

Australia Wednesday introduced a "no job, no pay" law which would block parents who refuse to vaccinate their children from accessing some government benefits.



Six million people expected to pack out Munich as Germany celebrates 182nd Oktoberfest

- Mayor Dieter Reiter opened the first beer barrel with two mallet blows and offered a toast to a 'peaceful' Oktoberfest
- Visitors from around the world wear the traditional Tracht, sometimes hastily bought at a vendor's stand
- Prices for a large glass of beer have soared in recent years and will now set drinkers back around €10 (£7.30)
- But there is a heavy police presence due to the ongoing refugee crisis that is affecting Munich

Sent by Raja Perera

[VIDEO: Pope Francis Visits: Day 6](#)

Pope Francis traveled from Washington to New York. Here's a roundup of the highlights on the sixth day of his trip to the United States and Cuba.

https://www.youtube.com/watch?v=wR1wTwXmyOk&feature=em-upload_owner



[HOLY MASS BY POPE FRANCIS IN THE US - 23 SEP 2015](#)

<https://youtu.be/XGaos9NO5jE>

[Pope arrives in New York to rock-star welcome](#)

Pope Francis was treated to a rock-star welcome in New York Thursday as he embarked on the second leg of his US tour after addressing Congress and electrifying crowds in Washington.

Alcohol and the Brain: Healthy or Harmful?

Bret S. Stetka, MD |



Like most drugs of abuse, alcohol produces increases in dopamine in the mesocorticolimbic reward pathway. In social drinkers, subjective intoxication during intravenous ethanol administration activates reward circuitry, including the nucleus accumbens. This activation contributes to the subjective experience of pleasure and weakens responses to fearful stimuli.^[25] Heavy drinkers exhibit blunted nucleus accumbens activation with alcohol consumption, suggesting that they experience a reduced pleasure response.^[26] In social drinkers, alcohol also enhances nucleus accumbens activation to a risky choice and dampens the response in striatum, thalamus, and insula to both positive and negative outcomes. Thus, risky behavior may be experienced as more rewarding under the influence of alcohol, whereas consequences are less salient.^[27] A recent study reported that certain genetic variants that influence the serotonin pathway effect the severity of alcohol dependence and also associated with anxiety, social anxiety, and depressive traits in alcohol-dependent people.^[28]

Medscape

Labelling natural products

Don't be fooled by labelling on mainstream consumer products that states they are "natural". It's become the most overused term in existence and in many cases is virtually meaningless. Some "natural" products don't stand up at all well to real investigation – a recent study found that the majority of the contents do not accurately reflect their marketing claims. Unfortunately, the higher prices of natural products in the stores are an incentive for these misleading claims. –

Five funky alternatives to iPhone and Galaxy

Here are a few upcoming options that should appeal to those who want to carry something a little different in their pocket.

[Read More](#)

Relax, Read, & look after your Health

Spine lengthens in Space

Here on Earth, gravity weighs you down, smushing down the springy discs in between your back bones. In space, that doesn't happen and the spine lengthens. Astronauts can grow up to 3% taller in space. When they return to the Earth's gravity, they go back to their normal height.

<https://www.youtube.com/watch?v=RL9q35Jqyc>

Stem Cell Discovery Could Spare Cancer Patients from Nasty Side Effect



People who have head and neck cancer and undergo radiation treatments often suffer from permanent damage to their salivary glands. But a new radiation method could stop this.

[Read More »](#)

Precautions in eating Cheese

Consuming too much phosphorus, which can be high in cheese, may be harmful to those whose kidneys are not fully functional. If your kidneys are unable to remove excess phosphorus from the blood, it could be fatal.

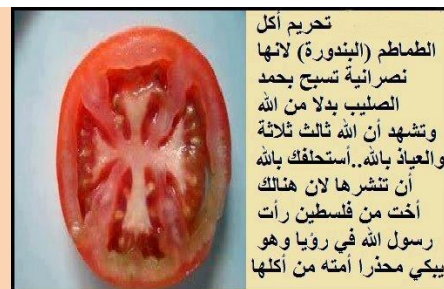
High calcium intakes have been linked with an increased risk of prostate cancer in some studies, however, others have found no associations between prostate cancer and calcium intake.²

Those taking an MAOI (monoamine oxidase inhibitor, a class of drugs used to treat [depression](#) and [Parkinson's disease](#)) are cautioned to avoid foods high in the amino acid tyramine, found naturally in aged cheeses, cured meats, pickled foods, beer and wine. The longer the food is aged, the higher the tyramine content.

Tyramine-containing foods have also been associated with [headaches](#) and migraines. Keeping a food diary may help to identify if tyramine-containing foods are a trigger for you.

MNT

'Because They Are Christians'



ان لم تنشرها فاعلم ان الشيطان قد منحك

A Salafist group from Egypt posted on Facebook, that warned that eating tomatoes are "forbidden because they are Christian."

However, the **Muslim traditionalist group**, calling themselves the **Popular Egyptian Islamic Association**, apparently still **finds tomatoes offensive if they are cut in such a way that reveals the shape of a cross**, according to the Now Lebanon website.

Along with a photo of a tomato cut in half to reveal what could be viewed as a cross, the group originally posted on Facebook:

"Eating tomatoes is forbidden because they are Christian. [The tomato] praises the cross instead of Allah and says that Allah is three (a reference to the Trinity).

"[God help us]. A lady from Palestine who saw the prophet of Allah [Mohammad] in a vision, he was crying, warning his nation against eating them [tomatoes] according to a translation by Now Lebanon.O

Sent by Francis GNANI

Could cocoa hold the key to Alzheimer's prevention?

Chocolate is not generally considered to be a healthful food. However, chocolate contains nutrients that could be used to maintain brain health and prevent age-related neurodegenerative disorders such as Alzheimer's disease, according to a recent review paper published in the *Journal of Alzheimer's Disease*.

Cocoa extracts contain large quantities of micronutrients as polyphenols that have been shown to promote healthy brain aging.

Polyphenols are the micronutrients in question, and these are found in large quantities in cocoa extracts.

Research has suggested that chocolate and cocoa could reduce the risk of [heart disease](#). In particular, polyphenols known as flavanols have been demonstrated to have antioxidant effects that reduce cell damage caused by heart disease, while also having blood thinning properties.

In June, *Medical News Today* reported on a study that suggested eating up to **100 g of chocolate a day** is linked to reduced risks of heart disease and [stroke](#).

However, some studies have also shown that cocoa extract consumption can help reduce age-related cognitive dysfunction and assist healthy brain aging.

Leading author of the review is Dr. Giulio Maria Pasinetti, professor of neurology at the Icahn School of Medicine at Mount Sinai in New York, NY. He has previously worked on studies that have indicated that specific forms of cocoa extract could have a preventive effect on [Alzheimer's disease](#) in animal models.

In these studies, cocoa polyphenols were found to help reduce the production and assist the clearance of harmful proteins that collect in the brain, such as beta-amyloid and abnormal tau aggregates. MNT



Sizzling Jacqueline Fernandes-Bollywood News

Pesticides linked to increase incidence of Diabetes

The following chemicals were linked to an increased risk of diabetes, according to the researchers: chlordane, oxychlordane, trans-nonachlor, DDT, DDE, dieldrin, heptachlor and HCB.

The review included 21 observational studies (with a total of almost 67,000 people) that investigated a possible link between exposure to pesticides and diabetes. The researchers also conducted a specific analysis that focused solely on type 2 diabetes. Most of the studies measured pesticide exposure with blood or urine analyses, which are considered very accurate methods, the researchers said.

The findings were presented Tuesday at the annual meeting of the European Association for the Study of Diabetes in Stockholm, Sweden. Data and conclusions presented at meetings are usually considered preliminary until published in a peer-reviewed medical journal. i2114

WebMD



Diabetes Herbal Aloe Vera

by Healthy-ojas

Medicare subsidies review to rid 'unnecessary, out-of-date' procedures

Invasive procedures such as knee arthroscopies and tonsillectomies could be on the chopping block as the Federal Government carries out a "spring clean" of the range of medical services subsidised by Medicare. (Australian News)



VIDEO: Pope Francis Visits: Day 7

The pope toured Manhattan beginning with an address at the the United Nations General Assembly and ending with an evening mass at Madison Square Garden

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.

Why do people live in Perth and not Sydney?

People do live in Perth -- over two million of them !

But Perth is the second most isolated city in the world. Its nearest city is Adelaide, 2100km away (the *most* isolated city in the world is Honolulu, 3800km from San Francisco).

Perth is closer to Djakarta than it is to Sydney or Canberra.



From Perth, if you want to go somewhere for a few days, you're probably going to go to Bali. Not only is it closer than Sydney, there's also no time zone difference (versus two or three hours to Sydney).



So why do people live in Perth? Perth is awesome! The weather is outstanding, the population is relaxed and friendly, and people have an independent and resilient outlook on life.

Many of the non-major state capitals in Australia (Adelaide, Brisbane, etc), are "branch office" towns -- there are big buildings and big companies, but for the most part head office is somewhere else and decisions are made elsewhere. This is not the case for Perth, mainly due to the significance of mining in Western Australia. Perth is a place in "its own right", with substantial companies with head offices in Perth.

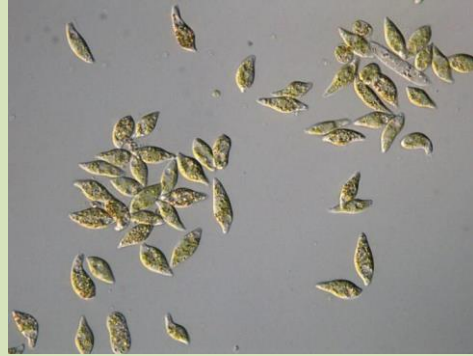
Mining also means Perth is the capital of Australia's most prosperous state.

The distance and time-zone difference between Sydney and Perth is similar to that between LA and New York, but the gulf is much greater. Perth feels like it's on its own, and it pretty much is -- the east coast of Australia doesn't think too much about Perth and it's unique position.

Ian Davies

The potential in your pond

Scientists at the John Innes Centre have discovered that *Euglena gracilis*, the single cell algae which inhabits most garden ponds, has a whole host of new, unclassified genes which can make new forms of carbohydrates and natural products



Scientists at the John Innes Centre have discovered that *Euglena gracilis*, the single cell algae which inhabits most garden ponds, has a whole host of new, unclassified genes which can make new forms of carbohydrates and natural products.

