

Elephants Rescue Hundreds of People From #Nepal Floods



Elephants helped rescue hundreds of people trapped in a flooded tourist village in the Chitwan district in Nepal on Monday. According to Reuters, the overflowing banks of the Rapti River inundated hotels and restaurants in Sauraha, stranding nearly 600 tourists. "Some 300 guests were rescued on elephant backs and tractor trailers to [nearby] Bharatpur yesterday and the rest will be taken to safer places today," Suman Ghimire, head of a group of Sauraha hotel owners, told Reuters. Sauraha is located near Chitwan National Park, a popular tourist destination for rhino-watching and elephant rides. A hotel owner in Sauraha told BBC the elephants were used to bring the tourists to the nearest open road and airport. **1,200 Dead, 41 Million Affected by Flooding in India, Bangladesh and Nepal** 

Bleeding ulcer: What causes it and is it serious?

By Jennifer Berry

Reviewed by Judith Marcin, MD

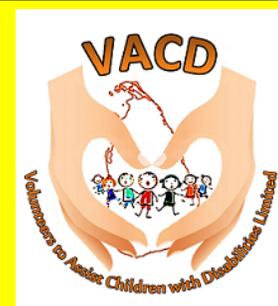


A peptic ulcer that develops in the digestive tract may begin to bleed, which could lead to a rapid loss of blood. The term ulcer means a sore that doesn't heal quickly. Ulcers can occur almost anywhere on the body, usually resulting from injuries, illnesses, or infections. They can be short-lived or ongoing. Most commonly, when people refer to an ulcer, they are referring to [peptic ulcers](#) that develop in the digestive tract. The term peptic means it is related to acid. Peptic ulcers may be in the stomach, the small intestine just below the stomach, or the food pipe above the stomach. Sometimes, peptic ulcers can bleed (known as bleeding ulcers). More severe bleeding, known as hemorrhaging, can be life-threatening. Minor bleeding in an ulcer, however, is usually not as immediately serious and may go unnoticed, but it still requires treatment. [Bleeding ulcer: What causes it and is it serious?](#) 

[Don Williams, Country music's 'Gentle Giant' dies at 78](#) 



Intensity of Harvey's Devastation Linked to Warming



VACD Post-Sri Lanka Tour Newsletter [View this email in your browser](#) 

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Health editor

- Please note our new email address: haroldgunatillake1@gmail.com

[This is All You'll Ever Need to Know About Tachycardia](#) 



Two Massive Hurricanes in Two Weeks Is Not a Coincidence, It's Climate Change

<http://elanka.com.au/indole-chemical-enhances-lives-may-stave-off-aging-written-dr-harold-gunatillake-health-writer/> 



Acid Reflux

This condition makes stomach acid flow the wrong way, back into the tube that connects your throat to your stomach (your esophagus). It can give your breath a sour smell and bring up bits of food or liquid into your mouth. The acid also can damage your throat and mouth, and that can make a breeding ground for more smelly bacteria.

This is how your world could end

In an extract from his book *Ends of the World*, Peter Brannen examines mass extinction events and the catastrophic outcome of rising temperatures for all the world's population

[Peter Brannen](#)

Many of us share some dim apprehension that the world is flying out of control, that the centre cannot hold. Raging wildfires, once-in-1,000-years storms and lethal heatwaves have become fixtures of the evening news – and all this after the planet has warmed by less than 1C above preindustrial temperatures. But here's where it gets really scary.

If humanity burns through all its fossil fuel reserves, there is the potential to warm the planet by as much as 18C and raise sea levels by hundreds of feet. This is a warming spike of an even greater magnitude than that so far measured for the end-Permian mass extinction. If the worst-case scenarios come to pass, today's modestly menacing ocean-climate system will seem quaint. Even warming to one-fourth of that amount would create a planet that would have nothing to do with the one on which humans evolved or on which civilisation has been built. The last time it was 4C warmer there was no ice at either pole and sea level was 80 metres higher than it is today.

I met University of New Hampshire paleoclimatologist Matthew Huber at a diner near his campus in Durham, New Hampshire. Huber has spent a sizable portion of his research career studying the hothouse of the early mammals and he thinks that in the coming centuries we might be heading back to the Eocene climate of 50 million years ago, when there were Alaskan palm trees and alligators splashed in the Arctic Circle.

"The modern world will be much more of a killing field," he said. "Habitat fragmentation today will make it much more difficult to migrate. But if we limit it below 10C of warming, at least you don't have widespread heat death." In 2010, Huber and his co-author, Steven Sherwood, published one of the most ominous science papers in recent memory, *An Adaptability Limit to Climate Change Due to Heat Stress*.

"Lizards will be fine, birds will be fine," Huber said, noting that life has thrived in hotter climates than even the most catastrophic projections for anthropogenic global warming. This is one reason to suspect that the collapse of civilisation might come long before we reach a proper biological mass extinction. Life has endured conditions that would be unthinkable for a highly networked global society partitioned by political borders. Of course we're understandably concerned about the fate of civilisation and Huber says that, mass extinction or not, it's our tenuous reliance on an ageing and inadequate infrastructure, perhaps, most ominously, on power grids, coupled with the limits of human physiology that may well bring down our world. In 1977, when power went out for only one summer day in New York, swaths of the city devolved into something like Hobbes's man in a state of nature. Riots swept the city, thousands of businesses were destroyed by looters and arsonists lit more than 1,000 fires.



