



Over 6,000 read this e-newsletter globally, and you are one of them.

## The gospel according to Oprah



It felt like the Second Coming in Melbourne – for surely Christ himself couldn't have inspired a more rapturous response in Rod Laver Arena.

About 12,000 people turned out for the first of Oprah Winfrey's [six shows] across Australia and New Zealand, mostly women aged 30 to 60 eager to hear the high priestess of self-help preach her gospel of female empowerment.

The self-styled guru explains her spiritual insights, weaving in tales from her extraordinary life, which famously began in dirt-poor Mississippi. She says she owes her entire existence to her mother's 1950s poodle skirt – because her father "wanted to know what was under it". They had sex just once. She knew she was destined for big things even as a four-year-old, when her grandmother told her that she, too, would have to learn how to do the laundry.

"I could sense there was something more and I followed my calling," she says, "and it led me here with you tonight."

A maid her whole life, Oprah's grandmother advised her to grow up and find herself some nice white folks to work for who would give her food and clothes.

"I grew up and got some really good white folks," she jokes, "working for me."

The best spiritual practice, she says, is keeping a gratitude journal.

It's all about uplifting the crowd – and urging them to "turn up the volume" in their lives.

"When things go wrong, it's your life speaking to you," she says, "trying to move you in a different direction."

In perhaps the most powerful part of the night, she recounts how she was raped by a cousin at the age of nine and later molested by two other family members, ending up pregnant at 14. Her baby son was born prematurely and died. She says she only recently decided to name the child Canaan, meaning "new land" or "new life" because that pregnancy ultimately gave her a second chance (The Weekly's Caroline Overington asked her why she hadn't named him yet in an interview for the November issue). She went back to school and decided to aim for excellence.

Australian Women's Weekly - Friday, 4 December 2015

## Is the Queen of England the rightful monarch?

Stephen Tempest



No. The last Queen of England was Anne, who died in 1714.

Under English law, you can't be the monarch if you're dead.... [Read More »](#)



The former Ceylon Beauty Queen and the Ceylon Tea Queen, Mrs Irangani Gunatillake represented the Ceylon Tea Cooperation at the centenary celebrations of the co-operative wholesale department in Glasgow, Scotland in 1967. Her Majesty the Queen of England spent half an hour talking to the Tea Queen Irangani Gunatillake about Ceylon (Sri Lanka).

Reported by Agnes Thambayagam-Houston



## Over-the-Counter Medicines' Benefits and Dangers

By JANE E. BRODY  
Nonprescription drugs are convenient, but they can be overused or used for the wrong purpose.

## Royals release new photos of Prince The Duke and Duchess of Cambridge daughter Charlotte, taken by her



## Traditional Chinese medicines laced with heavy metals, pharmaceuticals: study

Some traditional Chinese medicines are laced with pharmaceuticals, heavy metals and even endangered animals, new research reveals.



## LALITHA'S WRITING FROM 2009

**INTRODUCTION:** I am very happy to write this introduction for this fifth book / Blog of mine containing my creations in English and Tamil. I recently found a prayer that I had written almost three decades ago in 1987, which fits in here perfectly.

*"Dear Supreme Power Who Is God,  
Please guide and show me the way. I am  
bursting with urge, the urge to realise my  
full potential, and feel fulfilled, content and  
happy.*

*I am afraid that I am getting nowhere  
and I don't want to spend my time doing nothing like this when I  
can, and I do want to accomplish so much in life.  
Thank you very much for all what you have given me so far – I am  
most grateful for every single one of your countless blessings and  
am proud to be what I am today – do please continue to guide and  
help me, so that I shall be as proud when the time arrives for me to  
step across – proud of myself and my achievements".*

*My gratitude, praise and adoration to your Divine Guidance for  
granting me the passion, skill and opportunities and leading me to  
successfully achieve more than what I longed for in my spiritual as  
well as material life.*

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Artist, Counselor & Pranic Healer

### PREFACE

Lalitha was born in Sri Lanka over eighty years ago, where she grew up in a traditional family. She then entered into an arranged marriage and raised five children. Yet she has made many extraordinary transitions in her life and truly exemplifies the idea of "metamorphosis".

Lalitha has become a modern, open minded, adventurous woman. Above all, she is determined to express herself, no matter what the obstacles. She has manifested her talents, and they are many. I know her best through her writing ability that she capably demonstrates in our Older Women's Network group. She is a naturally fluent, poetic writer. As she says, "Writing comes easily as words simply tumble forth pell-mell when I start typing on my computer in English or write in Tamil."

While much of her writing addresses political and spiritual global issues, she also has a delightful knack of remembering small details of her childhood: "The lovely smell of fresh cut mounds of golden hay drawn home in carts by trotting bulls with tinkling bells from fields."

She is philosophical and reflective:

"Aren't we all artists busy painting our own pictures on the vast canvas of the universe?" My instinct confirms the presence of God like the pervasive power of the unseen wind  
She also comes back repeatedly to her prolonged spiritual search

Lalitha's Writings from 2009 will be published soon.

