

Pope Francis arrived on Tuesday on the first visit of his life to the United States, bringing his humble manner and his "church of the poor" to a rich and powerful nation polarized over economic inequality, immigration and equal justice.

Duchess Kate, Prince William, Prince Harry bring style game to Rugby World Cup

Chris Serico

Wearing shades of royal blue, the three

famous fans were among many to pack the



British royals were in a sporting mood Friday, when Duchess Kate, Prince William and Prince Harry brought their style A-game to the Rugby World Cup's opening ceremony in London.

Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, attend the opening ceremony of the 2015 Rugby World Cup at Twickenham stadium in south west London on September 18, 2015.

Wearing shades of royal blue, the three famous fans were among many to pack the stands of Twickenham Stadium, where England's rugby squad later would face off against Fiji.

Fr Dilan Perera gifted a new house to Amith Sanjeewa Silva and his family on 27th August 2015



New house- Pics sent by Jeremy



Old house

300,000 families in Sri Lanka have no homes- living in shanties. Needs your help

"There is a lot that happens around the world we cannot control. We cannot control earthquakes, we cannot prevent droughts & we cannot prevent conflicts, but when we know where the hungry, the homeless and the sick exist, then we can help".

It is your turn- open your hearts

4 Divas together in concert.

<http://www.youtube.com/watch?v=kQtBXBfmCcg&NR=>

What Pope Francis Thinks Americans Need to Hear

Pope Francis has a full itinerary for his U.S. trip, but what exactly will he say during his time in the United States?

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<https://www.youtube.com/watch?v=hn16D9lqc8>

Beverly De Niese Her mother and father are Srilankans

A great voice out singing in the street

https://docs.google.com/file/d/0B_ruStQGpT38M3JVdnZGUE81dDA/preview?pli=1

Damning review links popular anti-depressant to youth suicide

A Gift to New York, in Time for the Pope

Pope Francis, the fourth pontiff to visit St. Patrick's Cathedral, will find it brighter, cleaner and in better repair than it has been for decades. Of course, it was his pending visit that prompted a quick conclusion to a three-year, \$177 million restoration.

Pope meets Fidel Castro after mass at Cuba's Revolution Square

Pope Francis meets the retired Cuban revolutionary leader in Havana after an outdoor mass attended by hundreds of thousands of people at the city's iconic Revolution Square.



VIDEO: Pope Francis Visits: Day 2 in Cuba

The latest from Pope Francis' visit to Cuba and

Global life expectancy rises, but research shows people just live sicker for longer



PHOTO: [Research shows global life expectancy has risen.](#) (Reuters: Carlos Barria)

People around the world are living longer, but many are also living sicker lives for longer, according to a study of all major diseases and injuries in 188 countries.

General health has improved worldwide, thanks to significant progress against infectious diseases such as HIV/AIDS and malaria in the past decade and gains in fighting maternal and child illnesses.

But healthy life expectancy has not increased as much, so people are living more years with illness and disability, according to the analysis published in The Lancet journal. "The world has made great progress in health, but now the challenge is to invest in finding more effective ways of preventing or treating the major causes of illness and disability," said Theo Vos, a professor at the Institute of Health Metrics and Evaluation at the University of Washington who led the analysis.

The study's main findings were that global life expectancy at birth for both sexes rose by 6.2 years — from 65.3 in 1990 to 71.5 in 2013.

Healthy life expectancy at birth rose by 5.4 years — from 56.9 in 1990 to 62.3 in 2013.

Healthy life expectancy takes into account both mortality and the impact of non-fatal conditions and chronic illnesses like heart and lung diseases, diabetes and serious injuries.

ABC News

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.

Fiesta Darling Harbour



Share: [email](#) [facebook](#) [twitter](#)
Why? Latin American Festival
When: 3-5 and 10-11 October
Phone: (02) 9240 8500
Website: www.darlingharbour.com/whats-on/fiesta
Where: Darling Harbour
Cost: Free

Ignite your Passion and Feed your Soul @ Fiesta

We all love a good party and one thing for sure is South Americans sure know how to do it best. Coming to Darling Harbour this October is Fiesta! Sydney's favourite Latino Festival. The celebrations will begin 3-5 October long weekend. From 6pm onwards, live music will entice you to join the crowd and release the rhythm as the passionate music engulfs your body and soul.

FREE films from 'the best of the Sydney Latin American Film Festival will be showing on a big outdoor screen from 7.15pm.

The celebrations will continue the following weekend 10 -11 October with the Fiesta Festival. Let yourself be immersed in Music, Dance, Food and the culture of South America.

Hear the sizzling beats of Soul, Jazz and more at La Clave in Darling Quarter or check out colourful contemporary and traditional folkloric dance at the Tropicana stage, Harbourside Amphitheatre.

How Diabetes Affects Your Eyes

Diabetes can make you more likely to have eye problems. Your blood sugar (glucose) levels may be high because your body can't make or use insulin properly. Too much blood sugar can build up and harm your nerves and blood vessels. Damage to the blood vessels in your eyes can lead to vision loss or blindness. Anyone with diabetes is at risk, so it's important to get yearly eye exams

Symptoms of Eye Damage

Diabetes can affect your eyes in different ways. When your blood sugar is high or when you start insulin treatment, you may have blurry vision or other problems. But your eyes can be damaged even if you don't notice any changes. Don't wait for symptoms to arise to get your vision checked

Diabetic Retinopathy

The retina senses light coming into your eye, and it sends messages to your brain about the things you see. Damage to blood vessels inside the retina from blood sugar buildup is called diabetic retinopathy. You might not notice changes at first, but over time the walls of your blood vessels may leak fluid. When you've had diabetes for a while, blood vessels can form scar tissue and pull the retina away from the back of your eye. This can lead to severe vision loss and even blindness.

Treatment -- Laser Surgery

Your doctor can diagnose retinopathy during a thorough eye exam. He'll use a special dye to find leaking blood vessels. In the early stages, diabetic retinopathy often can be treated with laser surgery called photocoagulation. The laser seals the blood vessels and stops them from leaking and growing. The procedure can't restore lost vision. Combined with follow-up care, though, it can lower your chances of blindness by as much as 90%.

Treatment – Vitrectomy

In the late stages of diabetic retinopathy -- if the retina has detached or a lot of blood has leaked into your eye -- your doctor may suggest vitrectomy. This surgery removes scar tissue, blood, and cloudy fluid from inside the eye. Vitrectomy can improve your vision.

Diabetic Retinopathy Risk Factors

Eventually, nearly everyone with diabetes will have some degree of retinopathy. Your chances increase the longer you have the disease. The odds will be higher if you don't have good control of your blood sugar, blood pressure, and cholesterol.

WebMD

https://www.youtube.com/watch?v=PaECPcb_4bc&feature=em-upload_owner

Death and heart disease risks increased with trans fats, not saturated fats

Researchers conducting a systematic review of currently available observational studies have concluded that, while trans fats are associated with a greater risk of death and coronary heart disease, saturated fats are not. In fact, saturated fats were not associated with an increased risk of death, [heart disease](#), [stroke](#) or type 2 [diabetes](#). The results of the systematic review are published in *The BMJ*. Saturated fats typically come from animal products such as meat, egg yolks, butter, milk and salmon, contributing about 10% of energy to the North American diet. In contrast, trans fats are produced industrially from plant oils and found in margarine, packaged baked goods and snack foods. They contribute 1-2% of energy to the North American diet. At present, dietary guidelines recommend limiting saturated fat consumption to less than 10% of daily energy intake to reduce the risk of ischemic heart disease and stroke. Guidelines also recommend that trans fat consumption should be less than 1% of energy. However, several studies have challenged the assertion that the intake of saturated fats is associated with cardiovascular risk. Last May, a cardiologist writing in *The BMJ* stated that the idea that saturated fat [plays a role in heart disease](#) is a myth, pointing out that since it had been recommended that people removed it from their diets, cardiovascular risk went up.

MNT

[Pope Francis asks priests to pardon women who have abortions](#)



All priests will have the discretion to forgive women who have had an abortion during the forthcoming Jubilee year, which is traditionally associated with forgiveness.



A new hotel "OakRay Flower Drum" incorporating jewellery and carved furniture

outlets, was declared open by Hon Ranil Wickremasinghe recently, on Thurstan Road, Colombo. This restaurant succeeded the former "Flower Drum" Chinese Restaurant owned by David Gyi, a most popular and successful Chinese Restaurant for over 50 years.



The present owner Sujeeva Palliaguruge, 45 years old, owning a fleet of hotels in Sri Lanka, was the winner of [Entrepreneur of the Year Award](#) for 2013

He was conferred with the second highest award of Entrepreneur of the Year 2011 with the National Gold award at the Annual Sri Lankan Entrepreneur of the Year award scheme organized by the FCCISL in 2011 at its sixteenth successful year.

Already, OakRay Flower Drum has become a popular up-market restaurant for families and tourists. No pork is served

Visit once you'll visit more

011 2 577350

<http://oakrayflowerdrum.com/>



What You Should Know About Diabetic Ketoacidosis

Diabetic [ketoacidosis](#) (DKA) is a buildup of acids in your [blood](#). It can happen when your [blood sugar](#) is too high for too long. It could be life-threatening, but it usually takes many hours to become that serious. You can treat it and prevent it, too.

What Causes DKA?

It usually happens because your body doesn't have enough [insulin](#). Your cells can't use the sugar in your [blood](#) for energy, so they use fat for fuel instead. Burning fat makes acids called [ketones](#) and, if the process goes on for a while, they could build up in your blood. That excess can change the chemical balance of your blood and throw off your entire system.

People with [type 1 diabetes](#) are at risk for ketoacidosis, since their bodies don't make any [insulin](#). Your ketones can also go up when you miss a meal, you're sick or stressed, or you have an [insulin](#) reaction.

DKA can happen to people with type 2 [diabetes](#), but it's rare. If you have type 2, especially when you're older, you're more likely to have a condition with some similar symptoms called HHNS (hyperosmolar hyperglycemic nonketotic syndrome). It can lead to severe [dehydration](#).

Warning Signs

Test your ketones when your [blood sugar](#) is over 240 mg/dL or you have symptoms of high blood sugar, such as [dry mouth](#), feeling really thirsty, or peeing a lot. You can check your levels with a [urine test](#) strip. Some [glucose meters](#) measure ketones, too. Try to bring your blood sugar down, and check your ketones again in 30 minutes.

Call your doctor or go to the emergency room right away if that doesn't work, if you have any of the symptoms below and your ketones aren't normal, or if you have more than one symptom.

You've been throwing up for more than 2 hours.

You feel queasy or your belly hurts.

Your breath smells fruity.

You're tired, confused, or woozy.

You're having a hard time [breathing](#).

