly aged care residence, which has 91 suites and offer permanent and sensitive (dementia) care. Arcare Keysborough's lush tropical gardens, resort style design and relaxed atmosphere make it an oasis for all to enjoy.

Large private suites with:

o Ensuite with shower

o Telephone connection

o Flat screen television

o Foxtel available

o Individual heating & cooling

o Balcony & courtyard access & more

Call 1300 272 273 or visit arcare.com.au

Arcare Keysborough – 85 Stanley Road, Keysborough

<http://time.com/4037531/maria-pereira/?xid=newsletter-brief>

SLIDESHOW

What Causes Erectile Dysfunction?

Stress, anger, and other health issues can weaken your erections. Get the facts.



Jimmy Carter Gets New Melanoma Treatment: Here's How It Works



To treat Jimmy Carter's cancer, doctors will use one of the newest advances in cancer therapy — a class of drugs that turns the immune system against cancer.

[Read More »](#)

Constipation-eat guavas

The seeds of guavas, either ingested whole or chewed, are excellent laxatives. In addition to the fruits' substantial amount of dietary fiber, guavas are advantageous for treating constipation. These two sources cleanse your intestines and excretory system and help your body retain water, helping you achieve healthy bowel movements. Frequently snacking on guavas, then, can be beneficial for proper digestion.



A ceremony to launch Susanthika Jayasinghe Athletic Academy was held under the patronage of the President, recently

Dancers injured copying overstretching exercises from social media



Tomato pill on sale in Australia



A much hyped tablet credited with improving the lives of people with heart disease is now on sale in Australia. The so-called tomato pill is packed with a nutrient linked to the famous Mediterranean diet

What Is Chronic Fatigue Syndrome?



We all feel run down from time to time -- this is different. How to tell when fatigue is cause for concern, and what to do about it.

Bad headaches due to magnesium deficiency

There are many causes behind the classic headaches but if you find yourself suffering from severe migraines or tension headaches, this could indicate a magnesium headache. You can try alter this by eating foods rich in magnesium or magnesium supplements to see if the headaches subside. If your headaches persist you should be in contact with your physician to investigate other possible causes.

BabaMail

New research backs belief that tomatoes can be a gout trigger

People who maintain that eating tomatoes can cause their **gout** to flare up are likely to welcome new research from New Zealand's University of Otago that has, for the first time, found a biological basis for this belief.

Gout is a painful and debilitating form of **arthritis** that affects approximately three times more men than women. Four to five percent of European men in New Zealand suffer from gout. Amongst Māori and Pacific Island men this figure rises to 10-15% due to a greater genetic risk in these people.

Once a person has gout, eating certain foods can cause their gout to flare up in a painful attack. A group of Otago Department of Biochemistry researchers noticed that a large number of gout sufferers believe tomatoes to be one of these gout trigger foods.

The researchers surveyed 2051 New Zealanders with clinically verified gout. Of these people 71% reported having one or more food triggers. Tomatoes were listed as a trigger in 20% of these cases.

One of the study authors, Genetics PhD student Tanya Flynn, says that tomatoes were found to be the fourth most commonly mentioned trigger, after seafood, alcohol and red meat.

MNT

Tongue Lashing

Few muscles are as hard-working as the tongue. By day, it twists to form the sounds you speak and pushes around the food you eat. While you sleep, your tongue moves saliva down your throat.

At last Sri Lanka honours Michael Tissera

by Ranjan Anandappa

The two Test matches will be played for the Sobers- Tissera Trophy with the first Test commencing on October 14 at the Galle International Stadium. The two Test matches are named after two of the great cricketers Sir Garfield Sobers the finest all-rounder ever the game has produced and Sri Lanka's Micheal Tissera who captained his country in the pre-Test era and played in the inaugural Prudential World Cup held in England in 1975.



Tissera has the unique distinction of leading Sri Lanka, then Ceylon to their first unofficial Test wins against Pakistan (1964) and India (1961). Pakistan was captained by Imitiaz Ahmed and the Indian team was led by Nawab Of Pataudi. Pakistan were beaten at the Colombo Oval and India lost at home in Ahmedabad.

Since the 1961 unofficial Test win against India under Tissera, Sri Lanka is yet to beat India in a Test match on Indian soil.

Sobers and Tissera have played in rival sides in 1961 and in 1967. In 1961 prior to Sri Lanka gaining full Test status six West Indian cricketers namely Garfield Sobers, Rohan Kanhai, Chester Watson, Conrad Hunte, Seymour Nurse and Wesley Hall on their way to England took time to play a game along with another four local players wicket keeper H.I.K. Fernando, Priya Perera, Tissa de Soysa, Yatagama Amaradasa and an unknown player from the ships crew named Hewson formed a team which was called the Daily Mirror XI.

The Ceylon Cricket Association team was captained by the late C.I.Gunasekera. Michael Tissera struck an unbeaten 102 in CCA's total of 180 for 7 in reply to the visitors 305 for 6 declared. Hunte (50), Rohan Kanhai (60 retired), Seymour Nurse (31 retired) Sobers (58) and Wesley Hall (44) were among the runs for the Mirror XI. The CCA XI included C.I.Gunasekera (Captain), Sarath Silva, T.C.T. Edwards, Lasantha Rodrigo, Michael Tissera, D.H.de Silva, Hector Perera, Abu Fuard, Sonny Yatawara, Fitzroy Crozier and K.M.T.Perera.

In 1967 Sobers and Tissera played again this time in a four day game at the Colombo Oval. Tissera could not go the full distance of the game due to injury. When the Sunday Observer asked Michael Tissera about the trophy on offer for the two Test series he said that it was a great honour to be shuffled in with a great player like Sobers who he said was "a better player than me".

Eating Spicy Food Linked to a Longer Life

By
NICHOLAS BAKALAR

Eating spicy food is associated with a reduced risk for death, an analysis of dietary data on more than 485,000 people found.

Study participants were enrolled between 2004 and 2008 in a large Chinese health study, and researchers followed them for an average of more than seven years, recording 20,224 deaths. The [study is in BMJ](#).

After controlling for family medical history, age, education, diabetes, smoking and many other variables, the researchers found that compared with eating hot food, mainly chili peppers, less than once a week, having it once or twice a week resulted in a 10 percent reduced overall risk for death. Consuming spicy food six to seven times a week reduced the risk by 14 percent.

Rates of [ischemic heart disease](#), respiratory diseases and cancers were all lower in hot-food eaters. The authors drew no conclusions about cause and effect, but they noted that capsaicin, the main ingredient in chili peppers, had been found in other studies to have [antioxidant and anti-inflammatory effects](#).

"We need more evidence, especially from clinical trials, to further verify these findings," said a co-author, Dr. [Lu Qi](#), an associate professor of nutrition at the Harvard T.H. Chan School of Public Health, "and we are looking forward to seeing data from other populations."

For more fitness, food and wellness news, "like" our [Facebook page](#).

The FDA's New Serving Sizes May Backfire — Here's Why



Pop quiz: What exactly is a "serving size"? In a new study, just about 20 percent of people answered this question correctly, saying that serving size is how much people typically eat in one sitting.

[Read More »](#)



Tom Jones - Green Grass Of Home (with lyrics)

by Jack Lim



Finally, Bacon-Flavored Health Food Has Arrived

by Elizabeth Palermo, Associate Editor |

Bacon-flavored seaweed is the new kale. Yes, really. Scientists are currently cultivating a marine plant that's packed with more nutrients than the trendy green superfood kale. And it naturally tastes like bacon. Bacon-flavored crackers. Bacon-flavored salad dressing. These are just two of the savory treats that have been created so far using the domesticated strain of dulse (*Palmaria palmata*), a kind of red alga, or [seaweed](#), that typically grows in the waters along northern Pacific and Atlantic coastlines. [\[Science You Can Eat: 10 Things You Didn't Know About Food\]](#)

Live Science



Lemon Juice

Fresh lemon juice has many benefits when applied directly to the skin.

The acids in lemon juice may be irritating to some people, so be sure to dilute lemon juice with water before applying it to your skin:

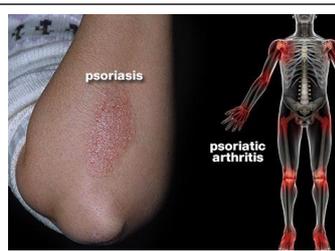
Diminish the discoloration caused by scars, certain skin disorders, and age spots by applying lemon juice to the discolored area. It may be helpful to apply the lemon juice at bedtime and leave it on the skin overnight.

Use lemon juice on acne and blackheads to reduce the frequency and severity. If you leave lemon juice on the acne and blackheads overnight, be sure to wash it off in the morning.

Try lemon juice as a natural exfoliant; the citric acid acts as a gentle "skin peel" that removes the top layer of dead skin cells. This results in a smooth complexion when used regularly. It also helps brighten or lighten the skin, moisturizes and tones, and fights wrinkles

[www.Dummies.com](#)

What Is It?



When you have psoriasis -- a condition that makes thick patches of itchy red, white, or silvery skin -- you could get psoriatic arthritis, too. The inflammation of your skin comes from your body's immune system going haywire. Your immune system might also attack your joints, making them swollen and stiff. An early diagnosis can prevent or limit the damage.

Look at those smiles! Julia Roberts makes rare appearance with her kids

Julia Roberts and Danny Moder prefer to keep their three children out of the spotlight, so it's rare for fans to get a glimpse of the kids.

[Read More](#)

VIDEO: Where Is My Grandchild?

Estela de Carlotto has spent nearly four decades searching for her grandson, one of the 500 babies who disappeared after their mothers were taken by the military regime in Argentina in the 1970s.