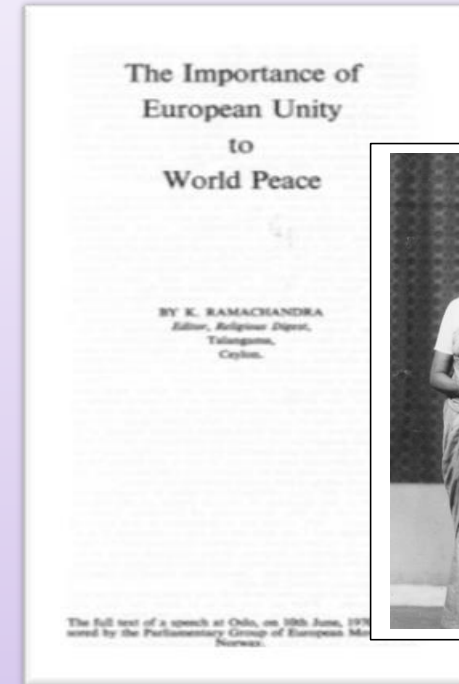
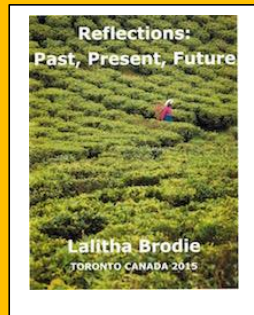
### [Tolerance is areligious, says Dalai Lama](#)

## Reach for Tryptophan-Rich Foods to sleep

We've all heard of warm milk's magical ability to send us off to dreamland. Do you know why it's true? Dairy foods contain tryptophan, which is a sleep-promoting substance. Other foods that are high in tryptophan include nuts and seeds, bananas, honey, and eggs.  
WebMD



In the picture are Lalitha's children and their spouses  
From left to Right: Suba Brodie (wife of Aravindha), Youngest son Aravindha Brodie (Toronto), Second Son Ravindran Brodie (Toronto), Daughter Nirmala Ganesaratnam ( Wife of Dr. Ganesaratnam from Colombo), Lalitha Brodie (Mother-Toronto), Eldest son Niranjn Brodie (London), Ajantha Brodie (London) and Nalayini Brodie (wife of Ravindran)



Published by Machandra Publications, Loxwood, Upper Carlisle Road, Eastbourne, Sussex, England.  
This is a supplement to the Religious Digest on the occasion of the 75th Birthday of the author which falls on 5th November 1970.

## Drink coffee as soon as you wake up? Time it this way for a better boost

While many of us feel we can't start our day without coffee, when we drink our first cup may matter as much as which brew we choose.

[Read More](#)

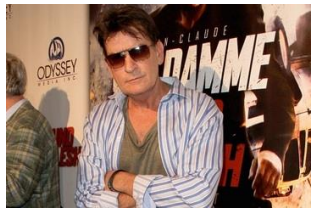


### [World-first cancer trial at Westmead hospital](#)

There's a new anti-cancer drug available on the PBS, after a world-first trial at Westmead Hospital. Jessica Dietrich reports.

### [Drink more coffee! You could be less likely to die from heart disease, diabetes](#)

### Charlie Sheen Has HIV: What It's Like to Live with the Virus



Charlie Sheen recently disclosed that he is HIV positive, but HIV infection isn't the death sentence it once was. [Read More »](#)



### A laptop for Nishaji

Mario and Elisa from the LogicalTech group have very kindly donated a laptop which will be sent to Nishaji – the fisherman's daughter who is studying for her Advanced Level examination. She hails from Weligama and attended Sujatha College Matara where she was a school prefect. AuSLMAT have donated many laptops to school children in Sri Lanka. IT classes are held in school and at private institutions. - We will fund her further IT studies. She intends becoming a doctor and will join the medical team when we next visit the Karapitiya Teaching Hospital in Galle.

DR Quintus de Zylva

[image: http://www.reshareworthy.com/wp-content/uploads/2015/11/firemen-flashmob-300x155.jpg](http://www.reshareworthy.com/wp-content/uploads/2015/11/firemen-flashmob-300x155.jpg)



**Chattanooga Firefighters' Flash Mob To 'Stayin' Alive' Entertains And Educates**



Sri Lanka Association of NSW (Australia) had their annual X'mas party for family members and guests on 6<sup>th</sup> Sunday in December. It was well organised and well attended function with traditional festivities enjoyed by the participants. The venue was Thornleigh Community Centre, Thornleigh



### Health benefits of a holiday

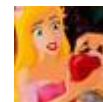
These days more people are not taking a regular holiday from work  
by [Marie Vonow](#)

### Cinnamon

**What it is:** Cinnamon is the inner bark of a tropical evergreen tree. Once it's harvested, it's dried and ground. It was once used in love potions and perfumes.

**Benefits:** This sweet spice has been used for centuries in Asia as a health aid. It can help lower blood sugar, as well as bad cholesterol. It may even play a role in preventing Alzheimer's disease.

**Spice it:** Use at least a 1/2 teaspoon a day to get the health benefits. Sprinkle it into coffee, over oatmeal, and even use it in salad dressing. I also like adding it to chili and other savory dishes.



Relatable Quotes @RelatableQuote



This is beautiful.

### Genetically Engineered Salmon Approved for Consumption

By ANDREW POLLACK

The F.D.A. approval clears the way for the first genetically altered animal to enter the American food supply, despite strong opposition.

### Are Your Supplements Safe?

More than 100 makers and marketers of dietary supplements face criminal and civil charges in a crackdown on dangerous "sell first, test later" practices.