WebMD

[32,000 Indigenous Australians likely to be blind by 2025: report](#)



eLanka

The SriLankan Downunder
www.eLanka.com.au

Peru Plans to Contact Isolated Amazon Tribe



The Peruvian government plans to make contact with the isolated Mashco Piro tribe, hoping to quell further violence in their remote region.

[Read More »](#)

If your mother told you to drink your milk to become strong, she was right. Dairy is high in calcium. But greens like Chinese cabbage, kale, collards, and broccoli have calcium, too. So do soft-boned canned fish - pink salmon and sardines. If you don't get enough calcium, you boost your chances of osteoporosis, a disease that makes bones weak.

While growing inside the womb, a baby needs lots of calcium to grow its bones. It's especially important during the last 3 months. If you don't get enough calcium, the baby will get what it needs from your bones. When pregnant or breastfeeding, you need to eat calcium-rich foods. Talk to your doctor about supplements. The good news: Any lost bone usually comes back after giving birth or after breastfeeding.

WebMD



Gastroesophageal Reflux Disease

Alginic acid (alginate), something we have used for a long time, is a seaweed product that basically forms a mechanical raft on top of the gastric fundic pool to create an antacid effect. It's a treatment that goes back to the 1980s, and I use it often in my pregnant patients.

A prospective, randomized trial^[4] from Europe looked at alginate in addition to a proton pump inhibitor (PPI) in gastroesophageal reflux disease (GERD). Many of you in primary care deal with the PPI "partial responder," and alginate suspension (Gaviscon) has a highly significant adjunctive benefit in these patients. These researchers studied alginate as an add-on treatment in patients with nighttime heartburn symptoms, and the results were highly statistically significant.

It may be easy to add this drug before referring patients. An alginate raft, in addition to a "don't eat late" recommendation, is very helpful.

Another topic important in GERD is the allegation of bone harm from PPIs. I'm sure that you get questions from your patients, because retrospective studies have made allegations of such harm as hip, cervical, and radial fractures.

Laura Targownik from Canada has done some seminal work on this, looking at longitudinal studies with balanced patient populations, and showing no harm. She did a study^[5] of bone structure and metabolism, comparing long-term PPI use with no PPI use. Her group evaluated 104 patients: 52 in each group. They looked at bone metabolism parameters and did a very sophisticated analysis of bone structure from quantitative CT scans. At the end of an extended period, the study found no meaningful differences in volumetric bone mineral density in patients who had PPI exposure.

I tell my patients, "We need to talk about this. If you don't need calcium, you shouldn't take it." Now, you don't need to do specific bone density evaluations, but it is reasonable to discuss these issues with a patient who has PPI exposure—not because of risk but to inform, and because the internet can be a dangerous thing.

There was also a very interesting study presented by Bob Ganz^[6] looking at the LINX procedure (LINX® Reflux Management System; Torax Medical, Inc.; Shoreview, Minnesota), in which a mechanical ring (called a magnetic esophageal device) is attached to the lower esophagus. This surgery requires the expertise of a foregut surgeon or a specialist in general surgery who is trained in foregut surgery. The device allows for adequate relaxation after patients swallow or when they try to belch or vomit.

The study did not look at long-term effects, but they do have long-term data (5 years). On study entry, 100% of the patients were on PPIs, but only 15% were on PPIs at 5 years. None showed significant problems with regurgitation, which I thought was really important, because regurgitation is something that we don't treat effectively with medical therapy. Although 57% had regurgitation on presentation, only 1.5% had it after 5 years. I would advise making sure that the surgeon is well-trained, and work with a gastroenterologist before sending the patient to surgery.

Medscape

Treat Osteoarthritis with Cherry

The most common type of arthritis impacting 33 million American adults is osteoarthritis. It occurs when the cartilage between the bones and the joint wears down; this allows the bones to rub together rather than giving them the protection and cushion of cartilage. A study done at the Osteoarthritis Research Center evaluated 58 non-diabetic patients with osteoarthritis who drank two eight-ounce bottles of tart cherry juice daily for six weeks. As a result of the study, Western Ontario McMaster Osteoarthritis Index (known as WOMAC) scores decreased significantly after the tart cherry juice treatment. High sensitivity scores also declined after the cherry treatment — suggesting that the tart cherry juice provided symptom relief for patients with osteoarthritis.

Dr AXE

How Spain gets rid of their Idiots!

http://www.youtube.com/embed/2h-WhhqFiv4?feature=player_%20de tailpage

'Unboiling' of egg wins researchers parody Nobel

Two Australian academics — one who "unboiled" an egg, the other whose research uncovered the presence of the word "huh" in 31 languages — are recognised in the Ig Nobel Prizes, a prestigious parody of the world's foremost scientific honour.



Peppermint: Acid Reflux and Heartburn

Peppermint may sound cooling. Yet it can relax the muscle at the top of the stomach, allowing food to reflux up into the esophagus and cause heartburn. Other culprits may include chocolate or coffee. Experts recommend lowering the pressure that pushes the food back up by losing weight, eating smaller portions of food and not lying down soon after eating, being alert to problem foods and avoiding them.



Another Pakistani caught ball tampering

Mammogram at 40 ... Or Later?

There's some controversy over when to start and how often to get them. Insights from an expert.



Colon cancer is prone to individuals above the age of 50. Colon or colorectal cancer is affected by **stress** and unhealthy eating habits. But genetics and inflammatory bowel diseases are the main reasons of colon cancer. Detecting the signs of colon cancer and nipping colon cancer in the bud at an early stage increases the patient's survival rate. Hence, we give you signs of colon cancer that one must not ignore.

Food container plastics linked to hypertension

Chemicals supposed to be safe replacements for harmful chemicals in plastics are linked to hypertension and insulin resistance, a precursor to diabetes, find scientists from NYU Langone Medical Center in New York City.

The phthalate compounds in question - di-isonyl phthalate (DINP) and di-isodecyl phthalate (DIDP) - are replacements for another chemical, di-2-ethylhexylphthalate (DEHP), which the same researchers proved in previous research to have similar adverse effects. The phthalates are meant to strengthen plastic wraps and processed food containers, among other household items.

The two new pieces of research are published in the journals *Hypertension* and *The Journal of Clinical Endocrinology and Metabolism*.

In the *Hypertension* study, for every 10-fold increase in the amount of phthalates consumed, there was a 1.1 millimeters of mercury (mmHg) increase in blood pressure.

In the other study, one in three adolescents with the highest DINP levels had the highest insulin resistance, while for those with the lowest concentrations of the chemicals, only 1 in 4 had insulin resistance.

MNT

Hibiscus



This vibrant flower has many rejuvenating properties for hair.

It is an old Indian method of maintaining a thick mane of hair. Because of its rich vitamin C and amino acid content, this flower works to prevent premature graying, nourish the hair and treat dandruff. When you combine the crushed leaves of the flowers with coconut or sesame oil and apply this paste to your scalp regularly, it can also help with hair loss. It's best to leave the paste in your hair for several hours and then rinse.

BabaMail

Larry & Bob

Larry and Bob, two friends, met in the park every day to feed the pigeons, watch the squirrels and discuss world problems.

One day Larry didn't show up.

Bob didn't think much about it and figured maybe he had a cold or something.

But after Larry hadn't shown up for a week or so, Bob really got worried.

However, since the only time they ever got together was at the park, Bob didn't know where Larry lived, so he was unable to find out what had happened to him.

A month had passed, and Bob figured he had seen the last of Larry, but one day, Bob approached the park and -- lo and behold -- there sat Larry!

Bob was very excited and happy to see him and told him so.

Then he said, 'For crying out loud Larry, what in the world happened to you?'

Larry replied, 'I have been in jail.'

'Jail!' cried Bob. What in the world for

'Well,' Larry said, 'you know Jane, that cute little blonde waitress at the coffee shop where I sometimes go?'

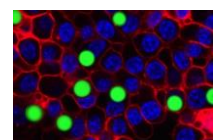
'Yeah,' said Bob, 'I remember her. What about her?'

'Well, one day she filed rape charges against me; and, at 95 years old, I was so proud that when I got into court, I pleaded 'guilty'.

'The damn judge gave me 30 days for perjury'.

Sent By Russel Nathaliensz

Tiny 'Cellular Lasers' Could Aid Targeted Cancer Treatments



For the first time, scientists have injected lasers into cells, making them light up from the inside, an advance that could one day help treat problems inside the human body such as cancer, researchers say.

[Read More »](#)

Banking on Your Workout

Do you exercise? That's great. But if you sit down for most of the rest of your day, that's a problem. You need to be active all day long. Little bursts count. If you have a desk job, take a short walk every hour to boost your circulation, even if it's just to your break room and back. Binge-watching your favorite show? Get up and dance, or do push-ups during the commercials.



What does rosemary do to your brain?

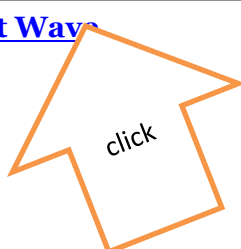
Oral Cancer among betel chewers

Oral cancer among bus crew in Sri Lanka is on the rise. According to sources, a betel chew has 32 cancerous substances. "Bus drivers and conductors keep the betel chew in their mouths for a long time. This leads to injuries to the tissues in the mouth and ends up in cancer," they said. Of the total cancer patients reported in the island, 13 percent are cancer patients. Three oral cancer patients die every two days and 1,400 new oral cancer patients are detected every year. These facts show that oral cancer is on the increase in Sri Lanka. Oral cancer is the commonest cancer among Sri Lankan males, the sources added. (Daily News 4.5.2015)

VIDEO: Chop Suey's Next Wave

Mark Bittman takes a tour through the history of Chinese-American cuisine.

[Related Article](#)



Your kid may not be getting enough water

Maggie Fox

More than half of all U.S. kids are not getting enough hydration — probably because they're not drinking enough water, researchers reported Thursday. Even mild dehydration can cause headaches, irritability, poorer physical performance, and can hurt learning, and the team found thousands of children and teens had clear evidence of dehydration. "Even though for most of these kids this is not an immediate, dramatic health threat, this is an issue that could really be reducing quality of life and well-being for many, many children and youth," Kenney said in a statement.

Writing in the American Journal of Public Health, Kenney and colleagues said they looked at data from a national survey of 4,000 kids aged 6 to 19. Everyone gave a urine sample as part of the survey.

The researchers looked at urine osmolality, a measure of how concentrated the urine is.

Just over half of the children and adolescents weren't getting enough hydration. How could that be? Nearly a quarter of the kids in the study said they never drank plain water.

"The good news is that this is a public health problem with a simple solution," Steven Gortmaker, a professor of health sociology at Harvard, said. "If we can focus on helping children drink more water — a low-cost, no-calorie beverage — we can improve their hydration status, which may allow many children to feel better throughout the day and do better in school."