When it comes to dietary fat, what matters most is the type of fat you eat. Contrary to past dietary advice promoting **low-fat diets**, newer research shows that healthy fats are necessary and beneficial for health. When food manufacturers reduce fat, they often replace it with **carbohydrates** from sugar, refined grains, or other starches. Our bodies digest these refined carbohydrates and starches very quickly, affecting **blood sugar** and insulin levels and possibly resulting in weight gain and disease

Aspirin for AFib

When you have atrial fibrillation, your heartbeat is irregular. Blood doesn't flow as efficiently as it should and clots may form in your heart. If a clot travels to your brain, it can cause a stroke. Many people with AFib are more likely to have strokes. Aspirin may be recommended for some people with AFib who aren't treated with other blood thinners. Side effects from aspirin or blood thinners can include nosebleeds to ulcers, so talk to your doctor first. -WebMD

Warfarin for AFib (Atrial Fibrillation)

If you have AFib your doctor will probably prescribe a more powerful blood thinner called an anticoagulant, especially if you have high blood pressure, diabetes, or heart failure. The most common is warfarin (Coumadin). Warfarin can often cut your risk of stroke, but requires close monitoring. You'll need frequent blood tests and will have to be careful to avoid heavy bleeding from cuts or other injuries. Your doctor will also talk to you about certain foods that interact with warfarin. -WebMD



Marijuana for Pain Relief

SLIDESHOW

Medical marijuana may be a way to treat your muscle stiffness and pain, but it also has risks.



Gods Fingerprint → The Fibonacci Sequence - Golden Ratio...

by cosmiccontinuum



Relax, Read & Share
Trust us for health issues

Ayurvedic Herb for Heart Health

Cardio-Vascular Botanical Agents Inflammation

Sphaeranthus indicus may reduce levels of inflammatory biomarkers.



Botanical agent - image from Shutterstock

Utilized for centuries in Ayurvedic medicine. *Sphaeranthus indicus* is a botanical agent with anti-inflammatory effects have been associated. Rai Ajit K. Srivastava, from Piramal Life Sciences (India), and colleagues found that *Sphaeranthus indicus* and its active ingredient (7-hydroxy frullanoide) decreased specific inflammatory biomarkers – namely, MCP-1, TNF-alpha, and Interleukin-6. The team also revealed that *Sphaeranthus indicus* inhibits the expression of intercellular adhesion molecule-1 (ICAM-1), low levels of which corresponds to less inflammation, by 54%. The study authors write that: "Our findings demonstrate that anti-inflammatory agents that lower pro-inflammatory proteins inhibit the progression of atherosclerosis."

[VIEW NEWS SOURCE...](#)

Slow Down Your Racing Heart

If your heart is racing, medicine can slow it down and decrease the strain on your heart muscle. Slowing it below 100 beats per minute can help you feel stronger. Doctors often prescribe either beta-blockers or calcium channel blockers, depending on your health.

Are Vitamin E Supplements Healthy or Harmful?



Are vitamin E supplements risky? For most of us, the answer may be yes.

[Read More »](#)

Apple Cider Vinegar for Your Scalp

It's more than just a salad dressing. Put some on your head a few times a week -- either full strength or mixed with water. It's a recipe for relief when your scalp calls out "scratch me."

Rinse it off after it dries so you won't get an irritation. And don't use this stuff if your scalp is bleeding or cracked. The vinegar will make it feel like it's burning.

Does Aspirin Keep Cancer Away?

The commonly used pain reliever appears to affect cancer stem cells.

Aspirin (acetylsalicylic acid) is a nonsteroidal anti-inflammatory drug (NSAID) that is widely used to relieve pain and reduce fever. Sushanta Banerjee, from the Veterans Affairs Medical Center (Missouri, USA), and colleagues completed cell culture and lab animal studies that suggest that daily aspirin may block the growth of breast cancer and other cancers, by affecting cancer stem cells. For the cell test, breast cancer cells were placed in 96 separate plates and then incubated. Just over half the cultures were exposed to differing doses of aspirin. The team observed that exposure to aspirin dramatically increased the rate of cell death in the test. For those cells that did not die off, many were left unable to grow. The second part of his study involved studying 20 mice with aggressive tumors. For 15 days, half the mice were given the human equivalent of 75 milligrams of aspirin per day. At the end of the study period, the tumors were weighed. Mice that received aspirin had tumors that were, on average, 47% smaller. To determine if aspirin could also prevent cancer, the researchers gave an additional group of mice aspirin for 10 days before exposing them to cancer cells. After 15 days, those mice had significantly less cancerous growth than the control group. The study authors write that: "[aspirin] has a therapeutic or preventive potential by attacking possible target such as TGF-[beta] in breast carcinogenesis."

[VIEW NEWS SOURCE...](#)

eLanka

The SriLankan Downunder
www.eLanka.com.au

<http://elanka.com.au/>

While soda has already been linked to diabetes, obesity, and cardiovascular diseases, the average American still consumes at least 2 sweet carbonated drinks every day. A recent study from the University Of California, San Francisco found direct links between the consumption of sweetened carbonated beverages and premature cellular aging.



BabaMail

http://youtu.be/w_i30w72JnY

<https://www.youtube.com/embed/Ab9OZsDECZw>



Plainfield IL Tornado 1990 : St. Mary's Church

by subgum1992
17,633 views

Margarine

You'd think that the "margarine myth" would have been put to bed years ago, but margarine is still being praised as a health food. (7) In the words of the Mayo clinic, the margarine vs. **butter** race is all about fats and cholesterol:

"Margarine is made from vegetable oils, so it contains no cholesterol. Margarine is also higher in "good" fats — polyunsaturated and monounsaturated — than butter is.

These types of fats help reduce low-density lipoprotein (LDL), or "bad," cholesterol when substituted for saturated fat.

Butter, on the other hand, is made from animal fat, so it contains cholesterol and high levels of saturated fat. (7)"

Unfortunately, it's not that straight forward. Ever since it was created, margarine has been made out of trans fat, which are known to clog arteries and cause cardiovascular disease. Trans fat also increases someone's risk of developing type II diabetes and several other severe health problems.

(8)

A study in 1997 showed that margarine, with its high transfat content appeared to increase the incidence of coronary heart disease.

(9) Saturated fats however have been found to increase good cholesterol and lower the bad. It just doesn't add up!

And then there's butter. From Time Magazine to the New York Times, the word is out, that **butter** is back! The fat-soluble vitamins in butter far outrank margarine. Butter is loaded with Vitamins A, E, and K2 (which is higher in grass-fed dairy).
Dr AXE

SLIDESHOW

Multiple Sclerosis Warning Signs



Muscle weakness, loss of balance, blurry vision, bladder problems: Do any of these symptoms sound familiar?

Potassium is good for the health of your heart as well as your brain and nerve function. It is usually found in vegetables like potatoes and spinach, but lemons are also an excellent source for a potassium boost.

Added Sugars

Added sugars hide under other names on food labels:

- Corn sweetener
- Corn syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Molasses
- Dextrose, fructose, glucose, lactose, maltose, sucrose
- Syrup (agave, maple, rice)
- Evaporated cane juice

Unfortunately, you can't easily tell by looking at the nutrition label if a food product contains added sugars. The line for "sugars" includes both added and natural sugars. Any product that contains milk (such as yogurt, milk or ice cream) or fruit (fresh, dried) contains some natural sugars.

Reading the ingredient list on a processed food's label can tell you if the product contains added sugars, but if the product also contains natural sugars you won't be able to know the exact amount.

The American Heart Association recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calorie allowance. For most American women, this is no more than 100 calories per day and no more than 150 calories per day for men (or about 6 teaspoons per day for women and 9 teaspoons for men).

<http://heartinsight.heart.org/>

ARTIFICIAL trans fats found in everything from margarine to cookies and frozen pizzas are not safe to eat and must be removed from food in the next three years, US regulators say.

Also often used in frosting and crackers, partially hydrogenated oils (PHOs) contribute to heart disease and fatal heart attacks in thousands of Americans every year, said the US Food and Drug Administration, calling them not "generally recognised as safe." "The FDA's action on this major source of artificial trans fat demonstrates the agency's commitment to the heart health of all Americans," said acting FDA commissioner Stephen Ostroff, confirming a 2013 proposal to ban them.

"This action is expected to reduce coronary heart disease and prevent thousands of fatal heart attacks every year."

Partially hydrogenated oils carry no health benefits and the Institute of Medicine has previously determined that no level is safe for consumption.

Food manufacturers in the United States have been required since 2006 to include trans fat content information on canned and packaged food labels.

The law still allows foods to be labelled as having zero grams of trans fat if they contain less than 0.5 grams of trans fat per serving, but FDA officials said that a separate effort is under way to change that, and that PHOs will no longer be allowed in any foods after three years unless they get a specific exemption from regulators.

Daily Telegraph

Collard Greens: Fight Cancer, Provide Detox Support & More

Collard greens (or collards) are various loose-leafed plants that belong to the Brassica oleracea species. This beneficial vegetable is related to cabbage, Swiss chard, broccoli, cauliflower, kale and Brussels sprouts,...

How Your Brain Signals Your Body's Need for Food

By [Jane Kirby](#) and [The American Dietetic Association](#) from [Dieting For Dummies, 2nd Edition](#)

You may think that hunger is all in your stomach and that dieting is all in your head. But nutrition experts know that hunger is regulated by a complex system of chemicals that send signals between your brain and your body. The cells in the hypothalamus communicate with cells in other parts of the brain to coordinate the release and uptake of chemicals that help regulate how much and what you eat. Food triggers the brain to turn the desire to eat into the act of eating. How a food smells, what it looks like, and how you remember it tasting excite chemicals within your brain.

The breakdown products of foods — amino acids from protein, fatty acids from fat, and glucose from carbohydrates — regulate hormones such as insulin, which affect the process at a cellular level. They send messages to the brain telling it that fuel is needed.

When the body needs nourishment, neurotransmitters are released. One neurotransmitter called Neuropeptide Y (NPY) is important in sending messages to various parts of the brain.

Scientists have recently identified two chemicals — ghrelin and leptin — circulating in the blood that communicate with NPY.

