

Health & Views

For the ex-pat Sri Lankans globally & others

OCTOBER
2015

2ND ISSUE

VIDEO: A Lush Spot on the Los Angeles River Despite its reputation as a concrete canal, the Los Angeles River is green in some spots. The city recently announced that the architect Frank Gehry would help revitalize the 51-mile waterway.

Congratulations to Dame Kusuma Cooray on the publication of her new cookbook, "Ocean to Plate: Cooking Fish with Hawaii's Kusuma Cooray." Fantastic book launch party!

Ocean to Plate: Cooking Fish with Hawaii's Kusuma Cooray (Latitude 20 Book) ←

A native of Sri Lanka and one of Hawaii's most celebrated chefs, Kusuma Cooray is known for innovative recipes that blend exotic herbs and spices with traditional... AMAZON.COM

"Prof. Kusuma Cooray. She is the most outstanding Sri Lankan woman that I have known in the USA. Kusuma is the most celebrated Chef in Hawaii. She is also a Professor at the University of Hawaii".

Agnes Thambynayagam USA

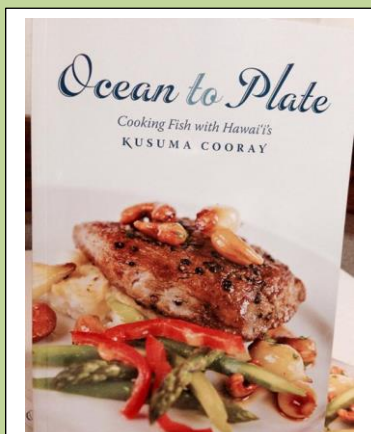


Was Born With The Taste Of Gold

RASA FOURNIER

She's cooked for royalty, celebrities and the very wealthy, but Kusuma Cooray's real joy in life is teaching, and thanks to her work at KCC over the past 28 years, the culinary program will be moving into an amazing new facility, Culinary Institute of the Pacific

Not everyone is born with the taste of gold, but celebrated Hawaii chef Kusuma Cooray was. After three boys, her parents finally welcomed a girl to their Sri Lankan home. As was the family custom, they wrapped her in a silken cloth that had swaddled generations of the family's newborns, and her father ceremoniously ground dust from a sovereign gold coin, mixed it with mother's milk — forming *gran-kiri*, literally "gold milk" — and applied it to baby Kusuma's lips.



Nobel Prize Winner 2015



From left, Mohamed Fadhel Mahfoudh, the president of the Tunisian Order of Lawyers; Wided Bouchamaoui, president of the Tunisian Confederation of Industry, Trade and Handicrafts; Abdessattar Ben Moussa, the Tunisian Human Rights League president; and Houcine Abassi, secretary general of the Tunisian General Labour Union, in Tunis in January. Mohamed Hammi/SIPA, via Associated Press

National Dialogue Quartet

"For its decisive contribution to the building of a pluralistic democracy in Tunisia in the wake of the Jasmine Revolution of 2011."

[Nobel Peace Prize Given to National Dialogue Quartet in Tunisia](#)



From Jaffna to International



Michael and Agnes in the centre, lives in Sugar Land, Texas: Marion, daughter on the left lives in New York.

Extreme right: Son Anthony with Korean wife, and 4 year old son with Grand Father Michael.

Two people treated in Tas hospital for shellfish poisoning

Two people are admitted to hospital in Tasmania with paralytic shellfish poisoning after eating mussels they harvested from east coast areas affected by algal blooms. ABC News



California becomes 5th US state to allow euthanasia

Physician-assisted suicide will become legal in California under a bill signed into law on Monday by Democratic Governor Jerry Brown.



History of Sri Lanka

THE EXPANSION OF THE ROMAN EMPIRE IN ASIA

Establishment of a College in Mannar, Sri Lanka -1567

Letter from Fr. Melchior Nunes Barreto, the Rector of the Jesuits' College in Cochin (Kerala, India) to Fr. Francis Borgia, the Superior General of the Jesuits in Rome - 1567

Para 1 & 2 : When Father Provincial returned from Malacca [Malaysia] ... he passed through Cochin [Cochin-Kerala, India] and took me to Goa with the idea of assigning me to college of St. Paul.... We set out...

[Continue Reading](#)



Fig 6: Subrahmanyam's map of Portuguese settlement: 1600

(Subrahmanyam, 1990, p.XII: Reproduced by kind permission of Oxford University Press, New Delhi.)
THAMBYNAYAGAM, AGNES ? 2009, p 64

Agnes Thambynayagam

About cooking oils

[Kalpana Sharma](#)

One must remember that not all oils are suitable for high-temperature Indian cooking. Using oils such as olive oil (especially extra-virgin) are not recommended for deep frying food items such as samosas and pakodas. The reason for this is that on over-heating these oils lose their nutritional qualities and produce harmful by-products. Alternatively when used in salads as a dressing, the oil does wonders in helping protect the heart. Similarly, sunflower, coconut, mustard oil all have a good heat endurance and can be used for deep-frying. So the choice of oil must be customized for the food you are looking at cooking.

Different oils are suitable for different cooking conditions and people for instance: Sunflower oil though a good source of monounsaturated (MUFA) and polyunsaturated (PUFA) fatty acids is not recommended for diabetic patients since it may increase sugar levels. Canola, avocado, and almond oil are considered good for the heart because they contain healthy fats. However, combining different oils in one's diet is ideal
TOI

Nutritional breakdown of coriander

According to the US Department of Agriculture (USDA) National Nutrient Database¹, two tablespoons of ground coriander seed contain 30 **calories**, 1.2 grams of protein, 1.8 grams of fat, and 5.6 grams of **carbohydrates** (including 4 grams of fiber and 0 grams of sugar). That same 2 tablespoon serving provides 68% of your daily **vitamin K** needs, 10% of iron, 8% of **calcium**, and 4% of vitamin C.

MNT

Potential health risks of consuming coriander

Salmonella is a potential health risk when consuming coriander. In a study of more than 20,000 food shipments, the US Food and Drug Administration (FDA) found that 15% of coriander imports were contaminated with *Salmonella*. More than 80% of the US spice supply is imported.⁴ The testing for *Salmonella* was conducted at the time of import. At retail level, the risk is less likely, particularly with large, more reputable spice companies. Heating food to 150-170°F will kill bacteria, including *Salmonella*.⁴ Coriander may be an allergen, and because it is often used in combination with spices, it is hard to detect. According to dietitian Sherry Coleman Collins, "coriander is in the family of spices that includes caraway, fennel, and celery - all of which have been implicated in allergic reactions in recent years."⁵

Written by [Megan Ware RDN LD](#)

Possible health benefits of consuming coriander

Below we take a look at the possible health benefits of coriander.

Anticancer effects Cilantro leaves and coriander seeds.

Coriander, the dried seed of the cilantro plant, is frequently ground into powder and used to flavor food.

A study reported in the American Journal of Clinical Nutrition suggests that common spices - including coriander - can inhibit heterocyclic amine (HCA) formation in meats during cooking. HCAs, defined by the National Cancer Institute, are chemicals formed when meat is cooked at high temperatures.² A high consumption of foods containing HCAs is associated with higher risk of cancer.

These anticancer effects were demonstrated further in a different study published in the Journal of Food Science, in which five Asian spices, including coriander, were used to cook meats. The meats cooked with those spices had a significant decrease in HCA formation.²

Carotenoids

Dietary carotenoids can decrease the risk of numerous conditions, including several cancers and eye disease, due to their role as antioxidants.³ A study published in Plant Foods for Human Nutrition showed that basil and coriander contained the highest levels of the carotenoids beta-carotene and beta-cryptoxanthin as well as lutein and zeaxanthin, all known for their antioxidant abilities.²
MNT

Locations named Ceylon are found in Minnesota, Pennsylvania, Ohio, Indiana and Saskatchewan, Canada Ceylon, Minnesota, USA (Zip Code 56121)

Walter Mondale former Vice President of the United States, United States Senator, Minnesota Attorney General, and presidential nominee was born in Ceylon Minnesota, USA in 1928. Walter Mondale is of Norwegian ancestry.

I was back on the road driving to my primary destination Ceylon Minnesota, about a 6 hour drive. From Interstate I-90 Exit #93 to Route MN-263 is signposted as to Welcome / Ceylon. Ceylon is located in Martin County, Minnesota. Ceylon was platted in 1899. It was named after the island of Ceylon, known today as Sri Lanka. A post office has been in operation in Ceylon since 1899. According to the [United States Census Bureau](#), the city has a total area of 0.65 square miles (1.68 km²), all of it land. As of the [census](#) of 2010, there were 369 people, 153 households, and 100 families residing in the city.

"Welcome" is the name of another town near Ceylon, Minnesota . Approaching Ceylon there was another large billboard which made clear that the residents were proud of the origin of their name. It read Welcome to

Ceylon

"WE'RE YOUR CUP OF TEA"



Minerals

- Minerals help form our body's structure and regulate various processes within the body.
- The major minerals are: calcium, phosphorus, sodium, chloride, potassium, magnesium and sulfur.
- Calcium is one of the most abundant and important minerals in the body and helps build strong bones and teeth.
- Iron helps in DNA synthesis, helps in growth and healing, our immune functions, reproduction, and is a vital part of hemoglobin and myoglobin, proteins that feed oxygen to our blood and muscles and prevent anemia. Iron has an important role in transporting oxygen in the body.
- Zinc is necessary for a healthy immune system, and is also of use in fighting skin problems such as acne, boils and sore throats.
- Selenium is an antioxidant that assists the immune system.
- Magnesium aids the formation of bone and teeth and assists in the absorption of calcium and potassium. Magnesium plays an important part in energy production, cellular replication (DNA and RNA) and protein formation. Magnesium and Calcium work together to help muscle contraction and aid relaxation (vital functions if you consider that heart is a muscle).
- Phosphorous It is essential for building strong bones and teeth; helps in formation of genetic material; helps in energy production and storage.

Origins of 'Gospel of Jesus's Wife' Begin to Emerge



New research on the papyrus' ink points to the possibility that the Gospel of Jesus's Wife is authentic, while newly obtained documents may shed light on the origins of the business-card-sized fragment.

[Read More »](#)

Parents: Talk About Alcohol When Kids Are 9



A new report advises parents to start talking to their children early about alcohol, in order to prevent dangerous consequences.

[Read More »](#)

Detox your liver through the right food

[Seema Mattoo, TNN](#) |

A lot of unhealthy foods leads to a feeling of fatigue and it is the right time to detox your liver.

Cleansing also leads to detoxifying the chemicals in your body and your liver can function perfectly again. Here are some tips to detox your liver and get back to being healthy.

Lettuce, Cabbage or Brussel sprouts, they are all packed with sulfur which is good for clearing your body of toxins so add them to your daily diet.

Eating a large amount of **carrots** can be helpful to your liver. There are proteins in carrots that are very effective at removing toxins from the liver.

Grapefruit which is easily available in the market has good liver cleansing proteins while lowering your cholesterol. It is also delicious and low in calories, so add some grapefruit into your diet.

Turmeric helps fights inflammation in your body and is especially effective on the liver. So if you have a liver infection or other inflammation in your liver include a hearty dose of turmeric in your food.

Add **Zinc** to your diet. Zinc helps to break down alcohol into a substance that is easier for the body to handle. So a daily dose of zinc can help your body recover after all that indulgence in wine, beer or liquor. Spinach, Pumpkin, Seafood, Cashew nuts and Mushrooms are all good sources of Zinc.

TOI



People awaiting admission to Fever Hospital in Hyderabad, India. The outbreak in New Delhi appears to be the worst since 2006, with more than 30 deaths. [CreditMahesh Kumar A./Associated Press](#)

NEW DELHI — Four days after Manoj Sharma's 6-year-old son first fell ill with [dengue fever](#), a mosquito-borne disease rampant in urban India, his body showed signs of shock: a plunging [platelet count](#), [vomiting](#) and labored breathing. At 2 a.m. on Sept. 13, Mr. Sharma suffered a shock of his own, learning that the private clinic that had given his son a vital platelet transfusion — with a \$182 bill — lacked the resources to provide further treatment.

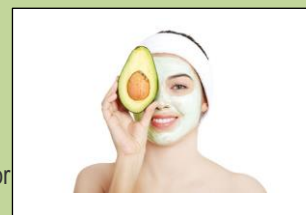
He spent the next three hours ferrying his wife and son on the back of his scooter to different hospitals that he said were unable, because of overcrowding, to treat the boy.