[https://www.youtube.com/embed/qJHIXe\\_RnYo](https://www.youtube.com/embed/qJHIXe_RnYo)



### MLC Centre's Merry Go Round

#### Round

The magic of Christmas is in the air

[Christmas, Art](#)



Disti Meerac's

Rhythm Knights is a Popular Musical & Dance Band in Sydney. They play

The music of the sixties, which we all miss in the modern band groups.

Get them for your next function or party. You can contact Disti through Siva at Blue Elephant Restaurant, Ocean Street, Pennant Hills.NSW

### Mom Films Her Baby In The Red Car, But Watch The Dog When They Turn Around!



**Sri Lankan as Dean of Sydney – Rev Kanishka Raffel Announced As New Dean**



The Rev Kanishka Raffel has been appointed the new Dean of Sydney, the first person from a non-European background to hold the position. "I'm delighted Kanishka has accepted my appointment, which was unanimously agreed to by the Chapter, to become the next Dean of Sydney" said Archbishop Glenn Davies in announcing the move.

Mr Raffel has been the senior minister at St Matthew's, Shenton Park in Perth since 1999. Born to Sri-Lankan parents in London, Mr Raffel and his family emigrated to Australia from Canada. He was raised a Buddhist and converted to Christianity in his twenties.

"Kanishka has exercised a valuable ministry in Perth and although it is a big wrench for him and his family to return to Sydney, I appreciate the sacrifices that are involved." Dr Davies said.

The Archbishop described the new Dean as "an outstanding teacher of the Bible who, God willing, will have a significant ministry to the city of Sydney."

"Kanishka preaches with a pastor's heart and his care and concern for people will be evident throughout his ministry" Dr Davies said.

"I'm very excited about the opportunities for proclaiming the majesty and mercy of Jesus in the heart of the city of Sydney," Mr Raffel said.

"I was a student minister at the Cathedral when I was at Moore College. It's an immense privilege to be returning there to serve the Lord."

The Anglican Cathedral, standing beside Sydney Town Hall, has seen significant changes in city population, especially in the last quarter of a century. It now has a large proportion of congregants of Asian or sub-continental background. -eLanka



**Tea therapy: Enjoy a cuppa and stay healthy**

*If you love tea, you're not alone*  
by [John Burns](#)

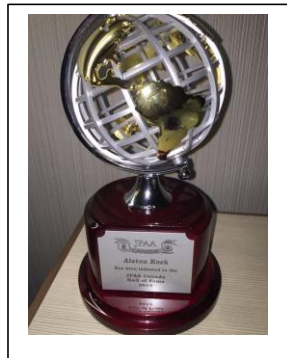


**How To Speed Wrap Gifts. This Is BRILLIANT!**



**Alston thanks Toronto Sri Lankans**

' I extend my sincere thanks & accept with all humility my induction into the JAAP 'Hall Of Fame' in Toronto, Canada. It was an awesome evening ,one of which I will always remember especially the beautiful people and the atmosphere present for that moment in time... God bless you Canada & thanks for a wonderful evening!



**Antihypertensive Medication in Older People With Frailty**



vitamin D and calcium appear to be the best nutrients to protect against colon cancer.

**ALSTON KOCH ROCKS TORONTO JOE-PETE DANCE**



President Upali Obeyesekera on the left with Alston on the right

**Judging by reports received from Toronto, popular award winning entertainer Alston Koch has rocked the Josephian-Peterite Alumni Association Annual Dinner Dance held in Toronto on November 28.**

The grand ballroom of the Markham Convention Centre was packed when Alston opened with Paul Anka's popular rendition of "DIANA" that brought the guests to the floor in a spontaneous show of appreciation for the star who sang a song made popular by Canadian artist Paul Anka. And...the show went on way past closing time. The dance was well organized and a grand success and Alston Koch received many accolades from the coterie of Torontonians present.

This photo shows JPAA Canada President Upali Obeyesekere with entertainer Alston Koch soon after he was inducted into the JPAA Canada Hall of Fame for his contribution to the world of music. This is the first time, someone from outside the Joe-Pete fraternity was inducted into the Hall of Fame.

JPAA Canada is a strong organization formed 31-years ago in 1984. It was also the first Sri Lanka School's Alumni Association to be formed in Canada with less than 100 old boys from both schools domiciled in Canada at the time. Alston says that this was one of the best organized Sri Lankan dances he has ever performed in his long career!

**Old Josephians' Christmas party**



Over 200 Old-Joes' and their families in NSW got together for their annual festive celebrations with a rendition of Christmas carols, dinner and dancing on 5<sup>th</sup> Dec. at Blue Elephant function hall.



**Balangoda mother suicide and tried to kill her daughter**  
by [Hiru Gossip](#)





## Symptoms of Health



Wedding reception of Jeanine and Waylon Sittampalam on August 15, 2015. Bride Jeanine's parents Eileen and Ragu Martin are dancing in the reception hall at Kirkbrae Country Club, Lincoln, Rhode Island, USA. Behind the Bride's parent's in the middle, Agnes Thambynayagam is video taping the event. Dr. Mohanraj, Mrs Cyntha Mohanraj and others are dancing around joy-fully .



A photographic series by a French artist that shows people having their faces sucked into their smartphones is taking aim at the influence of technology in daily life, with disturbing results.