Sami village, Gujarat, western India in August 2012.
Villagers were forced to migrate due to lack of water

In 2012, when the monsoon failed in India (as it's expected to do in a warmer world), 670 million people – that is, 10% of the global population – lost access to power when the grid was crippled by unusually high demand from farmers struggling to irrigate their fields, while the high temperatures sent many Indians seeking kilowatt-chugging air-conditioning.

"The problem is that humans can't even handle a hot week today without the power grid failing on a regular basis," he said, noting that the ageing patchwork power grid in the United States is built with components that are allowed to languish for more than a century before being replaced. "What makes people think it's going to be any better when the average summer temperature will be what, today, is the hottest week of the year in a five-year period and the hottest temperatures will be in the range that no one has ever experienced before in the United States? That's 2050."

By 2050, according to a 2014 MIT study, there will also be five billion people living in water-stressed areas.

"Thirty to 50 years from now, more or less, the water wars are going to start," Huber said.

If people don't have economic hope and they're displaced, they tend to get mad and blow things up

Matthew Huber

In their book *Dire Predictions*, Penn State's Lee Kump and Michael Mann describe just one local example of how drought, sea level rise and overpopulation may combine to pop the rivets of civilisation:

"Increasingly severe drought in West Africa will generate a mass migration from the highly populous interior of Nigeria to its coastal mega-city, Lagos. Already threatened by rising sea levels, Lagos will be unable to accommodate this massive influx of people. Squabbling over the dwindling oil reserves in the Niger river delta, combined with potential for state corruption, will add to the factors contributing to massive social unrest."

"Massive social unrest" here being a rather bloodless phrase masking the utter chaos coming to a country already riven by corruption and religious violence.

"It's sort of the nightmare scenario," said Huber. "None of the economists is modelling what happens to a country's GDP if 10% of the population is refugees sitting in refugee camps. But look at the real world. What happens if one person who was doing labour in China has to move to Kazakhstan, where they aren't working? In an economic model, they'd be immediately put to work. But in the real world, they'd just sit there and get pissed. If people don't have economic hope and they're displaced, they tend to get mad and blow things up. It's the kind of world in which the major institutions, including nations as a whole, have their existence threatened by mass migration. That's where I see things heading by mid-century."

And it doesn't get any better after 2050. But forecasts about the disintegration of society are social and political speculations and have nothing to do with mass extinctions. Huber is more interested in the hard limits of biology. He wants to know when humans themselves will actually start to disintegrate. His 2010 paper on the subject was inspired by a chance meeting with a colleague.

Present drought in Sri Lanka

The prevailing drought has left more than one million people without access to drinking water in eight provinces out of the nine, according to the statistics of the Disaster Management Centre (DMC). Accordingly, 1,094,457 people belonging to 314,219 families in 18 districts of Eastern, North Central, Northern, North Western, Central, Uva, Sabaragamuwa and Southern Provinces have been affected. The Northern Province is the worst affected with a total of 462,815 individuals belonging to 133,678 families hit by the drought. The North-Western Province and the Eastern Province follow with a total 281,013 people belonging to 82,513 families and 211,736 people belonging to 59,003 families affected respectively. In the Kurunegala District, 149,962 individuals belonging to 45,730 families have been affected by the drought. Meanwhile, 79,602 people belonging to 23,285 families in the North-Central, 20,641 people belonging to 5,904 families in the Central Province, 29,868 people belonging to 7,668 families in the Uva Province, 812 people belonging to 183 families in the Sabaragamuwa Province and 7,230 people belonging to 1,875 families in the Southern Province have been affected by the drought. Director of Irrigation (Water Management and training) Eng. M. Palugasewwa told *The Island* that the water levels of all 73 major reservoirs had decreased drastically due to the drought and water could not be released for irrigation purposes. About 70 percent of water had already been issued from the reservoirs and currently people depended on the ground water for drinking purposes which would only last for two to three months. Meanwhile, the Ceylon Electricity Board (CEB) yesterday warned of further restrictions on the supply of electricity due to the reduction of hydro-power generation as the water levels in the reservoirs had dropped drastically to 36 per cent of their capacity.

[This is how your world could end](#)



Californians Might Vote on 'Magic Mushroom' Legalization in 2018

Californians might vote on whether to decriminalize use of hallucinogenic mushrooms as early as 2018.



Californians might vote on whether to decriminalize use of hallucinogenic mushrooms as early as 2018, under a newly proposed ballot measure.

The [measure](#) — which was filed on Friday (Aug. 25) with the state Attorney General's office — would exempt people ages 21 and over from criminal penalties for using, possessing, selling, transporting or cultivating [psilocybin](#), a hallucinogenic compound found in certain mushroom species.

The measure is not currently on the ballot — supporters need to get at least 365,880 signatures to qualify for the 2018 ballot, [according to the Sacramento Bee](#), a newspaper in Northern California.

The measure was filed by Kevin Saunders, a former candidate for mayor in Marina, a city on California's central coast. Saunders said a large group of volunteers will help gather signatures for the measure, according to the Sacramento Bee.

The Golden State voted to [legalize recreational marijuana](#) in the November 2016 election. Saunders said he sees psilocybin legalization as a "natural progression from marijuana legalization," [according to the Los Angeles Times](#).

Does Talcum Powder Cause Ovarian Cancer?

Recent court cases have highlighted the possible link between using talcum powder for feminine hygiene, and an increased risk of ovarian cancer. But is the link real?

[Read More](#)

9 Conditions That Can Irritate Your Scalp

Here's what you need to know about psoriasis, dandruff, ringworm, and other conditions that can mess with your head.