Finally, the nonprofit Holy Family Hospital admitted his son, Aman, who spent several hours in the intensive care unit but ultimately died. All told, Mr. Sharma had taken his son to five hospitals in six days, secured two platelet transfusions and a stay in an intensive care unit, paying about 70,000 rupees — around \$1,100 — with loans from his mother and brother "I was numb," Mr. Sharma said. "He died before my eyes." During the annual dengue season, roughly from August to November, stories like Aman's circulate through the city. The dengue outbreak in Delhi appears to be the worst in years — as of Thursday, more than 9,000 registered cases and 30 deaths, the highest numbers since 2006. The stories have a depressing sameness, describing families looking for lifesaving treatment left on their own to navigate a dizzying array of public and private providers.

NYT

Avocado

Using avocado is an excellent, natural way to nourish and care for your body without any abrasive



chemicals. Essential and extra-virgin avocado oil has long been used in beauty products such as hair conditioners, moisturizers, cleansers, and facials. This is because avocado is a rich source of several essential nutrients that refresh and moisturize your skin.

Scoop out the flesh of a ripe avocado, mash it in a bowl, and smear it on your skin for a nourishing mask. Leave it on for at least 20 minutes before washing it off.

[www.dummies.com](#)

A study found that women who took at least two aspirin a week had a 40% lower risk of Parkinson's. Researchers aren't sure why. Maybe it's because women tend to take higher doses for arthritis and headaches than men take for heart problems.

Resveratrol research in dogs could eventually lead to treatments in humans

Resveratrol, a compound found commonly in grape skins and red wine, has been shown to have several potentially beneficial effects on health, including cardiovascular health, [stroke](#) prevention and [cancer](#) treatments. However, scientists do not yet fully understand how the chemical works and whether or not it can be used for treatment of diseases in humans and animals.

Now, researchers at the University of Missouri have found that resveratrol does affect the immune systems of dogs in different ways when introduced to dogs' blood. Sandra Axiak-Bechtel, an assistant professor in oncology at the MU College of Veterinary Medicine, said this is a first step in determining how the chemical causes immune systems to react.

"This study makes it clear that resveratrol does cause the immune systems of dogs to change, but the changes it causes have created more questions," Axiak-Bechtel said. "We found that resveratrol simultaneously causes dogs' immune systems to increase and decrease in different ways. If we can better understand why resveratrol makes these changes and learn to control them, the chemical may have valuable uses in treatments of cancer and other diseases in dogs and humans."

MNT

Beans for Fiber

Add fiber-rich beans to your diet three to four times a week. Fiber may help lower blood pressure, improve cholesterol, prevent constipation, and help digestion. And because you feel full longer, eating a diet high in fiber can help you lose weight. Top a salad with chickpeas or use beans in place of meat in soups. Beans contain complex carbohydrates to help regulate glucose levels, which is important for people with diabetes.

WebMD

Fighting Cancer With Color

Fruits and vegetables are rich in cancer-fighting nutrients -- and the more color, the more nutrients they contain. These foods can help lower your risk in a second way, too, when they help you reach and maintain a healthy body weight. Carrying extra pounds increases the risk for multiple cancers, including colon, esophagus, and kidney cancers. Eat a variety of vegetables, especially dark green, red, and orange vegetables. WebMD

What is heart failure?

Heart failure is a chronic, progressive condition in which the heart muscle is unable to pump enough blood through to meet the body's needs for blood and oxygen. Basically, the heart can't keep up with its workload.

[Watch an animation of heart failure](#)

At first the heart tries to make up for this by:



© American Heart Association

Enlarging. When your heart chamber enlarges, it stretches more and can contract more strongly, so it pumps more blood. With an enlarged heart, your body starts to retain fluid, your lungs get congested with fluid and your heart begins to beat irregularly.

Developing more muscle mass. The increase in muscle mass occurs because the contracting cells of the heart get bigger. This lets the heart pump more strongly, at least initially.

Pumping faster. This helps to increase the heart's output.

The body also tries to compensate in other ways:

The blood vessels narrow to keep blood pressure up, trying to make up for the heart's loss of power.

The body diverts blood away from less important tissues and organs (like the kidneys), the heart and brain.

These temporary measures mask the problem of heart failure, but they don't solve it. Heart failure continues and worsens until these substitute processes no longer work.

Eventually the heart and body just can't keep up, and the person experiences the fatigue, breathing problems or other symptoms that usually prompt a trip to the doctor.

The body's compensation mechanisms help explain why some people may not become aware of their condition until years after their heart begins its decline. (It's also a good reason to have a regular checkup with your doctor.)

Heart failure can involve the heart's left side, right side or both sides. However, it usually affects the left side first.

AHA

Memoirs from Slave Island



The Rupee Fund Mosque

True to the reality of such a legal Act, on number one Java Lane stands the Malay Military Mosque also known as the Java Lane Mosque. Within all surrounding tenement houses attached to the mosque being struck down this mosque stands alone on a narrow path leading to it. The Malay Military Mosque founded in 1864 erected its present structure in 1921. A testimony to the existence of mercenary soldier trade from Java to the rest of the world over the First World War. The Malay race came to Sri Lanka mainly in two groups – one as soldiers to serve the Dutch and those who came later as Indonesian political exiles or 'Staatsbannelingen'. The Java mosque is famously known as the "Rupee Fund Mosque" as each mercenary soldier based in the area (of Java descent) contributed a rupee to the establishment of a mosque in the area. It is known as the Malay military mosque instead of Java military mosque as the Malay language served as the lingua franca for military personnel from South East Asia who was located in Slave Island either in mercenary or police positions.

Sent by Hemguru

Amino Acids Assist Arterial Health

Amino acids are the building blocks of proteins – key components of muscle and tissue throughout the body. Amy Jennings, from the University of East Anglia (United Kingdom), and colleagues studied 1898 female twins, ages 18 to 75 years, surveying eight subjects for their intake of seven amino acids associated with cardioprotective activity. The team conducted diagnostics to assess arterial stiffness and atherosclerosis. The analysis revealed that higher intakes of arginine, cysteine, glutamic acid, glycine, histidine, leucine and tyrosine associated with decreases in central systolic blood pressure, pulse wave velocity, and mean arterial pressure – key markers of arterial health. The study authors write that: "These data provide evidence to suggest that intake of several [amino acids] is associated with cardiovascular benefits beyond blood pressure reduction in healthy women."

[VIEW NEWS SOURCE...](#)

...The Portuguese imported Western Medicines to Ceylon via their headquarters in Goa. They also used drugs like opium and ganja called "Bhang"...



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Gout and Lemon Juice

What can lemon juice do for your gout?

Lemon is a fruit in the citrus family, people like lemon due to its' distinctive sour taste which consists of lemon juice. It is the citric acid in the lemon juice, which is about 6% which gives it its' sour taste and its' pulp is used for cooking and baking. It also serves as a key ingredient in many drinks and foods since the average lemon contains around 3 tablespoons of juice. Being a citrus fruit it is naturally high in [vitamin C](#) which is a well known natural remedy for gout and also has some vitamin B complex.

Lemon juice is used as a natural remedy for many ailments that include dizziness, headaches, bleeding gums, nose bleeds, throat pain, anaemia, constipation, hiccups and even consumed for an easier childbirth. Lemons are available throughout the year but are mostly in season May to August. Like other fruits, lemons contain unique flavonoids that have antioxidant and anti-cancer properties.

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

- See more at:
<http://goutandyou.com/gout-and-lemon-juice/#sthash.p8NKtjDX.dpuf>

Spiro Koulouris

Fructose: Diarrhea, Bloating, Cramping

Foods sweetened with fructose -- including sodas, candy, fruit juice, and pastries -- are difficult for some people to digest, leading to diarrhea, bloating, cramping, and other distress

How do I take lemon juice in my gout diet? How you can add lemon to your gout diet is as simple as taking the lemon juice of 1 or 2 lemons and adding it in your glass of cool water, first thing in the morning on an empty stomach would be best. You can also mix lemon with baking soda together which creates a perfect pH level of 7 in your body keeping it neutral. This helps restore balance almost instantaneously. Very simply add 2 tablespoons of lemon juice and 1/2 of tablespoon of baking soda in a glass of water and mix it very well for about two minutes to make sure it doesn't foam or fizz, it must be flat before drinking! It will have the taste of flat water. Don't add more or less with this recipe because it won't be as effective. You can also infuse some slices of lemon inside a cup of hot drinking water twice daily. 100 g (3.5oz) lemon also includes 138 mg of potassium which is also very important for us gout sufferers. You want to include as much potassium as possible in your gout diet. By the way you can also try of any of these recipes with lime as well. I personally use lemons in my diet, I like to add it in my green tea in the wintertime, in my cool glasses of water in the summertime, as well I love to sprinkle it on my broccoli, swiss chard, rapini, spinach and in my salads. - See more at: <http://goutandyou.com/gout-and-lemon-juice/#sthash.p8NKtjDX.dpuf>

How to save a wet phone — or try to — in 5 easy steps

Even if your phone takes a plunge, it doesn't mean all hope is lost.

[Read More](#)

Fried Foods: Diarrhea Trigger

Eating fried foods, which are high in fat, can result in diarrhea. Rich sauces, fatty cuts of meat, and buttery or creamy desserts can cause problems, too. Choose roasted or baked foods and light sauces that feature vegetables instead of butter or cream.

Citrus Fruit: Intestinal Distress

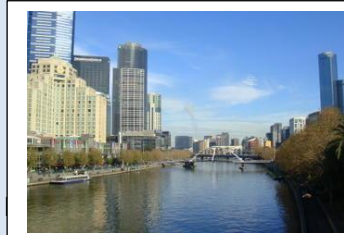
Because citrus fruit is high in fiber, it can cause an upset stomach for some people. Go easy on oranges, grapefruit, and other citrus fruits if your digestion is feeling queasy.

One thing aspirin does is interrupt the process that makes your blood clot. Taking one every day helps keep your blood flowing smoothly and helps prevent blockages in your blood vessels that can lead to strokes and heart attacks. Talk to your doctor about whether it's a good idea for you.

This fact sheet offers advice to people who fish in the Lower Yarra and Maribyrnong rivers. If you fish in other waters, please contact your local council for information and referral.

Polluted waters – the risk of PCBs

Over time, urban waterways can become polluted with chemicals. Fish may take up some of these chemicals into their bodies. There are a number of chemicals that can be a problem in the lower Yarra and Maribyrnong rivers are polychlorinated biphenyls (PCBs).



PCBs were used from the 1930s to the 1970s in industrial products. They have now been phased out, but they stay in the environment for a long time. Mercury may also be found in certain Victorian inland waters where it was once used for gold extraction. Mercury can remain in the environment for a long time.

PCBs can build up in the human body. If a person eats large amounts of contaminated fish, the PCBs may affect their health. Women who are pregnant or may become pregnant are the most likely to be affected. PCBs in a mother's body can affect the development of her unborn baby's brain. Young children are also at increased risk.



Top Sinhala Songs || Video Jukebox

• 268 views

Too Much Fiber: Gas and Bloating

Foods high in fiber like whole grains and vegetables are good for digestion. But if you start eating lots of them, your digestive system may have trouble adjusting, resulting in gas and bloating. Increase the amount of high-fiber foods gradually. WebMD

Cabbage and Its Cousins: Gas and Digestive Distress

Cabbage, broccoli, and other cruciferous vegetables contain the same indigestible sugars that make beans gassy. Their high fiber content can also make them hard to digest if eaten in excess. Cooking can help reduce the problem

Butter is fine, but too much margarine could kill: new study

Sarah Knapton

Saturated fat found in butter, meat or cream is unlikely to kill you, but margarine just might, new research suggests.

These findings come soon after [research by the butter industry ironically found that butter](#) is bad. Traditionally, people have been advised to reduce animal fats, but the biggest ever study has shown they do not increase the risk of stroke, heart disease or diabetes.

However, trans fats, found in processed foods such as margarine, raise the risk of death by 34 per cent in less than a decade.

"For years everyone has been advised to cut out fats," said study lead author Dr Russell de Souza, an assistant professor in the Department of Clinical Epidemiology and Biostatistics, at McMaster University in Canada.

"Trans fats have no health benefits and pose a significant risk for heart disease, but the case for saturated fat is less clear.