There's an easy way to tell if you're getting enough fluid — just keep an eye on your own pee. If it's a light yellow color, you're getting enough water. The darker it is, the more likely you are to be dehydrated.

Did Ebola Strike Ancient Athens?



June 17th, 2015

Ebola may have struck Athens during ancient times, one researcher says.

[Read More »](#)

<https://www.youtube.com/embed/OUqf71muwWc>

<https://youtu.be/2svG9enUFic>

Pistachios in the shell

Two studies from Eastern Illinois University found that participants who ate in-shell pistachios slashed their calorie intake by 41 percent compared to those who consumed pistachios that had been pre-shelled. Both groups reported being equally satisfied. In another study, participants who could see their empty pistachio shells pile up as they snacked reduced calories by 18 percent compared to those who discarded the shells. The conclusion: Pistachios in the shell not only help serving sizes appear larger, the empty shells remind you of how many you've eaten.

www.today.com

Forget Fingerprints: You Can Be Identified by Your 'Microbial Cloud'

by Sara G. Miller, Staff Writer |



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Credit: ND Johnston

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Every person emits a unique blend of microbes into the air, and this "microbial cloud" is personalized enough that it could be used to identify people, a new study finds.

The results "demonstrate for the first time that individuals release their own personalized microbial cloud," James Meadow, the lead author of the study, said in a statement.

[Trillions of bacteria live on and in the human body.](#)

Together, these bacteria make up what researchers call the human microbiome.

[Full article-click](#)

Forget Fingerprints: You Can Be Identified by Your 'Microbial Cloud'



You're never alone when you're surrounded by your microbial cloud.

<https://youtu.be/1ReuOnKSi0s>

Vegetables That Boost Your Immune System

Onions are rich in *quercetin*, a powerful antioxidant that may reduce the risk of cancer.

Like garlic, onions also contain the amazing compound *allicin*. Red and purple onions contain *anthocyanins*, the same antioxidants that make berries so robust in healing powers. In addition to being extraordinary at preventing and healing cancer, the quercetin contained in onion makes them a safe therapy for allergies; it also helps prevent heart disease and reduce high blood pressure.

www.dummies.com

High fibre diet less chances of getting diabetes

A new European study found that over a 10-year period, people reporting a fiber intake of around 20-26 grams of fiber daily, when compared with those reporting a low fiber intake, had a lower rate of developing type 2 diabetes.

While this doesn't mean that a fiber-rich diet prevents diabetes, it suggests that fiber is one factor that helps reduce your risk of developing diabetes. But why this occurs remains unknown, and may be related the effects of fiber alone, or indirectly via a fiber-related boost in weight loss (which also reduces diabetes risk).

www.today.com

Diabetes Connection with inflammation
Inflammation and type 2 diabetes are linked. Doctors don't know yet if it causes the disease. Some experts say obesity triggers the inflammation, which makes it harder for the body to use insulin. That may be one reason why losing extra pounds and keeping them off is a key step to lower your chance of getting type 2 diabetes.

Age Can Affect Pain Reliever Safety

Years ago, parents often gave their children baby aspirin for fevers and illness. Now that doctors know more about Reye's syndrome -- a rare but serious condition that affects the brain, kidneys, and liver -- aspirin is a no-no for children and teens during times of illness. Sick kids can safely take ibuprofen and acetaminophen, as long as the dosage is right for their age and weight. Seniors also should use caution when taking OTC pain relievers, because older adults are more likely to develop side effects.

WebMD

What Is Testosterone?

Testosterone may be the most notorious of hormones. It conjures up thoughts of muscles and masculinity. In fact, testosterone does fuel sex drive and muscle mass, but it also regulates mood and bone strength. When a man's level falls below normal, a doctor may prescribe shots, gels, or patches. But there is some debate over who needs treatment.

10 Glasses of water a day to cut fat

We have all heard this advice innumerable times. Drink eight to 10 glass of water a day. Experts say that if you are overweight or tend to get most of your calories from processed and salty food, eight to 10 glass of water could actually help you reduce your weight.

Water could lower your BMI. If you drink eight to 10 glass of water everyday you will end up eating less and also drink fewer calorie-laden beverages. Drinking about 500 ml of water before meal can cut the calories and help in losing weight and as a result lower body mass index (BMI). Water helps in burning fat. You can burn about 50 per cent more fat after drinking water compared with a higher calorie beverage. Water helps you play your [sports](#) better. Sweating away just two per cent of your body's water content affects the performance of a sportsperson to a great extent. Drinking enough water can improve your game and save you from the risk of dehydration.

Water can fight hangovers. Being adequately hydrated is the best way not to feel lousy and grouchy after a late night party. Drink a couple of glasses of water hours before the event. Even when you are flying a long distance flight, staying hydrated helps you fight hangover.

TOI

Calming a "Wet" Cough

If you're coughing up mucus, look for a cough medicine that says "expectorant." That loosens mucus to help you cough it up. If you're coughing up a lot of mucus, check with your doctor to see what the best cough medicine is for you. Also, talk to your doctor before using cough medicine for serious conditions like emphysema, pneumonia, chronic bronchitis, or asthma. Don't give cough and cold medicine to children under 4.

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.

Life's Trials, Travails, Tribulations and Resulting Savagery.

We have seen savagery in the early years of human conception. It remained unabated and was akin to the animal world - the strongest devouring the weakest. However the practice remained confined to their own territory or the adjoining - always close to their own home grounds. As humankind became wiser or shall we say intelligent, the art of negotiations evolved. Some usually ended in peaceful settlement and yet others in brutal confrontation. The belligerence usually had the support of weaponry. Hence the "arms race" was born in its infancy.

Belligerence is the concept that crept into our lives as Mankind turned against one another for their selfish and often greedy needs - be it for expansionist needs or material gains. So they gave vent to their lucrative desires and aspirations; by subterfuge and deception to fulfill their agendas at the cost of their opponents.

In their quest for dominance they left no stones unturned to gain and fulfill their visions of conquest. Interpretation of good governance and social justice turned into dictatorial powers in the guise of socialism; or democracy for that matter. Do as I say; don't do what I do appears to be the norm. The rule of law became double edged between the rulers and the opponents.

Along with the intelligence of the Homo Sapiens came the concept of weaponry to back up their mandates; to show each other their superiority. It is now common knowledge that every country is armed to its teeth with sophisticated weaponry. Thereby utilizing a colossal amount of wealth that could have been better spent on the development and welfare of the Country, instead of weaponry that have to be imported - unless they manufacture them in their own Country. It's not all countries that manufacture their own weaponry. These are more often than not imported from other weapon manufacturing Nations. Thus making the **manufacture of weapons a very lucrative business.**

Face to face confrontation on the battlefield is a thing of the past. It has turned into a "push-button" electronic warfare with weapons of mass destruction being delivered on the opponent; and the poor innocent who succumb to the attacks being classified as "collateral damage". The devastation to life and property is extreme savagery. It is akin to the old saying that "Terrorist is an enemy without a face"; as- the firepower and explosives cannot differentiate between the enemy and the local (innocent) populace. The terrorist of course is also known to manufacture their own brand of explosive devices that end in extreme carnage as a result. Such is the savagery that is meted out by the belligerents.

In all this metamorphoses, entered the various Faiths in continuous succession. All Faiths bringing the message of "Peace on Earth & Goodwill among Humankind" - a Message from God Almighty. Places of Worship were established as refuge and places for worship, meditation and thanksgiving to the Good Lord.

But very sadly these places of safe haven is no longer true; and now perhaps will be remembered as a myth. There is no safety in seeking refuge in the Place of Worship of the Lord as they now appear to be targeted no matter which Faith you follow.

This is extreme savagery since those innocent worshippers, belonging to various ethnicities and without any ties to belligerency are the target for wanton destruction of lives; and for the desecration of the Good Lords Place of Worship.

One can only wonder where we are headed. Obviously one sees the "Four Horsemen of the Apocalypse". One's prayers are that this savagery and human carnage will come to an end. One can only hope that saner counsel will prevail and prevent this holocaust and destruction of Mother Earth. It is a far cry though, as long as greed and egotism prevails in the world of ours today.

Noor Rahim

Popping Multivitamins

Americans pop multivitamin tablets every day. The Institute of Medicine reported 6 years ago that no vitamin had any protective effect against anything. But the American population still pops multivitamins. And kids, as soon as they can walk, are getting the multivitamin tablet. There is no evidence for that. There is no evidence that it does any good. On the other hand, we've got tamoxifen, which does good for women if they start to take it in their mid-40s. But nobody takes it. And why that is? We just don't know.

Tamoxifen prevents breast cancer
Ladies who read this should discuss with their doctor.

Peter Boyle, PhD, DSc, FMedSci

Beat Parkinson's with Physical Activity

Parkinson's Disease is characterized by a loss of dopaminergic neurons, which leads to tremors and difficulty with movement and walking. Karin Wirdefeldt, from Karolinska Institutet (Sweden), and colleagues followed 43,368 individuals enrolled in the Swedish National March Cohort to analyze comprehensive information on physical activity of all kinds. They assessed household and commuting activity, occupational activity, leisure time exercise, and total daily physical activity. All participants were free of Parkinson's disease in October 1997, the start of the follow-up period. Study participants were followed from this baseline until date of diagnosis with Parkinson's disease, date of death, date of emigration, or the end of the follow-up period in December 2010, whichever came first. In that time 286 cases of Parkinson's disease were identified. Data analysis revealed that those who spent more than six hours per week on household and commuting activity had a 43% lower risk of developing

Parkinson's disease, as compared with participants who spent less than two hours per week on those activities. Among men, a medium level of total physical activity [a mean of 39.1 metabolic equivalent (MET) hours per day], as compared with a low level of total physical activity, was associated with a 45% lower Parkinson's disease risk. The study authors submit that: "Our results indicate that a medium level of physical activity lowers Parkinson's disease risk."

[VIEW NEWS SOURCE...](#)

Fei Yang, Ylva Trolle Lagerros, Rino Bellocco, Hans-Olov Adami, Fang Fang, Nancy L. Pedersen, Karin Wirdefeldt. "Physical activity and risk of Parkinson's disease in the

[Pope reforms marriage annulment procedures](#)



Pope Francis has reformed the Roman Catholic Church's cumbersome procedures for marriage annulments, a decision keenly awaited by many couples around the world who have divorced and remarried outside the Church.

Best vegetarian sources of protein

Perhaps one of the most neglected meal components - Protein is the reason behind muscle regeneration, performance, and upkeep.