Ghrelin and glucose: According to the theory, low levels of glycogen and low blood sugar levels stimulate a spike in ghrelin and NPY's activity in the hypothalamus. As NPY is stimulated, your desire for sweet and starchy foods goes up. And when ghrelin rises, so does appetite.

The leptin link: After eating, leptin levels increase and inhibit the firing of NPY, so you feel full. If it has been a while since you've eaten, your blood levels of glucose are low and therefore leptin is low, and ghrelin is high. The circulating levels of ghrelin peak at different times depending on when you have your heaviest meal. People who eat big lunches show ghrelin peaks at a different time than people whose main meal is at night.

Lemons increase the rate of urination and therefore are able to quickly remove toxins in the digestive tract that can affect the health of the urinary tract.



American Heart Assoc
@American_Heart



VIDEO: Think baby food is difficult to make? Think again. What is your favorite combination? [#recipe](#) [#healthykids](#)



What Is Schizophrenia?

Schizophrenia is a chronic, disabling brain disorder that affects about 1% of Americans. It may cause people to hear voices, see imaginary sights, or believe other people are controlling their thoughts. These sensations can be frightening and often lead to erratic behavior. There is no cure, but treatment can usually control the most serious symptoms.

Schizophrenia Symptoms

Symptoms of schizophrenia may include:

Hallucinations -- hearing or seeing imaginary things

Delusions -- wildly false beliefs

Paranoia -- the fear others are plotting against you

Some symptoms, such as lack of enjoyment in everyday life and withdrawal from social activities, may mimic depression.

How Schizophrenia Affects Thoughts

People with schizophrenia often have abnormal ways of thinking. They may have trouble organizing their thoughts or making logical connections. They may feel like the mind is racing from one unrelated thought to another. Sometimes they experience "thought blocking," a feeling that thoughts are removed from their head. Despite popular belief, schizophrenia is not dissociative identity disorder (multiple personality disorder.)

How Schizophrenia Affects Behavior

Schizophrenia causes a wide range of behaviors. People may speak incoherently or even make up words. They may act agitated or appear stone-faced. Many people have trouble maintaining basic hygiene or orderly homes. Schizophrenia can also cause repetitive behaviors, such as pacing. In contrast to common stereotypes, the risk of violence against others is small.

Heart Disease-Treatment

For certain people, [heart disease treatment](#) can be achieved without surgery. [Angioplasty](#) is a non-surgical procedure that can be used to open blocked [heartarteries](#). [Stent](#) placement is another [OPTION](#) that can be done during [angioplasty](#).

The procedure is performed in the [cardiac catheterization](#) laboratory (or cath lab) by a specialized cardiologist and a team of cardiovascular [NURSES](#) and technicians.

What Happens During Angioplasty?

First, a [cardiac catheterization](#) is performed as part of angioplasty. You will receive [medication](#) for relaxation, and then the [DOCTOR](#) will numb the site where the catheter will be inserted with local anesthesia.

Next, a sheath (a thin plastic tube) is inserted into an artery -- usually in [YOUR](#) groin, but sometimes in the arm. A long, narrow, hollow tube, called a catheter, is passed through the sheath and guided up the [bloodvessel](#) to the arteries surrounding the heart.

A small amount of contrast material is injected through the catheter and is photographed with an X-ray as it moves through the heart's chambers, valves, and major vessels. From the digital pictures of the contrast material, the doctors can tell whether the coronary arteries are narrowed and whether the heart valves are working correctly.

If the decision is made to perform angioplasty, the doctor will move the catheter into the artery with the blockage. He or she will then perform one of the interventional procedures described below.

The procedure usually [LASTS](#) about 1 1/2 to 2 1/2 hours, but the preparation and recovery time add several hours. You may stay in the hospital overnight to be observed by the medical staff.

What Types of Interventional Procedures Are Used in Angioplasty?

There are several types of interventional procedures which your doctor may use when performing angioplasty. They include:

Balloon angioplasty. During this procedure, a [SPECIALLY](#) designed catheter with a small balloon tip is guided to the point of narrowing in the artery. Once in place, the balloon is inflated to compress plaque against the artery wall and stretch the artery open to increase [blood](#) flow to the heart.

Stent. A stent is a small metal mesh tube that acts as a scaffold to provide support inside [YOUR](#) coronary artery. A balloon catheter, placed over a guide wire, is used to insert the stent into the narrowed coronary artery. Once in place, the balloon tip is inflated and the stent expands to the size of the artery and holds it open. The balloon is then deflated and removed while the stent stays in place permanently. Over a several-week period, your artery heals around the stent. Stents are commonly placed during interventional procedures such as angioplasty to help keep the coronary artery open. Some stents contain medicine and are designed to reduce the risk of reblockage (restenosis). The [DOCTOR](#) will determine if this type of stent is appropriate for your type of blockage.

Rotablation. A special catheter, with an acorn-shaped, diamond-coated tip, is guided to the point of narrowing in your coronary artery. The tip spins around at a high speed and grinds away the plaque on your artery walls. The microscopic particles are washed away in your blood stream and filtered out by your [liver](#) and [spleen](#). This process is repeated as needed to allow for better blood flow. This procedure is rarely used today because balloon angioplasty and stenting have much better [RESULTS](#) and are technically easier for the cardiologist to perform.

Atherectomy. The catheter used in this procedure has a hollow cylinder on the tip with an open [WINDOW](#) on one side and a balloon on the other. When the catheter is inserted into the narrowed artery, the balloon is inflated, pushing the window against the plaque. A blade (cutter) within the cylinder rotates and shaves off any plaque that protruded into the window. The shavings are caught in a chamber within the catheter and removed. This process is repeated as needed to allow for better blood flow. Like rotablation, this procedure is rarely used today.

Cutting Balloon. The cutting balloon catheter has a special balloon tip with small blades. When the balloon is inflated, the blades are [ACTIVATED](#). The small blades score the plaque, then the balloon compresses the plaque against the artery wall.

WebMD

Cannonau wine

Sardinia's distinctive garnet red Cannonau wine is made from the sun-stressed Grenache grape.



Whitman / TODAY

Sardinians drink three to four small (3-ounce) glasses of wine a day on average, spread out between breakfast, lunch, dinner, and a late afternoon social hour in the village. One might argue that the all-day small doses of this antioxidant-rich beverage could explain fewer heart attacks. Dry red wines in general [OFFER](#) the same health advantage.

Today Health

LATEST NEWS

Savory yogurt parfaits make a great low-sugar, protein-packed breakfast

[Read More >](#)

Douching May Expose Women to Harmful Chemicals



Chemicals called phthalates, which may be harmful to health, are found at higher levels in women who use douches, a new study finds.

[Read More »](#)

Cancer risk you won't take lying down

AS IF sun beds weren't enough, a new cancer danger has emerged at your local beauty salon.

HEALTH PROBLEMS

1 video



Kale



Jack H Kunnen / Featurepics

Kale is not only super-trendy, it is filled with nutrients.

One cup of kale is an excellent source of vitamin A, vitamin C, and vitamin K and magnesium (see above re **magnesium**), and a good source of fiber, says Zied. Kale is also high in copper, a trace mineral that works to support many vital functions.

"[Kale] is one of the healthiest foods on the planet," says Ramsay.

Suggested serving: For salads, shoot for 1-2 cups of raw kale. For juicing, about the same. For kale chips, homemade is best, says Ramsey. And shoot for 5-10 chips.

Recipe to try: Homemade kale chips

When women start menopause and stop having periods, it's a dramatic change in hormone levels. And it marks the end of their ability to have children. Men don't have such an abrupt shift in hormone levels, and they can still make sperm. Testosterone levels drop slowly. And as that happens, men may have weight gain, a lack of energy, and less interest in sex.

WebMD

Nutrient-dense greens like spinach, kale, turnip greens and collard greens should be top of the menu when it comes to protecting our vision and eye health. They all contain two important nutrients – lutein and zeaxanthin – which have **POWERFUL** antioxidant functions in the body, helping to prevent cell damage. A **major study** has even shown that consuming Lutein and zeaxanthin can slow the **PROGRESSION** of macular degeneration (AMD) if already affected by it.

Lutein actually acts like sunblock, protecting the eye's retina from damaging natural light with kale being one of the most lutein-rich foods you can come across. These leafy greens provide the body with Vitamin A, which is essential for good vision as it helps protect the cornea (the surface of the eye).

Dark leafy greens are great when used as the base for a salad or blended into smoothies, but gently cooking the greens helps our bodies better absorb lutein so mix some into soups and stews, or steam a couple of handfuls for a healthy side dish. Also, since lutein and zeaxanthin are fat soluble, add a little olive oil or coconut oil to reap even more benefits. If you haven't tried kale chips yet you're missing out! Toss the leaves lightly in olive oil and seasonings, and bake in the oven until crispy...delicious!

<http://www.naturallivingideas.com/food>

Excess Vitamin A disrupts immune system

LONDON: Too much Vitamin A shuts down the body's trained immunity, opening door to infections to which we would otherwise be immune, says a new **STUDY**.

According to the **STUDY**, excess Vitamin A makes the body 'forget' past infections.

The findings suggest that although Vitamin A supplementation can have profound **HEALTH BENEFITS** when someone is deficient, supplementation of the vitamin above and beyond normal levels may have negative health consequences.

Two different types of Vitamin A are found in the diet. While animal products such as meat, fish, poultry and dairy foods have preformed Vitamin A, plant-based foods such as fruits and vegetables contain the other type -- Pro-Vitamin A.

"This **STUDY** helps to explain the mechanisms of anti-inflammatory effects of vitamin A and by doing so opens the door to identifying novel ways to modulate the immune response and restore its function in situations in which it is dis-regulated," said one of the researchers Mihai Netea from the Radboud University Medical Center in Nijmegen, The Netherlands.

To make this discovery, Netea and colleagues stimulated immune cells, isolated from volunteers, with Vitamin A and saw that the cells produced fewer cytokines, key proteins that help ward off microbes, upon stimulation with various mitogens and antigens. Furthermore, the cells were also stimulated with various microbial structures, which resulted in long-term **ACTIVATION** or training of the cells.