Credit: The John Innes Centre

Scientists at the John Innes Centre have discovered that *Euglena gracilis*, the single cell algae which inhabits most garden ponds, has a whole host of new, unclassified genes which can make new forms of **carbohydrates** and natural products.

Even with the latest technologies, sequencing all the DNA in *Euglena* remains a complex and longwinded undertaking. Dr Ellis O'Neill and Professor Rob Field from the John Innes Centre in Norwich have therefore sequenced the transcriptome of *Euglena gracilis*, which provides information about all of the genes that the organism is actively using. From this analysis of its RNA molecules, Professor Field and his team projected that *Euglena* has at least 32,000 active, protein encoding genes, significantly more than humans who have approximately 21,000.

They discovered that *Euglena* has the genetic information to make many different natural compounds: we simply don't yet know what they are or what they can do. Nearly 60% of the active genes don't match those found in any other organism studied to date, suggesting that there is much to learn about the biology of *Euglena*.

The team also found that different sets of genes become active when *Euglena* is grown in the dark to when it is grown in the light. This indicates that *Euglena* can dramatically shift its metabolism depending on its environment, which reflects its' ability to live successfully in very varied environments.

Euglena creates many well-known, valuable natural products including **vitamins**, essential amino acids and a sugar polymer which is reported to have anti-HIV effects. Given the usefulness of the compounds we know about, these findings have the potential, with further research, to lead to the discovery of new medicines including new **antibiotics**, nutrients and new forms of biofuel - amongst other products.

MNT

Grapefruits speed up your metabolism and help burn a lot of calories. This fruit will help you feel full faster and longer with fewer calories. Moreover, grapefruit is rich in fiber that may help stabilize your blood glucose levels. You can add grapefruit to your fruit salad, smoothies or drink a grapefruit juice.

Warning: Certain medications interact with grape fruit

Studies show that **whole grains** are healthier than refined grains, it lowers the risk of getting a chronic disease

. This type of grains is also a good part of a diet as it takes more time to digest and you won't get hungry for a longer period of time. Whole grains are rich in various vitamins, minerals and carbohydrates but low in fat.



Andre Rieu Amazing Grace

by [Wilhelmus Kuipers](#)
5,267,911 views

Australians call for crocodile culling

With the population of crocodiles tripling in the last three decades in western Australia, the local population have sought selective culling and large-scale removal of the dangerous reptiles to prevent human fatalities.

High haemoglobin warning sign in dengue

The city is in the midst of a dengue outbreak and people are rushing to get their platelet count checked at the first sign of fever, but, doctors say, high haemoglobin levels may also point to a severe dengue infection.

Cheers! Yeast's Evolutionary Journey Gave Beer Its Flavor

Beer's essential ingredient, yeast, has a fascinating evolutionary story that begins in a cave more than 500 years ago.

[Read More »](#)

Thyroid health-eat Guavas

A good substance for regulating the thyroid's metabolism is copper, which guavas have plenty of. The thyroid glands regulate important hormones and organ system functions, which helps maintain a healthy balance in your body. -BabaMail

Many Older Women Don't Need Vitamin D Supplements

By [NICHOLAS BAKALAR](#)

Vitamin D supplements may be ineffective in improving bone density or bone strength in postmenopausal women, a clinical trial has found

Join Us

on
Sunday 25th October

For a delicious luncheon,
and help support a wonderful cause

Ss Peter and Paul's Parish Hall
23 Leeds St, East Doncaster
12:30pm for 1:00pm Start

All proceeds donated to Fr Dilan Perera OM
to assist him in his work with
St Vincent's Home in Maggona,
an institute for the less fortunate children
and elderly of Sri Lanka.

\$40 per head
BYO Beverages

Maximize the Magnesium to control blood sugar

Magnesium is a mineral known to help prevent the onset of Type II diabetes and should be consumed as much as possible. It is best to consume natural sources of magnesium such as spinach, fish, nuts, leafy greens and avocados. All of these foods have been proven to lower the risk of diabetes and can even aid in weight loss.

Consume More Dairy Products for diabetes



The protein and fat in dairy products helps improve blood sugar levels, and if the products are low in fat, it has been shown that they can also decrease the chances for developing insulin resistance.

Hot Finding: Spicy Food Linked with Longer Life



People who eat spicy food more frequently may live slightly longer, a new study finds.

[Read More »](#)

Effective Ovarian Cancer Treatment Is Underused, Study Finds

By DENISE GRADY

The treatment, known as IP, in which chemotherapy is pumped directly into the abdomen, could add 16 months or more to women's lives, researchers say.

Scientists discover the taste of fat

WASHINGTON: Scientists claim to have discovered a sixth flavour — the taste of fat — and say it could hold the key to fighting obesity and heart disease.

According to researchers, fat, which now joins sweet, sour, salty, bitter and umami, has a "unique and unpleasant taste", which they have named oleogustus.

This finding could lead to new ways of fighting obesity and heart disease, and to the creation of improved fat replacements, researchers said.

"Our experiments provide a missing element in the evidence that fat has a taste sensation, and that it is different from other tastes," Professor Richard Mattes, from the Purdue University in US, said.

Researchers investigated the taste sensation of non-esterified fatty acids (NEFA), or free fatty acids, which are fat's basic building blocks.

Results showed that the men and women identified fat as having a taste, different from all the other samples, UK's "Independent" reported.

Identifying the taste of fat has a range of important health implications. At high concentrations, the signal it generates would dissuade the eating of rancid foods, researchers said.

At low levels, it may enhance the appeal of some foods by adding to the overall sensory profile, they said.

TOI

New Guidelines for Statins

ARTICLE

13 million more Americans soon might be taking these cholesterol drugs. Is that a good thing?

Thyroid Cancer

Thyroid cancer is the most common malignancy of the endocrine system^[1,2] and the eighth most common cancer in the United States.^[3] Thyroid carcinomas are typically classified as papillary (80%), follicular (10%), medullary (4%-5%), or anaplastic carcinomas (1-2%); rarely, primary thyroid lymphomas and primary thyroid sarcomas may occur.^[4,5]

These malignancies arise from the two cell types present in the thyroid gland.^[5] Endodermal-derived follicular cells give rise to papillary, follicular, and probably anaplastic carcinomas.^[6,7] Neuroendocrine-derived calcitonin-producing C cells are considered precursors to medullary thyroid carcinomas.^[8] Thyroid lymphomas arise from mucosa-associated lymphoid tissue (MALT), whereas thyroid sarcomas likely arise from mesenchymal connective tissue within the thyroid gland.^[5,6,9]

Medscape

Use this 1-minute 'traffic light' rule to improve your conversations

If you suspect that people are turning you out while you talk about your latest super-interesting life event, you're probably right.

[Read More](#)

Is kale safe to eat? A look at 'toxic' fears and facts

Madelyn Fernstrom

TODAY

If you're worried about adding kale to your morning smoothie, salad or side dish, you can relax. Over the last week, a "toxic kale" theory has been going viral after an article warned that the popular leafy vegetable was associated with a variety of medical ailments. It's time to separate fear from fact on the health benefits of kale.

As a member of the cabbage family, kale is low in calories (about 30 calories in one cup) and rich in nutrients and minerals, especially vitamin A, C and K. It's also a good source of folic acid, lutein, fiber, and even some calcium and protein. Consumed for thousands of years, it's been a health plus for millions of eaters throughout the world. More recently, kale in all forms — curly, flat, purple, green and baby — has become superfood No. 1, far surpassing its hipster foodie status to becoming a fast food menu item. So it's not surprising to see some embrace a kale backlash.

Numerous web articles, including a Mother Jones story "Sorry, Foodies: We're About to Ruin Kale," have reported on some anecdotal evidence offered by an alternative medicine researcher at a California clinic. The researcher found that thallium (a heavy metal) was detected in a few people who were heavy consumers of kale, and made an association between his patients' kale consumption and a variety of medical ailments.

His conclusion was that these symptoms were connected to the impact that trace amounts of thallium detected in some kale samples had on the body. He observed that the people also had a higher than expected level of thallium in their urine.

Thallium is metal found in trace amounts in soil and minerals, according to the Centers for Disease Control and Prevention.

The report went quickly viral — maybe sparked by a backlash from kale haters? — with some fear-mongering headlines proclaiming "People are getting seriously sick from eating loads of kale" or "Is Eating Too Much Kale Poisonous?"

Sorry, kale haters. The link is not based on a rigorous scientific report.

Omega-3s Promote Healthy Blood Vessels

Daily omega-3 supplementation helps to reduce pulse wave velocity (PWV) -- a marker of arterial stiffness.



Omega-3 capsules - image from Shutterstock

With aging, it is common that central arterial stiffness increases and arterial wave reflections become enhanced, thereby contributing to a greater risk of cardiovascular disease. Kevin D. Monahan, from Pennsylvania State University College of Medicine (Pennsylvania, USA), and colleagues studied a group of healthy men and women, ages 60 to 80 years, each of them took 2 omega-3 capsules (1000 mg of omega-3 - 465 mg eicosapentaenoic acid and 375 mg docosahexanoic acid), twice daily for 12 weeks. The team assessed pulse wave velocity (PWV) -- a marker of arterial stiffness, observing that 12 weeks of supplementation significantly decreased PWV in the older subjects, to support improvement in vascular health. No elevation of blood pressure occurred. The study authors write that: "these data indicate that 12 weeks of daily [omega]-3 supplementation decreases an important measure of central arterial stiffness (carotid-femoral PWV) in older... healthy adults."

[VIEW NEWS SOURCE...](#)

Hormones can make you hungry

Two different hormones play big roles in your appetite. One is called ghrelin, and it sends your body the message that it's time to eat. Another called leptin tells you you're full. Scientists are studying them to learn more about their role in weight loss and obesity. WebMD

Men go thru' menopause just like women

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

Medicine's Dark Side: Docs' Bad Behavior Exposed



Two shocking accounts of doctors behaving inappropriately while their patients were under anesthesia came to light in an essay published today in a respected medical journal.

[Read More »](#)

Why Your Eyes Dart Around When Dreaming



People are literally seeing images in their dreams when they undergo the rapid eye movements characteristic of certain stages of sleep, new research suggests.