"That said, we aren't advocating an increase of the allowance for saturated fats in dietary guidelines, as we don't see evidence that higher limits would be specifically beneficial to health." Saturated fats come mainly from animal products such as butter, cows' milk, meat, and egg yolks, and some plant products such as chocolate and palm oils.

Trans-unsaturated fats - or trans fats - are mainly produced industrially from plant oils for use in margarine, snack foods and packaged goods.

Read more: <http://www.smh.com.au/lifestyle/diet-and-fitness/butter-is-fine-but-too-much-margarine-could-kill-new-study-20150811-gix152.html#ixzz3iymaOlb7>

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Surprise! No Calorie Counting-with Mediterranean diet

With the Mediterranean diet, you won't be counting calories or cutting out major food groups. Instead, you'll be swapping out bad fats for heart-healthy ones (olive oil instead of butter; fish or poultry instead of red meat); enjoying fresh fruit instead of sugary, fancy desserts; and eating your fill of flavorful veggies and beans. Nuts are a mainstay, too, but keep them to no more than a handful a day. And you can have whole-grain bread and wine in moderation.

WebMD

[exercise](#)



Spicy food: The pros and cons of added heat in your meal

Cindi Avila
TODAY



A half-million people in China took part in the study and in the end, researchers found those who ate spicy foods as little as twice a week reduced their risk of death by 10 percent.

Up the spicy intake to six times a week and that number increases to 14 percent. Sounds good, right? We thought this might be too good to be true. While we don't want to rain on your pepper parade, we do want to set the story straight. So here's the good and bad news

THE GOOD

Weight Control

New York City gastroenterologist [Dr. Prem Chattoo](#) says one of the biggest benefits of eating spicy food (especially jalapenos, habaneros and cayenne) comes from capsaicin.

This "natural chemical speeds up the metabolism by increasing heart rate and body temperature," according to Dr. Chattoo.

Nutritional health counselor [Cindy Kasindorf](#), co-founder of Joni Juice, points out, "the best time to eat spicy food is with a heavier meal during lunch or dinner. It will stimulate the digestive tract."

Fountain of Youth

The study found eating spicy food could help you live longer. But what about looking younger?

Dr. Chattoo says spicy food can "slow down the aging process by increasing blood flow to the face and body. This makes skin look and feel more youthful." Kasindorf adds, "I believe any foods that help with the inside of your body will make you look better on the outside."

Healing

Kasindorf started Joni Juice as a way to help her clients and colicky kids manage certain health issues. She makes it a point of adding some spicy elements to several of the company's juices. One reason? "Spicy foods are an excellent way to relieve sinus congestion and open up the breathing airway." According to Dr. Chattoo, spicy food "not only helps people with sinus conditions potentially decrease their symptoms, but it also helps increase blood flow and overall circulation which improves healing properties."

Vegan food expert Pamela Elizabeth, the restaurateur behind Blossom and Blossom Du Jour restaurants, crafts much of her menus based on health properties.

Vegan food in particular is known for its spices and Elizabeth says there's a good reason for that.

"For centuries, chili peppers have been noted as being medicinal. Since they are chock full of vitamins like A and C, they can help boost the immune system and even fight the common cold."

The Stem Cell Theory of Cancer

The duo's research, supported by the National Institutes of Health and Cancer Prevention and Research Institute of Texas, further supports an existing theory that cancer is a stem cell disease. Multiple studies have shown that even within the same lesion, not all cancer cells are the same. Researchers also often find cancerous stem cells within a lesion, and many believe these cells are the key to preventing the initiation and relapse of cancer.

Stem cells have several different roles in human development. Many Americans are familiar with embryonic stem cells, which can become any cell or organ in the body; however, each organ in the body also contains non-embryonic stem cells that are specific to that organ. These organ-specific stem cells control reproduction and growth of the organ through replenishing damaged or aged cells, as well as regeneration of tissues.

Researchers now believe that cancerous stem cells may trigger reproduction and growth of cells within a cancer. These cancerous stem cells lurking within the cancer, under the radar of cancer drugs that target cell proliferation, may underlie the relapse of tumors after surgery of the primary [tumor](#) or other cancer treatments. Moreover, without the cancer, stem cells cannot metastasize, or spread.

Some [breast cancer](#) and [prostate cancer](#) cases have fueled the cancer stem cell theory. Often years after the organ or the cancerous lesions are removed and the patient is declared cancer-free, breast or prostate cancer can return in other organs, indicating the cancer had metastasized before it was originally detected. Cancerous stem cells may be the reason for this.

MNT

Oats: A Grain to Prevent Diarrhea and Stay Regular

Although all high-fiber foods are helpful in keeping digestion regular, cereal fibers from oats, wheat, and other grains appear to be especially effective at preventing diarrhea.

The Health Benefits of Olive Oil

Olive oil is a tasty monounsaturated fat that may positively affect memory. A compound in extra-virgin olive oil called oleocanthal is a natural anti-inflammatory and produces effects similar to ibuprofen and other NSAIDs. One study of men showed that olive oil, especially extra-virgin, increased HDL, the good cholesterol that clears fat from blood vessel walls -- a condition known as atherosclerosis.

Your goals

For most people, TLC stands for tender loving care. For doctors, it stands for the Therapeutic Lifestyle Changes diet. The TLC diet provides sound goals for most Americans.

The TLC Diet

Total calories	Adjusted in conjunction with exercise to attain or maintain a healthy body weight. (Your doctor or a nutritionist can help you figure out how many calories you, personally, should be taking in.)
Total fat	25% - 35% of total calories
Saturated fat	Less than 7% of total calories
Polyunsaturated fat	Up to 10% of total calories
Monounsaturated fat	Up to 20% of total calories
Cholesterol	Less than 200 mg a day
Protein	About 15% of total calories
Fiber	The Institute of Medicine recommends: <ul style="list-style-type: none">• men 50 years and younger get 38 grams per day• women 50 and younger get 25 grams per day• men over 50 get 30 grams per day• women over 50 get 21 grams per day

Harvard Medical School



ARTICLE

3 Ways to Cook Pork

Festive and flavorful, nutrient-rich pork tenderloin is as lean as chicken breast. Try these delicious, innovative recipes.

Ctrl+click

Eat Plenty of Fruits for Gout:

Fruits provide good, fiber-filled carbohydrates and other nutrients that can help you maintain a balanced diet and healthy weight. Plus, they tend to have very few purines. Fruits high in vitamin C, like tangerines and oranges, may help prevent gout attacks. Some research shows that cherries or cherry juice can offer relief from gout. Ask your doctor if you should add cherries to your diet.

WebMD

When Your Thyroid Goes Awry

Does fatigue drag you down day after day? Do you have brain fog, weight gain, chills, or hair loss? Or is the opposite true for you: Are you often revved up, sweaty, or anxious? Your thyroid gland could be to blame. This great regulator of body and mind sometimes goes haywire, particularly in women. Getting the right treatment is critical to feel your best and avoid serious health problems.

What is the Thyroid Gland?

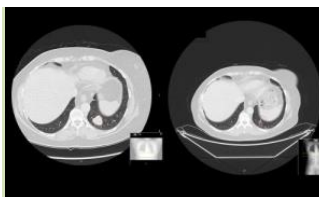
The thyroid is a butterfly-shaped gland in the front of the neck. It produces hormones that control the speed of your metabolism -- the system that helps the body use energy. Thyroid disorders can slow down or rev up metabolism by disrupting the production of thyroid hormones. When hormone levels become too low or too high, you may experience a wide range of symptoms

Symptom: Weight Gain or Loss An unexplained change in weight is one of the most common signs of a thyroid disorder. Weight gain may signal low levels of thyroid hormones, a condition called hypothyroidism. In contrast, if the thyroid produces more hormones than the body needs, you may lose weight unexpectedly. This is known as hyperthyroidism. Hypothyroidism is far more common.

WebMD

Cancer trial of drug combination yields 'spectacular' results

International trial using ipilimumab and nivolumab to treat patients with advanced melanoma stopped cancer advancing in 58% of cases



Terminally ill cancer patients could be "effectively cured" of the disease using a powerful new combination of drugs described by scientists as heralding a once-in-a-generation advance in treatment.

A British-led trial brought "spectacular" results with more than half of patients with advanced melanoma seeing tumours shrink or brought under control using the drugs.

Analysis Immunotherapy: the big new hope for cancer treatment

Analysis: A combination therapy -- helping the body's own defences fight cancer cells -- has shown impressive results for terminally ill melanoma patients

The benefits of regularly eating healthy fish keep piling up. It lowers blood pressure, cuts the risk of irregular heartbeats, and drops the risk of fatal heart disease by 36%

It also seems to lower the risk of stroke and some cancers, improve your mood, and help with other conditions, such as rheumatoid arthritis.

Types of yogurt

Yogurt has several common spellings depending on the area of the world. Yogurt, yogourt, yoghurt and yoghourt are all correct.

Low fat or non-fat

Low-fat yogurt, also labeled reduced fat yogurt, is made with 2% milk. Non-fat yogurt is made with 0% or skim milk.

Greek yogurt

Greek yogurt is thicker and creamier than regular yogurt. It can withstand heat better than regular yogurt and is often used in Mediterranean-style cooking and dips.

Greek yogurt is made by further straining regular yogurt, removing the liquid whey and resulting in a higher protein content due to its thicker concentration.

However, this further straining decreases the **calcium** content. Greek yogurt is available in full fat, reduced or low fat and non-fat or 0%.

Skyr

Similar to Greek yogurt, skyr (pronounced skeer) is an Icelandic-style yogurt that is dense, creamy and high in protein. Compared to regular yogurt, skyr requires 4 times the amount of milk to make and contains 2-3 times more protein.



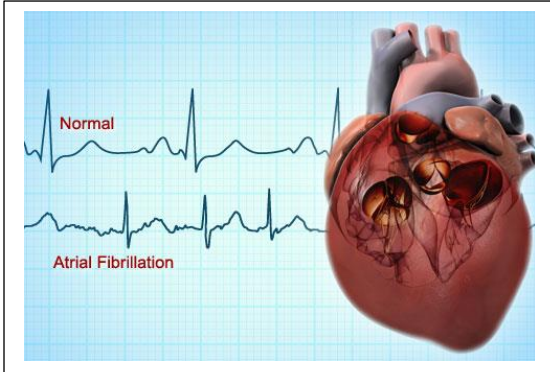
Walking, weight lifting, and yoga

Walking, weight lifting, and yoga would be the most balanced exercise plan because it has three different types of exercise: aerobic/cardio (walking), strength training (weight lifting), and flexibility training (yoga).

All three are important. Aerobic or "cardio" (walking, jogging, cycling, swimming, tennis, basketball) boosts the strength of your heart and lungs; strength or "resistance" training (weight lifting, resistance band exercises, etc.) help to keep your muscles and bones strong, and help with balance and coordination; and flexibility exercises (yoga, stretching, tai chi) can improve your range of motion and reduce your risk for injury.

WebMD

What Is Atrial Fibrillation?



Atrial fibrillation (AFib) is a condition that disrupts the body's regular heartbeat. A glitch in the heart's electrical system makes the upper chambers (the atria) quiver. This causes the lower chambers (the ventricles) to beat irregularly. AFib can be dangerous because it raises the risk of stroke and heart failure. WebMD

Seafood: Seafood is packed with brain-healthy omega-3 fatty acids. These healthy fats are also abundant in plants like chia and flax, but plant-based sources aren't as efficiently converted to docosahexaenoic acid (DHA), an important structural component of neuronal membranes. DHA also influences the expression of brain-derived neurotrophic factor (BDNF), which can benefit people who have mood and anxiety disorders. Bivalves like mussels, oysters, and clams are the top source of vitamin B₁₂ as well as zinc: Six oysters (only about 10 calories each) provide 240% of our recommended daily B₁₂ intake and 500% of our recommended zinc intake! Seafood is also a leading dietary source of vitamin D (we don't get it all from the sun) as well as iodine and chromium. Although many people worry about mercury in fish, Eat small fish like sardines, anchovies, and herring, which typically don't accumulate toxic levels. Medscape

Trans Fat May Impair Memory

by Agata Blaszczyk-Boxe,
Contributing Writer

Even as a new rule will force food companies to stop adding trans fat to food, research continues to show the negative effects of trans fat on health. Today, new findings show that consuming trans fat may be linked to worsening memory in young men, according to a new study.