TOI

Gout and Lemon Juice

What can lemon juice do for your gout?

Lemon is a fruit in the citrus family, people like lemon due to its' distinctive sour taste which consists of lemon juice. It is the citric acid in the lemon juice, which is about 6% which gives it its' sour taste and its' pulp is used for cooking and baking. It also serves as a key ingredient in many drinks and foods since the average lemon contains around 3 tablespoons of juice. Being a citrus fruit it is naturally high in **vitamin C** which is a well known natural **REMEDY FOR GOUT** and also has some vitamin B complex. Lemon juice is used as a natural remedy for many ailments that include dizziness, headaches, bleeding gums, nose bleeds, throat pain, anaemia, constipation, hiccups and even consumed for an easier childbirth. Lemons are available throughout the year but are mostly in season May to August. Like other fruits, lemons contain unique flavonoids that have antioxidant and anti-cancer properties.

Studies have shown that citrus fruits like oranges, clementines, tangerine and lemons help to dissolve uric acid in your blood due to the higher levels of citric acid providing you with relief from a gout attack. It definitely should be included in your **GOUT DIET** since lemon is also a stimulant to the liver. If your body is too acidic whereby your body's pH level is too high, a state known as acidosis, uric acid will crystallize and cause you a gout attack or even worse it can form stones in the kidneys which you definitely don't want. One way to improve the body's acidity and remove it is by alkalizing the urine and lemon juice stimulates the formation of calcium carbonate, which neutralizes acids like uric acid. [1] Many **GOUT SUFFERERS** drink freshly squeezed lemon in a glass of **water** after meals to prevent a gouty attack. It definitely improves the digestive system and did you know that it also reduces heat in your body and is the reason why lemon juice with water is given to you at **RESTAURANTS** in the summertime.

Posted by Spiro Koulouris

- See more at: <http://goutandyou.com/gout-and-lemon-juice/#sthash.DPKlyc0S.dpuf>

Walnuts: Omega-3s by the Handful



It's easy to add walnuts to a morning bowl of cereal or some snack-time trail mix. They are an excellent source of alpha-linolenic acid (ALA), one of the three omega-3 fatty acids and the one most commonly found in plants. Other nuts, including pecans and pistachios, also contain ALA, although almonds do not.

An Artificial Pancreas



People with type 1 diabetes may soon be able to set their insulin doses by smartphone. Researchers are testing a "bionic pancreas," a pump that goes under your skin. When paired with an app and a small chip, it tracks blood sugar levels and adjusts amounts of insulin and glucagon (another hormone that controls blood sugar) on its own. A key study is slated for 2016 and the researchers, who are based at Boston University and Massachusetts General Hospital, plan to submit the device for FDA approval in 2017.

How Belly Dancers Flip Coins

<http://videosift.com/video/How-Belly-Dancers-Flip-Coins?from=groupmessage&isappinstalled=0>

Sent by George Rupasinghe

How avocado could help fight CANCER: Fat from the fruit 'targets leukaemia cells and stops them growing' - raising hopes for a new drug

A new study has revealed fat from the creamy fruit can combat acute myeloid leukaemia (AML), a rare but deadly form of the disease. Fat molecules from avocado tackles leukaemia stem cells, which are the root of the disease, as they grow into abnormal blood cells, Canadian researchers said. Worldwide, there are few drugs that tackle leukaemia stem cells. In light of the findings, the researchers hope to create an avocado-derived drug they say could one day significantly increase life expectancy and quality of life for AML patients. AML is a devastating disease and proves fatal within five years for 90 per cent of people over the age of 65.

In healthy people, stem cells in the bone marrow divide and grow to form fully developed mature red blood cells, platelets and white blood cells. In patients with AML, this process goes awry. Rather than forming into healthy red blood cells, many abnormal leukaemia cells are made. These are immature cells that aren't able to develop into normal functioning blood cells. The researchers discovered the fat molecule from avocados, called avocatin B, is able to stop this process, targeting stem cells so healthy blood cells are able to grow.

Almond Oil:

Almond oil had been used extensively for its health benefits and as a beauty aid much before science caught up with the goodness of this seed oil. Very popular in Southeast Asia and in the Mediterranean region where the Almond tree was first domesticated, the almond kernels and the nutty oil extracted from them were credited with promoting heart and skin health. Now we know that the oil is rich in Vitamin E, monounsaturated fatty acids, proteins, potassium and zinc, besides a number of other minerals and vitamins, which explains why it is so good for our heart, skin and hair. Almond oil comes in two variants; bitter and sweet. The bitter almond oil is extracted from the bitter almonds that contain a glycoside called amygdalin which turns into toxic hydrocyanic acid on processing. Most almond trees growing in the wild produce bitter almonds that have varying degrees of this glycoside. They can have fatal consequences if ingested. Bitter almond oil does have some medicinal properties, and may be pretty safe for external application, but is better avoided due to the high risk of poisoning. The sweet almond oil that comes exclusively from edible almonds (*Prunus amygdalus* var. *dulcis*) selectively cultivated for their sweet taste. It is the oil popularly used for skin and hair care. It has many culinary uses too. Let's see how we can use this wonderful gift of nature to enhance our health and beauty. www.naturallivingideas.com



Diets high in fat, sugar may reduce cognitive functioning by altering gut bacteria

A diet high in fat or sugar may do more than expand our waistlines. A new study by researchers from Oregon State University finds such diets may lead to reduced cognitive functioning, with a high-sugar diet named as the biggest culprit. Published in the journal *Neuroscience*, the study reveals that high-fat and high-sugar diets trigger changes in gut bacteria that are largely associated with loss of "cognitive flexibility" - the ability to adapt to changing situations. In addition, the high-sugar diet was associated with poorer short- and long-term memory. Principal investigator Prof. Kathy Magnusson, of the College of Veterinary Medicine and the Linus Pauling Institute at Oregon State, notes there is an increasing amount of evidence emerging that gut bacteria can communicate with the brain. "Bacteria can release compounds that act as neurotransmitters, stimulate sensory nerves or the immune system, and affect a wide range of biological functions," Prof. Magnusson explains. "We're not sure just what messages are being sent, but we are tracking down the pathways and the effects."

One example of how gut bacteria may interact with the brain was revealed in a study published in the journal *Cell* in April, in which researchers from the California Institute of Technology (Caltech) found that gut bacteria influence the production of serotonin - a neurotransmitter responsible for maintaining mood balance.

Prof. Magnusson says:

"We've known for a while that too much fat and sugar are not good for you. This work suggests that fat and sugar are altering your healthy bacterial systems, and that's one of the reasons those foods aren't good for you. It's not just the food that could be influencing your brain, but an interaction between the food and microbial changes."

Nut consumption linked with reduced risk of some types of cancer

Cancer and type 2 diabetes are two of the most significant public health burdens facing the world today, and currently available data suggests their prevalence is expected to continue to increase. Nut consumption has long been hypothesized to have a role in preventing both of these diseases, but until now evidence has been inconsistent. A new systematic review and meta-analysis published in *Nutrition Reviews* on June 16 shows that nut consumption is, indeed, associated with a decreased risk of certain types of cancer, but not type 2 diabetes. Researchers at the Mayo Clinic in Rochester, Minnesota, and the University of Minnesota in Minneapolis, Minnesota conducted a systematic review and meta-analysis of 36 observational studies (which included 30,708 patients) on the disease-preventive powers of nut consumption to create a comprehensive analysis. Upon completion, the authors concluded: "nut consumption was inversely associated with risk of colorectal cancer, endometrial cancer, and pancreatic cancer, but not with other types of cancer or type 2 diabetes. Overall, nut intake was associated with a decreased risk of cancer." MNT

Humans could be among the victims of sixth 'mass extinction', scientists warn

The world is embarking on its sixth mass extinction with animals disappearing about 100 times faster than they used to, scientists warn, and humans could be among the first victims of the next extinction event.

Not since the age of the dinosaurs ended 66 million years ago has the planet been losing species at this rapid a rate, a study led by experts at Stanford University, Princeton University and the University of California, Berkeley said.

The study "shows without any significant doubt that we are now entering the sixth great mass extinction event," co-author and Stanford University professor of biology Paul Ehrlich said.

And the study, which was published in the journal *Science Advances* on Friday and described by its authors as "conservative", said humans were likely to be among the species lost.

"If it is allowed to continue, life would take many millions of years to recover and our species itself would likely disappear early on," lead author Gerardo Ceballos of the Universidad Autonoma de Mexico said. The analysis was based on documented extinctions of vertebrates, or animals with internal skeletons such as frogs, reptiles and tigers, from fossil records and other historical data.

The modern rate of species loss was compared to the "natural rates of species disappearance before human activity dominated"

ABC News

Want to Lose Weight? Let Your Doctor Pick Your Diet



If you're trying to lose weight, choosing your own diet may not be a great idea.

[Read More »](#)

Stay Alert in the Air—living with DVT

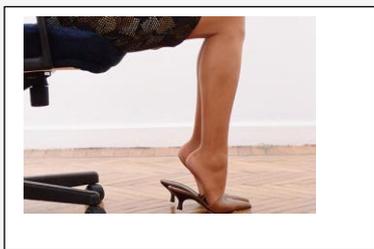
When you're on a long flight, stay away from alcohol and sleeping pills. You need to stay awake enough to get up and walk around every hour or two. It's important to boost your circulation and keep your muscles moving. When you're sitting, change your position often. Don't cross your legs, since that can reduce blood flow.

Try Compression Stockings

Your doctor may recommend compression stockings to help prevent clots. These put pressure on your feet and legs to improve circulation.

If you don't like a particular pair, don't give up. Talk to your doctor first. A different brand may help. Make sure you have the right size and the right amount of pressure. Also ask your doctor if compression socks might be more comfortable for you.