[Read More »](#)

Choose "C"ardiovascular Foods

Be sure to consume ample servings of fruits and vegetables every day, so your body gets Vitamin C -- a potent antioxidant and critical component



Vitamin C foods - image from Shutterstock

Bell peppers, dark leafy greens, kiwis, broccoli, berries, citrus fruits, tomatoes, peas, and papayas are some of the foods highest in Vitamin C. Boerge Nordestgaard, from the University of Copenhagen (Denmark), and colleagues studied data collected on 100,000 Danish men and women who were surveyed for their intake habits of fruits and vegetables. The team conducted a Mendelian randomization data analysis, finding that the study subjects with the highest intake of fruits and vegetables were at 15% lower risk of developing cardiovascular disease, and a 20% lower risk of early death (as compared to those who very rarely eat fruits and vegetables). The study authors report that: "High intake of fruit and vegetables was associated with low risk of ischemic heart disease and all-cause mortality."

[VIEW NEWS SOURCE...](#)

Coconut oil for cooking rice

Coconut oil was chosen largely because it is cheap and widely available in Sri Lanka, James said.

The oil enters the starch granules during cooking, changing their architecture so they are no longer affected by digestive enzymes, he says. But it's possible other oils may work just as well. They just haven't been tested yet.

(For a summary of the limited scientific evidence available on coconut's health effects in the body, see resources put together by the NZ Heart Foundation (and supported by the Australian Heart Foundation) [Coconut and the heart](#), [Evidence paper: Coconut oil and the heart](#) and [Q&A: Coconut oil and the heart](#))

Protein

- Dietary proteins provide amino acids to build and maintain tissues and to form enzymes, some hormones and antibodies.

- Proteins function in maintenance and growth as they are major constituents of the matrix of skin, nails, hair, blood cells, serum, bones.

- Proteins are found in the highest concentration in meats, eggs, chicken, and dairy products, soyabean which are high quality proteins.

- Around 20 per cent of your daily calories should come from proteins.

- Proteins provide energy at 4 calories per gram-TOI

Can You Drink Too Much Water?

By [GRETCHEN REYNOLDS](#)

Under normal conditions, the body beautifully maintains its fluid balance. Lose fluids through sweating, for instance, and your body responds with the feeling of thirst. You drink. If you swallow more liquid than needed just then, your body typically responds by excreting the excess through urination.

But should you consume so much fluid that your body can't easily rid itself of the surplus, you dilute sodium levels in your blood. Osmosis then draws water from the blood into body cells to equalize sodium levels, and those cells swell. At that point, you have hyponatremia. If the cellular bloating occurs in the brain, it can be fatal.

Nonalcoholic Fatty Liver Disease

Nonalcoholic fatty liver disease (NAFLD) is something that we are seeing with increasing frequency. The advanced stages of disease lead to fibrosis and progression to cirrhosis. In the next 10 years, NAFLD will probably become the number one indication for liver transplantation. When hepatitis C is cured, we want to prevent cirrhosis in those patients, and this is something we don't necessarily do a good job of right now.

A prospective pilot study^[7] looked at NAFLD screening with MRI and magnetic resonance elastography (MRE) at the primary care level. They performed a cross-sectional analysis of 100 patients with type 2 diabetes. These patients had no significant known liver disease, but the metabolic syndrome was evident in about 70% of them, and 66% had hypertension. Their body mass index (BMI) averaged 30 kg/m². But on MRE, 65% of the patients had NAFLD and 7.1% had fibrosis.

So, you may start screening for NAFLD at the primary care level, and then those patients are referred to a gastroenterologist for further evaluation and intervention. It should not be dismissed.

Elevated liver enzymes are not the only indication of liver disease. Many people in this group have normal liver enzymes.

Medscape

Pineapple-health

Known for its sharp leaves and its delicious, juicy, fibrous fruit, the pineapple is one of the most sought-after tropical fruits on the planet. Not only is it used in many desserts and snacks, it also adds a sweet and unique flavor to several savory dishes!



There are quite a number of reasons why you should eat pineapples. They are super rich in Vitamin C. Eating an adequate serving of pineapple a day is regarded to be a help boost your immune system. [1] These fruits are also good for the digestive system because pineapples are rich in fiber and also contain **bromelain** – an enzyme which has shown some promising potential against colon inflammation, various cancers including colon cancer and arthritis. Scientific studies have also indicated that bromelain may have some action against ulcerative colitis, inflammatory bowel disease, and Crohn's disease. [2]

It takes about 1-2 years for a pineapple to bear fruit. Some commercial growers can hasten the growth of these fruits by spraying them with an ethylene, acetylene or calcium carbide solution. If you want to grow a pineapple at home, you can add pieces of apple on the plant. Ripe apples release ethylene gas, a natural component that is found in ripened fruit. This will "force" the pineapple to bear fruit.

You would know if a pineapple is already ripe if the color has changed into a yellow-orange hue on any part of the fruit. This means that the sugars have already started to develop. If you're at a grocery store, you can pull a leaf at the center of the fruit. If it comes out easily and the base of the leaf is whitish yellow in color, the fruit is already ripe.

Sources:

- See more at: <http://off-grid.info/blog/how-to-grow-a-pineapple-from-a-pineapple-top/?c=d#sthash.ME8asY5Z.dpuf>

Could orange juice boost memory? Older people who drank a pint a day saw 'impressive' improvements in brain function

- Drinking 500ml of juice (nearly a pint) a day improved brain performance
- Memory, reaction time and speech improved by 8% in 2 months
- Researchers say they do not recommend drinking a pint of juice a day
- But constituents of orange juice could provide brain-boosting nutrients

By Ben Spencer, Science Reporter for the Daily Mail
Read more: <http://www.dailymail.co.uk/health/article->



Cabramatta Moon Festival 2015

by Gypsy Rose

Experience an explosion of Asia with this event

The Cabramatta Moon Festival is on again, and this cultural festival is one of Sydney's largest and brightest authentic Asian cultural celebrations, as well as the largest of its kind. It is definitely a must attend event!

The Cabramatta Moon Festival is an annual celebration situated in the heart of 'Little Vietnam' in Sydney's Cabramatta.

This year it was held on 27.9.15

For a little history on the Moon Festival a Chinese lady named Chang'e floated up to the moon, according to the Chinese Legend Chang'e and her husband were immortals who lived in heaven, where one day the ten sons of the Jade Emperor mysteriously transformed into ten suns, scorching the earth below.

To stop the earth being ruined, the Jade Emperor sought help from Chang'e's husband, the great archer Houyi- whose solution was- with his mighty bow- to shoot down nine of the sons so sparing the tenth to be the universe's only remaining sun.

Lonely without her husband she found company in the form of a jade and today every September across south-east Asia, millions of people celebrate the Moon Festival!

Now that is certainly one festival to add to the calendar!

RELAX, READ, SHARE, FOR YOUR'S & OTHER'S HEALTH CONSCIOUSNESS

Biologics for RA

Thanks to genetics research, many new drugs to treat RA have come online in the past 15 years. Before then, DMARDs were man-made. Most of the newest drugs are biologics, meaning they're made from human genes. These potent copycats may stop an overactive immune system.

Because these drugs target specific steps in the inflammation process, they don't wipe out your entire immune system, as some other RA treatments do. For many people, a biologic drug can slow, modify, or stop the disease -- even when other treatments haven't helped much.

The first of a new kind of DMARD, Jakinibs or JAK inhibitors, was approved in 2012. Sometimes called "oral biologics," they're given as pills rather than as a shot or an infusion, as with the other biologics. Jakinibs work from inside the cells to block the enzymes that alert the immune system to an invader.

Triple Threat: While there are more choices than ever to treat RA, researchers also have found new promise in some old treatments.

Recent studies show that some of the first DMARDs -- methotrexate (Otrexup, Rheumatrex, Trexall), sulfasalazine (Azulfidine, Azulfidine EN-tabs, Sulfazine, Sulfazine EC), and hydroxychloroquine (Plaquenil) -- when combined, work as well as methotrexate plus a biologic. This "triple therapy," as it's called, gives you and your doctor another approach if methotrexate alone is not working. It's also an option if you're wary of biologics because of their side effects or high cost.

WebMD

Dummy Still Performs After Ventriloquist Walks Off Stage ←

Extracts from acai berries may destroy cancer cells, particularly those associated with leukemia.

Acai berries (pronounced ah-sigh-ee) are grown on the palm trees in the Amazon rainforest of northern Brazil. The name of the game with acai berries is pure antioxidant and nutrient power.

They fight leukemia. A well-known study, done by the University of Florida, found that extracts of the acai berry destroyed human cancer cells grown in a lab. More studies are needed to confirm its effects, but this step is definitely in the right direction.

They reduce inflammation. One of the best things that acai berries can do for you, due to the large amounts of anthocyanins they contain, is reduce inflammation associated with chronic diseases. Heart disease, cancer, diabetes, arthritis, fatigue syndromes, digestive discomforts, aches, and pains are all helped by reducing inflammation.

They shield your heart against disease. The pulp of acai berries has deep healing agents that contain antioxidants and fiber that reduces cholesterol — and keeps your digestive system healthy to boot!
www.dummies.com

Goji berries are richly immersed in antioxidant power.



Goji berries (pronounced go-gee), which are the commercial name for wolfberries, have been used for thousands of years in Chinese medicine.

Battle cancer: The phytochemicals in goji berries may have powerful anticancer effects. A 1994 study published in the *Chinese Journal of Oncology* stated that goji berries have a positive effect on treatments when used in conjunction with other cancer therapies.

Support weight loss: Goji berries contain natural compounds that are lipotropic, meaning they help carry fat away from the liver and burn those extra calories.

Protect your heart: Goji berries have compounds to lower cholesterol, are natural defenders against free radical damage, and release levels of homocysteine, a protein associated with heart disease and inflammation.

Prevent age-related eye problems: Goji berries have a high level of antioxidants, like beta carotene and zeaxanthin, which are important for vision. Zeaxanthin protects the eyes, specifically the retina, and may reduce the risk of age-related macular degeneration.

Boost your libido: This amazing superfood not only raises your spirits, but it also raises your libido! Goji berries raise testosterone levels, and, therefore, your sex drive goes up.

www.dummies.com

Vegetables That Boost Your Immune System

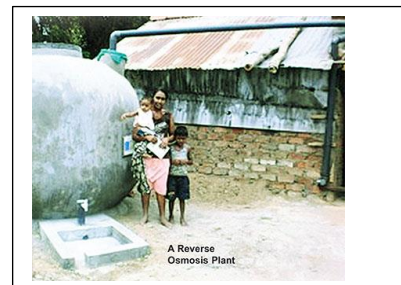
The power of mushrooms comes from their ability to enhance the activity of natural killer T cells (NKT).