In the study, researchers found that men ages 45 and younger who consumed high amounts of trans fat performed worse on a memory test than men whose [consumption of trans fat](#) was lower.

"Trans fats were most strongly linked to worse memory in men during their high-productivity years," study author Dr. Beatrice A. Golomb, a professor of medicine at the University of California, San Diego School of Medicine, said in a statement.

[The Food and Drug Administration announced new regulations on Tuesday \(June 16\) making it mandatory for food companies to remove trans fat from food they make in the next three years.](#)

How a brain surgery helped defeat Napoleon

PTI | Jul 31, 2015, 05:18 AM IST

WASHINGTON: Napoleon Bonaparte likely would have conquered Russia in 1812 if not for a life-saving brain surgery performed on Russian general Mikhail Kutuzov by a French surgeon, scientists have found. "It's a story of how medicine changed the course of civilization," said Mark C Preul, chair of neurosurgery research director at Barrow Neurological Institute, which is part of Dignity Health St Joseph's Hospital and Medical Center in the US.

For more than two centuries, history has focused on Kutuzov's incredible story, researchers said.

He survived being shot in the head in 1774 and 1788 and went on to become one of Russia's legendary heroes by repelling Napoleon's invaders. By combining primary sources in Russian and French, the researchers found that French surgeon Jean Massot played a critical role in the drama, employing techniques that foreshadowed modern neurosurgery to help Kutuzov survive what appeared to be mortal wounds. "We wanted to find out what really happened and basically identify this surgeon who saved Mikhail Kutuzov," Preul said.

"Massot's facts were somewhat buried. He is at the vanguard of surgical technique. He uses incredibly modern techniques that we still use today," Preul said.

What researchers found was evidence that the first bullet wound, sustained in a battle with the Turks in Crimea in 1774, had destroyed Kutuzov's frontal lobe. That explained Kutuzov's erratic behaviour after the injury and provided clues to the brilliant strategy he used to defeat Napoleon and his seemingly invincible Grande Armee. Kutuzov's injury most likely impaired his ability to make decisions. Eye witnesses remark about his altered personality after the first gun shot wound.

So instead of challenging Napoleon's superior forces in the autumn of 1812, Kutuzov put off a confrontation. He ordered Moscow burned and fled with his army to safety east of Moscow.

Napoleon's army pursued, invading Moscow, but lacking food and supplies, succumbed to a horribly brutal early Russian winter. Napoleon abandoned the army in December and returned to Paris in defeat.

Blood thinners and vegies

Along with cabbage, Brussels sprouts, and other green leafy vegetables, spinach has a lot of vitamin K, which can affect how warfarin (Coumadin, Jantoven) works. It's OK to eat those veggies when you're taking it, but try to eat the same amount every day. A sudden boost of vitamin K can make warfarin less effective.

Newer blood thinners -- apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), or rivaroxaban (Xarelto) -- work differently. They block various points in the series of events that form a clot. And you can eat green leafy vegetables whenever you want.

WebMD

Beet Greens

Beet roots' edible leafy tops are brimming with vitamin K, which is linked to a lower chance of getting type 2 diabetes. One cup provides nearly twice your daily requirement.

Cooking tip: Sauté a bunch of tender beet greens with some olive oil and garlic for a healthy side dish. Or chop them and add to frittatas, soups, or pasta dishes.

Not to be outdone by their tops, ruby red beets are a leading source of nitrates, which are good for your blood pressure. Plus, you get fiber and other nutrients from beets. **Cooking tip:** Roasting beets boosts their natural sweetness. Wrap each beet individually in foil and bake at 350 F until tender. Or skip the oven. Grate raw beets and add to slaws or as a topping in sandwiches. WebMD



SLIDESHOW

Could You Have an Enlarged Prostate?

More than half of men over age 60 have this condition, but not everyone has symptoms.

Daily antacid use ups heart attack risk: Study

Popping over-the-counter antacids daily to control acidity or heartburn can increase heart attack risk by 16-21 percent, a huge data-mining study led by an Indian-origin researcher has revealed.

The researchers analysed 16 million clinical documents of 2.9 million patients in two separate databases.

"People who take medication to suppress stomach acid are at greater risk of developing myocardial infarction, commonly known as heart attack," said the lead researcher, Nigam H. Shah from Stanford University, California.

Drugs like Nexium, Prilosec and Prevacid -- called proton pump inhibitors (PPI) are among the most prescribed drugs to treat a wide range of disorders, including gastro-esophageal reflux disease (GERD).

"By looking at data from people who were given these drugs primarily for acid reflux and had no prior history of heart disease, our data-mining pipeline signals an association with a higher rate of heart attacks."

"Our results demonstrate that PPIs appear to be associated with elevated risk of heart attack in the general population," he added. Hospital, however, found that H2 blockers - another type of antacid drug - showed no such association.

Examples of the drug of H2 blockers are cimetidine and ranitidine and brand examples of H2 blockers are Zantac and Tagamet.

"Our earlier work identified that the PPIs can adversely affect the endothelium, the Teflon-like lining of the blood vessels," said John Cooke, a senior study author.

Oysters: Aphrodisiac? Immune boosters?

Maybe both, thanks to the mineral zinc that's found in oysters. Low zinc levels have been associated with male infertility. And zinc appears to have some antiviral effect, although researchers can't explain why. However, they do know it is important to several immune system tasks including healing wounds. WebMD

'Amazing' new breast cancer drugs could extend life of sufferers

Experts said that they were hopeful that the treatment would save lives, with signs it could spare one in three breast cancer sufferers from undergoing invasive surgery

Women with advanced breast cancer could live longer thanks to two new drugs hailed as offering an "amazing" step forward in treatment.

One therapy destroyed 40 per cent of tumours among patients with one of the most deadly forms of cancer – twice as many as those given standard treatment.

Experts said that they were hopeful that the treatment would save lives, with signs it could spare one in three breast cancer sufferers from undergoing invasive surgery.

The second combination therapy – which works for the most common type of breast cancer, more than doubled the time tumours were kept at bay.

When the drug Perjeta was given to such women, in combination with standard treatment, tumours disappeared in 40 per cent of cases, without surgery. Leading specialists said the "terrific results" from a trial of 417 women meant that around one in three of those who would normally undergo breast removal could be spared the surgery.

Huge tumours – some as large as 4 inches – were totally destroyed, the experts said.

Until now, the drug had been shown to extend survival for patients with advanced breast cancer, who had already undergone surgery and other treatments.

But the new trial showed that giving the drug as an "upfront" treatment as soon as a diagnosis was made "put the brakes" on the disease.

Prof David Miles, lead clinician for breast cancer, Mount Vernon Cancer Centre, described the results as "amazing".

<http://www.telegraph.co.uk/>

Yes or No to Vitamin D Supplements?

Dr Kerr: Okay. But I'm going to stick up for vitamin D, so let's arm-wrestle about that. There's a big American story about vitamin D and colorectal cancer. We know the inverse correlation. With low levels of vitamin D, there is a higher chance of getting colorectal cancer. There is some stuff emerging about how patients with cancer who have low levels of vitamin D do less well.^[10] They relapse more quickly. So even with vitamin D, do you think there is still a question mark about it?

Dr Boyle: There was a very brilliant review from Philippe Autier^[11] that was published in the *Lancet Diabetes & Endocrinology* last year, which showed very clearly that low vitamin D was a consequence of the disease rather than a cause of the disease. And that created a lot of controversy from the vitamin D lobby. But no one has been able to refute it. This was a complete review of all available studies. It seems that low levels of vitamin D are a consequence of a disease process rather than a cause of the disease process.

Dr Kerr: So for us peely-wally Scots—"peely-wally" meaning pale, pasty—who live in a dark northern European country and don't get out much, we don't see much sun. Shouldn't we be taking vitamin D supplements, you and I?

Dr Boyle: Not at all. Glasgow in the 1930s had an epidemic of rickets, and that's vitamin D deficiency. So they added vitamin D to flour, and the whole rickets issue completely disappeared. But there was a minor epidemic in the early 1980s, a resurgence of rickets. However, it only occurred in the population whose origin was the Indian subcontinent. They were importing their own flour made from crushed peas, and there was no vitamin D added to it, so they weren't getting a vitamin D supplement. There is vitamin D in foods, and I think the levels of vitamin D that people have in the United Kingdom are okay, although no authority has come around and said, "This is the minimum amount of vitamin D you must have every day." No one knows what the optimum levels of vitamin D or its metabolites are.

David Kerr, CBE, MD, DSc, FRCP, FMedSci;
Peter Boyle, PhD, DSc, FMedSci

Disclosures June 08, 2015

Berries are good for you! Here are 5 ways to eat more of them

The nutritional benefits of berries are undeniable: they are rich in antioxidants, boast a high content of flavonoids, reduce the risk of pr

[Read More](#)

Barriers to Effective Heart Disease & Stroke Prevention

Many people with key risk factors for heart disease and stroke—such as high blood pressure and high cholesterol—do not know that they have these conditions, what blood pressure or cholesterol numbers are best for them, or how their high blood pressure or cholesterol could be more effectively controlled. Other barriers include:

Access to convenient, consistent, and affordable monitoring of blood pressure and cholesterol

Lack of continuity of care

Inadequate time with healthcare professionals to ask important questions and receive personalized advice

Medication expense, side effects, and habits around daily use

Need for community based strategies for healthier lifestyle choices such as reduced sodium and transfat and smoke free air policies

<http://millionhearts.hhs.gov/>

Oatmeal

Oatmeal—it's a great option for breakfast because it's a whole grain and has four grams of fiber and five grams of protein per 1 cup serving. New research recently presented at Experimental Biology 2013 found that unsweetened oatmeal increased feelings of fullness and reduced the desire to eat more than an equal calorie serving of oat-based cold cereal. The researchers suggest that the unique beta-glucan fiber in oatmeal contributed to the hunger-squashing benefits.

www.today.com

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

By Kristen Amiet

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

And while you may never *actually* indulge for fear of undoing all that hard work, new research suggests letting your willpower wane once in a while might not be as harmful as you think. In a groundbreaking (albeit very small) pilot study, heroic researchers from the University of Montana [tested](#) the effects of different post-workout snacks on the performance of 11 fit fellas, and discovered that feasting on fast food after visiting the gym (to work out, not hang out) was just as effective at refuelling their bodies as a protein shake or power bar.

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

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

To be sure, the University of Montana team invited the boys back a week later, this time flipping the groups, and guess what? The results were almost identical.

It's worth noting that the participants were elite athletes, so the results might be different for people with everyday bodies and metabolisms. But who are we to argue with *actual scientific data*?

Burgers and fries for all (in moderation, and only if you try *really* hard at the gym)!

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

Vitamin D May Fight Colon Cancer

By NICHOLAS BAKALAR

Higher levels of vitamin D have been associated with a reduced risk of colon cancer in many observational studies. A new analysis has found a possible reason.

A malignant tumor contains not just cancer cells but many types of cells, some of which affect how fast a tumor may grow or spread. Among them are a group of immune system cells called T lymphocytes, or T cells, that can target tumor cells and limit their growth. Having a tumor with more T cells correlates with a better prognosis.

[The study](#), published in the journal *Gut*, included 318 people who had developed colorectal cancer and 624 matched controls. All had vitamin D levels measured before the appearance of any cancers.

The higher the blood levels of vitamin D, the less likely people were to develop colorectal tumors. Vitamin D, the authors suggest, interacts with the immune system to prevent the growth of this type of malignancy.

"This study really shows that vitamin D has an effect on immunity," said the senior author, Dr. Shuji Ogino, an associate professor of pathology at the [Dana-Farber Cancer Institute](#) in Boston, "and it's the first study to show that in a human population. Vitamin D boosts immunity not just in cancer, but in fighting infections as well."

Moderate drinking linked to heart damage in the elderly

Elderly men who consume at least two alcoholic beverages daily may be damaging their heart, according to a new study, with elderly women at risk of heart damage with just one drink a day.



In the study, moderate alcohol consumption was linked to heart damage in elderly individuals, with women at highest risk.

Published in *Circulation: Cardiovascular Imaging* - a journal of the American Heart Association - the study also reveals that severity of heart damage increases alongside a rise in alcohol intake.

The research team, including senior author Dr. Scott Solomon, professor of medicine at Harvard Medical School and director of noninvasive **cardiology** at Brigham and Women's Hospital - both in Boston, MA - says their findings "reinforce" guidelines recommending that when people drink, they should do so in moderation.