Without it, you will find it impossible to get fitter. Animal protein helps maintain a well-balanced diet for most non-vegetarians. But what about the vegetarians? Does one really need to switch meal preferences to gain the maximum protein punch? Not at all. Today we bring you the best vegetarian sources of protein that will help you gain muscle tone and maintain good nutrition. Read on...

Whole grains: Although a fine line between carbs, cereal and protein - whole grains like quinoa and barley are excellent sources of protein. At approximately 18gms of protein per cup of cooked quinoa, this wonder grain is one of the best vegetarian sources of protein. Unfortunately, quinoa isn't easily available in India, since it's a South American crop. However, some premium stores do stock it. Failing that, barley or jowar and other whole grains are also sufficient vegetarian sources of protein.

Soy: A wonderfully versatile ingredient, soy in all its shapes and forms is a great protein source for vegetarians. Drink soy milk, stir in tofu with your salads, or simply munch on soy nuts. You'll find that soy products can be roped in with just about any meal or snack - from vegetarian biryani to light noon-time salads...Even mid-evening beverages. One cup of tofu contains approx. 18-20gms of protein. Most packaged tofu and soy milk is fortified with even more nutrients that would serve a vegetarian well.

Nuts and seeds: These are protein sources that even non-vegetarians can't ignore. Nuts like almonds, peanuts, walnuts and seeds like flax, sesame, sunflower, pumpkin are protein and energy powerhouses. However, nuts are also high in fat, so munch on the side of caution. You can even make your own homemade nut butters by simply grinding the nuts of your choice with a dash of olive oil and some more flavours.

Sprouts: Although technically, sprouts come under the beans, legumes and lentils category in vegetarian protein sources, they deserve a special mention. You can sprout already healthy ingredients like alfalfa, mung beans, chickpeas, peas, and soybeans. These sprouts are highly nutritious and rich in protein. Eat them raw with salads, or mix them in with a spicy, hearty dish - either way, your day's protein requirements can be sufficiently met with these wonder sprouts. Do remember that for people with acidity, sprouts aren't the best protein sources.

Beans and lentils: Chalk one up for Indian cuisines, because our diets are already rich in these hearty vegetarian protein sources. Whether it's the ever-loved Rajma Chawal or the various East coast beans and lentil curries with kokam and tamarind, beans and lentils are an intrinsic part of our food culture. And rightly so. One cup of beans (kidney, black, red) contains approximately 15gms of protein. These do not, however, perform as optimally as dairy and soy sources of protein. Therefore, vegetarians must still take care to include all the other protein sources mentioned here.

Dairy: Dairy has received some bad press recently (Re: Lactose intolerance being more common than we think). However, if you do not have any digestion problems or adverse reactions to natural whey protein and simple plain yogurt, we say give it a try. Whey protein is simply the leftover residue from the cheese-making, paneer-making process. Resort to artificial (closest to natural state) whey protein only if you aren't getting enough protein in your daily diet. Yogurt is easier to digest than milk, and is a great protein source for vegetarians.

Preventing ingrown toenails

An ingrown toenail is one of the most common sources of foot pain. Although it's usually just a nuisance, it can be a serious problem for anyone with diabetes or circulatory difficulties.

An ingrown toenail develops when the side of the nail digs into the skin. This can lead to pain, irritation, swelling, and redness. The big toe is most often affected, although no toe is immune. The problem usually develops because the nails have not been trimmed properly. Overly tight shoes may also be a factor. Some people have an inherited tendency to develop the problem.

The easiest way to prevent an ingrown toenail is to cut your nails straight across, rather than rounding off the corners (as you would with your fingernails). Use a toenail clipper (which is wider and larger than a fingernail clipper) or, if you use scissors, cut the nail in several short movements. Wear shoes that provide enough room at the toes, and wear stockings or socks that allow your toes to move freely. Lastly, it helps to clean under your nails regularly.

Harvard Medical School

Drugs for GERD

This class of drugs has progressed through a number of advances to further enhance prolonged acid reduction, including the development of isomers of the racemate index agent (eg, esomeprazole from omeprazole, dexlansoprazole from lansoprazole) to take advantage of metabolic pathways that provide more predictable and slower clearance. Dual delayed-release formulations (ie, dexlansoprazole) provide a second release of the compound 4-6 hours after the initial dose. This second release provides a pharmacodynamic effect on gastric pH that is similar to twice-daily PPI dosing, which is believed to be needed in approximately 25% of patients.

Additionally, the concomitant use of PPIs in patients at risk for gastroduodenal ulcers and complications due to nonsteroidal anti-inflammatory drugs (NSAIDs) has had a profound effect on risk reduction and related clinical complications. These adverse gastrointestinal outcomes have resulted in significant morbidity and mortality. It has been reported that as many as 25% of chronic NSAID users will develop ulcer disease,^[1] and 2%-4% will have major complications of bleeding or perforation of the stomach or intestine.^[2] In the late 1990s, it was recognized that these gastrointestinal events resulted in more than 100,000 hospital admissions annually in the United States and 7000-10,000 deaths, especially among those who had been designated as high risk. In fact, in 1997, NSAID-related complications were a recognized leading cause of death in the United States, essentially equal to the rate of death from AIDS.^[3]

PPIs have had an amazing impact on mitigating the risk of common upper gastrointestinal disease complications.

Medscape.com

Screening works, say cancer advocates

Bowel Cancer Australia chief executive Julian Wiggins said all Australians from age 50 who did not have symptoms or a family history of bowel cancer should undertake bowel cancer screening every one to two years using a faecal immunochemical test (FIT).

That is the same kind of kit sent out by the Government.

Cancer experts say most cases of bowel cancer can be successfully treated if caught early. "Screening using a faecal immunochemical test is one of the most effective ways to reduce the risk of bowel cancer as it can help detect pre-cancerous polyps for removal during colonoscopy or cancer in its earliest stages when it is easier to treat and cure," Mr Wiggins said.

Since the national bowel cancer screening program began in 2006, it has detected more than 4,000 cancers and more than 12,000 potential tumours.

Many cases of bowel cancer can be prevented by a diet high in fibre, regular exercise, reducing meat and alcohol intake, obesity and smoking.

Rotary Australia also runs a bowel cancer screening campaign where testing kits can be purchased at pharmacies.

Benefits of exercise beyond joint pain

Besides helping your joints and sense of balance, exercise benefits your heart and brain, too. It sharpens your mind and releases natural compounds that relieve pain and improve mood. And, with a healthy diet, exercise also helps you shed pounds, taking pressure off your sore joints.

Harvard Medical School

No food ingredient divides opinion and generates controversy quite like the artificial sweetener aspartame.

Found in more than 6,000 products worldwide, the additive has been consumed by hundreds of millions of people over the past 30 years in fizzy drinks, low-calorie yoghurts, chewing gums and medicines.

Supporters and food regulators say it is the safest and most thoroughly tested sweetener on the planet.

But critics — particularly those in the U.S. — disagree. They claim there is compelling evidence linking aspartame to a catalogue of ailments including headaches, blurred vision, depression, seizures, birth defects and even brain tumours and cancer.

Last month the aspartame row came to the boil once again when Pepsi announced that it was dropping the sweetener from diet drinks in the U.S. The parent company, PepsiCo, insists it is not withdrawing it on health grounds, and that aspartame will still be used in drinks in Britain and the rest of Europe.

The company claims the decision is a commercial one: that it is responding to consumer fears about the ingredient and falling sales of 5 per cent a year in America. There, PepsiCo will replace aspartame with an alternative called sucralose.

Seth Kaufman, vice-president of Pepsi, said: 'Aspartame is the number one reason consumers are dropping diet soda.'

The move is the latest twist in an extraordinary saga that goes back nearly 40 years to when aspartame was discovered in a drugs company laboratory.

It was mired in controversy right from the start. Originally approved in the U.S. in 1974, it was withdrawn a year later after regulators discovered a catalogue of flaws in its safety trials, including sloppy research and poorly controlled experiments.

Read more: <http://www.dailymail.co.uk/health/article-3082524/Is-sweetener-hidden-6-000-products-danger-health.html#ixzz3aTQg6MMT>
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What is metabolic syndrome?

To have metabolic syndrome, a person must have at least three of the five conditions that are considered to be "metabolic risk factors," according to the National Institutes of Health.

The five conditions are: a large waistline, a high level of **triglycerides** (a type of fat found in the blood), a low level of "good" **HDL cholesterol**, high blood pressure and a high level of blood sugar after fasting.

In the study, the researchers examined data from the National Health and Nutrition Examination Survey collected between 2003 and 2012. In the survey, data are collected from not only interviews with the participants, but also physical exams. [9 [Healthy Habits You Can Do in 1 Minute \(Or Less\)](#)]

The researchers also found that the prevalence of the metabolic syndrome increased with age. They found that 47 percent of people ages 60 and older had metabolic syndrome, compared with 18 percent of people ages 20 to 39. Among people ages 60 and older, more than 50 percent of women, and more than 50 percent of Hispanics, had the syndrome.

Statins 'slash stroke risk by 30 per cent'
CHOLESTEROL-LOWERING drugs such as statins have been found to cut people's risk of stroke by nearly a third.

A STUDY carried out in France found that those who take either statins or fibrates (five participants took both) had a 30 per cent lower risk.

Statins are the most commonly prescribed group of drugs in the National Health Service with up to 10 million people in England estimated to be taking them.

They are offered to people in Britain who have a 20 per cent risk of developing cardiovascular disease within 10 years. But the study, which tracked 7500 men and women with an average age of 74 over nine years, found no association between use of statins or fibrates and coronary heart disease.

Its authors said the proportion of people taking cholesterol-lowering drugs - especially statins - has increased rapidly in most high-income countries over the past couple of decades.

They suggested that the increase could explain the 13 per cent reduction in the incidence of stroke in the over-65s in France over the past 10 years.

Although in France the overall risk of stroke to the population remains low, the results "could have an important effect on public health in other populations", they said.

Simvastatin and pravastatin were the most commonly used statins in the study, while most of the fibrate users took fenofibrate.

The research, led by the University of Bordeaux, is published in the BMJ.

The Australian

What Are Kegel Exercises for Men?

Kegels are exercises that help you zero in on and strengthen muscles below the **bladder** that help control urination.

In men, **urinary incontinence** can be caused by a weak urinary sphincter that may result from surgery for **prostate cancer**, an **overactive bladder**, or a bladder that doesn't contract. Kegel exercises can help you improve -- or in some cases completely regain -- bladder control.

How Can Men Do Kegel Exercises?

Kegels are easy to do, once you know which muscles to target. One of the easiest ways to locate your muscles is during urination. Here's how:

Halfway through urination, try to stop or slow down the flow of urine.

Don't tense the muscles in your buttocks, legs, or **abdomen**, and don't hold your breath.

When you can slow or stop the flow of urine, you've successfully located these muscles.