By [Dan Smith](#)-ABC News

## [Scientists discover network of genes linked to onset of Alzheimer's](#)



### **A sizzling new restaurant in Melbourne- Upali's**

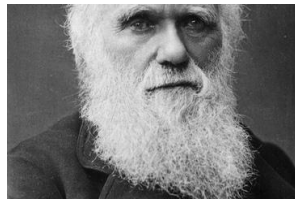
9887 6700 #simplysrilankan

### **Hair Loss Medication: Minoxidil**

There's no way to cure male-pattern baldness, but some medications can slow it down. Minoxidil is an FDA-approved over-the-counter treatment you apply to your scalp. It slows the rate of loss and helps some guys grow new hair. But once you stop using it, hair loss returns.

WebMD

## Darwin's 'Origin of Species' Voted Most Influential Academic Book



Darwin's dusty tome on the evolution of different species was just rated the most influential academic book in history.

[Read More »](#)



### [Prawns With Italian Linguini](#) ←

*This low-fat pasta recipe is brimming with fresh vegetables--mushrooms, zucchini, yellow squash, and...*

by [jimsj](#)

## **Artificial Sweeteners**

Despite all the talk -- and chain emails -- there's no proof that these sugar stand-ins raise your risk of cancer. Saccharine did cause cancer in rats, but their bodies react to it differently than ours, researchers say. There hasn't been a cancer warning label on it since 2000. A study of aspartame in people found no link either.

WebMD

The Great Salt Debate: How Much Sodium Is Too Much for Your Diet?



Americans are eating more sodium than recommended. Is that bad?

[Read More »](#)



[This Scottish Version Of 'Fight Song' Is Absolutely Breathtaking.](#)

### [Smoking dads can pass cancer genes to kids](#)

Here's another reason for you to kick the butt. Research conducted at AIIMS has showed that men who smoke or consume tobacco in other forms are more likely to father children suffering from cancer



### [Skin Tags Can Be Easily Removed Using This Home Remedy](#) ↑

### **VIDEO: This Week's Movies | Nov. 13, 2015**

The New York Times film critics review "By the Sea," "The 33" and "James White."

• [Related Review: 'By the Sea'](#)

• [Related Review: 'The 33'](#)

Any interested  
among our  
readers

## Nasa seeks astronauts for deeper space missions

IANS |

WASHINGTON: In preparation for a manned mission to Mars and returning the human spaceflight launches to the US soil, the space agency will soon begin accepting applications for the next class of future astronauts.

Nasa will accept applications from December 14 through mid-February and expects to announce candidates selected in mid-2017, it announced on Wednesday.

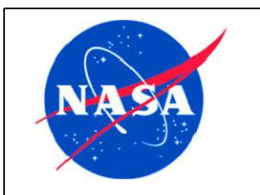
The next class of astronauts may fly on any of four different US vessels during their careers: the International Space Station (ISS), two commercial crew spacecraft currently in development by the US companies, and Nasa's Orion deep-space exploration vehicle.

From pilots and engineers to scientists and medical doctors, Nasa selects qualified astronaut candidates from a diverse pool of US citizens with a wide variety of backgrounds.

"This next group of American space explorers will inspire the Mars generation to reach for new heights, and help us realize the goal of putting boot prints on the Red Planet," said Nasa administrator Charles Bolden.

"Those selected for this service will fly on US made spacecraft from American soil, advance critical science and research aboard the International Space Station, and help push the boundaries of technology in the proving ground of deep space," he added in the statement.

TOI



Good health comes from eating healthy foods, moving regularly, sleeping enough, and having positive thoughts. -

See more at:

<http://healthyhints.com.au/5-vegetables-for-unlimited-vitality/#sthash.KL85F20r.dpuf>

<http://www.youtube.com/embed/auSo1MyWf8g?rel=0>

# Vegetarian Thanksgiving: Cauliflower Steaks

By  
TARA PARKER-POPE



Credit Andrew Scrivani for The New York Times

## VEGETARIAN THANKSGIVING

Delicious no-meat recipes for your holiday table. View our Vegetarian Thanksgiving recipe gallery from [2012](#) and the ones from [2011](#) and [2010](#).

When it comes to Thanksgiving Day eating, vegetarian diners aren't looking for fake turkey or tofu. They want what everyone else at the table wants — delicious food that celebrates the fall harvest.

For Well's Vegetarian Thanksgiving celebration this year, we've asked readers to share their most successful center-of-the-plate vegetarian dishes. We want recipes that fill a vegetarian diner's plate and make the meat-eaters at the table ask for seconds.

To kick off Vegetarian Thanksgiving, we're presenting Roasted Cauliflower Steaks. It may seem odd that we're using the word "steak" in a series about vegetarian eating, but this recipe is all about the cut and presentation. Slicing the cauliflower down the center gives you a thick portion similar to a beef or tuna steak that you can brown and caramelize — and flavored with vegetarian gravy, it holds its own on the center of your plate.

The recipe comes to us courtesy of Erin Wysocarski, of Redondo Beach, Calif., a 10-year vegan who has grown accustomed to bringing portable food to holiday gatherings. "Most folks who have never heard the term 'cauliflower steak' give a little chuckle," said Ms. Wysocarski, who writes the [Olives for Dinner vegan food blog](#). "This cauliflower steak tastes good because of the way it's sliced — it gets a little crispy around the edges (especially if you use a cast iron pan) and stays succulent toward the middle."