These NKTs attack and remove cells that are damaged or infected by a virus. Mushrooms are associated with decreasing most cancers and significantly reducing the risk of breast cancer in women. They prevent DNA damage, slow cancer or tumor growth, and prevent tumors from acquiring a blood supply.

www.dummies.com

Rainwater harvesting or R.O. Filters: Which is better for dry zone villagers?

By Ranjit Mulleriyawa



Drinking water obtained from open dug wells and tube wells (bore holes) in many dry zone areas contain high levels of Fluoride, Calcium and Magnesium salts. This water is believed to be a possible factor contributing to Chronic Kidney Disease of Uncertain Aetiology (CKDu). Thus, there is an urgent need to provide people living in these areas with clean drinking water to prevent further spread of this kidney disease.

Collecting rainwater running off the roofs of houses is one way of obtaining clean drinking water. Another method is to purify ground water using Reverse Osmosis Filters (R.O. Plants). Which of these is more appropriate, viable and sustainable for dry zone farming communities? Rainwater harvesting is a strategy advocated to mitigate the impact of climate change (resulting in short periods of intense rainfall followed by long drought). It is also a simple means of obtaining good quality potable water.

Sent by Arun Dias Bandaranaike

Plaque Busters

Ultrasound technology clears the accumulation of the toxic protein that characterizes Alzheimer's Disease.

A hallmark of Alzheimer's disease is the build-up of amyloid-beta, a toxic protein, in the brain and within the blood-brain barrier. Employing a laboratory animal model, Gerhard Leinenga from the University of Queensland Brain Institute (Australia), and colleagues utilized ultrasound therapy combined with micro-bubbles to temporarily open the blood-brain barrier and clear the amyloid beta. Subsequent testing revealed that the mice demonstrated improvements in memory skills. The study authors submit that: "Our findings suggest that repeated [scanning ultrasound] is useful for removing [amyloid beta] in the mouse brain without causing overt damage, and should be explored further as a noninvasive method with therapeutic potential in [Alzheimer's Disease]."

[VIEW NEWS SOURCE...](#)

Weak muscles and poor bone density are some of the symptoms of vitamin D deficiency. But there are chances that lack of this vitamin can cause asthma in children, cognitive impairment at an older age, intolerance to glucose and MULTIPLE SCLEROSIS

Hearing Loss

Age-related hearing loss affects one in three of us by age 65. That shouldn't be surprising. We've punished our ears with a lifetime of noise — from lawnmowers and hair dryers to car horns and loud music.

The good news is you don't have to suffer the silence. You can enjoy better hearing. Today, new hearing aids — some as small as a jelly bean — are producing greater amplification with less distortion. Some can be worn 24/7, others have wireless capability.

But which hearing aid should you consider? Should you get two? Is your hearing loss sensorineural or conductive (the difference is crucial)? Is surgery an option? What are cochlear implants?

Harvard Medical School

What are the health benefits of barley?

Barley is a major cereal grain commonly found in bread, beverages, and various cuisines of every culture. It was one of the first cultivated grains in history and to this day has remained one of the most widely consumed grains in the entire world.

Whole grain foods such as barley have quickly been gaining popularity over the past few years due to the various health benefits they provide.

Whole grains are important sources of dietary fiber, vitamins, and minerals that are not found in refined or "enriched" grains. Grains that have undergone the refining process have had components removed (specifically, the bran and germ), which also removes most of the fiber and nutrients naturally found in most grains.

Choosing whole grains over their processed counterparts reduces the risk of several chronic diseases such as obesity, diabetes, heart disease and cancer.

This MNT Knowledge Center feature is part of a collection of articles on the health benefits of popular foods. It provides a nutritional breakdown of barley and an in-depth look at its possible health benefits, how to incorporate more barley into your diet and any potential health risks of consuming barley.

MNT

Alcohol Disorders: Nearly 1 in 3 Adults Are Problem Drinkers



In a given year, 32.6 million Americans have drinking problems, a new study finds.

[Read More »](#)

Carbohydrates breakdown into glucose in the gut

Your digestive system breaks down carbohydrates (first in your mouth with saliva and chewing, and then from digestive enzymes in your small intestine) into smaller bits of carbohydrate known as monosaccharides.

Your liver absorbs the monosaccharides and, like a dispatcher, sends them out to do various important jobs — feed the brain, make cells to do their thing, and fill up your muscles and organs with fuel. After these jobs are finished, your body promptly packages up and stores any leftover carbs as body fat.

If you want to lose weight eat less carbs and ignore the fats

Regular consumption of sugared beverages is associated with a greater prevalence of fatty liver disease, even after adjusting for body mass index, according to a large observational study. Specifically, adults who drank more than one sugar-sweetened drink per day were 55% (95% confidence interval [CI], 1.03 - 2.35) more likely than nonconsumers to have nonalcoholic fatty liver disease in an analysis of data from the National Heart Lung and Blood Institute's Framingham Heart Study's Offspring and Third Generation cohorts. Jiantao Ma, PhD, from the USDA Human Nutrition Research Center on Aging at Tufts University in Boston, Massachusetts, and colleagues report the study findings in an article published online June 5 in the *Journal of Hepatology*.

Two different hormones play big roles in your appetite. One is called ghrelin, and it sends your body the message that it's time to eat. Another called leptin tells you you're full. Scientists are studying them to learn more about their role in weight loss and obesity.

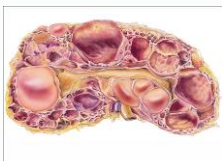
Asparagus

With an earthy-sweet flavor, asparagus is a good way to load up on folate. Research suggests that this B vitamin is an ally in the battle against high blood pressure.

Cooking tip: Shave raw asparagus with a vegetable peeler. You'll get ribbons that are wonderful in salads.

Exercise During Dialysis Delivers Major Gains

Pam Harrison



CKD:

Exercise May Improve Pain, Physical Function

LONDON, United Kingdom — A personalized exercise program integrated into routine dialysis can improve strength, endurance, and quality of life, new research indicates.

Fitness "improved significantly over a 1-year period, after which patients stabilized," said Kirsten Anding-Rost, MD, from the KfH Dialysis Center in Bischofswerda, Germany.

The program "was a really big success," she explained. "Normally in dialysis patients, health status steadily declines, so if you do something that maintains health status, it's actually very good."

Dr Anding-Rost presented results from the study here at the European Renal Association–European Dialysis and Transplant Association 52nd Congress.

Medscape

Stevia sweeteners are made from the leaf of the stevia plant. They can be as much as 300 times sweeter than regular sugar, but have zero calories. For a sweetener, stevia often can have a bitter aftertaste. Because the stevia leaf has to be processed to make the sweetener, some question whether stevia really can be called all natural.

Collard Greens

This Southern favorite contains a wealth of nutritional goodness, including notable amounts of vitamins K and C, folate, and beta-carotene. To make it easier to meet all your daily nutrient needs, aim to eat about 2 cups of dark, leafy greens like collards every day. **Cooking tip:** Quickly blanch the leaves in boiling water, then chop them and add them to whole-grain or lentil salads.

The darkest hours: Certain times of day can be hazardous to your health

TODAY contributor Dr. Roshini Raj explains how our body clocks make us prone to ailments at certain times of day, and what to do about it.

[Read More](#)

Statins and Memory Loss

Previous studies have actually shown that statins might improve long-term memory, Strom noted.

The bottom line: "You shouldn't worry about short-term memory problems from any statins and, long-term, we know they improve memory," he said. Statins are a "very effective therapy" and "very safe," Strom said. "No drug is completely safe. But it has an opportunity to dramatically reduce heart disease in the country. People shouldn't steer away from the drug because of false fear of memory problems."

Cancer fighting spices

Ginger: This humble spice boasts of medicinal qualities that help lowering cholesterol, boost metabolism and kill cancer cells. Easily added to vegetable dishes, fish preparations and salads, ginger enhances the flavour in cooking. Chew on fresh parsley if the odour bothers you.

Others: Cloves, anise, basil, garlic, caraway, fenugreek, mustard, mint leaves, rosemary, Limonin (fresh lemon), virgin olive, vinegar and avocado are other cancer-fighting diet components.

Dr. K Medhi, Senior Consultant, Medical Oncology informs us on other diet habits that can keep cancer risk at bay:

1. A plant-based diet with a variety of fruits, vegetables, nuts, grains and beans is the best organic way to fight cancer.
2. Add fibre: Replace white rice with brown rice in meals
3. Substitute whole-grain bread for white bread; choose a bran muffin over a pastry
4. Snack on popcorn instead of potato chips.
5. Eat fresh fruits with skin.
6. Omega-3 fatty acids fight inflammation.
7. Cook with olive oil instead of regular vegetable oil
8. Avoid packaged or fried foods that are high in trans-fats
9. Avoid processed salt. Celtic sea salt/Himalayan salt can be consumed sparingly.
10. Cancer patients: Do not load your diet with turmeric or Curcumin supplements without doctor's consult or prescribed dosage.

TOI

High Cholesterol in Middle Age, Heart Risk Later?

Even slightly higher levels took their toll, researchers note

WebMD News from HealthDay
By Dennis Thompson
HealthDay Reporter

(HealthDay News) -- Many folks in their 30s and 40s chow down on burgers, fried chicken and other fatty foods without fear, figuring they have years before they need to worry about their cholesterol levels.

But new research reveals that long-term exposure to even slightly higher cholesterol levels can damage a person's future heart health. People at age 55 who've lived with 11 to 20 years of high cholesterol showed double the risk of heart disease compared to people that age with only one to 10 years of high cholesterol, and quadruple the risk of people who had low cholesterol levels, researchers report online Jan. 26 in the journal *Circulation*.

Do you ever get those annoying phone calls with no one on the other end? This is a telemarketing technique where a machine makes phone calls and records the time of day when a person answers the phone.

This technique is used to determine the best time of day for a "real" sales person to call back and get someone at home. What you can do after answering, if you notice there is no one there, is to immediately start hitting your # button on the phone, 6 or 7 times, as quickly as possible. This confuses the machine that dialled the call and it kicks your number out of their system. Gosh, what a shame not to have your name in their system any longer!!!