Naomi Klein's Message to the Media Covering Houston: Now is the Time to Talk About Climate Change



Jimmy Carter Talks Solar Energy

Agnes Thambynayagam writes from Sugar land, Texas:

It was Michael's Birthday On 5th September. Our Anniversary was on April 24th. We went to church for 12 noon Mass on 5th September and thanked God for all the blessings he has been showering on us. We also prayed for all the people who are going through hard time after Hurrigan Harvey. We are also praying for people who are getting affected by Hurricane Irma. Everyday we live on this earth is a blessing.



Michael worked at Schlumberger. Studied at University of Manchester, England . Went to St. Patrick's College, Jaffna, Sri Lanka. Lived in London, United Kingdom, and now in Sugar land, Texas

Four cups of coffee a day may slash death risk

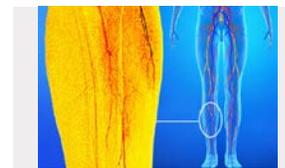
By [Ana Sandoiu](#)



Coffee is one of the most popular beverages in the world, and a new study suggests the more we drink it, the better. A high intake of coffee seems to slash the risk of premature death, according to researchers.

A significant body of [research](#) has pointed to the health benefits of [coffee](#). Some studies have suggested its properties may stave off [diabetes](#), [Parkinson's disease](#), [Alzheimer's disease](#), and even some forms of [cancer](#). Now, a [new study](#) - presented at the [European Society of Cardiology \(ESC\) Congress](#) in Barcelona, Spain - adds to the list of coffee's potential health benefits.

The first author of the study is Dr. Adela Navarro, a cardiologist at Hospital de Navarra in Pamplona, Spain. She explains the motivation for the research, saying, "Previous studies have suggested that drinking coffee might be inversely associated with all-cause mortality, but this has not been investigated in a Mediterranean country." [Four cups of coffee a day may slash death risk](#)



Peripheral Artery Disease (PAD)

With this condition, your limbs -- typically your legs -- don't get enough blood. It usually happens because your arteries have narrowed. Your legs may feel weak or numb or cramp when you walk. They might feel cold and be an odd color. Some people can manage PAD with habit changes, like quitting smoking. If that doesn't work, your doctor might give you medicine to treat the problem or help with pain. But some people need surgery.

[WebMD](#)



VIDEO

Cancer and Depression

It's normal for a cancer diagnosis to stir up intense emotions. Know when to get help.

ARTICLE

Choose the Best Tooth Whitener
Sink your teeth into the truth about whiteners with the best bets for a dazzling smile.

Why Is Kefir Good for Me?



Listen

By Keri Glassman, MS, RD, CDN

What It Is

We all want to aim for eating food that's as close to "alive" as possible. And for good reason: Eating a ripe, just-picked apple, for example, is nutritionally superior to eating an apple that was picked last week.

Enter kefir. It's about as alive-and-kicking as food comes. This tangy, tart, yogurt-like drink is teeming with good bacteria and yeast -- it contains more friendly [probiotics](#) than regular yogurt. Kefir is made by adding kefir culture (aka grain) to milk from a cow, sheep or goat, then letting the mixture ferment for about 24 hours. Once it's strained, it's good to go.

The Dirty Deets

A cup of lowfat plain kefir has 110 calories and contains a whopping 11 grams of protein, 12 grams of carbohydrates and just two grams of fat. How's that for rich [nutrition](#)?

- Those friendly bacteria reduce [flatulence](#), promote motility of the bowels (ahh, regularity!) and offer relief to upset stomachs. And the benefits continue well after you've polished off a serving. The bacteria and yeast in kefir -- unlike those in yogurt -- can actually colonize your gastrointestinal tract and stay there for a long period of time.
- Research has found that kefir contains kefiran, a polysaccharide associated with lower [blood pressure](#) and [cholesterol](#) in animal studies. It's also loaded with B [vitamins](#) and tryptophan, which fend off stress and produce a calming effect. Who doesn't need that?
- If you're one of the 30 to 50 million Americans who struggle with [lactose intolerance](#), kefir may be a good option for you. The fermentation process removes most of the irritating lactose from the milk.

Asthma Control Essential in Pregnancy, Study Suggests

Children whose mothers had uncontrolled asthma during pregnancy are at increased risk of developing the disease at a young age, a new study finds. The findings suggest...

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Why Do Your Teeth Feel Weird After Eating Spinach?



More evidence that exercise helps keep your brain fit 

Sam the Man

<https://www.youtube.com/watch?v=dRaJtGC0Ew>

The Brain Freeze



Oh no, not again! Another frozen treat, another brain freeze. "Ice cream headaches" happen when something cold touches nerves in the roof of the mouth, triggering blood vessels in the front of your head to swell. This rapid swelling causes the familiar, jabbing pain of a brain freeze. An easy solution? Try eating ice cream or other cold foods more slowly to avoid getting a headache. [Medicine.net](#)

Finding Lower Back Pain Relief



Ear Infection Home Remedies



10 Ways to Deal With Menopause



The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.

How Sugar Really Affects Your Cholesterol

By Elizabeth Klodas, MD, FACC



If you're like most people, you probably think it's high-cholesterol foods like eggs or shrimp that are the worst for your [cholesterol levels](#). But that's not really the case.

Because it's not actually the cholesterol *in* food that's the problem. Most of the cholesterol that circulates inside our bodies is made inside our bodies, and not absorbed from the diet. So, it's not about avoiding foods that naturally contain cholesterol, it's about avoiding foods that prompt our bodies to create cholesterol.

The most powerful driver of cholesterol production? Believe it or not, it's sugar!