According to the Dietary Guidelines for Americans, moderate alcohol intake is defined as consuming up to one alcoholic beverage daily for women - such as beer, wine or liquor - and up to two alcoholic drinks a day for men.

Light to moderate drinking has previously been hailed for its heart benefits. In January, for example, *Medical News Today* reported on a study claiming that drinking one alcoholic beverage a day could **protect against heart failure**.

But this latest research indicates that even moderate drinking may have negative implications for the heart. MNT

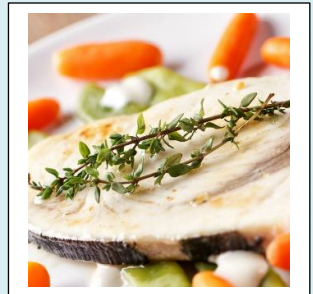
Seafood May Prompt Autoimmune Diseases

Autoimmune disease - including such conditions as inflammatory bowel disease, lupus, Sjogren's syndrome, rheumatoid arthritis and multiple sclerosis - are conditions in which the body's immune system mistakenly attacks healthy cells. Emily Somers, from the University of Michigan (Michigan, USA), and colleagues analysed data collected from women, ages 16 to 49 years, enrolled in the National Health and Nutrition Examination Survey from 1999-2004.

Data analysis revealed that a greater exposure to mercury associated with a higher rate of autoantibodies, a precursor to autoimmune disease. Noting the many health benefits to seafood - a lean protein packed with vital nutrients, the team does submit that women of reproductive age should be mindful of the type of fish they're eating. Observing that: "Methylmercury, at low levels generally considered safe, was associated with subclinical autoimmunity among reproductive-age females," The study authors conclude that: "Autoantibodies may predate clinical disease by years, thus methylmercury exposure may be relevant to future autoimmune disease risk."

[VIEW NEWS SOURCE...](#)

Somers EC, Ganser MA, Warren JS, Basu N, Wang L, Zick SM, Park SK. "Mercury



Breakfast Foods Offer Hidden Calcium: When you're lactose intolerant, you have trouble digesting lactose, a sugar found in cow's milk and dairy products. Eat a good breakfast, even without dairy and you can still get calcium and vitamin D. Bread, juice, and cereal often have added calcium and vitamin D. Some fortified cereals can have more than 1,000mg of calcium in a 1-ounce serving. That's nearly your entire daily requirement. Ask your doctor about your calcium needs.

Obesity: Obesity is a sign and potential cause of colon cancer; older adults who are heavy, especially around **the middle**, seem to have a higher risk of developing colon cancer than their thinner peers - and exercise may lower the incidence of the disease, especially for **women**, a European study said.



Jolly Berries

- [Snowy Mountains](#)
- [Tumbarumba](#)

The cool climate of the Snowies produces the most intensely flavoured and high quality blueberries. At this family owned farm, you can either pick your own or buy them in already packed punnets - in s...
<http://www.jollyberries.com.au>

Cough mixture for dry cough

What you need:

- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 2 tablespoons water
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground ginger

What to do:

Mix all the ingredients in a jar and shake well to combine them. Take a teaspoon for a child aged 2-9 years, and a tablespoon for ages 10 and up

BabaMail

Fight aches and pains with food: Try Joy Bauer's 6 feel-good recipes

Whether you struggle with insomnia or migraines, or just want to ease your aches and pains, here are some of nature's healing foods.

[Read More](#)

Girl Develops Acute Hepatitis After Drinking Unusual Green Tea

A mysterious green tea drink likely caused a healthy teenage girl in the U.K. to develop an acute case of hepatitis, according to a new report of the girl's case.

[Read More »](#)

Prostate Cancer Patients Who Smoke Fare Worse

They were twice as likely to see disease spread, die from illness

WebMD News from HealthDay

By Alan Mozes

HealthDay Reporter

Smoking doubles the chances that a **prostate cancer** patient will see his disease spread and that he will eventually die from his illness, a new study finds.

"Basically we found that people who smoke had a higher risk of their tumor coming back, of it spreading and, ultimately, even dying of **prostate cancer**," said study co-author Dr. Michael Zelefsky. He is vice chair of clinical research in the department of radiation oncology at Memorial Sloan Kettering Cancer Center in New York City.

"But interestingly, this applied only to 'current smokers' who were **smoking** around the time they received external beam therapy," Zelefsky added, referring to the standard form of **radiation** treatment for prostate cancer.

"Former smokers did not have the increased risk for disease spread and recurrence that current smokers did," he said.

Snoring-How it happens

When we sit or breathe at ease, air flow from our nose or mouth to lungs is steady. Under exertion, like while exercising, air quickly glides through the nose or mouth generating audible breathing sounds. In sleep, the area at the back of the throat narrows at times. The air passing through the breathing apparatus causes tissues surrounding the opening to vibrate, producing snores. Various types of snoring too indicate what the problem could be; closed mouth snoring points at a tongue problem, open mouth snoring could be due to throat tissues, snoring while sleeping on your back is often mild snoring that is easily curable; while snoring in all postures may indicate that it needs serious treatment. With age, snoring only worsens.

Snap out of it

Simple lifestyle alterations can greatly reduce snoring. Lose weight, quit smoking, avoid alcohol and heavy dinners to conquer snoring. Sleeping on your side helps reduce snoring and as does using higher pillows that help deconstrict your throat. You can also try nasal strips that aid in breathing or a throat spray that softens the soft tissues. As for medical treatments, dental appliances such as oral devices and jaw-positioners help open up the airway. Serious snorers may resort to Continuous Positive Airway Pressure (CPAP), which is a machine that blows pressurised air into a mask that you wear over your nose or face. This keeps your airway open during sleep. In extreme cases, surgery can increase the airway size by removing or rectifying tissues.

TOI

Cheese-Impact on Blood Sugar Levels

Because carbs are responsible for the amount of sugar that enters your system, cheese, which contains barely a trace of carbohydrates, doesn't raise blood sugar. Processed cheese has more carbs than natural cheese, but the U.S. Department of Agriculture reports that a slice of American cheese has only 1 gram, so it's still very low in carbs. According to a January 2002 report in the "American Journal of Clinical Nutrition," consuming even a large amount of cheese is unlikely to boost your blood sugar.

Stabilizing Blood Sugar

The fats and proteins in cheese slow down the rate at which food leaves your stomach, which moderates the speed of carb digestion and helps prevent blood sugar spikes. When pure glucose is consumed with cheese and butter, the impact on blood sugar is cut in half compared to the effect of pure glucose alone, notes the January 2002 issue of the "American Journal of Clinical Nutrition." But the total impact depends on the amount and type of carbs compared to the serving size of cheese. One piece of cheese may not help stabilize blood sugar if it's consumed with a large serving of processed carbs such as white bread and crackers.

by Sandi Busch

Non-Starchy Vegetables for Diabetes:

Non-starchy vegetables include dark, leafy greens, green beans and peppers (versus starchy veggies like corn and potatoes). Loading up at least a quarter of your plate with non-starchy veggies at each meal can help to fill you up on lots of fiber and fewer calories, which can aid in both blood glucose stabilization and weight reduction. Opting for more non-starchy veggies is also a great way to increase your intake of antioxidants and phytochemicals (a fancy name for healthy plant compounds) that help to ward off disease.

Nuts: Similar to fatty-fish, nuts have an excellent nutrition profile that **research** suggests can both reduce HbA1c levels and lower amounts of LDL or "bad" cholesterol in the body. It only takes about 2 ounces of nuts per day to see these great effects. Try adding a tablespoon of chopped nuts to salads or oatmeal for an extra punch of protein and healthy fats. Or pair a handful of raw almonds or walnuts with a piece of fresh fruit for a great, mid-day snack that won't send blood sugars surging.

Beans: Another great way to get a healthy dose of fiber, protein and complex carbohydrates is by incorporating more beans into your diet. Beans not only offer up a hefty variety of vitamins and minerals, but **some studies** have shown that eating more beans can help to keep blood sugars lowered and keep HbA1c levels in line.

5. Berries: Many of my clients with diabetes will shy away from eating berries and other fruit because of their natural sugar content, but incorporating a few servings per day of these antioxidant-packed morsels can help to satisfy a sweet tooth and have the bonus of fiber to prevent glucose from soaring. Add a handful of fresh or frozen berries to smoothies or yogurt for a great between-meal snack.

Plain Greek Yogurt: Greek yogurt is a very versatile ingredient that packs almost double the amount of protein of regular yogurt varieties and is typically lower in overall carbohydrates. Better yet, Greek yogurt is an excellent source of probiotics, also known as "friendly" gut bacteria that promote healthy digestion and may play a major **role** in the prevention and management of both Type 1 and Type 2 diabetes.

WebMD

Is aspirin good for your gout?

Many gout sufferers ask if they should use aspirin to either treat a gout attack or if they can take baby aspirin on a daily basis to help prevent heart attacks or strokes since gout sufferers have an increased risk of cardiovascular health issues. So this post will set the record straight.

Aspirin is a salicylate working by decreasing substances in your body that cause pain, fever or inflammation and treating them. Aspirin is also used to prevent heart attacks, strokes, blood clot formation and chest pain known as angina. It was first discovered in 1763 from the bark of the willow tree and its active ingredient is salicylic acid. It is part of the NSAIDs family but is different from most other NSAIDs in the way they work.

So the question is can aspirin increase your risk of a gout attack? The truth is even in small doses, aspirin is known to elevate uric acid levels in your blood and can even be the cause of a gout attack if not careful. This is true when taking the common over-the-counter aspirin of 325mg every four hours which a gout sufferer should avoid. You're better off taking Tylenol to treat your fever, pain, inflammation or headache. Absolutely never and I mean absolutely never take aspirin on the onset of a gout attack, you will only make matters worse for yourself. Please take ibuprofen if you feel the need to remove the edge from the pain of the gout attack.

Posted by Spiro Koulouris (extract only)

A 2-Minute Walk May Counter the Harms of Sitting

By GRETCHEN REYNOLDS

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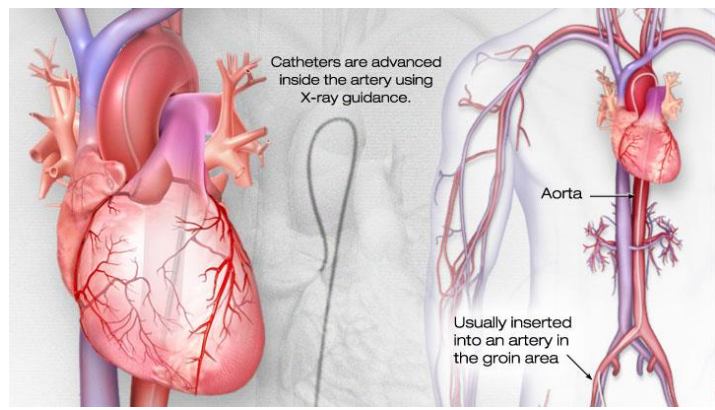
Even a few minutes per hour of moving instead of remaining in a chair might substantially reduce the risk of premature death.

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.

WebMD



Cardiac Catheterization (cardiac cath) is a procedure that examines the inside of your heart's blood vessels using special X-rays called angiograms. Dye visible by X-ray is injected into blood vessels using a thin hollow tube called a catheter.
<http://watchlearnlive.heart.org/>

New Valve procedure for Aortic Stenosis

The new valve procedure is part of the changing face of cardiac care in the United States. But even as speedier treatment has helped slash the death toll from heart attacks in the past decade, the number of deaths from heart failure caused by aortic valve disease has risen 35%, in large part because more people are living long enough to develop it. More than 8,000 Americans die from the disease annually. It is an illness of aging and an estimated 100,000 Americans are in Auspitz's position, too old or sick for surgery and with a seriously narrowed valve. But recent studies in very sick patients have found the new procedure prolonged lives, offering new hope that the death toll from narrowing valves can be reduced.

The procedure, called TAVR, for transcatheter aortic valve replacement, is now being tested on a much larger pool of generally younger patients at intermediate risk. Some cardiologists say they worry it will be used in such cases before the evidence is in. Others say it will eventually replace surgery for almost everyone who needs an aortic valve, not just for the most fragile. "The TAVR story is a wonderful example of a transformative technology that began with an idea many dismissed," Dr. Patrick T. O'Gara, the immediate past president of the American College of Cardiology, wrote in JAMA, the Journal of the American Medical Association

Surgeon and the mechanic

A mechanic was removing a cylinder head from the motor of a Harley motorcycle when he spotted a well-known heart surgeon in his shop. The surgeon was there waiting for the service manager to come take a look at his bike when the mechanic shouted across the garage, "Hey, Doc, can I ask you a question?"