Some men find these muscles by imagining that they are trying to stop the passage of gas. Squeezing these muscles gives a pulling sensation; these are the right muscles for pelvic exercises. It's important not to contract other muscles.

Some men need **biofeedback** to help them target the right muscles.

To do Kegel exercises for men:

Contract these muscles for a slow count of five.

Release the muscles to a slow count of five.

Repeat 10 times.

Do a set of 10 Kegels daily, three times a day.

When you're first starting, it may be easier to do Kegel exercises lying down, so your muscles aren't fighting against gravity. It may also be easier to contract the muscles for just two or three seconds at first.

After a few weeks, increase the time until eventually you're contracting the muscles for a slow five or 10 seconds, and do the exercises standing up. That puts more **weight** on the muscles, boosting your **workout** and improving your control.

Remember not to tense your buttock, legs, or **stomach** muscles while you're doing Kegels. WEBMD

Cannibalism: What does human flesh taste like?

Thomas Foster

"Man's flesh is delicious. It tastes far better than fish or pork."

- [Alexander Pearce](#), Tasmanian convict, originally from Ireland, who ate his seven fellow escapees over the period of four months as they tried to cross the Tasmanian wilderness.

Pearce and most other famous cannibals seem to all compare it to pork, so I'm guessing there's a consensus there in that it is similar to pork.

Millions of Dollars in Ivory Sold on Craigslist

by Megan Gannon,



From kitschy trinkets to carved tusks, thousands of objects — possibly worth more than \$15 million a year — are being sold on Craigslist in the United States, according to a report. From March 16 to 20, researchers with the International Fund for Animal Welfare (IFAW) and the Wildlife Conservation Society (WCS) combed through Craigslist postings in 28 geographic areas across the country.

Just in that five-day period, the authors of the [new report](#) flagged 456 [ivory products](#), 84 suspected ivory products and 75 related wildlife products (such as elephant skin) for sale, for a combined list price of at least \$1.4 million. [\[In Photos: US Destroys Its Elephant Ivory\]](#)

If those numbers are representative of the average pace of the trade, that means 6,600 ivory items are being sold on Craigslist for \$15.3 million each year, the authors said. San Francisco and Los Angeles had the highest numbers of [ivory products](#) for sale of any geographic area, the report revealed.

The United States abides by an international CITES treaty that partially banned ivory imports beginning more than 20 years ago. But domestic ivory markets continue to thrive and provide a convenient cover for smuggled ivory products. However, last year, the Obama administration proposed a [near-complete ban](#) on the commercial ivory trade in the United States, with exceptions for antiquities. Many buyers may not realize that ivory objects they can pick up on the Internet could have been sourced from the tusks of one of the estimated [96 elephants illegally killed](#) in Africa each day.

Lactose intolerance

Most people who are lactose intolerant can have some lactose without symptoms, so you probably don't need to swear off dairy entirely. This is important since dairy and cow's milk are a rich source of calcium. Experiment to see what works for you: You may be able to have small amounts of cow's milk (like half a glass), or drink milk with a meal, without triggering symptoms.

Lactose-free dairy milk offers the same amount of calcium and other nutrients as regular milk. Other calcium-rich drinks include fortified nondairy beverages, such as soy milk and almond milk. Lactase enzyme replacements, sold over the counter in drugstores, can also be taken with cow's milk or other dairy foods to avoid symptoms.

Porridge for breakfast cuts the risk of diabetes: High fibre intake found to lower chance of Type 2 by nearly a fifth



Experts believe dietary fibre, especially cereals, may help people maintain a healthy weight, which in turn reduces the chances of developing type 2 diabetes.

North American diet deficient in omega-3 oils

Americans and Canadians eat too much meat and not enough fish, researchers from the University of British Columbia reported in the *American Journal of Nutrition* in 2008.

The authors added that the [North American lifestyle means people are not getting adequate amounts of dietary omega-3 fatty acids](#). They emphasized that pregnant and breastfeeding women particularly need to make sure they consume plenty of omega-3 oils.¹⁶ They found that North American women's babies did not do as well on eye tests if they were deficient in omega-3 fatty acids while they were pregnant.

What are the health benefits of biotin?

Biotin, also known as vitamin H or B7, and often grouped with the B-complex vitamins, is a water-soluble vitamin that can be produced in the body as well as obtained from foods.

Recommended intake

The Adequate Intake (AI) for biotin is 30 micrograms per day for adults over 18 years of age. Biotin deficiency is rare in humans due to its wide distribution in foods and the ability to synthesize biotin in the gut.

Biotin is a water-soluble vitamin that can be produced in the body as well as obtained from foods.

The most common cases of biotin deficiency that have been reported are in pregnant women, patients receiving prolonged parenteral (intravenous) [nutrition](#), infants whose mothers milk contained low amounts of biotin and in patients with impaired biotin absorption due to an inflammatory bowel disease or other GI tract disorder.

Long-term use of anti-seizure medications such as phenobarbital, phenytoin, or carbamazepine can also reduce blood levels of biotin. Biotin supplements are available, but it is best to obtain any vitamin or mineral through food. It is not the individual vitamin or mineral alone that make certain foods an important part of our diet, but the synergy of that foods nutrients working together. It has been proven time and again that isolating certain nutrients in supplement form will not provide the same health benefits as consuming the nutrient from a whole food. First focus on obtaining your daily biotin requirement from foods then use supplements as a backup.

MNT

Do fish oil supplements offer heart benefits?

Experts and members of the general public believe that a high consumption of omega-3 oils has heart benefits. However, studies have produced mixed results.



No heart benefits found - a review of 20 different studies published in *JAMA* (Journal of the American Medical Association), involving almost 70,000 people, surprisingly [found no compelling evidence linking fish oil supplements to a lower risk of heart attack, stroke or early death](#).¹²

Heart benefits found - a 2011 study, on the other hand, carried out by researchers at Michigan Technological University, found that [fish oil consumption can improve blood flow](#) by reducing triglyceride levels, as well as slowing down the growth rate of atherosclerotic plaques.¹³

Fish oils help patients with stents in their arteries.

People with stents in their heart who took two blood-thinning drugs as well as omega-3 fatty acids were found to have a lower risk of [heart attacks](#) compared to those not on fish oils.¹⁴

Are low Japanese heart disease rates linked to high fish oil consumption?

Researchers from the University of Pittsburgh Graduate School of Public Health set out to determine why the incidence of [heart disease](#) in Japan is much lower than in the USA, Canada, Western Europe and Australasia. They reported in the *Journal of the American College of Cardiology* in April 2008 that omega-3-rich fish consumption in Japan is much higher than in other developed nations. The authors believe that the [greater consumption of fish oils in Japan is a main contributor to its relatively lower heart disease rates](#).¹⁵

The scientists explained that the difference cannot be explained by genetic factors. Third and fourth generation Japanese-Americans have either the same or higher rates of hardening of the arteries ([atherosclerosis](#)) than the rest of the US population. Atherosclerosis is a major risk factor for heart disease.

How Exercise May Aid Cancer Treatment

By **GRETCHEN REYNOLDS**

In a new study involving mice, aerobic exercise slowed the growth of breast cancer tumors and made the cancer more sensitive to chemotherapy. The results raise the possibility that exercise may change the biology of some malignant tumors, potentially making them easier to treat.

Scientists and clinicians have known for some time that solid tumors can create their own, peculiar ecosystem within the body. As a tumor grows, it sends out biochemical signals that prompt the creation of additional blood vessels to provide the expanding tumor with more oxygen. Oxygen is, of course, important for cell health, including in normal tissue. But in some tumors, these new blood vessels begin to proliferate so wildly that they create a "jumble and tumble" of tubes that can curl around and choke one another, reducing blood supply and oxygen to the tumor, says Mark W. Dewhirst, the Gustavo S. Montana Professor of Radiation Oncology at Duke University School of Medicine and senior author of the new study.

As a result, the tumor becomes hypoxic; it exists in an environment with little oxygen. That condition might seem desirable, since it is fundamentally unhealthy for living tissue to be starved of oxygen. But unfortunately, Dr. Dewhirst says, hypoxia also can make tumors relatively impervious to treatment. Chemotherapy drugs and radiation work better in conjunction with oxygen.

"It's a bad sign from a clinical perspective when a tumor is hypoxic," Dr. Dewhirst says.

For years, he and his colleagues have been looking for ways to increase oxygen flow to tumors. There have been trials in animals and people of substances that alter the biochemical signals from the tumors and lead to slower, more normal blood vessel growth to the tumor and reduced hypoxia. But the benefits of this approach have so far been fleeting; eventually the blood vessels leading to the tumor tend to overgrow again like untended vines and hypoxia returns. So Dr. Dewhirst and colleagues from Massachusetts General Hospital in Boston and Memorial Sloan Kettering Cancer Center in New York City began to consider exercise.

Aerobic exercise is known to increase the flow of oxygen-rich blood to tissues. It's one of the hallmarks of the activity.

Serve Up the Heart-Healthy Food



Load your plate with fruits and vegetables -- five to nine servings a day -- to help lower LDL "bad" cholesterol. Antioxidants in these foods may provide the benefit. Or it may be that when we eat more fruits and veggies, we eat less fatty foods. Either way, you'll also help lower blood pressure and maintain a healthy weight. Foods enriched with plant sterols, such as some margarine spreads, yogurts, and other foods, can also help lower LDL cholesterol.

WebMD

Drink lemon in the morning

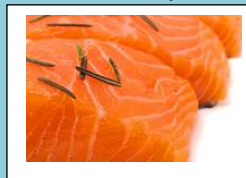
"The health promoting benefits of lemons are powerful. For centuries, it has been known that lemons contain powerful antibacterial, antiviral and immune boosting components. We know that lemons are a This reduces the pain and inflammation which many people feel. And the American great digestive aid and liver cleanser. Lemons contain citric acid, magnesium, bioflavonoids, vitamin C, pectin, calcium and limonene, which supercharge our immunity so that the body can fight infection.

Lemons are considered one of the most alkalizing foods you can eat. This may seem untrue as they are acidic on their own. However, in the body, lemons are alkaline; the citric acid does not create acidity once it has been metabolized. The minerals in lemons are actually what helps to alkalize the blood. Most people are too acidic (from eating too much sugar and grains), and drinking warm lemon water helps reduce overall acidity, drawing uric acid from the joints. Cancer Society recommends warm lemon water to encourage regular bowel movements."

TheAlternativeDaily.com

For Heart Health, Look to the Sea

A heart-healthy diet has fish on the menu twice a week. Why? Fish is low in saturated fat and high in healthy omega-3 fatty acids. Omega-3 fatty acids help lower levels of triglycerides, a type of fat in the blood. They may also help lower cholesterol, slowing the growth of plaque in arteries. Go for fatty fish, such as salmon, tuna, trout, and sardines. Just don't drop the fillets in the deep fryer -- you'll undo the health benefits.