Deskercise: Foot Pumps



Whenever you're at your desk -- or stuck traveling -- try to regularly move your feet and calf muscles. Try pumping your feet. While you're seated, put your feet flat on the floor. Raise your toes in the air while keeping your heels on the ground. Hold for 3 seconds. Then reverse -- plant your toes, raise your heels, and hold for 3 seconds.

Get Moving:

Regular physical activity is a great way to prevent DVT. It boosts your circulation and prevents swelling. Exercise can also help you keep a healthy weight, which also lowers your risk. Exercise can improve your lung function too, which is key if you've had a pulmonary embolism.

Check with your doctor before you start a new exercise routine. Lots of people start slowly with gentle exercises like walking or swimming.

Ankle Circles

Looking for another easy exercise to do when you're sitting in a waiting room or at the movies? Lift your feet off the floor and circle them to the right. Do this for 15 seconds, then reverse.

WEbMD

Eat chocolate, reduce heart disease risk

LONDON: Eating up to 100 g of milk chocolate or dark chocolate every day is tied to lowered heart disease and stroke risk, a new study has claimed. Researchers found that compared with those who ate no chocolate, higher intake was linked to an 11% lower risk of cardiovascular disease and a 25% lower risk of associated death.

The findings are based on almost 21,000 adults taking part in the EPIC-Norfolk study, which is tracking the impact of diet on the long term health of 25,000 men and women in Norfolk, England, using food frequency and lifestyle questionnaires. Higher levels of chocolate consumption were associated with younger age and lower BMI, waist to hip ratio, systolic blood pressure, inflammatory proteins, diabetes and more regular physical activity — all of which add up to a favourable cardiovascular disease risk profile. Eating chocolate was also associated with a 9% lower risk of hospital admission or death as a result of coronary heart disease.

TOI

Bees

Bees are responsible for pollinating many of our key fruit and vegetable crops. In fact, without their help **over one third of our crop supply could be in danger of disappearing.** Without the busy bees, we might have to say goodbye to almonds, apples, apricots, blueberries, strawberries, tomatoes and zucchini to name just a few. Even worse, with such a dip in food supplies, we could struggle to sustain our global population.

Low Testosterone and the Body

Low testosterone can cause visible changes in some men:

- Thinner muscles
- Loss of body hair
- Smaller, softer testicles
- Larger breasts

Stomachs Can Be Sensitive

Some NSAID pain relievers, such as ibuprofen and naproxen sodium, can be tough on your gut. They can irritate the lining of the stomach, leading to ulcers and bleeding, or aggravate ulcers you already have. If you have to use an NSAID pain reliever, help protect your stomach by taking the lowest possible dose for the shortest possible time and take them with food. If you need an NSAID daily for more than a week, check with your doctor. - WebMD

Breastfeeding: The right and the wrong

[Kalpana Sharma](#) |



Breastfeeding: The right and the wrong (Getty Images)

Recently while talking to an ex-colleague I realized breastfeeding is somewhat like parenting - to each his own. There are mothers who proudly nurse their babies into toddlerhood and others who feel that crossing the 6 months mark is a big feat in itself. The mothers who take their cues from the baby instead of calendar are often tagged 'eccentric'.

To put all myths at rest, I spoke to Christa Muller-Aregger, International Board Certified Lactation Consultant and International Educator on breastfeeding. Christa says that today most women are head driven than emotion driven. Everything needs to be questioned and sometimes women even forget about their gut feelings.

As a matter of fact, when humans think of milk, they think of cow's milk, which looks different, has a different composition and usually comes in bigger quantity than breastmilk. But human body works differently. Animal babies are born mature but human babies are born immature. "While animal milk is made to give the babies energy for strong muscles, human babies need a lot of elements to develop and grow physically and so the milk is different in composition. Human milk is very special. It looks different compared to animal milk and it is ever changing, tailor made and living. It has so many living components, necessary for the growth and development of the baby."

Cooking With Kimchi

By DAVID TANIS

Home cooks would do well to explore the preserved vegetable preparation. Kimchi is not just pickled vegetables; it's Korean soul food.



This will bring up some of those old time memories for most of us.

<http://www.chonday.com/Videos/geskates2>

<http://www.babamail.com/video.aspx?emailid=15635>

In a study, college-age men who exercised at least 15 hours a week had up to 73% more sperm than the couch potatoes. But your activity choice matters: Cycling more than 186 miles a week can also lower sperm quality.

Fecal Microbiota Transplant and *Clostridium difficile* Infection

A recent review^[6] noted that *C. difficile* was responsible for almost half a million infections in the United States and was associated with approximately 29,000 deaths in 2011. Additionally, this pathogen has become the leading cause of nosocomial infection-related death in the United States. The rate of first recurrence has been estimated at 20.9%, and the rate of death within 30 days was 9.3%.

Although metronidazole has been effective therapy in the past, drug resistance has emerged, and patients with moderate to severe disease are now treated with vancomycin. This therapy also has been effective but has been plagued by the emergence of resistant organisms as well. The use of fidaxomicin has had limited improvement in medical therapy for these patients.

The greatest advance in treatment has come with the use of fecal microbiota transplant (FMT). This involves the selection of a healthy donor from whom stool is collected, homogenized, and transferred to a patient with relapsing or complicated *C. difficile*. Although most gastroenterologists have performed FMT via colonoscopy delivery, data support nasogastric or rectal enema delivery, although comparative efficacy has not been evaluated.

As more evidence continues to become available, FMT is becoming an increasingly viable option for the treatment of recurrent or relapsing *C. difficile* infection, particularly given the recent recommendation in guidelines^[7] from the American College of Gastroenterology to use FMT after three recurrences of *C. difficile* infection.

Medscape

Is shellfish as healthy as regular fish?

In general, fish (such as baked salmon) is a very healthy food choice. All that protein. Those omega-3 fats. Sure, you don't want to go overboard with the swordfish and other species known to contain mercury, but otherwise, eat up. But is the same true for shellfish such as lobster, shrimp, or clams?

To answer that question, we turned to the Department of Agriculture's nutrient database. The nutrient database is easy to use, and free, but you are limited to the foods and the nutrients that the agriculture department has decided to include. Also, for ease of comparison, we chose to standardize all the amounts to 3 ounces (85 grams), which is smaller than a realistic serving size for many seafoods.

Omega-3s and shellfish

So what did we find? If you're eating cold-water fish like salmon because of the omega-3s, then shellfish may not be a great substitute. Lobster contains very few omega-3s, and shrimp and clams are pretty modest contributors. Calamari, blue crab, and oysters have about a fourth of the omega-3 content of salmon, or about as much as a fish like flounder. A medium-size, 6-ounce serving would give you a gram of omega-3s, which isn't bad at all.

What about protein?

If you're looking for protein, then you'll do all right at the clam shack or lobster bake. Ounce for ounce, they're pretty much in the same neighborhood as salmon (clams are a bit on the low side). But if you are really serious about protein, eat some octopus. It has more protein than the 10 species of fish we checked out in the nutrient database.

Cholesterol

Saturated fat has a bigger effect on our blood cholesterol levels than the cholesterol we eat. Still, some people are "cholesterol responders"—meaning the amount of cholesterol they eat greatly impacts their blood cholesterol levels. For them, a steady diet of shrimp (which has 166 mg of cholesterol per 3 ounces) and fried calamari (221 mg) might be a problem. But clams, crab, mussels, and oysters—they may lower cholesterol levels a little bit, partly because they contain compounds called sterols that interfere with the absorption of cholesterol. Harvard Medical School

The Martian': What Would It Take to Grow Food on Mars?

by Tia Ghose, Senior Writer |



 Credit: Twentieth Century Fox Film Corporation

[View full size image](#)

NASA has laid out plans to send people to Mars in the 2030s, but don't expect these Red Planet visitors to landscape the rocky sphere with fresh produce the way astronaut and botanist Mark Watney does in "The Martian."

(Spoiler alert) In the movie, when Watney (played by Matt Damon) gets stranded on Mars, he plants potatoes in a greenhouse using Martian soil and his own "metabolic waste." And it works: He's able to stay alive for more than a year living largely on potatoes.

Though "[The Martian](#)," which hit theaters last Friday (Oct. 2), is fairly realistic, growing food on Mars wouldn't play out exactly as described on the big screen. And it would take hundreds of years before the Red Planet could be farmed without protective greenhouses, according to Paul Sokoloff, a botanist at the Canadian Museum of Nature. [[7 Most Mars-Like Places on Earth](#)]



ARTICLE

Super Foods for Your Health

Do your immune system a favor by adding these antioxidant-rich fruits and vegetables to your daily diet.

Federal Government to legalise growing of medicinal cannabis



The Federal Government announces it will legalise the growing of cannabis for medicinal purposes, to give people suffering from debilitating illnesses access to the most effective medical treatments.

Best of CT Fernando along with photos of a bygone era with the old cars

https://www.youtube.com/embed/Nn_X8xrNtlk



http://www.youtube.com/embed/REP4S0uqEOc?feature=player_detail_page



Can exercise cause headaches?

For years, I have consistently had headaches after vigorous exercise (running, spinning, etc.). Sometimes a cool down helps, but sometimes not. Other than post-exercise, I never have headaches. Any advice?

Exercise certainly can cause headaches. Last year, the International Headache Society listed “primary exercise headaches” among its headache triggers, which also include coughing, sneezing and orgasms.

“Primary exercise headaches develop during or after sustained exertion,” said Dr. Rashmi Halker, a neurologist at the Mayo Clinic in Scottsdale, Ariz., an author of a recent review of studies related to exercise headaches.

Doctors and scientists don't yet know what causes exercise headaches, although some small studies suggest that changes in blood flow to the brain during prolonged exercise might play a role. “But there is not enough evidence yet to know,” Dr. Halker said.

Exercise headaches also are not migraines, **although strenuous workouts may set off migraines in** people who are susceptible. “A true exercise headache won't have the symptoms associated with migraines,” such as an aura or light sensitivity, Dr. Halker said, adding that people with migraines might find that easing into strenuous exercise with a long warm-up is helpful.