Sent by Victor Melder

The Politician and his Pizza
A famous politician called up Dominos Pizza and shouted at the branch manager,

"You idiot, I just received delivery of pizza from your boy and there's nothing on it!
No cheese, no toppings, nothing - it's just a circle of plain bread! What the hell is wrong with you guys?
I am gonna close you guys down permanently and get you personally arrested!!!"

10 mins later his wife calls back to Dominos and apologizes to the manager, "Sorry, he opened the box upside down!!!"

Cardiovascular disease in India

There is a growing burden of cardiovascular disease in India, but only limited data is available on the quality of outpatient care for patients with **coronary artery disease**, **heart failure** and **atrial fibrillation**. As the second most populous country in the world, India is experiencing an increase in the more traditional risk factors for coronary artery disease due to a rise in behavioral risk factors including tobacco use, physical inactivity and poor diet coupled with low levels of awareness, treatment and control of risk factors. Of the 68,196 patients from 10 **cardiology** outpatient departments included in the study, **hypertension** was present in nearly 30 percent followed by other risk factors including **diabetes**, current tobacco use and high **cholesterol**.

MSG (Monosodium Glutamate)

MSG enhances the flavor of many packaged and prepared foods, from chips to diet drinks. (You might see it on a food label as "hydrolyzed vegetable protein," "yeast extract," or "soy extract.") Still, some studies of animals suggest that the chemical may make the liver fatty and inflamed, which can lead to nonalcoholic fatty liver disease (NAFLD) and liver cancer. Scientists need more research to know if MSG affects humans the same way.

Herbal Supplements

Just because the label says "natural" doesn't mean it's safe. One serious danger is kava kava, an herb that can relieve menopause symptoms and help you relax. Studies show it can keep the liver from working, causing hepatitis and liver failure. Some countries have banned or restricted the herb, but it's still available in the U.S. You should always talk to your doctor before you take any herbs to make sure they're safe. **WebMD**

Too Much Vitamin A

You can find vitamin A in eggs and milk as well as fresh fruits and vegetables, especially those that are red, orange, and yellow. Many supplements also include it since it helps improve vision, strengthen bones, and give a boost to your immune system. But in very high doses, vitamin A is toxic to the liver. To stay safe, never take more than 10,000 IU a day. **WebMD**

White Rice Vs. Brown Rice

As with bread, so with rice. Given the choice between white and brown rice, go for the healthier option. White rice is a refined carbohydrate and researchers from Harvard School of Public Health are suggesting that its consumption is linked to the risk of developing type 2 diabetes.

They analysed results from four studies in Asian and Western countries in which all participants were initially diabetes-free. While the Chinese population eat an average of four portions of white rice a day, those in the West eat less than five portions a week.

White rice has a high GI (glycaemic index) which is linked to diabetes and the researchers showed that the more such rice is eaten, the higher the risk of type 2 diabetes. Compared with brown rice, white has less fibre and fewer nutrients such as magnesium and vitamins. Experts say larger studies are needed to substantiate the hypothesis. **The Australian Financial Review**

Vitamin B12 is a critical nutrient that helps your body make healthy red blood cells. If you have a chronic lack of B12, your body can't make the amount of red blood cells that it needs, which can lead to anemia.

Massage With Rosemary Oil



Tense, cramped

muscles can easily pinch off blood flow, leading to symptoms of poor circulation like numbness or cold hands and feet. If you frequently experience muscle soreness – especially in the back or shoulders, get someone to massage these cramped areas with rosemary essential oil mixed in a carrier such as sweet almond or olive oil at a ratio of 25 – 30 drops per 2 ounces, respectively. If you don't have access to rosemary oil, [you can purchase it here](#). Alternately, try 10 drops of [eucalyptus oil](#), 20 drops of [clary sage](#), and 2 ounces of carrier oil; or you can also use 25 – 30 drops of [lavender essential oil](#) in 2 ounces of your chosen carrier.

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

Raising a glass to the holidays

Asking people about what they drink on holidays and other special occasions shows we drink around the equivalent of 12 million more bottles of wine a week than we previously thought in England. Asking people about what they drink on holidays and other special occasions shows we drink around the equivalent of 12 million more bottles of wine a week than we previously thought in England. Previous surveys on alcohol consumption have not accounted for all the alcohol that is sold. Research, funded by Alcohol Research UK and published in the open access journal *BMC Medicine*, appears to have found many of these 'missing units'. Drinking alcohol is related to 200 different health conditions and was responsible for 3.3 million deaths worldwide in 2012. In many countries, including England, the impact of alcohol on public health is usually tracked by surveys of average consumption. These data are sometimes not reflected in sales figures, such as in England where survey data accounts for only about 60% of alcohol sales.

MNT

Obesity

If you're carrying around extra weight, fat can also build up in your liver cells, which can lead to NAFLD. It can make the liver swell. Over time, hardened scar tissue can replace healthy tissue (a condition doctors call cirrhosis). People who are overweight or obese, middle-aged, or have diabetes are at highest risk of NAFLD. There's no cure, but eating well and exercise can sometimes reverse the disease.

Too much Sugar can harm your liver

Too much sugar isn't just bad for your teeth. It can harm your liver, too. The organ uses one type of sugar, called fructose, to create fat. Too much refined sugar and high-fructose corn syrup cause a fatty buildup that can lead to liver disease. Some studies show that sugar can be as damaging to the liver as alcohol, even if you're not overweight. One more reason to limit foods with added sugars, like soda, pastries, and candy.

Don't try to understand everything. Sometimes it is not meant to be understood, just accepted

Coffee Curtails Calcification

A number of previous studies suggest a variety of health-boosting effects of modest coffee consumption. Yoosoo Chang, from Kangbuk Samsung Hospital (South Korea), and colleagues studied coffee intake among 25,138 Korean men and women, mean age 41.3 years, who did not have clinical signs of cardiovascular disease. Subjects were assessed via

questionnaire and CT scan to ascertain coronary artery calcium (CAC) score

a marker of coronary atherosclerosis that can increase a person's risk of blood clots and heart attack. The team observed that the participants that drank 3 to 5 cups of coffee a day had a lower CAC score. The study authors conclude that: "In this large sample of men and women apparently free of clinically evident cardiovascular disease, moderate coffee consumption was associated with a lower prevalence of subclinical coronary atherosclerosis."

[VIEW NEWS SOURCE...](#)

Calcium containing foods other than milk

Sprouted soybean: Have half a cup of these and you get 230 mg of calcium.

Salmon: The good old salmon with bones offers you 212 mg of rich calcium.

Tofu: Have half a cup of tofu daily and you get a stellar 253 mg of rich calcium.

Kale: 188 mg of calcium is what you get from 2 cups of this wonder superfood.

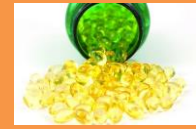
Almonds: While it may not give you as high an amount of calcium like the others in the list, but a handful of almonds give you approximately 72 mg of calcium

Roasted sesame seeds: It is believed that 1 ounce of these seeds give you 277 mg of calcium.

TOI

Milk, Cheese, and Yogurt
Not only are dairy foods like milk, cheese, and yogurt excellent sources of protein, but they also contain valuable calcium, and many are fortified with vitamin D. Choose skim or low-fat dairy to keep bones and teeth strong and help prevent osteoporosis.

Can Too Much Vitamin D Be Toxic?



More Americans are taking vitamin D supplements, but could people get sick from it?

[Read More »](#)

Gout and Josh Ozersky

This story also caught my attention, the death of food writer and blogger for many publications Josh Ozersky passed away at the young age of 47. The poor guy had attended a foundation gala in Chicago and later that evening was last seen in the karaoke lounge around 4 am. He was found dead a few hours later in his hotel room.

What's interesting about Josh is that he was diagnosed with gout in 2009 but promised his audience and readers that he wouldn't be altering his lifestyle at all. Translation, he will continue eating crap regardless of his health.

He is also famous for saying the following quote: "Such is the perversity of vegetarians — you can't tell whether it's a gift or an insult. My favorite meat is lamb fat. My philosophy is that the fat is the meat and the meat is the vegetable." So obviously he liked to eat lots of fat which my ebook strictly teaches you to not even touch it.

When Josh Ozersky wrote for the Esquire magazine which was his last piece he was quoted as saying this about bacon: "Bacon is a weirdly personal taste, possibly more so than any other food... I've eaten bacon from commodity pigs that made me happier than bacon from purebred Duroc or Berkshire hogs. I've eaten jowl bacon that was better than belly bacon. Bacon cares not for your ideals, aspirations, or social standing. It is a straight-up fetish object, and as such not subject to higher brain function."

Again I teach you not to eat pork which is one of the worst meats to eat healthwise and you know that too much meat is not good for us gout sufferers anyway. It's obvious from Josh's quotes that he was a huge animal fat and protein lover. If I was a betting man, I'd bet that all that meat intake over the years and the way he ate it caused his health to deteriorate to such an awful extent, to have died at such a young age. I catch these headlines from time to time like Paleo-diet author Seth Roberts who collapsed and died while hiking one day last year at the age of 60 years old. The autopsy later revealed he had coronary heart disease that caused his death. All that meat intake doesn't do you any good, that's for sure.

It's sad to report that gout is on the rise in young people and even sadder to see young ones pass away suddenly. But the health lessons are there for you to learn that if you consume too much meat in general, bad things will happen to your health. If you are obese, you face an increased risk of developing gout even in your 20s and 30s. If you are young and in your 20s or 30s, and you are eating poorly, not exercising and drinking plenty of alcohol every weekend with your buddies, you are at an increased risk.

This is a wake-up call for you, coming from myself who was overweight in his early 20s since I loved my burgers and fries. I loved to party and drink plenty of whisky and beer. Gave up on sports and exercise to focus more on my social activities which deteriorated my health at the end. Trust me it ain't worth it, you have to pay the price eventually. Don't let gout come in your life. Although if you are reading this, chances are you found this article or website wanting to learn more about gout cause you were recently diagnosed with the disease. Whatever the case may be, make a health and lifestyle change today. The decision is yours to make.

Posted by Spiro Koulouris

Most people don't even realize how much salt they are consuming.

1. Nearly 80 percent of the sodium in food comes from processed and packaged foods; the salt shaker contributes less than 10 percent of salt consumed daily.
2. Condiments like soy sauce and ketchup are a major source of dietary sodium. Sodium is "hidden" in foods like bread, shrimp, and Swiss chard.