Apple eaters

While the study doesn't look at why apple eaters use fewer prescription drugs, it may be because they make healthier choices. "Apple eaters actually have less prescription [drug] use," says Cassie Vanderwall, R.D. and certified diabetes educator at the University of Wisconsin Hospital and Clinics, who was not involved in the study.

Based on reading the analysis, "we could definitely infer that people who have at least an apple a day eat other fruits and other vegetables," she says.

Davis agrees. Apple eaters are less likely to smoke and have slightly lower body-mass index, according to the analysis.

"That is probably a sign that they are doing more healthy things," he says.

Even though the study doesn't show that apple eaters visit the doctor less, or that apples are the reason for people getting fewer prescriptions, Vanderwall believes the results are encouraging.

"Apples are great but they're not a magical fruit," she says. "All fruits and vegetables are great."

Meghan Holohan TODAY contributor

Start Your Day With Whole Grains

A bowl of oatmeal or other whole-grain cereal has benefits that last all day. The fiber and complex carbohydrates in whole grains help you feel fuller for longer, so you'll be less tempted to overeat at lunch. They also help lower LDL "bad" cholesterol and can help you lose weight. Other examples of whole grains include wild rice, popcorn, brown rice, and barley.

Controlling your weight is key to lowering stroke risk

There is a lot you can do to lower your chances of having a stroke. Even if you've already had a stroke or TIA ("mini-stroke"), you can take steps to prevent another.

Controlling your weight is an important way to lower stroke risk. Excess pounds strain the entire circulatory system and can lead to other health conditions, including high blood pressure, diabetes, high cholesterol, and obstructive sleep apnea. But losing as little as 5% to 10% of your starting weight can lower your blood pressure and other stroke risk factors.

Skip the sipped calories. Sodas, lattes, sports drinks, energy drinks, and even fruit juices are packed with unnecessary calories. Worse, your body doesn't account for them the way it registers solid calories, so you can keep chugging them before your internal "fullness" mechanism tells you to stop. Instead, try unsweetened coffee or tea, or flavor your own sparkling water with a slice of lemon or lime, a sprig of fresh mint, or a few raspberries.

Eat more whole foods. If you eat more unprocessed foods — such as fruits, vegetables, and whole grains — you'll fill yourself up on meals that take a long time to digest. Plus, whole foods are full of vitamins, minerals, and fiber and tend to be lower in salt — which is better for your blood pressure, too.

Find healthier snacks. Snack time is many people's downfall — but you don't have to skip it as long as you snack wisely. Try carrot sticks as a sweet, crunchy alternative to crackers or potato chips, or air-popped popcorn (provided you skip the butter and salt and season it with your favorite spices instead). For a satisfying blend of carbs and protein, try a dollop of sunflower seed butter on apple slices.

Harvard Medical School

Best news ever: A post-gym burger can actually be good for you

By Kristen Amiet

Sometimes, envisioning a big, juicy burger waiting for you on the other side is the only thing that gets you through a gruelling Pump class.

And while you may never *actually* indulge for fear of undoing all that hard work, new research suggests letting your willpower wane once in a while might not be as harmful as you think.

In a groundbreaking (albeit very small) pilot study, heroic researchers from the University of Montana *tested* the effects of different post-workout snacks on the performance of 11 fit fellas, and discovered that feasting on fast food after visiting the gym (to work out, not hang out) was just as effective at refuelling their bodies as a protein shake or power bar.

The team, led by grad student and actual modern-day genius Michael Cramer, put participants through a 90-minute endurance-based workout after they fasted for half a day. While some of the men were given "traditional" post-exercise snacks like Gatorade or organic peanut butter, a lucky few were treated with takeaway hot cakes, hash browns and orange juice.

By recording specs collected from blood samples and muscle tissue at every step along the way, the researchers found that there was no significant difference in athletic performance between the two groups: their triglyceride, cholesterol, insulin and glucose levels remained almost the same, regardless of meal type they'd consumed earlier.

To be sure, the University of Montana team invited the boys back a week later, this time flipping the groups, and guess what? The results were almost identical. It's worth noting that the participants were elite athletes, so the results might be different for people with everyday bodies and metabolisms. But who are we to argue with *actual scientific data*? Burgers and fries for all (in moderation, and only if you try *really* hard at the gym)!

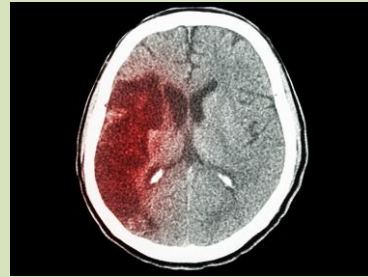
The findings are published in the *International Journal of Sport Nutrition and Exercise Metabolism*.

Coffee

Your morning cup of joe is more than a satisfying pick-me-up. It may give your love life a boost, too. Men who drank two or three cups' worth of caffeine a day were less likely to have erectile dysfunction, one study found. That's because caffeine helps boost blood flow. Not a java fan? Many teas, sodas, and sports drinks also have caffeine.

The Latest in Acute Stroke Management--A Conversation

Mark J. Alberts, MD, Werner Hacke, MD, PhD, DSc, Helmi L. Lutsep, MD, Bret S. Stetka, MD



New Stroke

Prevention Guidelines: A Quick and Easy Guide

Editor's Note: At the *International Stroke Conference (ISC) 2015, held in Nashville, Tennessee, in February, data from several dramatically positive, potentially practice-changing acute stroke trials were reported. Medscape recently interviewed stroke experts Dr Mark Alberts, Dr Helmi Lutsep, and Dr Werner Hacke about the implications of these findings and about the latest in acute stroke management.*

Introduction

Medscape: To begin, what were the major findings—those likely to have the most clinical impact—presented at the ISC this year on acute stroke management?

Helmi L. Lutsep, MD: The major findings presented this year at the ISC on acute stroke management are without a doubt the results of four randomized endovascular therapy trials: MR CLEAN,^[1] ESCAPE,^[2] EXTEND-IA,^[3] and SWIFT PRIME.^[4] These trials each showed that in patients with acute ischemic stroke caused by a proximal vessel occlusion, endovascular treatment improved functional outcomes.

Mark J. Alberts, MD: I agree with Helmi's perspective. Going forward, two significant challenges in stroke management will be: (1) screening a lot of patients to define which specific patients require endovascular therapy; and (2) the timely transfer or transportation of such patients to comprehensive stroke centers for such therapy. One of the endovascular studies^[3] had to screen almost 8000 patients to find 75 or so who benefited from this therapy. This means to me that we must do a better job with triage and initial screening.

Werner Hacke, MD, PhD, DSc: I would like to add that the reported results only apply in a minority of stroke patients—those with large proximal vessel occlusions (eg, terminal carotid and proximal middle cerebral arteries) successfully treated within 6 hours. Also, the results only apply to treatment with stent retrievers, not to treatment with other revascularization devices (not yet, anyway).

It is unclear how many stroke services we will need to offer the studied treatment to all patients who are candidates. I prefer that this endovascular therapy is carried out at large stroke centers that do more than 100 interventional stroke therapies per year over small or single-person centers that only do 10 or 20 cases a year. Quality comes with large numbers. Perhaps one large-volume comprehensive stroke center (CSC) per million-person catchment area is adequate. Tele-neurology and the "drip-and-ship" approach should also be reinforced. [Editor's note: the "drip-and-ship" paradigm in stroke care refers to the practice of administering intravenous (IV) recombinant tissue plasminogen activator (rt-PA) at the emergency department of a community hospital followed by transfer to a CSC.]

Using your iPhone in front of the TV is bad for your brain: Flicking between screens releases hormone that has same effect as being high on drugs

- Switching between screens trains brain to be disorganised, scientists say
- Rewires brain, sending data to parts which make it difficult to recall later
- Also releases dopamine, the chemical associated with drug abusers

By Katherine Rushton For The Daily Mail

As you flick between smartphone, computer and TV, it may feel you are giving yourself a mental workout. But using several gadgets at once is bad for your brain, scientists warn. It releases a hormone that can have the same effect on thought processes as being high on drugs, they say.

Such multi-tasking lowers your IQ because people who, for example, check Facebook on their smartphone while watching TV are training their brains to be disorganised.

Read more:

<http://www.dailymail.co.uk/sciencetech/article-3029430/Using-iPhone-TV-bad-brain-Flicking-screens-releases-hormone-effect-high->

Energy Drinks

Most of those drinks that say they'll give you a lift have tons of sugar along with caffeine. Some energy drinks have about 25 grams per 8-ounce serving. How about having some cool water instead? Sometimes being dehydrated can make you feel tired.

Step Up Your Workout



Aerobic exercise may not build big muscles, but it can rev up your metabolism in the hours after a workout. The key is to push yourself. High-intensity exercise delivers a bigger, longer rise in resting metabolic rate than low- or moderate-intensity workouts. To get the benefits, try a more intense

The secret to staving off diabetes? Eat four eggs a week and plenty of cheese and yogurt

- Regular consumption cut the risk of developing type 2 diabetes by a third
- Believed to be first study showing eggs offer a specific diabetes benefit
- Second study found eating high fat cheese and yogurt lowered risk by 25%

By Jenny Hope, Daily Mail Medical Correspondent

Eating an egg every other day may keep diabetes at bay, claim researchers.

Regular consumption cut the risk of developing type 2 diabetes by a third, according to a new study.

A second study found similar health benefits from eating high fat dairy foods, such as cheese.

However, the latest research is believed to be the first to show eggs offer a specific benefit in reducing type 2 diabetes – although high consumption might be a marker of a healthier lifestyle, say experts.

Both studies come from Scandinavian researchers and are published in the American Journal of Clinical Nutrition.

A study by the University of Eastern Finland looked at the role of eggs in type 2 diabetes, with researchers pointing out that high-cholesterol foods such as eggs have been assumed to raise the risk.

The eating habits of 2,332 men aged 42 to 60 who took part in a heart disease study in the 1980s were recorded, and two decades later 432 men were diagnosed with type 2 diabetes.

Results showed eggs not only reduced the risk of type 2 diabetes but also lowered blood glucose levels.

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What is Bronchitis?

Bronchitis is an inflammation in the lungs that some people call a chest cold. It can be a miserable, but minor, illness that follows a viral illness like the common cold – or



may follow a more serious condition like a chronic smoker's hack. A cough, phlegm, and feeling tired are typical symptoms of bronchitis, but these are also symptoms of other illnesses, so getting the right diagnosis and treatment is important.