When I say [sugar](#), I mean added sugars and simple carbohydrates that can be rapidly turned into sugar within our bodies. Think not only sweets (like cakes and cookies, candies and other desserts), but other foods containing or made from refined grains -- like white rice, breads, bagels and pasta.

All carbohydrates are absorbed as sugar. And when blood sugar levels go up (like after eating a bagel), the body responds by releasing insulin. Insulin is a vital hormone that makes sure sugar is stored in our bodies for use between meals. But it doesn't just cause sugar to be stored. It shifts our bodies into storage mode in general.

And what's the storage form of cholesterol? LDL, bad cholesterol. If insulin levels go up, LDL goes up. What's the non-storage form of cholesterol? HDL, good cholesterol. If insulin levels go up, HDL goes down. And what if you've stored all the sugar you can and there's still excess circulating in your blood stream? Insulin helps turn that sugar into fat. The result? Triglyceride levels go up.

Some of the worst cholesterol profiles I've seen have been in people who eat a low-fat, low-cholesterol diet but don't pay attention to the amount, or source, of sugar they're consuming. Instead of eating fruits and vegetables and whole grains, they're eating fat free popcorn, and low cholesterol bread, pasta, and low fat cookies.

But to be clear -- sugar that occurs naturally, like in fruits -- has a very different effect on our biochemistries. Sugar that comes in the form of a whole food (like an apple) is absorbed slowly because it takes more time to digest an apple, and this helps insulin levels to stay steadier. Note that I'm talking about a whole apple -- not apple sauce or apple juice (which is digested more quickly, losing some of the positive effect on your biochemistry). So, when eating carbohydrates, stick as close as you can to the original form (*whole* foods and grains). It'll help you keep your insulin levels -- and your cholesterol -- in check

[A Pleasant Day to Sit out & Soak in Natures' Gift.](#)

*Seated in my usual "favourite" seat
In the verandah facing the street
Finding the cool breeze has reduced the heat
To make it a comfortable retreat*

*The optical view is such a fine treat
With the chirruping of the birds sounding so serene and sweet
Always looking around to find twigs and something to eat
The squirrel population appeared diminished and so scant*

*Watching the bees flitting among the flowers is a treat no doubt
As they buzz around gathering nectar and their backs gather pollen dust
And their involuntary pollination of the other flowers they visit
It's just one of the wonders of Nature way to prevent the plants' extinct*

*Very soon my eyes do tire and get shut
And my mind does revert
To reminisce of the things past
The good things brings in a smile; and the bad does smart.*

Noor Rahim

What Is a Heart Attack?

Heart attacks can be deadly because many people don't recognize the early signs.

[VIEW](#)

[SLIDESHOW](#)

[How to Prevent Urinary Tract Infections](#)



Know the Signs of Bipolar Disorder



Symptoms of bipolar disorder include severe mood swings and episodes of depression.

[TAKE THE QUIZ](#)

'Breakthrough' Cancer Treatment Approved



In what one doctor calls "a dream come true," the FDA has approved CAR T-cell therapy, a treatment that uses a person's own genetically modified cells to attack a common type of leukemia.

Harvard Health Blog

The ultimate low-carb diet, is it good for you?

[Marcelo Campos, MD](#), Contributor



Recently, many of my patients have been asking about a ketogenic diet. Is it safe? Would you recommend it? Despite the recent hype, a ketogenic diet is not something new. In essence, it is a diet that causes the body to release ketones into the bloodstream. Because it lacks carbohydrates, a ketogenic diet is rich in proteins and fats. It typically includes plenty of meats, eggs, processed meats, sausages, cheeses, fish, nuts, butter, oils, seeds, and fibrous vegetables.

[Learn more »](#)

Eat Mood-Enhancing Foods at workplace



Food has a huge impact on your mood. The quantity of food you eat and the nutritional value of the food plays a crucial role in your post-meal performance. Foods that contain ample nutrients and minerals nourish your body and keep the mind alert. Eating oily junk foods can adversely affect your body and mind. Also, ensure that you don't overeat. Eating too much means the energy gets diverted to the digestion process and hinders your thinking capability. Eat light and eat right.

Hurricane Harvey's Filthy Floodwaters



What health hazards do Hurricane Harvey's floodwaters harbor?

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Diet Study Suggests It's Carbs, Not Fats, That Are Bad for You

By **Dennis Thompson**

HealthDay Reporter



- [Drink Coffee, Live Longer?](#)
- [Cutting Carbs and Calories at Lunch](#)
- [Health Tip: Food Prep 101](#)
- [Pricey Wines Can Trick Your Brain](#)
- [4 Ways to Jazz Up Your Salad](#)
- [MedicineNet Newsletters!](#)



TUESDAY, Aug. 29, 2017 (HealthDay News) -- A large, 18-country study may turn current nutritional thinking on its head. The new research suggests that it's not the fat in your [diet](#) that's raising your risk of premature death, it's too many carbohydrates -- especially the refined, processed kinds of carbs -- that may be the real killer.

The research also found that eating fruits, vegetables and legumes can lower your risk of dying prematurely. But three or four servings a day seemed to be plenty. Any additional servings didn't appear to provide more benefit.

What does all this mean to you? Well, a cheeseburger may be OK to eat, and adding lettuce and tomato to the burger is still good for you, but an excess of white flour burger buns may boost your risk of dying early.

Gut microbes influence the body's response to high-fat diet

By Catharine Paddock PhD



The results of a new study provide evidence that it could be possible to tailor diets to individual patients, based on the signature of their gut microbiome.