Hair Loss Trigger: The Pill



A little known side effect of birth control pills is the potential for hair loss. The hormones that suppress ovulation can cause hair to thin in some women, particularly those with a family history of hair loss. Sometimes hair loss begins when you stop taking the pill. Other drugs linked to hair loss include blood thinners and medicines that treat high blood pressure, heart disease, arthritis, and depression.

Struggling to squeeze? The simple trick to getting more juice from your citrus

[Read More](#)

Rest in a Dark, Quiet Room- for Tension Headache

Stress is one of the main causes of headaches. Relieving tense muscles may help calm tension headaches, the most common type of headache. People who have tension headaches may also feel overly sensitive to either light or sound. Rest or sit in a dimly lit room. Close your eyes and try to relax your back, neck, and shoulders

WebMD

Headache? Try Caffeine.

Caffeine may help relieve headache symptoms by helping pain relief drugs work better and faster. Caffeine added to pain relievers can make them more effective in treating headaches. That's why caffeine is often an ingredient in medications.

Keep uncooked rice in the freezer especially brown rice because it contains a very small amount of fat and will go rancid if left too long on the shelf

Read more at
<http://www.jamieoliver.com/news-and-features/features/low-down-on-rice/#610xU7t6Xc1tCAA.99>

Does caffeine have any health benefits?

Studies have shown caffeine to have potential health benefits; some of these are discussed below.



Caffeine can improve physical performance during endurance exercise.

Weight loss

Caffeine may boost weight loss or prevent weight gain, although there is no conclusive evidence to determine long-term results. Possible theories of how caffeine might affect weight include:

- Appetite suppression: caffeine may reduce the desire to eat temporarily
- Calorie burning: caffeine may stimulate thermogenesis - one method your body uses to generate heat and energy from digesting food.

Alertness

The European Food Safety Authority (EFSA) concluded that a cause and effect relationship has been established between a 75 mg serving of caffeine and both increased attention and alertness. Caffeine is said to be comparable to sleep when a break is needed from driving to recover alertness.

Caffeine does not make a drunken person sober or fit to drive - it does not get rid of the effects of alcohol.

Sports performance

Caffeine is known to have ergogenic benefits and can improve physical performance during endurance exercise.

The EFSA has recognized that a cause-and-effect relationship has been established for caffeine intake and increased endurance performance, endurance capacity (in both cases for 3 mg/kg **body weight** 1 hour before exercise), and reduction in perceived exertion (4 mg/kg body weight 1 hour before exercise).

The effects of caffeine on short-term high-intensity exercise remain inconclusive.

Caffeine mixed with **carbohydrates** replenishes muscle glycogen concentrations faster after exercise.

Caffeine also relieves post-workout muscle pain by up to 48%.

Brain function

Caffeine acts at brain level by antagonizing the A1 and A_{2A} adenosine receptors. When caffeine is absorbed in the form of coffee, certain other constituents of coffee, such as polyphenol antioxidants, act on various pathways and may play an additional protective role.

Cognitive decline

Several epidemiological studies suggest that a regular, lifelong, moderate consumption of caffeine may slow down physiological, age-related cognitive decline, especially in women and those over 80 years old. However, more studies are still needed to increase the statistical power for the detection of an association between caffeine and cognitive impairment.

MNT

Get up at the same time every morning — it's much more important than when you go to bed.

Taming Down Extravagant Coffee Drinks

As mentioned earlier, coffee is a brewed drink that doesn't have any additives. When we speak of increasing your coffee consumption, it should certainly be taken with this thought in mind: Many coffee shops specialize in extravagant, high-calorie, sugar and fat-laden monstrosities, and in order to reap the health benefits, coffee consumers should consider simplifying their drinks to make them plainer. Here are some quick tips to making you coffee healthier while still being able to enjoy it:

Try your coffee black. If you haven't tried a fresh brewed coffee in its natural state, you should give it a try. Have you ever smelled the aroma of a fresh-brewed cup of java? In its plain, black state it's robust and subtle. You may even prefer it that way.

A little sweetener. If black is just too bitter for your taste, you could try a little sweetener. Perhaps a sugar substitute can get the job done. Remember, artificial sweeteners should still be used sparingly, and they're much sweeter than pure sugar, so you don't need a lot.

Try some milk. Many people love cream in their coffee, but maybe you can get away with just a little skim milk. When you're used to drinking your coffee with cream, it may take an adjustment period to scale back on using creamers. Start slowly and try reducing the amount of cream you put in your coffee. You could even try using one or two percent milk as an alternative. Eventually you can back it down to a little bit of skim milk and be perfectly content. If you like your coffee really light, ask for low fat milk, and cream on the side to top it off. This way you can still get a light coffee without too much extra fat and calories.

Managing Diabetes: Diet

Fortunately, controlling blood sugar levels by changing diet and losing excess weight can also cut your risk of complications. People with type 2 diabetes should carefully monitor carbohydrate consumption and keep the amounts of carbs in your meals fairly consistent, as well as total fat and protein intake, and reduce calories. Ask your doctor for a referral to a registered dietitian to help you with healthy choices and an eating plan that will work for you.

Free breast screening program expands to include women over the age of 70

By medical reporter [Sophie Scott](#)



Australia's free breast screening program will be expanded for the first time to include women over the age of 70, with the Health Minister hinting a possible boost to screening for other cancers was also imminent.

Until now, the Federal Government's breast screen mammogram program finished when women turned 69.

Health Minister Sussan Ley said it was the first time Australian women aged 70 to 74 would be targeted for breast screening awareness.

An additional 220,000 breast screens will be delivered over four years at a cost of \$55 million.

"Breast screening saves lives. It is the second most common cause of cancer-related deaths among women in Australia," she said.

[Have your say: what do you think of the Government's breast screening program?](#)

"However, if detected early and managed nine out of 10 cases can be successfully treated."

A national advertising campaign will begin this week, encouraging older women to get teste
ABC News

Chinese Food

Fat-rich foods can keep the blood sugar levels higher for a longer period of time. Chinese food (especially in fast-food restaurants) contains a lot of oil as



well as sugar, and so is probably not a good combination if you're diabetic or want a lower blood sugar level. This isn't to say that common oil foods like fries or pizza are a good idea either.

Staple American Chinese dishes like orange chicken, sweet and sour chicken, and General Tso's chicken are actually shockingly high in sugar due to the syrupy sauces that make them delicious. A serving of orange chicken has three times the WHO recommended daily limit, and even more sugar than a regular-sized Chocolate Triple Thick Shake from McDonald's

Ed: Avoid like the blazes the Mongolian lamb dish brought steaming with fire. The chef loads the dish with sugar. Blood sugar level spikes high in diabetics.

Seafood for your thyroid

Fish, shrimp, and seaweed are great sources of iodine. You need iodine for a healthy thyroid, but avoid kelp if you have hyperthyroidism, when your thyroid makes too much of the hormone that controls your metabolism. Kelp is high in iodine and may make it worse.

WebMD

Nuts are also good for your heart

Eating nuts as part of an overall healthy diet is also good for your heart since we gout sufferers are at an increased risk of heart disease. Nuts help your heart by decreasing LDL or the bad cholesterol level in the blood. High LDL is one of the main causes of heart disease. Did you also know that eating nuts may reduce your risk of developing blood clots that can cause you a fatal heart attack?

Many nuts are also very rich in omega-3 fatty acids which you also find in fish, they are also high in fiber which makes you feel full and eat less. In addition, nuts are high in vitamin E which stops the development of plaques in your arteries which otherwise could lead to chest pain or heart attack. Is there a nut that is more nutritious than others? Yes, the walnut being one of the best-studied nuts and is very high in omega-3 fatty acids.

Make sure to eat your nuts raw and unsalted. Do not buy them chopped, cooked in oil or roasted either. If anything buying them raw and toast them yourself. The nuts that are usually salted in the marketplace are usually high in sodium. Although not a particular or direct danger to gout, high sodium intake is generally bad for your health, so try and avoid it. Healthy nuts that you can add in your gout diet include macadamias, almonds, cashews, walnuts, Brazil nuts, pecans, pine nuts, chestnuts, hazelnuts, pistachios and of course peanuts.

Posted by Spiro Koulouris

Can nuts trigger a gout attack?

Highly unlikely. Nuts are high in fat and are a high calorie food but don't contain much in purines. On average depending on the nut, they will contain less than 50 mg per 100 grams. Peanuts have about 79 mg of purines per 100 grams and almonds as well as pecans are at the lower end of the scale with about only 10 mg of purines per 100 grams.

Spiro Koulouris

The evidence of eating nuts and gout

Our rockstar rheumatologist H.K. Choi who's been involved in numerous gout studies stated in a 2010 study that nuts along with fruits, vegetables, whole grains, beans and dairy products are a healthy food choice for gout sufferers. A healthy gout diet that includes these foods even helps prevent the recurrence of a gout attack. But like everything in life, eat nuts in moderation. Don't be a glutton cause you if you eat too many nuts everyday you will gain weight. Eat about 10 to 15 nuts a day to provide you with a boost in protein, making you feel full, as well as fiber regulating your blood sugar levels too. Consider it a snack and not a meal replacement. Although the subjects didn't suffer from gout per se, they did have metabolic syndrome and gout is a metabolic disorder so do take note. Remember that nuts usually grow on trees and are considered "tree nuts" whereas peanuts are actually considered legumes since they grow underground. The oils in nuts are very high in healthy fats helping reduce inflammation

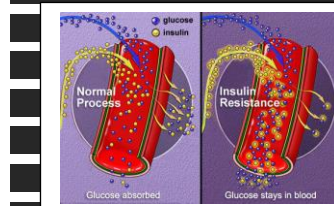


Those suffering from diabetes should keep their blood sugar under control. This is because diabetics tend to develop cataracts faster and at an earlier age than other adults.



Foods like butter, oils (except olive oil) and salt, and increased fat consumption in general has been associated with a higher risk of developing cataracts. So, avoid using or limit the intake of such foods.

Type 2 Diabetes: Metabolism Mishaps



In type 2 diabetes, the cells cannot absorb glucose properly. That means glucose levels in the blood become elevated. If you've developed a condition called insulin resistance, the body makes excess insulin, but the muscle, liver, and fat cells do not use or respond properly to the insulin. With long-standing uncontrolled type 2 diabetes, the pancreas will reduce the amount of insulin it produces.