Bronchitis: Inside Your Lungs

When the bronchial tubes that carry air deep into your lungs become inflamed, the inner lining swells and grows thicker, narrowing the breathing passages. These irritated membranes also secrete extra mucus, which coats and sometimes clogs the small airways. Coughing spells are the body's way of trying to clear out these secretions for easier breathing.

Symptoms of Bronchitis

The main symptom of bronchitis is a productive cough that persists several days to weeks. Other symptoms that may occur are:

- Fatigue
- Wheezing sounds when breathing
- Tightness or dull pain in the chest
- Shortness of breath

Fever is unusual and suggests pneumonia or flu.

Acute Bronchitis: How Long Does It Last?

Acute bronchitis often develops three to four days after a cold or the flu. It may start with a dry cough, then after a few days the coughing spells may bring up mucus. Most people get over an acute bout of bronchitis in two to three weeks, although the cough can sometimes hang on for four weeks or more. If you're in otherwise good health, your lungs will return to normal after you've recovered from the initial infection.

Chronic low blood pressure

Chronic low blood pressure with no symptoms is almost never serious. But health problems can occur when blood pressure drops suddenly and the brain is deprived of an adequate blood supply. This can lead to dizziness or lightheadedness. Sudden drops in blood pressure most commonly occur in someone who's rising from a lying down or sitting position to standing. This kind of low blood pressure is known as postural hypotension or orthostatic hypotension. Another type of low blood pressure can occur when someone stands for a long period of time. This is called neurally mediated hypotension.

Hot water with lemon juice. Not only is it warming, but it's also great for our digestion, and to improve our brain function.

Gout and Multiple Sclerosis

Are gout sufferers more prone to develop MS?

There has been a lot of chatter about gout, uric acid and the disease multiple sclerosis lately on the net and I thought it would be a good idea to shine some light on this subject for you. Firstly, multiple sclerosis is an autoimmune disease that attacks the central nervous system. This affects the brain which can't communicate with the rest of the body causing body parts to go numb like the legs and not being able to walk. I have a friend who suffers from the disease and let me tell you, you wouldn't want to wish that upon your worst enemy. The symptoms progress slowly over time and eventually worsen. Unfortunately, there is still a lot we don't know about the disease and we still don't really know what causes it.

What does gout and multiple sclerosis have in common? Uric acid. Uric acid which is a powerful antioxidant has shown to protect neurons and since high uric acid levels are present in gout sufferers, a group of researchers wanted to test the hypothesis that we are less prone to developing a neurological disease like MS and Parkinson's. This study wanted to investigate the protective role that uric acid offers towards developing these diseases.

The researchers basically examined the long-term data consisting of patient records for hospital admissions and deaths in the UK for the time period between 1999 and 2012. Of the roughly 9 million hospital admissions 214,653 were related to gout, 82,220 were related to MS, 217,179 were related to Parkinson's and 25,185 were related to motor neuron disease.

What the researchers concluded at the end were that us gout sufferers were not at a decreased risk of developing multiple sclerosis compared to everyone else. On the other hand, patients with MS were less likely to develop gout later on. The researchers noted limitations in the study and do propose for a follow-up study of multiple sclerosis patients to identify the presence of gout or uric acid levels over time. I will you updated when new research comes out.

In another study higher uric acid blood levels was shown to have some potential treatment for MS patients. The study concluded that their findings supported the importance of uric acid as a biomarker for multiple sclerosis and its' progression even though previous studies suggest that uric acid may play a limited role as a disease marker and as therapeutic option in MS patients. At the end antioxidative drugs may have a future in the treatment of multiple sclerosis but further studies will be needed to determine if drugs that mimic the effects of uric acid are of any value to MS patients.

Posted by Spiro Koulouris

Broccoli

Considered a very healthy vegetable, broccoli has been found to lose up to 97% of its beneficial antioxidants during microwave cooking. While it's true that all form of cooking destroys some nutrients in the food we eat, this is truly an extreme example

Heating food in plastic containers or covered by plastic wrap can release many harmful toxins and chemicals directly into your food. The dangers include toluene, a substance (a little like paint thinner) that inhaling it has potential to cause severe neurological harm. Benzene, which increases the risk of cancer and many many more chemicals. While many containers today are "microwave safe", it's still a good idea to avoid using them.

BabaMail



Good news for serial cereal eaters

A diet high in whole grains and cereal fibers is associated with a reduced risk of premature death, according to research published in the open access journal *BMC Medicine*. The results also show cereal fibers to be associated with reduced risk of deaths in varying degrees for chronic diseases including **cancer**, **heart disease**, respiratory disease and **diabetes**. Whole grains are the entire seed of a plant that is used for food and contains the germ, bran and endospore, such as wheat, oat and quinoa. They are rich sources of dietary fiber and other nutrients such as minerals and antioxidants.

Researchers from Harvard Public School of Health led by Lu Qi analyzed the results of the NIH-AARP Diet and Health Study. This a large cohort study involving 566,339 members of AARP - a membership organization of people aged 50 and over - from the states of California, Florida, Louisiana, New Jersey, North Carolina and Pennsylvania, and the metropolitan areas of Georgia and Detroit.

In 1993, the cohort participants were sent a questionnaire to gather information on their health and diet - based on frequency of intake for various food types including portion size. Participants who indicated in their initial questionnaires that they had cancer, heart disease, **stroke**, diabetes or end-stage renal disease were excluded from the study. This meant a total of 367,442 participants were included in this particular research. Those who participated were followed for an average of 14 years. The researchers found that consumption of an average 1.2 ounces (34 grams) of whole grains per 1000 kcal per day was associated with a 17% reduced risk of premature death compared to those consuming an average of 0.13 ounces (3.98 grams) per 1000 kcal per day. Even when they accounted for factors such as health status, physical activity and **obesity** status the reduction remained the same. They found that consuming an average of 0.4 ounces (10.22 grams) per 1000 kcal of cereal fibers a day was associated with a 19% reduced overall risk of death compared to those consuming an average 0.07 ounces (2.02 grams) per 1000 kcal per day.

When broken down for individual chronic diseases the research reveals surprising information. High whole grains consumption was associated with an 11% and 48% reduced risk of death from respiratory disease and diabetes, respectively.

Whereas a high consumption of cereal fibers had a 15% and 34% reduced risk of mortality from cancer and diabetes, respectively.

MNT

Magnesium is Fast, Easy, Safe and POWERFUL Because it Attacks Muscle Cramps from ALL Angles. How Does it Work?

This crucial mineral...

1. Loosens muscles by counteracting the effect of calcium, which tightens muscles. As people age, excess calcium accumulates in the muscles, causing cramps. Also, when people eat a lot of dairy and/or take calcium supplements, (especially with Vitamin D) it is easy to get calcium overload.
2. Increases the absorption of potassium, which is critical for proper muscle function.
3. Decreases pain by blocking pain receptors in the brain and nervous system.
4. Dampens inflammation in the muscles and the entire body.
5. Relaxes blood vessels and decreases blood pressure, which restores healthy circulation.
6. Increases the production of serotonin, GABA and melatonin, which helps you relax and fall asleep. ([Scientific References](#))

MgBright.com

Build Muscle to increase metabolic rate

Your body constantly burns calories, even when you're doing nothing. This resting metabolic rate is much higher in people with more muscle.

Every pound of muscle uses about 6 calories a day just to sustain itself, while each pound of fat burns only 2 calories daily. That small difference can add up over time. After a session of strength training, muscles are activated all over your body, raising your average daily metabolic rate.

Postural Hypotension

Postural hypotension is considered a failure of the cardiovascular system or **nervous system** to react appropriately to sudden changes. Normally, when you stand up, some blood pools in your lower extremities. Uncorrected, this would cause your blood pressure to fall. But your body normally compensates by sending messages to your heart to beat faster and to your blood vessels to constrict. This offsets the drop in blood pressure. If this does not happen, or happens too slowly, postural hypotension results.

Black Tea Topples Blood Pressure

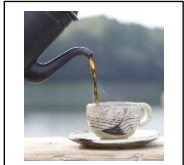


image from Shutterstock

Black tea is green tea that has been oxidized by fermentation, and contains 3 to 10% water extractable polyphenols – a plant-based compound for which studies suggest antioxidant properties. David Grassi, from the L'Aquila (Italy), and colleagues enrolled 19 men and women with hypertension in a study to which subjects were randomly assigned to consume either 2 cups of black tea per day (129 mg flavanoids per cup) or placebo, for eight-days. After a washout period, the subjects crossed over to the other intervention. The researchers observed that black tea associated with reductions in two measure of arterial health – reflection index and stiffness index. Further, black tea lowered systolic blood pressure by 3.2 mmHg, and diastolic pressure by 2.6 mmHg. It also prevented increases in blood pressure after consuming a high-fat meal. The study authors submit that: "our findings suggest regular consumption of black tea may be relevant for cardiovascular protection."

[VIEW NEWS SOURCE...](#)

Grassi D, Draijer R, Desideri G, Mulder T, Ferri C. "Black tea lowers blood pressure and wave reflections in fasted and postprandial conditions in hypertensive patients: a randomised study." *Nutrients*. 2015 Feb 4;7(2):1037-51.

10 Amazing Health Benefits Of Broccoli



1. Anti-cancer activity
2. Improves cardiovascular health
3. Reduces inflammation
4. Detoxifier
5. Boosts immune system
6. Fights arthritis
7. Prevents anemia
8. Aids digestion
9. Aids stomach ulcers
10. Contributes to healthy pregnancy

herbs-info.com

pinrest.com/herbsandhealth1

Soft drinks may be hard on the molecules that fight inflammation and fend off RA. In a recent study, women who drank more than one sugar-loaded soda per day were 63% more likely to get RA than those who drank one or none a month. Drinking skim milk instead of pop appears to lower your chances, possibly due to the helpful effects of vitamin D.

Is This Stress or a Stroke?

By Lisa O'Neill Hill

WebMD Feature

Reviewed by [Brunilda Nazario, MD](#)

Are you stressed out? Is your head throbbing, and you just don't feel right? Worried you're having a [stroke](#)? You're probably not.

[Anxiety](#), migraines, blood sugar changes, and lots of other things can make you feel weak and funny -- and they're much more likely.

But call 911 right away if any of these suddenly happen to you:

A terrible [headache](#), worse than you've ever had before

Weakness on one side of your body

Trouble walking, talking, or understanding things

Vision loss in one or both eyes

They're all warning signs of a stroke. Don't wait to call 911.

"Every stroke survivor had different symptoms, but the one thing that is common is the suddenness of the symptoms," says National Stroke Association spokeswoman Clair Diones.

You know your body better than anyone else, says another stroke expert.

"If you are worried, you should probably get it checked out," says Michael Rippee, MD, assistant professor of neurology at the University of Kansas Medical Center.