The dish has the added benefit of being portable and easy to reheat.

"Instead of coming up with a dish that would rival turkey or other proteins, I wanted to design a recipe for those one or two vegans at the table that would be easy to make beforehand at home and reheat — and wouldn't take up any real estate in the host's oven," said Ms. Wysocarski.

## [One Of The Funniest Comedy Sketches Of All Time](#)



## [The best way to cook up a juicy turkey is... with a pillowcase!](#)

Elizabeth Heiskell of the Debutante Farmer blog shares a unique method of cooking that's guaranteed to keep your turkey juicy and moist.

[Read More](#)

## ASK WELL



## [What Is the Link Between Depression and Heart Disease?](#)



By NICHOLAS BAKALAR

Many of the effects of and the behaviors associated with depression are risk factors for heart disease, and treating depressed heart patients with drugs like Prozac may help.



## [Crispy Potato Skin Cups Filled with Spinach and Yoghurt](#)



*These potato cups are made by hollowing out the cooked jacket potatoes and then baking them again ...*

by [Finny](#)

## [Brisk walking better way to lose weight than gymming](#)



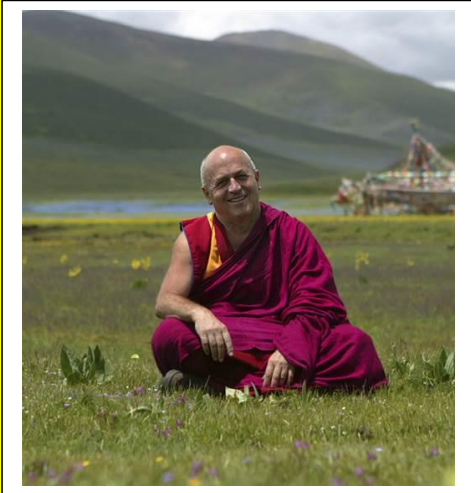
Regular, brisk walking may be a more effective method for weight loss than going to the gym, according to research.



# Secrets of kindness from Matthieu Ricard, the 'world's happiest man'

Gina Vivinetto  
TODAY

If being kinder is a goal for you, Matthieu Ricard has some good news. Kindness leads directly to happiness, says the 69-year-old Buddhist monk. Ricard, often called the "happiest man in the world," has undergone hours of MRI scans during which scientists found unusually high levels of upbeat activity in his brain—the highest ever recorded, in fact.



Ricard's secret to happiness? Putting other people first.

"I don't know if it's surprising or paradoxical but the best thing people can do to be happy is to do something for others," he tells TODAY.

The French-born Ricard earned a doctorate in molecular biology in the 1960s while also studying Buddhism. Eventually, he left his career and moved to the Himalayas to live as a monk. Yet, his research never stopped.

His interest in the connection between kindness and happiness led the publication of several books including his 2015 international bestseller "Altruism: The Power of Compassion to Change Yourself."

## An altruistic revolution

Acting with other peoples' welfare in mind can transform us one by one, until ultimately we create an "altruistic revolution," Ricard says. He defines altruism as simply "the wish that other people may be happy."

"There have been many studies that have shown that people who give are significantly happier," Ricard says, citing Canadian psychologist Elizabeth Dunn's study of adults who were given large sums of money. One group was instructed to spend the money on themselves. The other group was asked to share the money.

"Some brought presents for children they knew, others bought lottery tickets and handed them out to strangers or they bought coffee and sandwiches for homeless people," Ricard says.

At the end of the day, the people who spent the money on themselves were no more or less happy than they were originally. Meanwhile, the people who spent the money on others were significantly happier than they were originally.



## The Last Dalai Lama?



By PANKAJ MISHRA

At 80, Tenzin Gyatso is still an international icon, but the future of his office - and of the Tibetan people - has never been more in doubt.

## Soy diet may prevent osteoporosis in menopausal women



A diet rich in the types of protein and isoflavones found in soybeans may protect women undergoing menopause against bone loss and osteoporosis.

*The amount of isoflavone in the daily supplements that the women took is about the same as that consumed in an oriental diet, which is rich in soybean foods.* This was the preliminary finding of a study, by researchers from the University of Hull in the UK, presented at the Society for **Endocrinology** annual conference, which is being held this week in Edinburgh.

**Osteoporosis** - which literally means porous bone - is a disease that reduces density and quality of bone, increasing the risk of **fracture**. Often, there are no symptoms until a fracture occurs. Osteoporosis is responsible for some 9 million fractures a year worldwide - or one every 3 seconds. The disease is more common in women. Bone loss occurs more rapidly in women after **menopause** because they produce less **estrogen**, a sex hormone that also protects against bone loss.