New research explains why the same high-fat diet affects people differently. The team found that they could predict which mice would gain more weight and develop glucose intolerance after switching to a high-fat diet by using gut microbe signatures that were present before the switch.

In a paper published in *Cell Reports*, researchers from Imperial College London in the United Kingdom and INSERM UMRS 1138 in Paris, France, among others, describe how they used genetically similar mice to show that gut microbes influence the body's response to changes in diet and affect health.

If further research finds that the effect is also true of humans, the researchers believe that it could lead to doctors prescribing personalized diets for patients based on the unique composition of their gut flora.

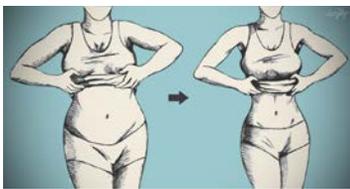
"We know that our environment and genetics can influence our risk of [obesity](#) and disease, but the effects of these communities of bacteria living inside us are less well understood," says study leader Dr. Marc-Emmanuel Dumas, a reader in translational systems medicine at Imperial College London.

[Gut microbes influence the body's response to high-fat diet](#)



Eat Your Water

You can, and you probably do. Most people get about 20% of the water they need each day from food. It gets into your system more slowly that way and can come along with nutrients you need. Foods that have a lot of water include watermelon, cucumbers, zucchini, and tomatoes.



4 Things You Must Not Eat When You're Trying To Fight Belly Fat

Belly fat is probably the most stubborn fat to lose which is why people struggle so hard to make those six-pack abs visible. Even if you're not in the race to get your abs on, too much belly fat has been associated with heart disease, dementia, asthma, and certain forms of cancer...

READ MORE



The Chemicals in Your Mac and Cheese

By RONI CARYN RABIN

Macaroni and cheese products were especially high in phthalates, chemicals that may pose special risks to pregnant women and young children.

Vomiting and Diarrhea

[What to Blame for Your Stomach Bug? Not Always the Last Thing You Ate:](#) Most of us experience an "acute gastrointestinal event" at least once a year. Reading the clues might reduce your risk in the future.

Medications used to treat depression, allergies and [gastrointestinal reflux](#) can also make you more vulnerable to intense, short duration attacks of vomiting or diarrhea, or both. Recreational drugs could also be the culprit. "We're starting to see more cyclic vomiting syndrome called cannabis hyperemesis because THC content of marijuana now is so high," said Dr. Gabbard, referring to the psychoactive component of marijuana

By KATE MURPHYJUNE

Being told she was a disappointment to medicine

haunted Ranjana Srivastava for years. [As a trainee physician, she was written off as a failure](#) by a consultant's careless words. Despite her subsequent success in the profession, his comment "sank into my marrow", she writes, and made her doubt her ability. The medical profession needs to think more carefully about its training methods – young doctors need constructive criticism and sometimes praise, rather than mere castigation.

Do you think vegetarianism is keeping you healthier and more fit than the average teen? Do serious vegetarians live longer than other people?

[Natalie Subramanian](#), Lifelong vegetarian

[Do you think vegetarianism is keeping you healthier and more fit than the average teen? I don't think so. You see, there is a thing called sugar- juice, candy, ice cream, St...](#)

[Read More »](#)

If you suffer from RA-Start With Your Hips

Get your joints moving and warmed up before you get out of bed. Loosen your hips with this quick range-of-motion exercise. Lie on your back and roll your legs in until your knees face each other. Then roll your legs out. Repeat five times.



Loosen Your Shoulders

Wake up your upper body. Lie on your back with your arms at your sides. Lift one arm until your fingers point at the ceiling. Lower the arm to your side and raise your other arm. Repeat five times



Get Stronger if you suffer from RA

Strength training helps your muscles support your joints. It can include lifting weights or using your own body weight for resistance. A morning workout helps you burn more fat throughout the day. If you've never lifted weights before, check with your doctor first. It's also a good idea to talk to a trainer or physical therapist about how to do each move.

Understanding the Dangers of Untreated RA

If left untreated, RA can lead to long-term joint damage, heart problems, and disability. Find out why it's important to stay on top of your advancing RA treatment plan. [Read on](#) →



5 Treatments for Rheumatoid Arthritis Back Pain

Learn about 5 rheumatoid arthritis back pain treatments that can ease your pain in the short term and help manage it in the long run. [Read on](#) →

Elements of a healthy diabetes diet



Image: Bigstock

Weight loss should be your first goal when it comes to managing diabetes. Whatever strategy you choose for this — whether it's low carb, high-protein, or something else — it's important to make healthy choices. This will help you control your diabetes, your blood pressure, and your cholesterol while also giving your body what it needs for a long and healthy life.

One way to do this is to follow the strategy set out in the Healthy Eating Plate developed by nutrition experts at the Harvard T.H. Chan School of Public Health. The advice is simple and straightforward.



6 Causes Of Premature Graying Of The Hair

Graying of the hair is usually common among older people. But, when it occurs among younger people at an untimely age, it is called premature graying. There could be various reasons why this happens and is usually not a cause for worry if it is hereditary...

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SLIDESHOW

How to Treat and Prevent Eczema



We share tips to help you take charge of this common skin condition.

You "Spike" Your Blood Sugar



When you eat sweet or starchy carbs like doughnuts, pastries, or regular soda, they send a lot of sugar into your system at once. So your body releases the hormone insulin, which helps your cells use it as fuel or store it for later. But that flood of sugar can cause your body to make more insulin than you need. That can lower blood sugar too much and make you hungry.