<http://well.blogs.nytimes.com/>

Chinese Herb Compound Combats Fat

Utilized as a traditional Chinese medicine for over 2000 years, berberine is a compound derived from the Chinese medicinal plant *Coptis chinensis*. Guang Ning, from Shanghai Jiaotong University School of Medicine (China), and colleagues administered berberine every three days for a month, to laboratory obese mice. Berberine was observed to increase energy expenditure, limit weight gain, improve cold tolerance and enhance brown adipose tissue activity. The study authors submit that: “Our findings establish a role for [berberine] in regulating organismal energy balance, which may have potential therapeutic implications for the treatment of obesity.”

[VIEW NEWS SOURCE...](#)

Zhiguo Zhang, Huizhi Zhang, Bo Li, Xiangjian Meng, Jiqu Wang, Guang Ning, et al. “Berberine activates thermogenesis in white and brown adipose tissue.” *Nature Communications* 5, 25 November 2014.

Should You Take Out a Perfectly Good Prostate?

Dr. David Samadi, Lenox Hill

Dr. David Samadi is chairman of urology and chief of robotic surgery at Lenox Hill Hospital in New York City, and a board-certified urologist and oncologist specializing in the [diagnosis](#) and treatment of prostate cancer, urologic diseases, kidney cancer and bladder cancer. He developed the Samadi Modified Advanced Robotic Technique (SMART) surgery to perform nearly 6,000 robotic prostate surgeries, and is one of the few urologic surgeons in the United States trained in oncology, open, laparoscopic and robotic surgery. Samadi contributed this article to Live Science's [Expert Voices: Op-Ed & Insights](#).

Two decades ago, the notion of a woman preemptively having her breasts or ovaries [surgically removed to fend off a genetic threat of cancer](#) would have been preposterous. And yet, Angelina Jolie-Pitt and others in her predicament are now rightly supported in their attempt to dodge the disease, efforts once considered drastic. A landmark new study may prompt prostate removal surgery to become similarly embraced for men facing crushing odds of dying of this disease. The new research uncovered actionable genetic mutations in 9 of 10 [advanced-prostate-cancer](#) patients, including some of the same BRCA mutations which predispose some women to gynecological cancers.

Daily sugar-sweetened beverage habit linked to non-alcoholic fatty liver disease

A daily sugar-sweetened beverage habit may increase the risk for non-alcoholic fatty liver disease (NAFLD), researchers from the Jean Mayer USDA Human Nutrition Research Center on Aging (USDA HRNCA) at Tufts University report in the *Journal of Hepatology*.

The researchers analyzed 2,634 self-reported dietary questionnaires from mostly Caucasian middle-aged men and women enrolled in the National Heart Lung and Blood Institute (NHLBI) Framingham Heart Study's Offspring and Third Generation cohorts. The sugar-sweetened beverages on the questionnaires included caffeinated- and caffeine-free colas, other carbonated beverages with sugar, fruit punches, lemonade or other non-carbonated fruit drinks. The participants underwent a computed tomography (CT) scan to measure the amount of fat in the liver and the authors of the current study used a previously defined cut-point to identify NAFLD. They saw a higher prevalence of NAFLD among people who reported drinking more than one sugar-sweetened beverage per day compared to people who said they drank no sugar-sweetened beverages.

Elderberry



An old folk remedy, extract from these dark berries appears to block flu viruses in test tube studies. But scientists caution that further study is needed. The fruit itself is rich in antioxidants and may also have the ability to fight inflammation.

Ed: Not available in Sri Lanka. There is a berry called “Dhung” in the Southern parts with similar antioxidants

Button Mushrooms



Don't dismiss the lowly mushroom as nutrient poor: It has the mineral selenium and antioxidants. Low levels of selenium have been linked to increased risk of developing more severe flu. And the B vitamins riboflavin and niacin, found in these mushrooms, play a role in a healthy immune system. Animal studies have also shown mushrooms to have antiviral, antibacterial, and anti-tumor effects. WebMD

Eat pumpkin seeds for your pounding head

Snacking on seeds could ease the pounding in your head. Numerous studies suggest low magnesium levels could be one of the main culprits for migraine headaches. One cup of pumpkin seeds contains 168 mg of magnesium, which is about 42 percent of your daily value. A recent study in the Canadian Medical Association Journal found that eating one daily serving of beans, peas, chickpeas, or lentils can significantly lower LDL (bad) cholesterol levels. Eating 3/4-cup of legumes for three weeks decreased LDL levels by an average of 5 percent among the 1,037 study participants. This could be because legumes are high in fiber, which previous research has linked with lowering cholesterol and cardiovascular risk.

Red chillies: Red chillies are the fruit pod of a plant from the capsacin family. They have amazing health benefits for the human body. 100 grams of chilli red peppers have hardly 40 Kcal. But, chilli peppers contain the chemical compound capsaicin, which has anti-bacterial, anti-carcinogenic, analgesic and anti-diabetic properties. They are also rich in a number of Vitamins A, B, C and many phytonutrients too.

Precautions for Gout

Skip the alcohol. A landmark study done by researchers at Massachusetts General Hospital examined the connection between drinking beer and gout. They found that people who drank two to four beers per week were 25% more likely to develop gout. And those who averaged at least two beers a day had a 200% higher risk. "Beer and hard liquor appear to cause a rise in uric acid levels," Meltzer says. The same doesn't appear to be true with wine, however. Binge drinking is also a very strong risk factor for gout. "Plus, people who eliminate their two beers a day drop weight very quickly, which lowers risk of type 2 diabetes. So you get a two-for-one by cutting out the beer," she says.

Avoid sugar-sweetened beverages. Early research suggests that beverages sweetened with sugar or high-fructose corn syrup, such as regular soft drinks, may increase the chances of developing gout. Even orange juice may increase gout. Eliminating sugary beverages is also a great way to cut calories from your diet, shed a few pounds, and improve your diabetes.

Go on a gout diet. A gout diet aims to control uric acid production by reducing intake of foods high in purines. High-purine foods create increased levels of uric acid in the body. Some of the worst high-purine foods are liver and other organ meats, as well as anchovies. Other foods to avoid include lobster, shrimp, scallops, herring, mackerel, beef, pork, and lamb. Don't worry about cutting out purines completely. Just eat these foods in moderation: No more than one serving daily.

WebMD

How Do Statin Drugs Work?

Statin drugs work by blocking the action of the liver enzyme that is responsible for producing cholesterol. Too much cholesterol in the blood can cause a buildup of plaque on the walls of the arteries. That buildup can eventually cause the arteries to narrow or harden. Sudden blood clots in these narrowed arteries can cause a heart attack or stroke. Statins lower LDL cholesterol and total cholesterol levels. At the same time, they lower triglycerides and raise HDL cholesterol levels. Statins may also help to stabilize plaques in the arteries. That makes heart attacks less likely.

Maintaining a healthy lifestyle while taking a statin can improve the effectiveness of the drug. Be sure to: Eat a balanced, heart-healthy diet
Get regular physical activity; Limit alcohol intake

Avoid smoking

https://www.youtube.com/embed/IfJemqkby_0?rel=0

Ovarian Cancer Symptoms



Symptoms include:

Bloating or pressure in the belly

Pain in the abdomen or pelvis

Feeling full too quickly during meals

Urinating more frequently

These symptoms can be caused by many conditions that are not cancer. If they occur persistently for more than a few weeks, report them to your health care professional.

What Is Ovarian Cancer?



Current research suggests this cancer begins in the fallopian tubes and moves to the ovaries, the twin organs that produce a woman's eggs and the main source of the female hormones estrogen and progesterone. Treatments for ovarian cancer have become more effective in recent years, with the best results seen when the disease is found early.

WebMD

At our age, what would you rather have, Parkinson's or Alzheimer's?

Parkinson's. Better to spill half an ounce of scotch than to forget where you keep the bottle.



As easy as its name! How to make simple syrup for cocktails, iced tea and more

With just two ingredients, add sweetness to everything from glasses of cool iced tea and lemonade to sangria and margaritas.

[Read More](#)

Soon, 'smart' glove to turn sign language into text



A smart glove that features sensors to convert hand and finger movements into text and spoken dialogue is being developed by a university student in London.

Ovarian Cancer Screening Tests

There is no easy or reliable way to test for ovarian cancer if a woman has no symptoms. However, there are two ways to screen for ovarian cancer during a routine gynecologic exam. One is a blood test for elevated levels of a protein called CA-125. The other is an ultrasound of the ovaries. Unfortunately, neither technique has been shown to save lives when used in women of average risk. For this reason, screening is only recommended for women with strong risk factors.

BBC Health News



Ctrl + click

AUDIO: 'There's too much salt in UK cheese'

New research from the Consensus Action on Salt and Health (CASH) suggests that cheese is unnecessarily salty

Diagnosing Ovarian Cancer

Imaging tests, such as ultrasound or CT scans (seen here), can help reveal an ovarian mass. But these scans can't determine whether the abnormality is cancer. If cancer is suspected, the next step is usually surgery to remove suspicious tissues. A sample is then sent to the lab for further examination. This is called a biopsy.

For Obesity

Gelesis100 is a cross between a pill and a device. It's a capsule filled with tiny particles created with raw materials used in food products.

The particles soak up water and expand in the stomach. They also mix with digested food and slow its passage out of the stomach, the company says. In a 12-week study reported at a medical conference last June, people on Gelesis100 lost 6.1% of their weight, compared to a 4.1% loss in a group of people who received a fake treatment.

Robin Roberts

Stress:

Your body reacts to stress. Studies show that stress can make psoriasis worse, but psoriasis can also stress you out.

Breathe in deep and count to 10. Take a relaxing soak in the tub. Call up a friend to vent. Meditate. Focus on the positive and make relaxation part of your daily routine. These are simple ways to bust stress and may help keep psoriasis flares at bay.

Allergies

Are psoriasis and allergies linked? The immune system seems to play a key role in both.