**Soybeans contain isoflavones, compounds that have a chemical structure that is similar to estrogen. This has led scientists to speculate that they may therefore have a similar effect on bones.**

MNT



## Malabar Parotta (Kerala Paratha) Indian Bread Recipe

by  
[ShowMeTheCurry.com](http://ShowMeTheCurry.com)

611,366 views



## TV May Be Bad for Your Brain

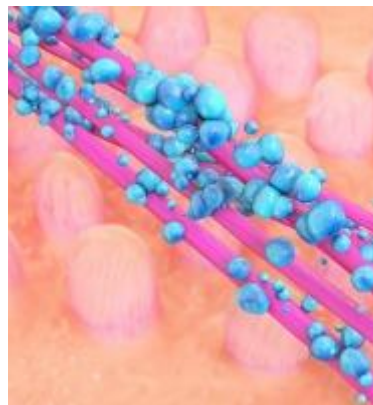


<https://youtu.be/Dd7KJ5B>

[Wyc4](#)

## Gut Bacteria Linked to Age-Related Diseases

Research on fruit flies shows that reducing bacterial levels in old flies can significantly prolong their lifespan.



Gut bacteria - image from Shutterstock

New research suggests that treating a leaky gut may promote longevity. Alterations in the intestinal microbiota have been linked with aging and measures of frailty in the elderly. To investigate this Dr Rebecca Clark, a UCLA postdoctoral scholar when the research was conducted and now a lecturer at Durham University (England), and colleagues analysed the gut bacteria of more than 10,000 female fruit flies, to see if their microbiota had any impact upon lifespan – previous research by the same group had revealed that fruit flies develop a leaky gut five or six days before they die. Study results showed that the scientists were able to detect changes in the intestinal microbiota, characterized by an expansion of the Gammaproteobacteria, which occurred just prior to the development of leaky gut. The researchers then went on to show that it is possible to reduce bacterial levels in the intestine and prevent the flies from developing leaky gut by treating them with antibiotics. Results also revealed that using antibiotics to reduce bacterial levels can significantly prolong the flies lifespan. Flies treated with antibiotics as soon as changes in their microbiota were detected lived for an average of 20 days, whereas untreated flies with leaky intestines died within a week. "The health of the intestine – in particular the maintenance of the barrier protecting the rest of the body from the contents of the gut – is very important and might break down with aging," said Dr Clark.

[VIEW NEWS SOURCE...](#)

## Onion Skin Extract Lowers Blood Pressure

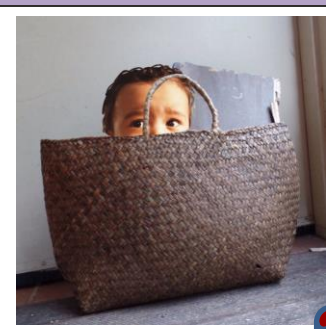
Taking a dietary supplement made from onion-skin has been shown to lower blood pressure in people with hypertension.



Fresh onions - image from Shutterstock

People suffering from hypertension may benefit from taking a dietary supplement made from onion skins. Researchers from the University of Bonn, Germany, studied the effects of taking a dietary supplement of the polyphenol quercetin, which is derived from onion skins, on blood pressure in overweight-and-obese patients with pre-hypertension and stage I hypertension. A total of 70 subjects were randomised to receive 162 mg/d quercetin from onion skin extract powder or placebo for 6-weeks. Results showed that the quercetin supplement decreased 24-hour systolic blood pressure by 3-6 mmHg when compared with placebo. The supplement also significantly decreased day-time and night-time systolic blood pressure in participants with hypertension. Blood pressure changes in non-hypertensive participants were not significant. The authors note that quercetin had no effect on numerous vasoactive biomarkers including endothelin-1, soluble endothelial-derived adhesion molecules, asymmetric dimethylarginine, angiotensin-converting enzyme activity, endothelial function, parameters of oxidation, inflammation, lipid and glucose metabolism. The authors concluded: "Supplementation with 162 mg/d quercetin from onion skin extract lowers ambulatory blood pressure in patients with hypertension, suggesting a cardioprotective effect of quercetin. The mechanisms responsible for the blood pressure-lowering effect remain unclear." Quercetin is found in onions, kale, apple skins, berries, citrus fruits and tea.

[VIEW NEWS SOURCE...](#)



**THE LOST CULAVAMSA by Ernest Macintyre**

## Oscar Wilde in the service of the brotherhood of Asian races .How is that ?

The Oscar Wilde story begins with an English baby found in a posh English handbag at Victoria station in London in 1895. Our story also begins with a Lankan baby found in a *mulla*, together with a copy of the *Culavamsa*, at Wellawatte station in 1906.

At the end of Wilde's play, two young men, both of the English race in complicated comedy relationships discover that they are actually blood brothers. In *The Lost Culavamsa*, to Wilde's clever plot we add the ingredient of "race". Our two characters are both Sri Lankan, but one is called an Aryan (Sinhalese) and the other a Dravidian (Tamil), who also discover at the end, through a laugh laden comedy, that they are blood brothers. The *Culavamsa*, the third chronicle of the ancient history of Lanka, used as a symbol, sends winding through the transplanted Oscar Wilde story, a very Lankan ethnic complication, that has yet to see its resolution.