Cricket legends call for restoring bat-ball balance in ODIs

SYDNEY: Cricket legends have called for restoring the balance between bat and ball, including easing fielding restrictions and regulating bat thickness, in the ODI format.

Michael Holding, Ian Chappell, Rahul Dravid and Martin Crowe, participating as experts in 'ESPNcricinfo' discussion on the future of ODI game, in Sydney after the second World Cup semifinal, felt these changes would encourage imaginative captaincy and more aggressive cricket.

"Once you get a piece of bat on the ball, it disappears. There are a lot of slow-motion replays where you see a batsman hitting the ball, you can see the bat actually twisting in their hands. Obviously not hitting the ball well, and the ball disappears nonetheless. That is one aspect that has to be looked into. If the ICC do nothing else, they have to look at that," West Indies pace legend Holding said.

Australian great Chappell said thick bats have tilted the balance heavily in favour of the batsmen.

"Sooner or later, a bowler or an umpire is going to getting seriously hurt. Because the ball is getting back so quickly they have got no time to react."

The field restrictions that allow only four fielders outside the circle in non-Powerplay overs and the two new balls have been the talking points of this World Cup.

Chappell wanted most of the restrictions removed and Dravid and Holding agreed with him.

"As far as restrictions are concerned, I like as few as possible," Chappell said.

Crowe brought up the issue of the safety of the crowds while Dravid seemed worried about the net bowlers.

"One of the people who I really worry for is net bowlers," Dravid said.

"I have worked in the IPL. We have young kids who bowl in the nets. All university kids, college kids. All 17-, 18-, 19-year-olds bowling in the nets, and you have the likes of Shane Watson and Chris Gayle batting in the nets and practising T20 batting. I am amazed no one has seriously got hurt."

Coming back to the size of bats, Holding said, "I don't know if the ICC is afraid of the people who manufacture the bat to say exactly what has to go into a bat.

"They have limited the width of the bat, but they have never limited the depth. There used to be a sweet spot on the bat years ago. Actually one company - I don't want to name it - used to have a spot on the back of the bat, which was pretty much parallel to the one on the front of the bat. Now that would have to cover the entire bat because there is no sweet spot, there is a sweet bat."

Dravid and Crowe also reiterated their opposition to ICC trimming the 2019 World Cup from 14 to 10 teams.

"If you take away these world events from a lot of these nations, I'm afraid you actually kill the game," Dravid said.

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Scientists create night vision eye drops

Science for the Masses, a group of biohackers based in Tehachapi, California, successfully induced night vision in a human test subject by injecting a liquid solution directly into the eyes. (Representative image)

WASHINGTON: Researchers in the US have used special kind of eye drops to give a man temporary night vision, allowing him to see over 50 metres in the dark.

Science for the Masses, a group of biohackers based in Tehachapi, California, successfully induced night vision in a human test subject by injecting a liquid solution directly into the eyes.

The team used a kind of chlorophyll analog called Chlorin e6 (or Ce6), which is found in some deep-sea fish and is used as an occasional method to treat night blindness.

"There are a fair amount of papers talking about having it injected in models like rats, and it's been used intravenously since the '60s as a treatment for different cancers. After doing the research, you have to take the next step," the lab's medical officer, Jeffrey Tibbetts, told 'Science.Mic'.

Tibbetts dripped 50 microlitres of Ce6, an extremely low dose, into team researcher Gabriel Licina's speculum-stretched eyes, aiming for the conjunctival sac, which carried the chemical to the retina.

"To me, it was a quick, greenish-black blur across my vision, and then it dissolved into my eyes," Licina said.

To test Licina's vision, researchers went into a dark field. First, Licina could identify shapes about 10 metres away. Soon he could see longer distances and recognise symbols and identify moving subjects against different backgrounds.

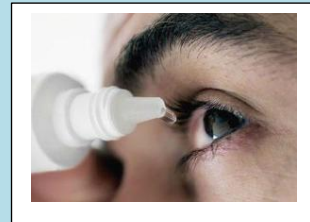
"The other test, we had people go stand in the woods," Licina said.

"At 50 metres, we could figure out where they were, even if they were standing up against a tree," he said.

Each time, Licina had a 100 per cent success rate. The control group, without being dosed with Ce6, only got them right a third of the time.

The team will follow up the night vision experiment with more rigorous tests.

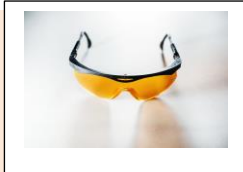
TOI



Can Orange Glasses Help You Sleep Better?

By **KATE GALBRAITH**

Most evenings, before watching



late-night comedy or reading emails on his phone, Matt Nicoletti puts on a pair of orange-colored glasses that he bought for \$8 off the Internet.

"My girlfriend thinks I look ridiculous in them," he said. But Mr. Nicoletti, a 30-year-old hospitality consultant in Denver, insists that the glasses, which can block certain wavelengths of light emitted by electronic screens, make it easier to sleep.

[Studies have shown](#) that such light, especially from the blue part of the spectrum, inhibits the body's production of melatonin, a hormone that helps people fall asleep. Options are growing for blocking blue light, though experts caution that few have been adequately tested for effectiveness and the best solution remains avoiding brightly lit electronics at night.

A Swiss study of 13 teenage boys, [published in August in The Journal of Adolescent Health](#), showed that when the boys donned orange-tinted glasses, also known as blue blockers and shown to prevent melatonin suppression, in the evening for a week, they felt "significantly more sleepy" than when they wore clear glasses. The boys looked at their screens, as teenagers tend to do, for at least a few hours on average before going to bed, and were monitored in the lab.

Older adults may be [less affected by blue light](#), experts say, since the yellowing of the lens and other [changes in the aging eye](#) filter out increasing amounts of blue light. But blue light remains a problem for most people, and an [earlier study of 20 adults](#) ages 18 to 68 found that those who wore amber-tinted glasses for three hours before bed improved their sleep quality considerably relative to a control group that wore yellow-tinted lenses, which blocked only ultraviolet light.

Devices such as smartphones and tablets are often illuminated by light-emitting diodes, or LEDs, that tend to emit more blue light than incandescent products. Televisions with LED backlighting are another source of blue light, though because they are typically viewed from much farther away than small screens like phones, they may have less of an effect, said [Debra Skene](#), a professor of neuroendocrinology at the University of Surrey in England.

LEDs are also increasingly popular as room lights, but "warm white" bulbs, with less blue, tend to [be a better choice](#) than "cool white" for nighttime use. The lighting company Philips also makes a bulb, called [Hue](#), that can change the intensity of its component colors via an app, and [GE last month announced a reduced-blue LED bulb](#), meant to be used before bedtime.

NYT

New treatment could lead to a cure for Parkinson's disease

Parkinson's disease, which took world fame after being diagnosed in various personalities such as actor Michael J. Fox, the heavyweight champion Muhammad Ali and the painter Salvador Dalí, could be very close to a cure, thanks to a Mexican researcher which managed to eliminate its neurological effects with an immunosuppressant.

Responsible for the scientific finding is Gabriela Caraveo Piso, researcher at the Whitehead Institute for Biomedical Research in the United States, who discovered that the role of **calcium** as an intracellular messenger can become lethal to brain cells when in high concentration.

Neurological diseases called synucleinopathies, such as Parkinson's, are characterized by the aggregation of alpha-synuclein protein. This action triggers a series of events such as the rise in intracellular calcium leading to over-activation of the enzyme calcineuria. This in turn removes phosphates (intracellular communication paths) to alter their functions and kill cells.

Gabriela Caraveo, a biologist graduated from the National Autonomous University of Mexico (UNAM), sought to nip this problem, after performing a series of analyzes in yeast, worms, and neurons of mice, found that by reducing the levels of activation of calcineurin, without eliminating it completely, the cells survived.

By modifying the activation of calcineurin contact with NFAT protein is cut out, and the communication to actin cytoskeletal rearrangements is redirected, which is responsible for cell morphology, thereby reducing failure in the motor function in animal models of Parkinson said the Mexican, who works in the lab of Susan Lindquist in the city of Cambridge, Massachusetts

To achieve adequate toxicity reduction the drug tacrolimus was used, which is administered clinically in newly transplanted patients to prevent organ rejection by the immune system.

Because calcineurin is also highly expressed in brain, this immunosuppressant that can cross the blood brain barrier is able to reduce the activation of calcineurin in the brain reducing the toxic symptoms of the disease. But it is important to adjust the dosage, because too much of it completely eliminates the activation of calcineurin preventing stimulation of protective pathways like the cytoskeleton leading to cell death.

"The dosage of the drug, also called FK506, I propose is well below the level of the immunosuppressants, which allows my work to have immediate treatment of neurological diseases characterized by the aggregation of alpha-synuclein as therapeutic implications as the Parkinson's disease," explained the specialist in **neurosciences**.

MNT



Artemisia (aka. Wormwood) has been used in herbalism since ancient times. It is extremely bitter tasting and named wormwood on account of its efficacy in destroying intestinal parasites. It is also one of the herbal ingredients in that mysterious alcoholic beverage *Absinthe* – which according to the traditional recipe was also prepared with several other herbs including **lemon balm**, mint, **anise**, **fennel**, hyssop, **marjoram**, **angelica** and dittany of Crete. ^[1]

After discovering a write-up on the **highly selective** and rapid anticancer properties of Artemisia on [Healthy Food House](#), I dug in and did some research. What I found was astounding: The research base is solid. **Artemisia has tremendous promise as a potential anticancer agent** – especially when combined with iron: It targets the cancer cells specifically.

<http://www.herbs-info.com/>

Instant Noodles Could Hurt Your Heart

By Jillian Rose Lim, Staff Writer



It's convenient, cheap and best served hot, but how healthy is it?

The instant noodles commonly known as ramen — a staple food for college kids and other young adults, as well as people in certain cultures — may increase people's risk of metabolic changes linked to heart disease and stroke, new research finds.

In the study, women in South Korea who consumed more of the precooked blocks of dried noodles were more likely to have "metabolic syndrome" regardless of what else they ate, or how much they exercised, the researchers found. People with metabolic syndrome may have **high blood pressure** or high blood sugar levels, and face an increased risk of [heart disease](#), stroke and diabetes. "Although instant noodle is a convenient and delicious food, there could be an increased risk for metabolic syndrome given [the food's] high sodium, unhealthy saturated fat and glycemic loads," said study co-author Hyun Shin, a doctoral candidate at the Harvard School of Public Health in Boston. [\[7 Foods Your Heart Will Hate\]](#)



Enjoy our own man - Desmond

Kelly <http://youtu.be/vPhxiMUdRIE>

Bread is also best stored in the freezer rather than the fridge as it tends to last longer, as do rolls, scones and pastries.

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

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