WebMD

You Might Have Diabetes

This condition means your body has an energy problem. You may get hungry because your body thinks it needs more fuel. But the real problem is that you have trouble changing food into fuel. You also may lose weight, pee more, and feel more tired. Talk to your doctor if you have any of these symptoms.



Watch Dramatic Elephant Rescue 10 Miles Off Sri Lanka Coast



Benny Hill - When Things Go Wrong (1972)

by The Benny Hill Fan Consortium

138 866 views



You're Thirsty

Sometimes when you think you need to eat, you're actually dehydrated. So maybe try drinking some water first. Still hungry? That lets you know you may need to eat something. And because you had that water, you may be less likely to overeat.

WebMD

You're Stressed Out

At first your body zaps away hunger with a hormone called adrenaline. But if your worries stick around a while, your system cranks up the levels of another hormone, cortisol. This one can make you want to eat everything in sight. When the stress goes, cortisol levels fall and your appetite usually gets back to normal. WebMD



You Will Never Throw Away Eggshells After Watching This



You Have Low Blood Sugar

Your doctor might call it hypoglycemia. It means there's not enough fuel, or glucose, in your blood, and it can make you feel tired, weak, or dizzy. It can happen if you haven't eaten in more than a few hours. If you have symptoms, your doctor may suggest that you keep an eye on your blood sugar and eat some carbs when it's low. You may need to eat a little more, or your medication may need to be adjusted to help keep it from happening. Always keep some jelly beans with you handy if you feel hypoglycemic. Never leave home without it.



1 week - this is all we need to stop the foot and nail fungus. There is a technique that can stop the inflammation and destroy the nasty itching and odor!

[LEARN MORE HERE](#)

The Most Disabling Mental Illness

Causes, signs, and treatments for schizophrenia. Learn about types such as paranoid schizophrenia, catatonic schizophrenia, and disorganized schizophrenia.

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3 Natural Home Remedies For Eliminating Kidney Stones In No Time

Kidney stones are mineral deposits or salts of acid, that get accumulated in the kidneys. Medical surveys have confirmed that the occurrence of stones has increased since 1970. The reason could be both genetic as well as environmental...

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Why Some Plant-Based Diets Are Healthier Than Others



[Don Williams Greatest Hits Full Album 2017 - Best Songs...](#)

by Music Dzt

ARTICLE

Alzheimer's Symptoms to Look Out For

Learn to spot these seven stages and symptoms of Alzheimer's disease. Find out what to expect from each stage. [Read more...](#)

What kind of food strengthens the immune system?



Akilesh Palanisamy, Physician at California Pacific Medical Center

Your entire body is an immune system and the foundation is really in the gut. Therefore maintaining gut health through a good diet and perhaps fish oil and Probiotics is key. Consuming fermented foods is a good way to get Probiotics. Bone broth is healing for the gut and keeps it in good shape. Prebiotics are helpful too especially in foods like artichoke and banana - but avoid if you have any imbalances in your gut bacteria. Also vitamin D is critical for immune health. Aim for a blood level of at least 50-60. Besides that adequate vitamin C and zinc are important. Lastly essential fatty acids like fish oil and Flax oil are crucial as well.

Hot Potato, Cold Potato



The starch in potatoes can be hard to digest -- it's called resistant starch. So your body changes some of it into short-chain fatty acids that help keep your gut healthy and may help prevent obesity, colon cancer, and diabetes. Cooking does away with some, but it comes back when the potatoes cool. Potato salad, anyone?

Potatoes Have Protein: Along with resistant starches, this might help lower bad cholesterol. Scientists are still looking into it, but in the meantime, you might try some boiled red potatoes with a touch of olive oil as part of your healthy diet. In moderate amounts, the oil can be good for your cholesterol, too.

You'll Eat Less: Potatoes top something called the satiety index, which ranks how well different foods satisfy your hunger. Based on calories, nothing beats the potato. If you feel full, you're likely to eat less, which makes you less likely to get heart disease, stroke, high blood pressure, and diabetes. And what's more satisfying than mashed potatoes? (Keep the skins, and leave out the butter and cream.)

WebMD

Packed With Potassium



A boost in this mineral can help lower your blood pressure, and it works better if you get it from food instead of supplements. Potatoes have more of it gram-for-gram than bananas -- or any other fruit or vegetable, for that matter. For a new twist, try accordion potatoes: Make thin slices in them, but don't cut through. Then drizzle with olive oil and garlic, and bake.

Loads of Magnesium

Potatoes are a good source of this essential nutrient your body uses to make protein, store energy, and keep your cells stable and healthy. It also helps process sugar in your blood. Some studies suggest it may help prevent migraine headaches, Alzheimer's disease, stroke, heart disease, and diabetes. More research is needed, but while you wait, bake a potato -- and top it with veggie chili instead of sour cream and butter to keep it healthy.

Potatoes are also high in calcium (important for strong teeth and bones), vitamin C (boosts your immune system), vitamin B6 (helps your body process protein), and folate (helps a baby develop in the womb).

WebMD

Tonsil Stones

Although those bad smelling lumps can be uncomfortable, tonsil stones (also called tonsilloliths) are generally harmless. Hanging out in the tonsil pockets, they form when bacteria and debris get trapped, forming a hard piece of matter and a bad taste in your throat. You can remove small stones with a swab, but if they're not bothering you, no treatment is necessary.