**LIGHTHOUSE THEATRE,  
MACQUARIE UNIVERSITY 20,  
26, 27 February 2016, at 7 pm**

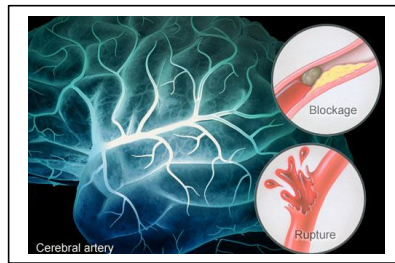
For further information-  
Ernest McIntyre <ernest26@optusnet.com.au>



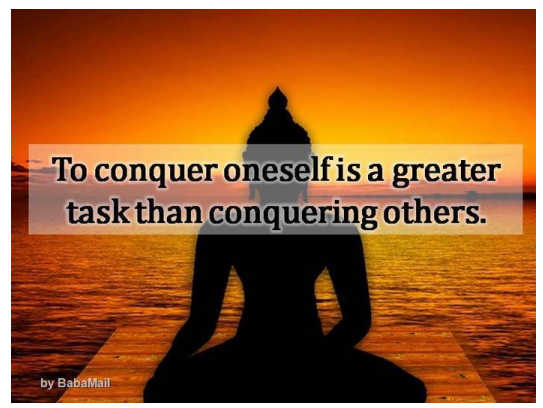
## Heart Conditions: \$193.4 Billion



Our hearts can affect our wallets. More than 1 in 3 Americans have heart disease, making it the most expensive health condition in the U.S. To help prevent heart problems, keep your weight under control. Eat lots of fruits and vegetables and high-fiber foods. Avoid food high in saturated fat and cholesterol. Get 30 minutes of exercise most days and don't smoke. WebMD



Stroke is a medical emergency and a leading cause of death in the U.S. It occurs when a blood vessel in the brain bursts or, more commonly, when a blockage develops. Without treatment, cells in the brain quickly begin to die. The result can be serious disability or death. If a loved one is having stroke symptoms, seek emergency medical attention without delay. WebMD



To conquer oneself is a greater task than conquering others.

by BabaMail



Many of us eat salad and pound on a treadmill in the aim of being healthy. Instead, cutting out sugar could slash our risk of disease, experts have said. In just nine days, reducing sugar - without cutting calories or losing weight - was able to significantly lower blood pressure and cholesterol, as well as improving liver function.

Scientists behind the study said it showed that sugar was 'metabolically harmful not because of its calories' - but because it is sugar.

Read more:

<http://www.dailymail.co.uk/health/article-3291570/Forget-counting-calories-just-cut-sugar-ditched-saw-blood-pressure-cholesterol-fall-just-NINE-DAYS.html#ixzz3q7Pn2jm>

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### 15 minute Coconut Infused Egg Fried Rice

*This is my twist on this traditional South East Asian meal*

by [Mys-amatusamad](#)

## Move over, kale! Revealed, the 10 new superfoods you need in your kitchen...



From kukicha tea, which is said to aid digestion, to seaweed, which may stop fat absorption, Kimberley Snyder, a Hollywood nutritionist reveals ten brand new superfoods...



Varsha's photos

## Why red meat can be good for your health: After days of dire cancer warnings, take comfort in this expert analysis

Worried by the flurry of warnings about eating meat? Have you vowed to cut down on bacon sarnies and steak or even contemplated going veggie? From brain function to fighting off infection, here the experts reveal the many ways that meat, in moderation, is important for good health. DailyMail

## Got a fever? Soak your socks in VINEGAR. Tired? Drink a home-made garlic and pepper tea. Fascinating new book reveals natural remedies for common complaints...



Vinegary socks boost blood flow to reduce a fever, while hot onion milk is anti-inflammatory and can ease a cough, claim Karin Berndt and Nici Hofer, authors of a new book called Vinegar Socks.



### How to sleep well naturally

Most people see insomnia as the inability to fall asleep

by [Roy Chambers](#)

[http://www.youtube.com/watch\\_popup?feature=player\\_embedded&v=RRA\\_eVAyH5c](http://www.youtube.com/watch_popup?feature=player_embedded&v=RRA_eVAyH5c)



### Fruits & vegetables which are not healthy due to poisons

When we do not buy organic fruit and vegetables, we take a risk of ingesting the poisons that ha...

by [Finy](#)

# 20 Years of Progress in Secondary Stroke Prevention

Hans-Christoph Diener, MD, PhD

Dear colleagues, I'm Hans-Christoph Diener, a stroke neurologist from the University of Essen Department of Neurology. My topic today is what has happened in the last 20 years in secondary stroke prevention. Why are we covering this now? Medscape is turning 20 years old, and we wanted to summarize what has been reported in the last 20 years.

## Antithrombotic Therapy for Secondary Stroke Prevention

Let me start with antiplatelet therapy. There is no doubt that aspirin is effective in secondary stroke prevention, but the rate of risk reduction is quite small. Now, clopidogrel as monotherapy is not superior to aspirin in efficacy.<sup>[1]</sup> It has slightly lower risk for bleeding complications. The combination of aspirin and extended-release dipyridamole is superior to aspirin,<sup>[2]</sup> but in long-term treatment, the combination of aspirin plus clopidogrel is not superior to either aspirin monotherapy or clopidogrel monotherapy and carries a higher bleeding risk.<sup>[3,4]</sup> At the moment, we want to find out whether the combination of aspirin plus clopidogrel is superior to aspirin for short-term prevention of recurrent stroke (ie, in the first 4-12 weeks after a stroke).

A major breakthrough was the introduction of novel oral anticoagulants for secondary stroke prevention in patients with atrial fibrillation.<sup>[5]</sup> Overall, these drugs, compared with warfarin, will reduce the risk for recurrent stroke by about 15%, reduce mortality by 15%, reduce the risk for major bleeding events by 10% to 15%, and most importantly will reduce the risk for intracerebral hemorrhage by 55%.