The surgeon, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag. "So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new. So how come I get such a small fee and you charge the big bucks, when you and I are doing basically the same work?"

The surgeon paused, smiled, leaned over, and whispered to the mechanic...

"Try doing it with the engine running"

Learning:

Take time today to understand and appreciate someone who does something you take for granted!

Human Resource Team

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

Apple Cider Vinegar

It has been touted as a “super fluid” that can do everything from lowering your cholesterol to polishing your furniture. Fiona Baker looks at both the scientific and anecdotal benefits of apple cider vinegar

1. Fights diabetes

Several studies have found that vinegar may help to lower glucose levels, making it a beneficial treatment for people with type 2 diabetes. A 2007 study from Arizona State University in the US found that taking two tablespoons of apple cider vinegar along with 30g of cheese before bed led to a 4-6 per cent decrease in fasting blood sugar levels.

2. Reduces appetite and cravings

A 2005 Swedish study found that people felt fuller and more satisfied for longer after eating bread with white vinegar, as opposed to eating bread on its own. The magic ingredient in all vinegars that can suppress appetite is believed to be acetic acid, which helps to reduce the glycemic index of foods, slowing the rate at which sugars are released into the bloodstream and lessening appetite.

3. Lowers bad cholesterol levels

A 2012 study published in Life Science Journal revealed that consumption of apple cider vinegar over an eight-week period can significantly reduce harmful blood lipids that contribute to high cholesterol and triglyceride levels in people who suffer from hyperlipidemia (too many fats in the blood).

4. Helps shift kilos

While many people swear that apple cider vinegar has helped them lose weight, the scientific evidence for this is a bit light. However, one small Japanese study, published in 2009 in the journal Bioscience, Biotechnology, and Biochemistry, found that obese people who consumed between 15ml and 30ml of acetic acid – the major component of vinegar – diluted in water daily for 12 weeks experienced significant decreases in body weight, abdominal fat, waist circumference, and triglycerides (a type of fat in the blood).

5. Promotes glossy tresses

While this may not be scientifically supported, many apple cider vinegar fans swear it works wonders for their hair, making it glossy, shiny and dandruff-free. Beauty blogs suggest adding one part vinegar to one part water and using it as you would conditioner – that is, apply it to your hair and let it soak in for between five and 15 minutes before rinsing.

6. Polishes wood

Another known use for this wonder-worker is in the conditioning of wood. A concoction of half a cup of any vegetable oil with half a cup of apple cider vinegar is said to create a furniture polish that will clean and treat wooden furniture and surfaces, and remove water stains.

7. Aids digestion

b+s nutritionist Lisa Guy says that, taken before each meal, apple cider vinegar improves digestion and is particularly beneficial for people with stomach issues such as reflux, bloating and indigestion. She suggests using it either to make a salad dressing or taking one teaspoon with water before each meal.

Coffee: The fridge (and the freezer) create condensation, which can affect the flavor of both ground coffee and coffee beans. Coffee fares best in an airtight container in the pantry.

Beans: Gas and Cramping

A common source of trouble, beans contain indigestible sugars that can cause gas and cramping. The human body lacks enzymes to break down these sugars. Bacteria in our guts do the work, giving off gas in the process. Soak dried beans for at least four hours and pour off the water to eliminate some of the indigestible sugars

Coconut Oil For Deep Conditioning

Because it is comprised mainly of smaller medium-chain fatty acids, the oil of the coconut penetrates hair more deeply and faster than other conditioners. To use coconut oil as a leave-in treatment to repair split ends, moisturize your scalp, and add a healthy glow to your tresses; just follow these easy steps:

- First make sure you have at least an hour or two for this treatment. (The longer you leave coconut oil on your hair, the more effective it will be!)
 - Wash your hair and let it air dry while you prepare the next steps.
 - Gather your materials: a comb or hair pick, shower cap or small towel to wrap your hair in, two small bowls of different sizes (one should fit inside the other), and of course your jar of organic virgin coconut oil.
 - Scoop a small amount of coconut oil into the smaller of the two bowls.
 - Set the smaller bowl in the bottom of the larger one.
 - Fill the larger bowl with hot water so the smaller bowl is partially submerged, but not floating or taking on water.
 - Once your coconut oil comes to temperature and is completely melted, use your fingers to gently massage the oil into your hair, then work through with a comb or hair pick.
 - After you've finished applying the oil, wrap your hair up in a shower cap or small towel and allow it to soak in for thirty minutes or longer.
 - Shampoo to remove oil.
- <http://www.naturallivingideas.com/>

Life Extension Protein May Protect Against Alzheimer's Disease

The life extension protein Klotho decreases with aging, which also leads to a decline in cognitive ability. A previous study revealed that having a genetic variant that increases klotho levels associates with better cognition in normal, healthy individuals, and experimentally elevating klotho in mice enhances learning and memory. Dena Dubal, from the University of California/San Diego (UCSD; California, USA), and colleagues employed a mouse model of Alzheimer's disease in which elevated klotho was promoted. The team observed that elevating klotho levels ameliorated the cognitive deficits, abnormal brain activity, and premature death to which the animals that would otherwise succumb. Further, the cognition-enhancing effects of klotho were powerful enough to counteract the effects of Alzheimer-related toxins, whose levels were unchanged. The study authors submit that: “increasing wild-type klotho levels or activities improves synaptic and cognitive functions, and may be of therapeutic benefit in [Alzheimer's Disease] and other cognitive disorders.”

[VIEW NEWS SOURCE...](#)

Why Are Generic Drugs Cheaper Than Brand-Name Drugs?

You may be wondering how a generic drug can be sold at a much lower price than a brand-name drug.

The difference in price has to do with the different costs that drugmakers have in bringing generics and brand-name drugs to the pharmacy shelf.

Making a new drug is expensive for a drugmaker. A manufacturer's costs for the launch of a new drug include money for:

- Research
- Large-scale drug testing
- Advertising, marketing, and promotion

The FDA has tried to balance the rights of the maker of brand-name drugs to recoup its investment with the rights of patients to have access to lower cost generic drugs. To help a drugmaker recover its costs, new brand-name drugs are given patent protection when they are first sold.

The patent gives a drugmaker exclusive rights to produce and sell the drug for a limited time. The average time a brand-name drug is protected by the patent after it hits the market is 12 years.

When the patent ends, other companies are allowed to make and sell a generic version. The generic drugmaker's costs are relatively low because the product has already been developed and tested by the brand-name company.

So makers of generic drugs can pass the savings along in the form of lower prices to pharmacies, and ultimately, to us. The competition among multiple companies producing a generic version of a drug also helps keep the price low.

Web MD

<<http://www.youtube.com/embed/-UQWsu-KNw0>><http://www.youtube.com/embed/-UQWsu-KNw0>

Human head transplant in two years?

LONDON: The world's first human head transplant could take place within the next two years, according to an Italian surgeon who claims to have developed a technique for the radical surgery. Sergio Canavero, from the Turin Advanced Neuromodulation Group in Italy, who first proposed the idea in 2013, has published a summary of the technique he believes will allow doctors to transplant a head onto a new body. The technique, published in the journal *Surgical Neurology International*, involves cooling the recipient's head and the donor body to extend the time their cells can survive without oxygen. The tissue around the neck is dissected and the major blood vessels are linked using tiny tubes, before the spinal cords of each person are cut. Cleanly severing the cords is key, said Canavero.

The recipient's head is then moved onto the donor body and the two ends of the spinal cord - which resemble two densely packed bundles of spaghetti - are fused together.

To achieve this, Canavero intends to flush the area with a chemical called polyethylene glycol, and follow up with several hours of injections of the same stuff.

Just like hot water makes dry spaghetti stick together, polyethylene glycol encourages the fat in cell membranes to mesh, 'New Scientist' reported.

Next, the muscles and blood supply would be sutured and the recipient kept in a coma for three or four weeks to prevent movement.

Implanted electrodes would provide regular electrical stimulation to the spinal cord, because research suggests this can strengthen new nerve connections.

When the recipient wakes up, Canavero said they would be able to move and feel their face and would speak with the same voice.

He said that physiotherapy would enable the person to walk within a year. Several people have already volunteered to get a new body, he said.

TOI

The Importance of a Balanced pH Levels

"pH" stands for power of hydrogen. It is a measurement of the hydrogen ion concentration in the body. The pH scale ranges from 1 to 14, with 7 considered to be neutral. A pH level lower than 7 is considered acidic and pH levels greater than 7 are basic (or alkaline). The ideal pH in humans is slightly alkaline (7.30 to 7.45).



A key reason for obesity among the younger generation is "HOT FOOD" In Colombo, Rajagiriya is the "hot food Centre". Young ones seen at 12 midnight eating at MacDonal'd's It's a dangerous trend with no end in sight. Obesity and diabetes are on the rise around the globe. Take a look at the shocking data.

Dysuria (Painful Urination)

Dysuria is a symptom of pain, discomfort, or burning when urinating. It is more common in women than in men. In men, it is more common in older men than younger men.

These are some of the more common causes of painful urination:

Infections. Urinary tract infections (UTIs) are one of the leading causes of painful urination. Infections can occur in any part of the urinary tract, including:

Kidneys

Ureters (tubes that carry urine from the kidneys to the bladder)

Bladder

Urethra (tube from the bladder that carries urine out of the body)

Urinary tract infections are most often caused by bacteria that get into the urinary tract through the urethra.

Factors that can increase your chance of developing a UTI include:

Being a woman; Diabetes; Advanced age

Enlarged prostate; Kidney stones

Pregnancy

Having a urinary catheter in place

Besides painful urination, other symptoms of UTI include: Fever; Foul or stronger-smelling urine; Cloudy or bloody urine

Increased urinary frequency or urge to urinate

WEbMD

SCREEN, AND THEN MOVE MOUSE AT THE > END, TO SEE

> EVERYTHING. This is amazing...it's almost like > being there and there's a 360 degree view from the top

> if you rotate the

cursor! <http://everestavalanchetragedy.com/mt-everest-journey.html>

Calcium pyruvate is a substance that occurs naturally and is made in your body during digestion and metabolism. This nutrient's main role is to make energy and fuel your cells.

A study done by the University of Pittsburgh found that obese women lost 48 percent more fat when following a calorie-restricted diet with supplemental calcium pyruvate than those women following the diet alone. It appears that calcium pyruvate can get into the fat cells and help them burn energy more effectively, promoting more weight loss.

Calcium pyruvate occurs naturally in foods like red apples, red grapes, red wine, and cheeses. It can also be taken in supplemental form. If supplementing with calcium pyruvate, take 1,000 milligrams on an empty stomach before each meal up to three times per day. Taking too much of this supplement may cause nausea, however. Dummies.com

Warning Signs-Diabetic Keto-Acidosis

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

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

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

You feel queasy or your belly hurts.

Your breath smells fruity.

You're tired, confused, or woozy.

You're having a hard time breathing.

Treatment and Prevention

You may have to go to the hospital.

You'll probably need insulin through an IV to bring your ketones down and fluids to get you hydrated and balance your blood chemistry again. If you don't treat ketoacidosis, you could pass out, go into a coma, and possibly die.

Your doctor may change your insulin dose or the kind you use to prevent it from happening again. You should drink more water and sugar-free, non-alcoholic beverages.

Good glucose control will help you avoid ketoacidosis.

Eating an average of 34g (1.2 ounces) of whole grains a day was associated with a 17 per cent reduced risk of premature death, study found

And a high consumption of cereal fibres had a 15 per cent and 34 per cent reduced risk of death from cancer and diabetes

By Anna Hodgekiss for MailOnline

Starting the day with a bowl of cereal or porridge could add years to your life, scientists claim.

A diet high in whole grains and cereal fibres reduces the risk of premature death from chronic diseases including cancer, heart disease, respiratory disease and diabetes.

Whole grains are the entire seed of a plant used for food and contain the germ, bran and endospore, such as wheat, oat and quinoa.

They are rich sources of dietary fibre and other nutrients such as minerals and antioxidants.