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Magical Metformin

Written by Dr Harold Gunatillake-FRCS, FIACS, FICS, AM (Sing), MB, BS (Cey) Health writer

Metformin is a magical drug that works to bring down your level of blood sugar and also a drug used for many other ailments. The other names for it are Diabex, Fortmet, Glucophage, Glumetza and Riomet. Primarily, it is prescribed for diabetes type2 and does not work for type 1 diabetes. ...

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Glycemic index

Recently, nutritionists have said that it's not the type of carbohydrate, but rather the carb's glycemic index, that's important. The glycemic index measures how quickly and how much a carbohydrate raises blood sugar.

High-glycemic foods like pastries raise blood sugar highly and rapidly; low-glycemic foods raise it gently and to a lesser degree. Some research has linked high-glycemic foods with diabetes, obesity, heart disease and certain cancers, according to Harvard Medical School.

On the other hand, recent research suggests that following a low-glycemic diet may not actually be helpful. A 2014 study published in JAMA found that overweight adults eating a balanced diet did not see much additional improvement on a low-calorie, low-glycemic index diet. Scientists measured insulin sensitivity, systolic blood pressure, LDL cholesterol and HDL cholesterol and saw that the low-glycemic diet did not improve them. It did lower triglycerides.

By Jessie Szalay

Vertigo

Whoa! If it feels like the room's moving when it's not, it could be vertigo. Sometimes caused by inner ear problems or nerve damage, vertigo can last minutes, even hours. To distinguish vertigo from dizziness, there must be a feeling of motion; other symptoms that may occur include hearing loss, ear discomfort, and unusual eye movements. Treating vertigo depends on the cause. Go to your doctor for a complete evaluation. Medicine.net

<http://elanka.com.au/most-people-are-dehydrated-without-knowing-by-dr-harold-gunatillake/>



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[Terrence M Ponniah](#) Metformin Use Linked to Increased Dementia, Parkinson's Risk in Patients With Diabetes

Deborah Brauser
March 30, 2017

VIENNA, Austria — Long-term use of the diabetes medication metformin may increase the risk for neurodegenerative disease in patients with type 2 diabetes mellitus (T2DM), new research suggests.

In a cohort study that followed about 9300 patients with T2DM in Taiwan for up to 12 years, the risk for Parkinson's disease (PD) or Alzheimer's dementia was more than double during a 12-year period for those who took metformin vs those who did not — even after adjusting for multiple confounders.

In addition, outcome risks increased progressively with higher dosage and longer duration of treatment.

The results were presented here at AD/PD 2017: The 13th International Conference on Alzheimer's and Parkinson's Diseases by Yi-Chun Kuan, MD, Shuang Ho Hospital, Taipei Medical University, New Taipei City, Taiwan.

Dr Yi-Chun Kuan

Interestingly, recent research has suggested that use of metformin may protect against neurodegenerative diseases. When asked about that, Dr Kuan told Medscape Medical News that "some studies have actually found positive [outcomes] but some have been negative." So the researchers wanted to look into this using their own data.

"We'd heard about a possible protective effect from metformin. However, we found the reverse," she said, but stressed that large-scale, prospective studies in other countries are needed to clarify the results.

Higher Cumulative Incidences

The investigators note that past research has shown a link between T2DM and increased risk for neurodegenerative diseases, but there's been "some question" about the association with specific diabetes medications.

They examined records for patients with T2DM from the National Health Insurance research database of Taiwan, including 4651 who had metformin prescriptions and 4651 matched controls who were not using the medication. After adjustment for factors such as age, sex, and diabetes severity, "the cumulative incidences of Parkinson's and dementia were significantly higher for our metformin cohort" at 12 years ($P < .001$), reported Dr Kuan.

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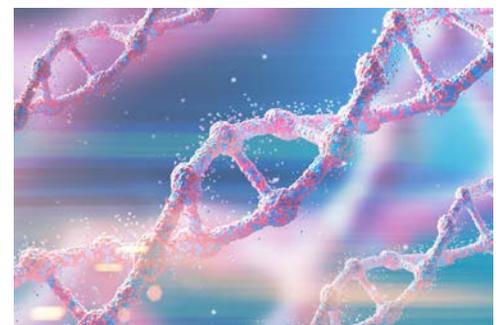
[Harold Gunatillake](#) At last, Face Book being used for discussions on important topics as above and not seeing profiles of women. Thanks for the contributors. One observation I would like to make is that the majority of diabetics I know of in Australia and Sri Lanka are on...[See More](#)

How Does the New 'Gene-Altering' Therapy Fight Cancer?

By Sara G. Miller, Staff Write

A new type of cancer treatment that involves altering a person's genes — and could save children's lives — passed a major hurdle this week, when a U.S. Food and Drug Administration (FDA) panel recommended that the agency approve the therapy, [The New York Times reported](#). But how does the treatment work? The treatment is for an uncommon type of leukemia, called B-cell acute lymphoblastic leukemia, that affects mainly children and young adults, according to the Times. The success rate of the treatment that was seen in a recent clinical trial was "astonishing," said Lee Greenberger, chief scientific officer of the Leukemia and Lymphoma Society (LLS). Greenberger was not involved directly in the research of the new therapy, but the LLS has contributed significant funding toward the work.

Leukemia is cancer of white blood cells, and it starts in the bone marrow, the soft material found in the center of bones that produces blood cells. [[11 Surprising Facts About the Immune System](#)]



Credits to Shuttleworth

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Excessive Sweating (Hyperhidrosis)

Sure, it's a mood killer, but this problem is very common and happens to completely healthy people. While it can occur on the face, sweating is usually worse on the palms, soles, and in the armpits. Treatment may include aluminum chloride antiperspirants, Botox injections, oral medications, mild electrical currents, or even surgery. Medicine.net

Simple vs. complex carbohydrates

Carbohydrates are classified as simple or complex, Smathers said. The difference between the two forms is the chemical structure and how quickly the sugar is absorbed and digested. Generally speaking, simple carbs are digested and absorbed more quickly and easily than complex carbs, according to the NIH.