Web MD

Almonds

Almonds, associated with Mediterranean cooking, appear regularly in Sardinian cooking, eaten alone, chopped into main dishes, or ground into a paste for desserts. One study showed that almonds included in a low-calorie diet helped people lose more weight and belly fat while they experienced an increase in protective high-density lipoprotein (HDL) cholesterol and a drop in systolic blood pressure (the bottom number).

Tofu

It's not just for vegans and hippies! Once only found in Asian supermarkets, you can now purchase tofu from most mainstream grocery stores. Made from the curds of soybean milk and typically sold in blocks, tofu has the ability to take on the flavor of sauces and neighboring ingredients, making it extremely versatile for cooking. And as a plant-based protein, it's rich in isoflavones (a class of disease-fighting phytochemicals) and fiber. Some breast cancer survivors avoid soy because isoflavones act like weak estrogens in the body. Research is conflicting, but Ventrelle says 25 grams of natural soy sources a day, like tofu, soy milk and edamame, can be safe for everyone. If you have a personal or family history of breast cancer, just avoid isolated versions of soy protein such as soy protein powders and products fortified with soy protein.

Potential health risks of consuming tea

People who are extremely sensitive to caffeine could experience **insomnia, anxiety, irritability**, or an **upset stomach** when consuming tea. Those taking anticoagulant drugs such as Coumadin/warfarin should drink green tea with caution due to its **vitamin K** content.⁷

Tea has been found to decrease the bioavailability of iron when taken with meals. People with a history of iron deficiency should take care to not consume tea when taking iron supplements or an iron-rich meal.¹

If taken with other stimulant drugs, tea could possibly increase **blood pressure** and heart rate.

Green tea supplements contain high levels of active substances that can interact with medications and other herbs and supplements. Green tea supplements are unregulated by the FDA and may contain untested substances with unproven health benefits. Always check with a physician before starting any herb or supplement regimen. In particular, pregnant or breastfeeding women, those with heart problems or **high blood pressure**, kidney or liver problems, stomach ulcers, or anxiety disorders should not take green tea supplements or extracts.⁶ It is the total diet or overall eating pattern that is most important in disease prevention and achieving good health. It is better to eat a diet with variety than to concentrate on individual foods as the key to good health.

Written by **Megan Ware, RDN, LD, registered dietitian and nutritionist** and **Anna Hudgins, nutrition intern**.

Kale is goitrogenic

Could kale, that superstar among superfoods, actually not be quite so awesome? Kale is a goitrogen – it prevents your thyroid from getting enough iodine. As long as you're getting enough iodine in your diet, goitrogens shouldn't be a problem for you. But if you're low to begin with, kale may cause thyroid problems. Cabbage, broccoli, cauliflower, and Brussels sprouts may have the same effect.

Don't spend any more time in bed than you can actually sleep.

Head off to the bedroom only when you feel tired enough to fall asleep.

New approach targets cancer stem cells that evade conventional treatment

They are testing the drug Sulforadex in the most common type of breast cancer, affecting 70 per cent of patients.

These 'oestrogen receptor' (ER) cancers are currently tackled using hormonal treatments such as tamoxifen to reduce oestrogen levels or block ER function. However, many women go on to develop resistance and the disease comes back, often because cancer stem cells which cause tumours to regrow and spread are unaffected by these treatments.

The combination therapy, tested in mice and samples of tissue from secondary breast cancer patients, combines Sulforadex with standard hormonal treatments.

EATING LATE CAN RAISE THE RISK OF BREAST CANCER

Eating dinner or a snack late at night could raise a woman's risk of breast cancer, a study has warned.

Researchers found eating meals at set times and eating dinner early reduced the risk.

Leaving a longer time between the last meal or snack of the day and breakfast lowers the chance of developing the disease, US researchers found.

They discovered women who fasted for longer overnight had significantly better control over their blood sugar levels.

Each three hour increase in night-time fasting was associated with a four per cent lower glucose levels when tested after a meal, regardless of how much women ate, they found.

Previous research has found women with higher blood sugar levels are more likely to develop cancer, even if they don't have diabetes.

In the study, women reported eating five times per day and fasted overnight an average of 12 hours.

Those who reported fasting for longer also indicated they consumed fewer calories per day, ate fewer calories after 10 pm and had fewer periods of eating. This targets both the oestrogen-sensitive cells and the remaining cancer stem cells at the same time, says research presented at the American Association of Cancer Research annual conference today.

Dr Robert Clarke, from the University's Institute of Cancer Sciences, said: 'The hormonal therapies we use today are very good at treating breast cancer tumours driven by oestrogen.

'However, they don't completely solve the problem.

'This combination of drugs potentially allows us to target oestrogen-sensitive cells, while also mopping up the cells which cause treatment resistance.'

The next step will be to recruit patients for a trial in the next few months.

Dr David Howat, head of research and development at Evgen Pharma said: 'We are really excited about the data presented at the AACR.

'Dr Rob Clarke and his research team have demonstrated the efficacy of Sulforadex.

'We now intend to extend this collaboration and advance Sulforadex into a clinical trial with breast cancer patients.'

Katie Goates, at Breakthrough Breast Cancer and Breast Cancer Campaign, said: 'While it's important to remember that at this stage research has only been carried out in mice, this new combination of drugs shows exciting potential to overcome resistance to hormone treatments, such as tamoxifen.

'Combining tamoxifen with Sulforadex resulted in fewer breast cancer stem cells surviving treatment compared to tamoxifen alone, lowering the likelihood of breast cancer returning or spreading to other parts of the body

Read more: <http://www.dailymail.co.uk/health/article-3047386/Patients-incurable-breast-cancer-benefit-new-cocktail-drugs-hailed-exciting-breakthrough-scientists.html#ixzz3XsZpf4W4>



Discover the History of Bondi Beach

Find out about the cultural

side of Bondi

[Escape the City, Walks](#)

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click



Check you
testosterone
level in your
blood-don't
shoot

GM food is natural: 'Foreign DNA' in sweet potatoes suggests plants genetically modify themselves

Scientists in Belgium say all sweet potatoes contain 'foreign DNA' Agrobacterium bacteria in the crop exchanges genes between species This makes sweet potatoes a 'natural genetically modified organism'

And humans have been eating it for thousands of years

By Jonathan O'Callaghan for MailOnline



Scientists in Belgium say all sweet potatoes (stock image shown) contain 'foreign DNA'. Agrobacterium bacteria in the crop exchanges genes between species. This makes sweet potatoes a 'natural genetically modified organism'. And humans have been eating it for thousands of years

Read more:

<http://www.dailymail.co.uk/sciencetec>

It is not the first instance of natural GMOs to be found, but it is the first in sweet potatoes - a major crop plant.

And the researchers say sweet potatoes all over the world contain this genetic modification.

The study focused around bacteria called Agrobacterium, sometimes referred to as 'nature's genetic engineer.'

It is known to do something called 'horizontal gene transfer', which involves exchanging genes between different species - in contrast to normal gene transfer within one species.

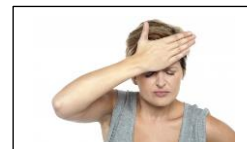
Agrobacterium is specialised to transfer part of its own DNA, called T-DNA, to plants - and it was this T-DNA that was found in sweet potatoes.

In total the researchers studied 291 samples of sweet potato from the Americas, Africa, Asia and Oceania, and found evidence of Agrobacterium in all of them.

What type of mattress is best for people with low back pain?

Considering that most people spend roughly a third of their lives lying in bed, choosing the right mattress is essential for managing low back pain. It can make a difference in whether you can sleep at night and function the next day. [Read more »](#)

Baked Potato



Baked potato can alleviate a headache, especially one caused by drinking alcohol. Since alcohol causes an increase in urine, it can cause dehydration and the loss of important electrolytes such as potassium. Eating foods rich in potassium can then ease hangover headaches. A potato with the peel is one of the best sources of this mineral, containing about 720 mg of potassium (to compare, a banana, also rich in potassium, contains about 460 mg).

BabaMail

Calcium Supplements Tied to Macular Degeneration

By Jenni Laidman
Medscape Medical News

— **Older people who take more than 800 milligrams of calcium a day are almost twice as likely to be diagnosed with age-related macular degeneration (AMD), a condition that causes severe vision loss, according to a new study in JAMA Ophthalmology.**

The link was found only in people 68 and older.

The research doesn't prove cause and effect, says Rahul Khurana, MD, a spokesman for the American Academy of Ophthalmology. He wasn't involved in the study.

Researchers from the University of California, San Francisco, evaluated 3,191 people ages 40 and older who were participating in a national health survey. The group included 248 people diagnosed with AMD. Each participant was asked about using dietary supplements and antacids.

Ginger is one of our most revered natural remedies and is used for all kinds of things – including **cold and flu home remedies**. It is also one of the toothache remedies listed on our page **Top 13 Herbal Treatments For Toothache**

Ginger's pain relieving properties have been known about since old times. It was used as an anti-inflammatory herb by the Chinese since ancient times, and is used to target pain caused by arthritis, headaches, menstrual cramps and muscle soreness. As is often the way with herbs, the science that validates this old use of ginger has of course only been researched fairly recently.