Health benefits: Whole grains are the entire seed of a plant used for food and contains the germ, bran and endospore, such as wheat, oat (pictured) and quinoa

The Harvard Public School of Health research found eating an average of 34g (1.2 ounces) of whole grains a day was associated with a 17 per cent reduced risk of premature death. This was compared with compared to those consuming an average of 3.98g (0.13 ounces).

Even when taking into account factors such as health, physical activity and obesity the reduction remained the same.

The researchers also assessed the risk of getting various conditions.

A diet high in whole grains was associated with an 11 per cent reduced risk of death from respiratory disease, and a 48 per cent reduction in the risk of diabetes.

Drinking while Eating

You may think it's nonsense, but drinking during a meal dilutes the enzymes in the stomach, forcing them to work harder and making digestion take more time. If you want to be on the safe side, avoid drinking any liquids in the 15 minutes before and after eating.

BabaMail

Make the Right Choice



Think of carbs as raw material that powers your body. You need them to make sugar for energy. They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type.

Complex carbs are usually a better choice. It takes your body longer to break them down

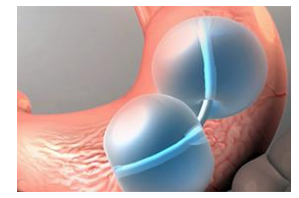
. Read the "Fine Print" Nutrition labels offer an easy way to spot added sugar, the source of simple carbs that you want to cut back on. Just look for words that end in "ose."

The chemical name for table sugar is sucrose. Other names you might see include fructose, dextrose, and maltose. The higher up they appear in the ingredients list, the more added sugar the food has.

WebMD

Tackling Obesity-New Device

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



In a 6-month clinical trial of the device in obese patients in the U.S., more people who received the Reshape Duo device lost weight than those treated with counseling alone. The results were presented last November at the annual meeting of the American Society for Metabolic and Bariatric Surgery.

Nearly all patients had nausea, vomiting, and abdominal discomfort in the first few days. The symptoms went away in about a week, says Jaime Ponce, MD, a weight loss surgeon who led the study. Robin Roberts

Stay Well Secret: Shrink Your Dinner Plate or Bowl

Two out of three American women over age 20 are overweight or obese, a major reason that heart disease and diabetes in women are on the rise. Using smaller plates can help you control portion sizes. "The problem with the American diet is not so much what we eat but how much," says Foodly. "Most people would be better off using a salad plate for dinner." Bigger plate and bowl sizes today mean that often people don't realize how much they're eating. In studies at Cornell University, people who were given big bowls served themselves about one-third more ice cream than people given smaller bowls. So start downsizing your dishes. iVillage



Why being vegetarian could be BAD for your teeth: Compound found in meat breaks down dental plaque - and could treat gum disease



Experts at the University of Michigan and Newcastle University found L-arginine, a substance already used to help treat tooth sensitivity, can break down dental plaque, which causes gum disease.

Macular Degeneration

"Many of these people (with wet macular degeneration) have not only very good vision, they're still writing, still doing things with their families," Bhavsar says. "That has changed the entire way we treat this disease."

Macular degeneration is only one cause of worsening vision, though.

"There are inherited retinal diseases. If we can target some of those genes with stem cell therapy or other treatments, that will be monumental," Bhavsar says. "Or what about the ability to build small factories inside the eye to produce a substance you need?"

This approach, he says, is already being tested to treat the inherited eye condition retinitis pigmentosa.

Trials are also under way of artificial retinas -- sensors in the eye that are connected to a small computer that interprets light signals and sends that information to the brain.

"For those of us who grew up in the '70s watching The Six Million Dollar Man, and being fascinated about the possibility of the bionic eye, today it's actually being done," Bhavsar says.

Some of the most exciting developments, though, are coming in the form of stem cell treatments.

WebMD

Here's another - yes - 'coffee is good for you' study

Maggie Fox/NBC News

There's more evidence that coffee can be downright good for you.



FeaturPics stock

More evidence coffee is good for you - this time by lowering heart disease risk

A study of South Korean coffee consumers found moderate drinkers are less likely to have signs of blocked arteries than people who drank no coffee — or those who drank five or more cups a day.

People who drank three to just under five cups a day of filtered coffee were the least likely to have evidence of heart disease, Dr. Yoosoo Chang of Kangbuk Samsung Hospital in Seoul and colleagues found. It's one more piece of data in a growing body of studies that suggest a few cups of coffee a day can be healthful. Federal advisers have recognized this, suggesting that new federal guidelines on what to eat **include an okay** on moderate coffee intake.

Chang and colleagues used information from an ongoing study of about 30,000 South Korean men and women whose health is being watched in detail. They looked closely at about 25,000 of them who had no evidence of heart disease and who were, on average, 41 years old.

They all had scans that look for calcium in the arteries. The calcium indicates a plaque is growing in the artery. These plaques can block blood flow and they can also break off and cause a heart attack or stroke.

They divided the men and women into four groups: those who drank less than one cup of coffee a day; those who had one to three cups a day; three to five per day and those drinking five or more cups a day.

Overall, 13 percent had detectable calcium and, on average, people drank about two cups a day of coffee.

People who drank the most and the least coffee had the most calcium buildup.

People who drank one to five cups a day had less, the team **reported in the journal Heart**.

There are many possible explanations for why coffee drinkers might be healthier.

"Coffee consumption has been associated with improved insulin sensitivity, reduced low density lipoprotein cholesterol (LDL-C) oxidation, and reduced risk of type 2 diabetes," the researchers wrote.

When a chemical reaction causes LDL, the bad cholesterol, to oxidize, it becomes the basis for the sticky artery blockages.

Coffee may help make blood vessels healthier, also — something referred to medically as improved endothelial function.

Vision Loss

More than 285 million people around the world have vision loss and blindness. No matter what the degree, losing some or all of your sight can be emotionally devastating, says Anne Summers, MD. She's an eye doctor and a spokeswoman for the American Academy of Ophthalmology.

"It's very hard for any individuals to feel like they're losing their independence, and being able to see is a huge part of that," she says. But the good news, Summers says, is that advances are being made every day in the diagnosis and treatment of various eye diseases.

"This is probably one of the most exciting times in ophthalmology in terms of developing technology that can help people who were once blind be able to see again," she says.

One advance might make reading glasses a thing of the past. KAMRA, a thin ring inserted in the cornea, improves the vision of people with aging eyes. The device is approved in several countries in Europe, Asia, and South America, and it's currently under FDA review. It improved near vision in 80% of the people who tested it, but the FDA raised concerns about safety issues, including hazy vision.

Other promising works in progress include advances in drugs, stem cell treatments, and even a bionic eye. Many of these discoveries have been made in the last decade.

Once such area where treatment has come along very quickly is with macular degeneration, a disease that affects nearly 2 million Americans. It causes blindness by damaging part of the retina.

"Prior to 7 years ago, we had no good treatment for macular degeneration," says Abdhish Bhavsar, MD. He's a retinal surgeon and spokesman for the American Academy of Ophthalmology.

WebMD

Fighting Cancer With Color

Fruits and vegetables are rich in cancer-fighting

nutrients -- and the more color, the more nutrients they contain.

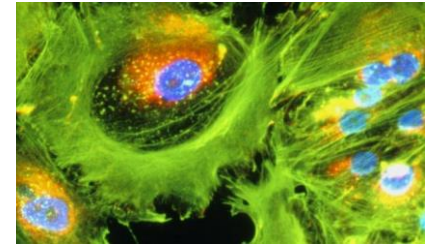
These foods can help lower your risk in a second way, too, when they help you reach and maintain a healthy body weight. Carrying extra pounds increases the risk for multiple cancers, including colon, esophagus, and kidney cancers.

Eat a variety of vegetables, especially dark green, red, and orange vegetables.

WebMD



Two new kidney cancer drugs 'work'



Two new therapies for hard to treat advanced kidney cancer could change treatment of the disease, say experts at the European Cancer Congress.

Both drugs increased survival in trials which are also published in the New England Journal of Medicine.

One drug takes the brakes off the immune system while the other stops growth signals in the tumour.

Cancer Research UK said the developments will "greatly expand the arsenal" of available drugs. Kidney cancer is the eighth most common cancer in the UK and survival rates plummet if it is caught late.

Once the tumour has spread to other parts of the body then only one-in-10 people live for five years after diagnosis.

It's another big day for immunotherapy for cancer Dr James Larkin, Royal Marsden Hospital

The first trial, called Checkmate 025, used the immunotherapy drug nivolumab.

It is one of a suite of "checkpoint inhibitors" being developed by pharmaceutical companies that stop cancers turning off the immune system.

They have already been proven effective in skin and lung cancers.

The trial on 821 patients showed average survival was increased from 19.6 months with standard therapy, to 25 months with nivolumab.

Dr James Larkin, a consultant at the Royal Marsden Hospital, told the BBC News website:

"It's another big day for immunotherapy for cancer and one of the biggest days for kidney cancer for some time.

"We've known for two to three years that these drugs have efficacy in multiple types of cancer, but it's the randomised control trials that are important."

[Medications with codeine should be prescription-only, report says](#)



Patients using codeine-based painkillers or cough suppressants will soon need a prescription from their doctor, if the recommendations of an interim report are put in place.

Homeopathy is not an effective treatment, says study

IANS



In a statement, the National Health and Medical Research Council (NHMRC) has warned that "People who choose homeopathy may put their health at risk if they reject or delay treatments for which there is good evidence for safety and effectiveness".

"Based on the assessment of the evidence of effectiveness of homeopathy, NHMRC concludes that there are no health conditions for which there is reliable evidence that homeopathy is effective," the Guardian reported citing the report.

Homeopaths believe that illness-causing substances can, in minute doses, treat people who are unwell.

By diluting these substances in water or alcohol, homeopaths claim the resulting mixture retains a "memory" of the original substance that triggers a healing response in the body, the report said.

These claims have been widely disproved by multiple studies.

According to Paul Glasziou, chair of the NHMRC Homeopathy Working Committee, the findings would lead private health insurers to stop offering rebates on homeopathic treatments and force pharmacists to reconsider stocking them.

"There will be a tail of people who will not respond to this report and who will say it is all a conspiracy of the establishment," Glasziou maintained.

While some studies reported homeopathy was effective, the quality of those studies was poor and suffered serious flaws in their design and did not have enough participants to support the idea that homeopathy worked any better than a sugar pill, the report found.

To reach this conclusion, researchers at the NHMRC also analysed 57 systematic reviews - a high quality study that assesses all existing quality research on a particular topic and synthesises it to make a number of strong, overall findings.

Glasziou said homeopathy use declined in Britain following a House of Commons report released in 2010 which found the treatments were ineffective and that he hoped the NHMRC report would have a similar effect in Australia.

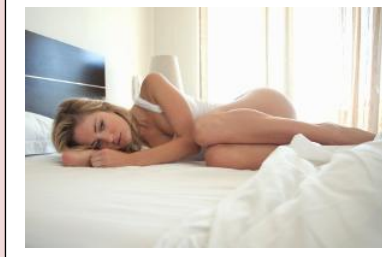
Responding to the NHMRC report, the Australian Homeopathic Association (AHA) in a statement claimed that around a million Australians use homeopathy.

However, there are no reliable estimates of Australians' current use of homeopathic medicines, the NHMRC replied, though a 2009 World Health Organisation (WHO) review found Australians spent an estimated \$9.59 million on the industry annually.

Low vitamin D can make young women depressed

Low vitamin D can make young women depressed. (Getty Image)

Young women with lower levels of vitamin D were more likely to have clinically significant depressive symptoms.



"Depression has multiple, powerful causes and if vitamin D is part of the picture, it is just a small part," said David Kerr from the Oregon State University and lead author in a paper published in the journal *Psychiatry Research*. Vitamin D is an essential nutrient for bone health and muscle function and its deficiency has been associated with impaired immune function, some forms of cancer and cardiovascular disease.

"I think people hear that vitamin D and depression can change with the seasons, so it is natural for them to assume the two are connected," added Adrian Gombart, associate professor of biochemistry and biophysics from the university.

For the study, researchers recruited 185 college students, all women aged 18-25.

Vitamin D levels were measured from blood samples and participants completed a depression symptom survey each week for five weeks.

More than a third of the participants reported clinically significant depressive symptoms each week over the course of the study.

"Vitamin D supplements are inexpensive and readily available. They certainly shouldn't be considered as alternatives to the treatments known to be effective for depression, but they are good for overall health," Kerr concluded.