Simple carbohydrates contain just one or two sugars, such as fructose (found in fruits) and galactose (found in milk products). These single sugars are called monosaccharides. Carbs with two sugars — such as sucrose (table sugar), lactose (from dairy) and maltose (found in beer and some vegetables) — are called disaccharides, according to the NIH.

Simple carbs are also in candy, soda and syrups. However, these foods are made with processed and refined sugars and do not have vitamins, minerals or fiber. They are called "empty calories" and can lead to weight gain, according to the NIH.

Complex carbohydrates (polysaccharides) have three or more sugars. They are often referred to as starchy foods and include beans, peas, lentils, peanuts, potatoes, corn, parsnips, whole-grain breads and cereals. Smathers pointed out that, while all carbohydrates function as relatively quick energy sources, simple carbs cause bursts of energy much more quickly than complex carbs because of the quicker rate at which they are digested and absorbed. Simple carbs can lead to spikes in blood sugar levels and sugar highs, while complex carbs provide more sustained energy.

Studies have shown that replacing saturated fats with simple carbs, such as those in many processed foods, is associated with an increased risk of heart disease and type 2 diabetes.

Smathers offered the following advice: "It's best to focus on getting primarily complex carbs in your diet, including whole grains and vegetables."

By Jessie Szalay

Arm or Leg Goes to Sleep

Ever get that dull feeling in your arm or leg like it's asleep? This temporary and harmless sensation is caused by constant pressure on nerves, leaving them unable to transmit messages to your brain. The cure is simple: change positions. As feeling starts to come back to the area, you may experience tingling ("pins and needles") for a little while. Chronic tingling indicates a more serious underlying condition that should be evaluated.

Sugars, starches and fibers

In the body, carbs break down into smaller units of sugar, such as glucose and fructose, according to Iowa State University. The small intestine absorbs these smaller units, which then enter the bloodstream and travel to the liver.

The liver converts all of these sugars into glucose, which is carried through the bloodstream — accompanied by insulin — and converted into energy for basic body functioning and physical activity.

If the glucose is not immediately needed for energy, the body can store up to 2,000 calories of it in the liver and skeletal muscles in the form of glycogen, according to Iowa State University. Once glycogen stores are full, carbs are stored as fat. If you have insufficient carbohydrate intake or stores, the body will consume protein for fuel. This is problematic because the body needs protein to make muscles. Using protein instead of carbohydrates for fuel also puts stress on the kidneys, leading to the passage of painful byproducts in the urine.

Fiber is essential to digestion. Fibers promote healthy bowel movements and decrease the risk of chronic diseases such as coronary heart disease and diabetes, according to the U.S. Department of Agriculture. However, unlike sugars and starches, fibers are not absorbed in the small intestine and are not converted to glucose. Instead, they pass into the large intestine relatively intact, where they are converted to hydrogen and carbon dioxide and fatty acids. The Institute of Medicine recommends that people consume 14 grams of fiber for every 1,000 calories. Sources of fiber include fruits, grains and vegetables, especially legumes.

Smathers pointed out that carbs are also found naturally in some forms of dairy and both starchy and nonstarchy vegetables. For example, nonstarchy vegetables like lettuces, kale, green beans, celery, carrots and broccoli all contain carbs. Starchy vegetables like potatoes and corn also contain carbohydrates, but in larger amounts. According to the American Diabetes Association, nonstarchy vegetables generally contain only about 5 grams of carbohydrates per cup of raw vegetables, and most of those carbs come from fiber.

Hiccups

Hiccups are an uncontrollable contraction of the diaphragm (the breathing muscle under the lungs). Eating too much or too fast, overdoing alcohol, or swallowing air can all cause the hiccups. They usually go away on their own, but you can try remedies like holding your breath, quickly drinking water, and breathing in a bag to help hasten hiccups away.

Good carbs vs. bad carbs

Carbohydrates are found in foods you know are good for you (vegetables) and ones you know are not (doughnuts). This has led to the idea that some carbs are "good" and some are "bad." According to Healthy Geezer Fred Cicetti, carbs commonly considered bad include pastries, sodas, highly processed foods, white rice, white bread and other white-flour foods. These are foods with simple carbs. Bad carbs rarely have any nutritional value.

Carbs usually considered good are complex carbs, such as whole grains, fruits, vegetables, beans and legumes.

These are not only processed more slowly, but they also contain a bounty of other nutrients.

The Pritikin Longevity Center offers this checklist for determining if a carbohydrate is "good" or "bad."

Good carbs are:

- Low or moderate in calories
- High in nutrients
- Devoid of refined sugars and refined grains
- High in naturally occurring fiber
- Low in sodium
- Low in saturated fat
- Very low in, or devoid of, cholesterol and trans fats

Bad carbs are:

- High in calories
- Full of refined sugars, like corn syrup, white sugar, honey and fruit juices
- High in refined grains like white flour
- Low in many nutrients
- Low in fiber
- High in sodium
- Sometimes high in saturated fat
- Sometimes high in cholesterol and trans fats

By Jessie Szalay

Bone Cancer Warning Signs



This form of cancer happens more often in children and young adults, whose bones are still growing. Know what to watch for.

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