Research shows that people with psoriasis are more likely to have a large number of inflammatory mast cells (see left) -- the kind that trigger allergic reactions like swelling and itching. Still, there's no proof that psoriasis is an allergic reaction.

WebMD

The truth about sugar

TNN |

The truth about sugar (Thinkstock photos/Getty Images)

Sugar has earned a bad reputation as it is linked to various diseases like diabetes, obesity, heart disease and cancer. The truth is that sugar is not only important for your body, it is also important for your life. However, it is important to understand what kind of sugar is good for you and what is not.

Understanding sugar

The sugar sold in grocery stores is an unnatural substance, i.e. it is produced by industrial processes mostly from sugar cane or sugar beets. It is refined with chemicals such as sulphur dioxide, phosphoric acid, calcium hydroxide, and activated carbon, and stripped of all the natural nutrition it originally had. By refining it down to sucrose and stripping away the vitamins, minerals, proteins, enzymes and other beneficial nutrients, what is left is a concentrated unnatural substance that the human body is not able to handle, let alone use.

It is interesting to note that 'raw sugar' - which most people think is natural - is also refined. Once the cane juice crystals are harvested, they are washed, boiled, filtered and dried. This process removes most of the fibre and nutrients existing in the original crystals. The sugar then becomes refined, with no nutritional value. The use of artificial sweeteners is often a case of trading one problem for another and is definitely not the path to good health. Needless to say, artificial sweeteners are more harmful than refined sugar.

Sugar is a deadly addiction; people not only develop a strong taste for it but also develop an insatiable craving for it. The reason: refined sugar stresses the pancreas and depletes the body's supplies of chromium. A common symptom of chromium deficiency is sugar cravings. Satisfying these cravings further lowers chromium and increases cravings. What's more, refined sugar depletes your body of all the B vitamins; it leaches calcium from your hair, bones, blood and teeth. As if that is not enough, sugar also affects your body's digestion. It ferments in your stomach and stops the secretion of gastric juices, inhibiting the stomach's ability to digest. Weight gain, mood swings and irritability are a some side effects from consuming too much sugar.

Sugar plays a major role in altering one's mood. Refined sugar has a chemical reaction on the brain by releasing serotonin - the 'feel good' hormone; this tricks the body into a temporary high, causing a rise in blood glucose levels. This 'feel good' lift is followed by the crash where you feel tired, irritable and even depressed.

So what's good for you?

Intrinsic sugars are natural sugars found in fruits and vegetables. These sugars are not harmful to your health nor are they fattening. Natural sugars found in honey, fruits and vegetables are unprocessed and therefore rich in fibre and nutrients. A diet high in fruits and vegetables will ensure that your body gets the small amounts of sugar it needs, while providing you with far more health benefits than refined sugar.

Extra Sleep Linked With Stroke Risk

By **NICHOLAS BAKALAR**

Sleeping more than eight hours a day is associated with a higher risk for stroke, a new study has found.

Researchers studied 9,692 people, ages 42 to 81, who had never had a stroke. The study tracked how many hours a night the people slept at the beginning of the study and how much nightly sleep they were getting four years later. Over the 10-year study, 346 of the study subjects suffered strokes.

After controlling for more than a dozen other health and behavioral variables, the researchers found that people who slept more than eight hours a day were 46 percent more likely to have had a stroke than those who slept six to eight hours.

The study, [published online last week in Neurology](#), also found that the risk of stroke was higher among people who reported that their need for sleep had increased over the study period.

The authors caution that the data on sleep duration depended on self-reports, which can be unreliable. In addition, the study identified an association between sleep and stroke risk, rather than cause and effect. Sleeping more may be an early symptom of disease that leads to stroke, rather than a cause.

Are Vitamin E Supplements Healthy or Harmful?



Are vitamin E supplements risky? For most of us, the answer may be yes.

[Read More »](#)

Living standards will decline for single parents, unemployed in next decade: report



A report released today warns growth in living standards will dramatically slow over the next decade, and decline for some of the country's most disadvantaged groups

We provide valuable health information for you

Copper molecule shows promise in halting cancer spread

Scientists have developed a molecule containing copper that binds with DNA in a way that can stop cancer cells spreading. While the work is at the very first step of researching a new medical compound, the team hopes it will lead to new drugs that fight tumors more effectively than current chemotherapy agents.

Black Pepper antioxidant - rich spice



By Shari Jayawardhana

Native to India and other parts of South Asia such as Sri Lanka, Black Pepper is the mature dried berries of the woody perennial evergreen vine *Piper nigrum* better known as Gammiris (Sinhala) and Milahu (Tamil). Peppercorns were often referred to as "Black Gold" and used as currency and sacred offerings to gods. Black pepper or the "King of Spice" is the second largest spice commodity in terms of world trade. It is the second most important spice crop grown in Sri Lanka, first being Cinnamon. Sri Lankan black pepper fetches a premium price in the international spice trade as it has a high content of Piperine.

Black pepper is used for its disease preventing and health promoting properties. It possesses anti-inflammatory properties and relieves flatulence. Black pepper is packed with essential minerals such as Potassium, Calcium, Zinc, Manganese, Iron, Magnesium. It is also an excellent source of Vitamin B – complex and anti-oxidants such as Vitamins A and C which protects against cancer and other life threatening diseases.

In Sri Lanka it is popularly used to treat stomach upsets and bronchitis. It is sometimes applied to skin to relieve nerve pain and scabies. Black Pepper stimulates the taste buds and improves digestion. Hydrochloric acid in Black Pepper aids the digestion of proteins and other food components. Black Pepper has long been recognized as a carminative - a substance that helps prevent the formation of intestinal gas. In addition, Black Pepper has diaphoretic (promotes sweating), and diuretic (promotes urination) properties.

How to Eat Healthy Meals at Restaurants

Most meals at American restaurants are packed with processed food and enough calories to cover two or three sensible meals. Yet it's entirely possible to eat healthy, tasty restaurant meals. Every meal here stays under 750 calories, and every breakfast is under 500. We'll start with some good news...

WELL

Should Pregnant Women Eat More Tuna?

By TARA PARKER-POPE

Ctrl +click

For years pregnant women have been warned about eating tuna because of worries about mercury exposure. But now a federal panel has reignited the debate about the benefits and risks.

Prevent a Heart Attack

If you smoke, stop. It will immediately cut your chances of a heart attack by a third. Get exercise and eat right. The American Heart Association recommends 150 minutes of moderate-intensity exercise per week. Eat plenty of fruits, veggies, and whole grains to keep your arteries healthy. Taking a daily aspirin helps some people prevent a heart attack. Talk to your doctor to see if it's right for you. Find positive ways to manage stress. WebMD

Good Choice: Cranberry Juice

Cranberry juice is packed with vitamin C, which your immune system needs. Drinking unsweetened cranberry juice may also help prevent the buildup of bacteria that cause urinary tract infections. Regular drinking of cranberry juice seems to reduce the recurrence of [urinary tract infections](#) in women. This is the conclusion of a study published in the *British Medical Journal* (June 29, 2001).

WINE! (In moderation, that is) A glass of red wine a day will help reduce your risk for cardiovascular disease and may even help prevent cancer and treat Parkinson's and Alzheimer's. Antioxidants in the skin of red grapes prevent tumor development and helps with the creation of new nerve cells while other antioxidants in the seeds reduce "bad cholesterol" (LDL). If you're not a huge fan of red wine, just eat red grapes instead! BabaNail

Lower Blood Pressure with Blueberries



Postmenopausal women have a high prevalence of hypertension (high blood pressure), and often develop arterial stiffness – a major risk factor for cardiovascular disease. Sarah A. Johnson, from, Florida State University (Florida, USA), and colleagues enrolled 48 postmenopausal women, with pre- and stage 1-hypertension, to receive either 22 g rams of freeze-dried blueberry powder or 22 grams of a control powder, to consume for eight weeks. Blueberries are one of the richest sources of phenolic compounds, including flavonoids, phenolic acids, and stilbenes, which are known to have biological activity and high antioxidant capacity. At the end of the study period, mean systolic blood pressure was lower by 5.1% and mean diastolic blood pressure was lower by 6.3% in the subjects in the blueberry group, with no corresponding lowering in the placebo group. In addition, nitric oxide – involved in endothelial vasodilation – was significantly increased in the blueberry group, rising from 9.11 to 15.35 microMoles, with no change in the control group. The study authors report that: "Daily blueberry consumption may reduce blood pressure and arterial stiffness, which may be due, in part, to increased nitric oxide production."

[VIEW NEWS SOURCE...](#)

Climate change to cause twice as many severe floods in Australia

CHERYL JONES
THE AUSTRALIAN
JANUARY 27, 2015 10:33AM

AUSTRALIA and its region will probably be hit by almost twice as many severe floods this century like the ones that devastated southeast Queensland four years ago, according to new research.

An international team of scientists led by Wenju Cai, of the CSIRO, wanted to find out whether global climate change would affect the frequency of catastrophic flooding caused by extreme episodes of the La Nina weather pattern.

They found that extreme La Nina phases would occur every 13 years as the planet warmed against a past frequency of only one every 23 years. They published their results in the British journal *Nature Climate Change* today.

La Nina brings floods to Australia, New Guinea, the western Pacific Islands and vast areas of southeast Asia and China, and droughts to the USA's southwest. It is part of the El Nino/La Nina cycle, also known as the El Nino Southern Oscillation, or ENSO.

Read the "Fine Print"

Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose." The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose. The higher up they appear in the ingredients list, the more added sugar the food has.

WebMD

Get Smart About Bread

Does your loaf have the complex carbs that are good for you? It depends on the grain used to make it. Look for bread made with whole grains. Barley, rye, oats, and whole wheat are some top choices.

Editor:

Expat Sri Lankans have a wide choice of healthy bread whilst living abroad.

On holiday visits to 'Paradise' you lose such healthy choices.