The Bramane monks of Ceylon – 16th century



The children and the grandchildren of the Portuguese had lighter complexion than the children of the gentiles who had settled in India and Sri Lanka before sixteenth century. The children of the Portuguese were called Bramanes meaning white people. Branco is white in Portuguese. St. Joseph Vaz was a Bramane with lighter complexion. There were Bramanes amongst Christians as well as amongst Pagans. The Franciscan priest Gonzaga wrote in 1587 about the monks who preached the doctrine of Buddha in Sri Lanka in the sixteenth century. He wrote:

"Just as the Druids among the Gauls, the Gimnosophists among the Egyptians, the Flamens and other priests among the Romans, were held in high esteem, and in the presence of their people they offered sacrifices to idols, so as in these times the langatares or the Bramanes are accustomed to do the same among the inhabitants of Zeilan [Ceylon now Sri Lanka]. Their dwelling place is in the very shrines of the gentiles, but distinct from them, after the manner of a Christian monastery. There is incumbent on them also the duty of instructing the people in those gentile and superstitious ceremonies to placate the gods, or rather the demons, to offer sacrifice to idols, and to intercede for the people. They wear a saffron cloth from the loins to the ankles, and a garment of the same colour from the left shoulder to the right knee, while the rest of the body remains bare. They are very well spoken of to us; especially because they possess nothing of their own, but live on alms begged from door to door everyday in the greatest silence. And the more they keep themselves aloof from the gentiles, the greater is the esteem they are held in. And to conclude in a few words, the gentiles of India have as great devotion to the island of Zeilan where these Bramanes live, as the Saracens and the Turks have the temple of Mecca (Perniola, 1989, pp.45-6 ; Thambynayagam, Agnes, 2009, p111)." By 1587, many Bramanes (the descendants of the Portuguese) had settled in the interior forestlands of Vintene (current Polanaruwa) and surrounding areas from south-west India (Chola country or Coromandel) and Burma practicing Pagan religion. The rulers who supported the Pagan religion had helped the Cholar (people of Chola country) Bramanes to build monasteries and Pagodas along Mahaweli Ganga (Maha-Valley River) and in other areas of the interior for them to live, practice and to teach the doctrine of Buddha. **Agnes ThambynayagamOxford**

Asia's deadly secret: The scourge of the betel nut

By Cindy Sui and Anna LaceyBBC Health Check



It is used by almost a tenth of the world's population. It gives people a buzz equivalent to six cups of coffee and is used variously as a symbol of love, marriage and a cure for indigestion and impotence.

But it is also leading tens of thousands to an early grave.

The culprit? The humble betel nut.

Found across Asia, these nuts are harvested from the Areca palm and are chewed for their warming glow and stimulating properties. Such is its effectiveness, that alongside nicotine, alcohol and caffeine, betel nuts are believed to be one of the most popular mind-altering substances in the world.

Although used by women and children, the nuts are especially popular among working-age men, who chew to stay awake through long hours of driving, fishing or working on construction sites. But the short-lived benefits come at a terrible cost.

High rates of oral cancer are destroying the lives of many who buy betel nuts, often decades after their first taste.

Now in Taiwan, where the nuts are affectionately known as 'Taiwan's chewing gum', the government is taking action to curb this centuries-old habit and reduce the thousands of lives lost each year.

Dangerous combination

Regular betel nut chewers stand out from the crowd with The betel nut is a key part of many Asian cultures and can be consumed dried, fresh or wrapped up in a package known as a quid.

Although the exact preparation varies across countries and cultures, the quid is usually a mixture of slaked lime, a betel leaf and flavourings such as cardamom, cinnamon and tobacco.

Worryingly, the International Agency for Research on Cancer lists each ingredient, with the exception of cardamom and cinnamon, as a known carcinogen - or cancer-causing agent.

The slaked lime is seen as a particular problem as it causes hundreds of tiny abrasions to form in the mouth. This is thought to be a possible entry point for many of the cancer-causing chemicals.

"About half of the men here still don't know that betel nuts can cause oral cancer," says Prof Hahn Liang-jiunn, an oral cancer specialist at the National Taiwan University Hospital.

"[This is despite] Taiwan's incidence or mortality rates for oral cancer ranking among the top two or three in the world."

Alcohol: You may think of alcohol as being good for your heart. But too much of it can drive up your triglyceride levels. That's because of the sugars that are naturally part of alcohol, whether it's wine, beer, or liquor. Too much sugar, from any source, can be a problem. Your doctor may recommend that you not drink at all if your triglyceride levels are very high.

As a meat tenderiser and seasoning – use coffee grounds

This works in two ways. Coffee grounds work as a tenderiser because, as they caramelize, they form a crust that locks in all the moisture of the meat. This not only adds a savoury-sweet flavour to your BBQ (pork works best with this) but once your meat is cooked, it will be fork-tender.

Read more:

<http://www.dailymail.co.uk/femail/food/article-3043176/The-20-surprising-uses-coffee->

Leafy Greens for Thyroid

Spinach, lettuce, and other leafy greens are great sources of magnesium, an all-star mineral that plays a huge role in your body processes. Your thyroid needs magnesium to do its job. Fatigue, muscle cramps, and changes in your heartbeat could be signs that you're not getting enough.

WebMD

Nuts for your thyroid

Cashews, almonds, and pumpkin seeds are another excellent source of magnesium. Brazil nuts help your thyroid in two ways. Not only are they a good source of magnesium, but they're also rich in selenium, another mineral that supports the thyroid. Just a few Brazil nuts a day gives you the selenium you need.

WebMD

15 Foods to Boost Your Immunity

Stay well and active: Load up on watermelon, almonds, and other foods that help fight disease and strengthen your immune system.

[View Slideshow >](#)

eLanka

The SriLankan Downunder
www.eLanka.com.au

<http://eLanka.com.au/category/articles/>

Jesus Great Moral Teacher?

Even those from other religions acknowledge that Jesus was a great moral teacher. Indian leader, Mahatma Gandhi, spoke highly of Jesus' righteous life and profound words.[1] Likewise, Jewish scholar Joseph Klausner wrote, "It is universally admitted ... that Christ taught the purest and sublimest ethics ... which throws the moral precepts and maxims of the wisest men of antiquity far into the shade." [2] Jesus' Sermon on the Mount has been called the most superlative teaching of human ethics ever uttered by an individual. In fact, much of what we know today as "equal rights" actually is the result of Jesus' teaching. Historian Will Durant, a non-Christian, said of Jesus that "he lived and struggled unremittingly for 'equal rights'; in modern times he would have been sent to Siberia. 'He that is greatest among you, let him be your servant'—this is the inversion of all political wisdom, of all sanity." [3] Many, like Gandhi, have tried to separate Jesus' teaching on ethics from his claims about himself, believing that he was simply a great man who taught lofty moral principles. This was the approach of one of America's Founding Fathers, President Thomas Jefferson, who cut and pasted a copy of the New Testament, removing sections he thought referred to Jesus' deity, while leaving in other passages regarding Jesus' ethical and moral teaching. [4] Jefferson carried around his cut and pasted New Testament with him, revering Jesus as perhaps the greatest moral teacher of all time. In fact, Jefferson's memorable words in the Declaration of Independence were rooted in Jesus' teaching that each person is of immense and equal importance to God, regardless of sex, race, or social status. The famous document sets forth, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights ..."

But one thing Jefferson didn't answer: If Jesus falsely claimed to be God he couldn't have been a good moral teacher. But did Jesus really claim deity? Before we look at what Jesus claimed, we need to examine the possibility that he was simply a great religious leader?

Drinking alcohol can trigger headaches in some people. Why? It could be because:

- Sulfites, which are used as a preservative in some types of alcohol, like red (but not white) wine, bother some people.
- Alcohol causes more blood flow to your brain, which can trigger a headache.
- It could also be because of how your body metabolizes alcohol.

Red wine, beer, whiskey, scotch, and champagne are the most common alcoholic headache culprits.

Trachoma

The World Health Organization estimates that **21 million people are affected by trachoma**, of whom about 2.2 million are visually impaired and 1.2 million blind.

The Oromia region in southern Ethiopia is home to more than 30 million people and has the highest prevalence of trachoma in the country at around 42%.

The disease prevails in hot dusty areas where people often lack access to sanitation.

Some three miles (5km) from the school, at a clinic set up to screen for trachoma, 60-year-old Sharage Feyine waits patiently to be examined.

She rubs her eyes incessantly and says her vision problems - pain in both eyes and terrible itching - began a year ago.

"I used to be able to cook for my family. Now I have become dependent," she says.

Relief to thousands

"The pain and the devastation of trachoma can be stopped by 10 minutes of surgery," says Dr Alemayehu.

Dr Alemayehu has trained a team of local health workers to perform trichiasis surgery in their community.

The surgery is designed to rotate the eyelid outwards, directing the eyelashes away from the eyeball. By Angela RobsonBBC Health Check

Antioxidants and Aging

Eat foods rich in antioxidants to help fight free radicals -- unstable oxygen molecules that contribute to the aging process. Antioxidants can be found in colorful vegetables and fruits like berries, beets, and tomatoes. For a balanced diet and to help you reduce your risk of developing cancer and heart disease, add at least five to nine servings of fruits and vegetables to your diet each day.

From Your Quora Digest

Why did China survive for over 2000 years while the Roman empire did not?



Glycaemic Index

Some foods can make your [blood sugar](#) shoot up very fast. That's because carbohydrates like refined sugars and bread are easier for your body to change into glucose, the sugar your body uses for energy, than more slowly digested carbs like those in vegetables and whole grains. Eat a lot of those easy carbohydrates and you'll have a hard time controlling your [blood sugar](#), even with [insulin](#) and [diabetes medications](#).

The [glycemic index](#) gives you a way to tell slower-acting "good carbs" from the faster "bad carbs." You can use it to fine-tune your carb-counting and help keep your blood sugar more steady.

Assess Yourself: Is Your Type 2 Diabetes Under Control?

What Is the Glycemic Index?

Glycemic index is a number. It gives you an idea about how fast your body converts the carbs in a food into glucose. Two foods with the same amount of carbohydrates can have different glycemic index numbers.

The smaller the number, the less impact the food has on your blood sugar.

55 or less = Low (good)

56- 69 = Medium

70 or higher = High (bad)

Look for the glycemic index on the labels of packaged foods. You can also find glycemic index lists for common foods on the Internet. [Harvard University](#) has one with more than 100. Or ask your dietitian or [nutrition](#) counselor.

Foods that are close to how they're found in nature tend to have a lower glycemic index than refined and processed foods.

Glycemic Index Can Change

That number is a starting point on paper. It could be different on your plate, depending on several things.

Preparation. Fat, fiber, and acid (such as lemon juice or vinegar) lower the glycemic index. The longer you cook starches like pasta, the higher their glycemic index will be.

Ripeness. The glycemic index of fruits like bananas goes up as they ripen.

Other foods eaten at the same time. Bring down the overall glycemic index of a meal by combining a high-glycemic index food with foods that have lower ones.

Your age, how active you are, and how fast you digest food also affect how your body reacts to carbs. If you have a [diabetes](#) complication called [gastroparesis](#), which delays your [stomach](#) from emptying, your body will absorb food much more slowly.

WebMD



If you wake up with a sore throat, mix water, 2 tablespoons honey, 2 tablespoon vinegar, dash of cinnamon, and 2 tablespoons of lemon juice, mix well, and drink, you will feel better within the hour! Works every time!!

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