Brussel sprouts



Cruciferous vegetables like brussels sprouts are a category loaded with value-added antioxidants and specific nutrients linked to reducing cancer risk when consumed regularly over time. Not a lover of Brussels sprouts? Other vegetables in this group include: broccoli, cauliflower, kale, and cabbage. Cruciferous vegetables are also part of the spectrum of all colorful fruits and vegetables that are the foundation of health. They're loaded with fiber, antioxidants, vitamins and minerals.

Consume at least 3-5 servings per day. A portion = ½ cup cooked, 1 cup raw; 1 fruit = size of a baseball.

Madelyn Fernstrom health and nutrition editor

Try this baked ziti with brussel sprouts recipe

Weakness in Your Arms and Legs

If you get weak or numb in your arm, leg, or face, it can be a sign of a stroke, especially if it's on one side of your body.

You could also be having a stroke if you can't keep your balance, feel dizzy, or have trouble walking.

Get help quickly if you suddenly can't see well, get a bad headache, feel confused, or have problems speaking or understanding.

"Caught early, it is often reversible," says internist Jacob Teitelbaum, MD.

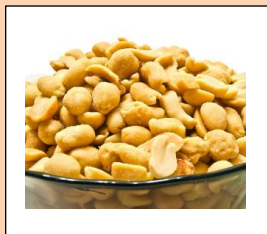
Don't wait to see a doctor. Call 911.

If you get a clot-buster drug within 4.5 hours of your first symptom, you can lower your risk of long-term disability from stroke.

Metabolism Booster Cucumbers

Flush out your system and your metabolism by sipping glasses of cucumber. The natural diuretic effects of this vegetable containing potassium and vitamins A and C, flushes out toxins and revs up your metabolism moving. Add 6-8 slices of cucumber to a pitcher of water a refill you glass for cool, refreshing drink.

Health Benefits of Nuts



Nuts, a food you may have been avoiding because of their high fat content, have been gaining traction as an all-natural health food. Tree nuts like almonds, pecans, and walnuts are especially prized for their rich cargo of vitamins, minerals, and mono- and polyunsaturated fats. The downside is that tree nuts tend to be pricey. But a study published online this week in *JAMA Internal Medicine* puts the humble peanut squarely in the same nutritional league as its upscale cousins. This work makes the health benefits of nuts more accessible to lower-income shoppers.

An international team of researchers found that in more than 200,000 people from Savannah to Shanghai, those who regularly ate peanuts and other nuts were substantially less likely to have died of any cause — particularly heart disease — over the study period than those who rarely ate nuts. This adds to the existing evidence from two Harvard-led investigations — the Nurses' Health Study and the Harvard Professionals Follow-up Study.

"This confirms what we found a few years ago — and our results were greeted with intense skepticism," says Dr. Meir Stampfer, professor of nutrition and epidemiology at the Harvard T.H. Chan School of Public Health. "Botanically, peanuts are not nuts, but nutritionally they are very similar to tree nuts, and other studies have shown their benefits," Dr Stampfer explains.

Any botanist worth his or her salt will tell you that peanuts aren't nuts. They are actually legumes, and so are more closely related to soybeans and lentils than to almonds and walnuts. But like tree nuts, peanuts can be eaten as a filling snack or as a protein-boosting ingredient in many salads and other dishes. An ounce a day of nuts — roughly a quarter cup or a small handful — is a generally healthy portion. Daniel Pendick

You can drink milk past the date on the carton.

That's the sell-by date, not an expiration or use-by date. Milk should stay fresh for 5 to 7 more days, as long as you store it promptly and the right way. Head home after buying milk, and put it in the fridge. Make sure the temperature in there stays between 38 and 40 degrees. You can freeze milk, too, but the flavor and texture might change.

What Is Irritable Bowel Syndrome?

Irritable bowel syndrome (IBS), also known as "spastic colon," is a common disorder. While most people experience digestive troubles once in a while, what sets IBS apart is belly pain and diarrhea or constipation that comes back again and again. IBS affects 10% to 15% of people in North America.

Symptoms of IBS

The main symptoms of IBS are abdominal pain accompanied by a change in bowel habits. This can include constipation, diarrhea, or both. Gas and a visibly bloated belly are also common. The condition does not damage the digestive system, but persistent pain and frequent trips to the bathroom can interfere with everyday life.

Causes of IBS

Doctors don't know the exact cause of IBS. One theory is that abnormal intestinal muscle contractions (seen on the right) result in cramping, pain, and fluctuations in the speed of digestion. Some people get IBS after a severe GI infection but it's not clear why. Food intolerance is another area being studied, whether it's a food sensitivity or a food allergy. IBS like symptoms can be seen when eating certain foods like dairy (lactose), beans, broccoli, cauliflower and cabbage.

Diagnosing IBS

There is no standard test to check for IBS. Doctors usually make a diagnosis based on a patient's description of the symptoms. For this reason, it's important to be candid and specific about the problems you are having. Your doctor may order tests to rule out other causes of your symptoms

IBS Triggers

The first step toward managing IBS is to identify what makes your symptoms worse. Besides stress, common triggers include eating a meal, hormonal changes, and certain medications. It's important to note that no specific foods have been universally linked to IBS symptoms. But keeping a food diary may help you pinpoint which foods are a problem for you.

Treating IBS: Diet Changes

Your treatment strategy will depend on your specific symptoms and triggers, but many people start with diet changes. You may find it helpful to avoid caffeine, alcohol, and fatty foods. Getting more fiber or water may also improve symptoms. Suspicious foods can be eliminated one at a time. It may take some trial and error to discover which changes provide the most relief.

WebMD

Anti-Inflammation Diet: Whole Grains

A study published in *The American Journal of Clinical Nutrition* found that people who ate more whole grains such as oatmeal, brown rice, and barley lowered their levels of C-reactive protein (CRP), a marker of inflammation in the body. In people with RA, CRP levels may go up during a flare, and CRP is sometimes measured to track disease activity or to see how well a person is responding to treatment.

Whole-wheat pasta and breads -- hallmarks of the Mediterranean Diet -- also contain [selenium](#), an inflammation-fighting antioxidant. Some people with [rheumatoid arthritis](#) have lower levels of selenium levels in their [blood](#).

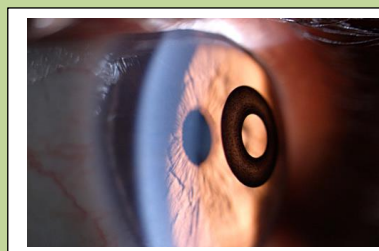
Another advantage of eating whole grains instead of refined carbohydrates -- such as white bread and white rice -- is that whole grains may help you manage your weight better. Staying at a [normal weight](#) -- or losing weight if you need to -- will take pressure off painful joints.

Do cooking shows make you fat? New study reveals unappetizing truth

If you love watching cooking shows on TV, consider yourself warned. A new study in the journal *Appetite* reveals that watching them is bad for waistlines. Women who watch cooking shows and cook from scratch weigh 11 pounds more than people who watch the shows and don't cook.

[Read More](#)

See What's in Store for Eyes



Say Goodbye to Reading Glasses
Tired of reading glasses that slip down your nose or get lost? A small ring dropped in your eye might soon do the same job with less hassle. The doctor inserts the device, called a corneal inlay, under the eye's outer surface. When it's in place, you can easily see near and far at the same time. The device is in use elsewhere in the world. There are 3 U.S. versions in the works, but none has been FDA approved.
Robin Roberts

Gout and Dandelion



When you think of dandelion, you think of that annoying weed that takes over in your lawn, garden and even appears in between the cracks of the sidewalk. But did you know that it is also an excellent food and herbal medicine that could also help treat your gout? Bet you didn't! Actually dandelion root is used by Chinese and Ayurvedic medicine to treat gout! This flowering plant is rich in vitamins C, B complex and D. It's also high in beta-carotene (more than carrots) which then gets converted into vitamin A! Did you also know that dandelion contains more protein than spinach? It also contains magnesium, potassium, zinc, fiber, biotin, iron and phosphorus.

Dandelion can help you with your digestion since it acts as a mild laxative and stimulates your appetite, keeping that good bacteria in your gut active. Dandelion helps your liver by removing toxins; helps regulate insulin levels in your blood; lowers cholesterol and high blood pressure, boosts immune system and even increases bile production helping with gallbladder problems. In Germany, the department similar to the FDA in the United States has approved dandelion for the treatment of urinary tract infections.

A more interest to gout sufferers would be that dandelion acts like a diuretic so it increases urination removing excess uric acid from the bloodstream. In addition, it helps the kidneys clear out waste, salts and excess water. As a matter of fact, dandelion root tea has helped some people actually avoid surgery for painful kidney stones! When suffering during and after a gout attack, dandelion helps reduce inflammation relieving pain and swelling since it contains essential fatty acids and phytonutrients.

How to consume dandelion?

You can find dandelion tea in most health stores online and offline, gout sufferers can drink dandelion tea twice a day to keep the kidneys working properly and help flush urates from your body. You can eat dandelion leaves in salads or cooked in other dishes since it is full of vitamins, minerals and other nutrients especially vitamin C which helps lower uric acid levels. If you actually want to pick dandelions off your lawn that is not the best way. Instead pick them from a mountain or abandoned lot. You can also gather the seeds from the puff balls you see each summer. You can also consume dandelion in the form of a capsule and tinctures. Dandelion roots, leaves and flowers are all edible. If you have an allergic reaction to dandelion you definitely should avoid it. Do consult with your doctor before adding dandelion in your diet.

Posted by [Spiro Koulouris](#)

Probiotics May Help Relieve Seasonal Allergies

Cari Nierenberg, Contributing Writer



Credit: Warren

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Probiotics, or "good bacteria," may be helpful to people with seasonal allergies, a new review suggests. Researchers analyzed the results from more than 20 previous studies and found that hay fever sufferers may get some benefits from using probiotics, improving their symptoms and quality of life. But the jury is still out about whether probiotics are actually an effective treatment for people with seasonal allergies, said lead author Dr. Justin Turner, an ear-nose-and-throat surgeon at Vanderbilt University Medical Center in Nashville, Tennessee.

Cabbage-powered gas

Cabbage is a vegetable known for increasing gas production in the gastrointestinal tract during digestion. Gas-producing vegetables are often easier to digest and break down when cooked well. So, choose cooked over raw. And don't eat large quantities of cabbage on a day you want your waistline to look slim.

Blood in Your Urine

Several things can cause you to see blood when you pee. If you have blood in your urine and you also feel a lot of pain in your side or in your back, you may have kidney stones. A kidney stone is a small crystal made of minerals and salts that forms in your kidney and moves through the tube that carries your urine. Your doctor may take X-rays or do an ultrasound to see the stones. An X-ray uses radiation in low doses to make images of structures inside your body. An ultrasound makes images with sound waves. Many kidney stones eventually pass through your body when you pee. Sometimes your doctor may need to remove the kidney stone.

Don't overuse mosquito repellents

[Durqesh Nandan Jha](#), TNN | Apr 6, NEW DELHI: Growing awareness about dengue has led to a dramatic increase in sales of mosquito repellents. From mosquito repellent creams to coils, there is a variety of options to choose from. But experts advise caution in selecting repellents due to their high toxic levels.

Allergic reaction and skin irritation are some of the most common side-effects of improper usage of repellants. Doctors say the coils emit carcinogenic fumes.

"Last year, I got a few cases of allergic reaction to cream repellants. These were severe and the patients had to be medicated for the symptoms to subside," said Dr Charu Goel Sachdeva, senior consultant, internal medicine, at Rockland Hospital. Children are at maximum risk if they ingest the chemical accidentally.

"Most mosquito repellants use synthetic pyrethroids, a structural derivative of naturally occurring pyrethrins (an extract from the flower, chrysanthemum). Some of them also contain DEET as their active ingredient. They should not be used in higher concentrations to avoid toxicity or allergic reactions," said a senior doctor. Some studies have also suggested that DEET poisoning can cause neurological damage leading to disorientation, clumsiness when walking and seizures. According to Dr Kabir Sardana, dermatologist at Lok Nayak Hospital, one should keep children away from mosquito repellants. "Allergic reaction is common in people who apply the repellent on cuts or wounds," he said.

To exploit people's fear about chemical repellants, many companies are also marketing herbal alternatives. But the experts say these are less effective and their effect does not last longer.

"The key message should be to use repellants safely. Whether you use it in the form of spray, cream or vaporizer, one must follow the manual," said Dr Sardana.

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