Majority eat white bread called 'Kade Paan' from the bakeries or supermarkets.

Berries contain many antioxidants that help heal your skin and protect it from free radicals that cause it to age as well as protect it from UV light. Berries are also a good source for silica which helps maintain your skin tissues and elasticity. Researchers found that rats that had blueberries and strawberries as a regular part of their diet suffered a reduced amount of toxic cells in the brain.

Make Friends

Science has given you one more reason to be grateful for your friends – they might help you



live longer. Australian researchers found elderly social butterflies were less likely to die over a 10-year period compared to people with the fewest friends. Another analysis of results from 148 studies supports the link between plentiful social connections and longevity.

Spice up your recipe routine: Make Al's go-to ginger drink, shrimp stir-fry and gingery dessert

Ginger — do you find you buy the knobby rhizome a few times a year for a recipe and then have no idea what to do with the rest? Al Roker is coming to the rescue with four ways to use fresh ginger, a spice that works well in both sweet and savory preparations. Here's a tip on peeling ginger: Use a spoon to scrape off the brown skin. It works like a charm — no peeler or knife necessary!

[Read More](#)

Protect Your DNA



As we age, the ends of our chromosomes -- called telomeres -- become shorter. This makes people more vulnerable to disease. You might think there's nothing you can do, but new research suggests otherwise. In a pilot study, lifestyle changes boosted an enzyme that increases telomere length. Other studies also find diet and exercise can protect telomeres. So healthy habits may slow aging at the cellular level. [WebMD](#)



A young guy from West Virginia moves to Florida and goes to a big "everything under one roof" department store looking for a job. The Manager says, "Do you have any sales experience?" The kid says "Yeah. I was a vacuum salesman back in West Virginia."

Well, the boss was unsure, but he liked the kid and figured he'd give him a shot, so he gave him the job.

"You start tomorrow. I'll come down after we close and see how you did."

His first day on the job was rough, but he got through it. After the store was locked up, the boss came down to the sales floor.

"How many customers bought something from you today?" The kid frowns and looks at the floor and mutters, "One". The boss says "Just one?!? Our sales people average sales to 20 to 30 customers a day.

That will have to change, and soon, if you'd like to continue your employment here. We have very strict standards for our sales force here in Florida. One sale a day might have been acceptable in West Virginia, but you're not in the mines anymore, son."

The kid took his beating, but continued to look at his shoes, so the boss felt kinda bad for chewing him out on his first day. He asked (semi-sarcastically), "So, how much was your one sale for?"

The kid looks up at his boss and says "\$101,237.65".

The boss, astonished, says \$101,237.65?!? What the heck did you sell?"

The kid says, "Well, first, I sold him some new fish hooks. Then I sold him a new fishing rod to go with his new hooks. Then I asked him where he was going fishing and he said down the coast, so I told him he was going to need a boat, so we went down to the boat department and I sold him a twin engine Chris Craft. Then he said he didn't think his Honda Civic would pull it, so I took him down to the automotive department and sold him that 4x4 Expedition."

The boss said "A guy came in here to buy a fish hook and you sold him a boat and a TRUCK!?"

The kid said "No, the guy came in here to buy tampons for his wife, and I said, 'Dude, your weekend's shot, you should go fishing....."

Sent by Francis GNANI

These are some of the potential new treatments for obesity:

The **ReShape Duo**, a double balloon that is filled with saline and placed in the stomach for 6 months, has been on the market in Europe since 2007. It's intended to help people feel full, and it's under FDA review.

In a 6-month clinical trial of the device in obese patients in the U.S., more people who received the Reshape Duo device lost weight than those treated with counseling alone. The results were presented last November at the annual meeting of the American Society for Metabolic and Bariatric Surgery. Nearly all patients had nausea, vomiting, and abdominal discomfort in the first few days. The symptoms went away in about a week, says Jaime Ponce, MD, a weight loss surgeon who led the study.

Gelesis100 is a cross between a pill and a device. It's a capsule filled with tiny particles created with raw materials used in food products.

The particles soak up water and expand in the stomach. They also mix with digested food and slow its passage out of the stomach, the company says. In a 12-week study reported at a medical conference last June, people on Gelesis100 lost 6.1% of their weight, compared to a 4.1% loss in a group of people who received a fake treatment.

[WebMD](#)

Here Are the Best Exercises for Your Heart



Testosterone is sometimes called the "male hormone," but women's bodies make it too, just less than men. The hormone helps guys get facial and body hair, a deeper voice, and sperm. For women, testosterone seems to play a key role in sex drive.

When you're born, you have about 300 bones. By the time you're a grownup, you've only got 206. The reason: As babies grow, some of their bones fuse together. Some infant bones are made entirely of soft, flexible tissue called cartilage that's slowly replaced by hard bone as the baby develops.

A beggar in Dubai, you don't need to understand the lingo, but it's very funny.

> Click below.

> Beggar in Dubai

>

<<http://funpot.net/d.php?id=c97a21c54a672f95>

The Eclipse balloon for obesity,

Another device, has been revised several times. The researchers' goal was to make a balloon that could be placed in the stomach and removed without endoscopy, a procedure which usually requires sedation and a specially trained doctor.

Their latest model is attached to a long, thin, flexible tube. You swallow the balloon, which is then filled with about 15 ounces of water. The tube is then pulled out.

In its first human test, the balloon remained full for 6 weeks in six of eight people, researchers reported at last year's metabolic and bariatric surgery society meeting. Then it emptied and passed out of the body. Although the participants weren't prescribed diet or exercise, they lost 5 pounds on average. The balloon's maker, Allurion Technologies, is now doing a clinical trial in Europe, where it hopes to launch Eclipse by early 2016.

Benefits of growing a beard

Benefits of growing a beard

Many [men](#) grow beards because they like the way they look or because it makes them feel rugged.

Plus, there is no denying the fact that it saves a lot of your morning-routine time!

Most of the popular style icons like Ben Affleck and George Clooney have started growing one too. Be it to impress the ladies or to make a fashion statement

, a beard does draw attention. However, did you know

that growing a beard has actual health benefits as well? Researchers have suggested that growing beards have some absolutely unbelievable health benefits — including preventing skin cancer!

So, here are a few reasons to forget your razor for a while and why you shouldn't wait until November every year to officially grow a beard.

Beards protect our Facial skin from harmful Ultraviolet rays: While most of our body is covered by clothes that protect our skin from the harmful UV rays of sun, our face is more vulnerable, as it is exposed. Chances are really high that when facial skin is constantly exposed to UV rays, one can develop skin rashes or even skin cancer. A beard covers most of your lower face and neck perfectly, thereby protecting the skin.

Reduces allergies & infections: Your beard and moustache works as a filter that helps to keep allergens from entering your nose and mouth, thereby reducing chance of allergies and skin infections. Be sure to treat your beard right and ensure you wash it regularly.

Beards make the skin look smooth and younger: Blemishes and cuts are common among who shave on a daily basis, leading to roughness of the sensitive facial skin. While growing beard can automatically help you be blemish-free. What's more? No more cuts either! Though having a beard can make one look significantly older, the skin still remains young!

Natural Moisturizer: For a person who regularly shaves, seasonal changes like heat and cold cause dryness to the skin. Additionally, heavy use of cosmetic products that claim to keep the moisture intact, can have an adverse effect on the skin. Your face has its own built-in moisturizing regimen (sebaceous glands) which secretes a natural oil that keeps skin moisturized. These glands tend to get eroded due to constant use of a razor. Growing a beard can help these glands function naturally and keep your skin smooth and young.

Prevents illnesses: Believe it or not, having a beard can help you keep illnesses caused by sudden climatic changes (like a cold or cough) at bay. Your beard often can serve as an insulation against outside temperature, trapping your body heat from escaping and keeping your face and neck warm. This is especially recommended for those who are constantly on the move.

— Contributed by Abhishek Suresh

India will soon bear the largest burden of heart disease globally:

In India, out of the estimated population of more than 1.27 billion dispersed across various geographical regions, about 45 million people suffer from [coronary artery disease](#). 'According to current estimates, India will soon have the highest number of cases of [cardiovascular disease](#) in the world,' says **Dr Nikhil Kumar, Director, Cardiology, Fortis Memorial Research Institute, Gurgaon**. It is estimated to account for 35.9% deaths by the year 2030.

Humans sneeze at the rate of about 100 miles per hour, and a cough at about 60 miles per hour.

30-minute nap can reverse effects of poor sleep

A short nap for half an hour can help relieve stress and bolster the immune systems weakened by poor sleep - as little as two hours - the previous night, says a study.

"Our data suggests a 30-minute nap can reverse the hormonal impact of a night of poor sleep," said one of the study authors Brice Faraut from the Paris Descartes University in France.

"This is the first study that found napping could restore biomarkers of neuroendocrine and immune health to normal levels," Faraut added.

Lack of sleep is recognised as a public health problem. Insufficient sleep can contribute to reduced productivity as well as vehicle and industrial accidents, according to the US Centers for Disease Control and Prevention.

The researchers examined the relationship between hormones and sleep in a group of 11 healthy men between the ages of 25 and 32.

After a night of limited sleep, the men had a 2.5-fold increase in levels of norepinephrine, a hormone and neurotransmitter involved in the body's fight-or-flight response to stress.

Norepinephrine increases the body's heart rate, blood pressure and blood sugar.

Researchers found no change in norepinephrine levels when the men had napped following a night of limited sleep. Lack of sleep also affected the levels of interleukin-6, a protein with antiviral properties, found in the subjects' saliva.

The levels dropped after a night of restricted sleep, but remained normal when the subjects were allowed to nap. The changes suggest naps can be beneficial for the immune system.

The study appeared in the *Journal of Clinical Endocrinology & Metabolism* (JCEM).

Diabetes Testing Basics

If your doctor suspects you have diabetes, these are the tests he might order to make a diagnosis.



Compiled, edited and published by Dr Harold Gunatillake FRCS, FIACS, FICS, AM(Sing) MBBS

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