## Advances in Treating Symptomatic Carotid and Intracranial Stenosis

Another issue is symptomatic carotid stenosis. These patients benefit from carotid surgery or stenting. Taking all of the evidence together, it seems that surgery is likely superior to stenting, in particular in patients above the age of 75 years and in women. Unfortunately, we do not have recent trials that compare optimal medical treatment with interventional treatment. However, we now have clear evidence from two randomized trials that stenting of intracranial stenosis is not superior to best medical treatment.<sup>[6,7]</sup>

# Controlling Risk Factors for a Second Stroke

In terms of risk-factor control, we have clear evidence that antihypertensive treatment, in particular with angiotensin-converting enzyme inhibitors and angiotensin receptor blockers, will reduce the risk for secondary stroke.<sup>[8,9]</sup> The blood pressure target at the moment is a systolic blood pressure below 140/90 mm Hg, and for patients with diabetes it is below 130/90 mm Hg. We also have evidence that atorvastatin reduces the risk for stroke, irrespective of whether cholesterol is high or not, without increased risk for cerebral bleeding.<sup>[10]</sup>

With diabetes, we have only negative trials in secondary stroke prevention; this is true for the new antidiabetic drugs and for more aggressive and less aggressive glucose control.<sup>[11,12]</sup> It seems that even aggressive antidiabetic treatment will increase the risk for vascular events and not decrease it. In addition, if the diabetes is treated too aggressively, this can lead to treatment-induced polyneuropathy. We have evidence about other risk factors but almost no randomized trials looking at the effect of smoking cessation, reducing alcohol, weight reduction, increasing physical activity, and particular diets on secondary stroke prevention. Now we have more and more evidence, at least from smaller trials, that something that is called multimodal treatment (ie, optimal medical treatment), which includes addressing behavioral risk factors such as smoking and physical activity, and cognitive training will not only reduce the risk for stroke but will also reduce the risk for cognitive decline.

## Concluding Thoughts

Ladies and gentlemen, we can do a lot to prevent strokes, but the most important issue is that we have to implement these prevention strategies, and we have to address adherence and compliance in our patients on drug therapy. Twenty years ago, the only thing we had for secondary stroke prevention was aspirin. Now, we have many more modalities to treat the different subgroups of stroke, whether it's large-vessel disease or cardioembolic stroke.

The last 20 years for stroke prevention have been very fruitful, but we have to go a long way from here. I'm Hans-Christoph Diener, a stroke neurologist from the University of Essen in Germany. Thank you



Thiru Arumugam re-elected as President

## CEYLON SOCIETY OF AUSTRALIA HOLDS ANNUAL DINNER

It was truly a fun filled evening of fellowship and camaraderie when the Ceylon Society of Australia held its 19th Annual General Meeting followed by a sumptuous dinner at the Thornleigh Community Centre, last Saturday. The hall was filled to capacity with 154 members and guests in attendance, and one factor that prominently pervaded proceedings was the goodwill that was on display. Most members and guests seem to know each other, a factor which added to the general *bon homie* and geniality of the evening, suggesting that it was a gathering of people from a common social milieu. The Society's President Thiru Arumugam ably assisted by Social Convenor Chandra Senaratne and the Committee presented a well planned evening's entertainment lapped up enthusiastically by all present.

Proceedings for the evening commenced with about an hour of general fellowship and discourse set against the background of some old musical favourites. A hilarious humorous skit titled "Harima Magulak" presented by Sydney's "Kolam Maduwa" featuring Sunil de Silva and Devika de Fonseka had the audience in stitches. This was followed by a quiz compiled by President Thiru based on material from the Society's journal *The Ceylankan*. Dr Robert Sourjah emerged the winner of the keenly contested test of knowledge and also the ability to retain it. A mouth watering buffet dinner universally acclaimed by those present as excellent fare (presented by Sweet and Spicy) gave taste buds a good workout and created the appetite for more sensorial delights in the form of an after dinner sing – a long session with Shirani Rodrigo at the piano assisted by a lead choir of chosen vocalists. Audience participation was the key here with everyone joining in to sing old favorites, christmas carols and popular ballads as well. A most enjoyable evening indeed. We now look forward to another year of intellectual delights through the Society's quarterly journal *The Ceylankan* and its quarterly meetings in Sydney, Melbourne, and Colombo.

At the Annual General Meeting which preceded the dinner, outgoing office bearers were re-elected unanimously for another term. The Society's team for 2016 will thus be: President: Thiru Arumugam, Vice President: Dr Sri Lal Fernando; Honorary Secretary: Leslie Perera, Treasurer and Public Officer: Deepak Pritamdas; Public Relations: Harry de Sayrah, Editor/Librarian: Doug Jones, Social Convenor: Chandra Senaratne, Committee: Dr Robert Sourjah, Sunimal Fernando, Pauline Gunawardene, and Srikantha Nadarajah.

Life Member: Hugh Karunanayake  
(Sent by Hugh Karunanayake)



[Little Girl Stares Into The Eyes Of A Dying Dog. What Follows Seconds Later? A Miracle.](#)



## How The Coffee Diet Works To Help You Get Slim

In every cup of coffee you drink there is caffeine that makes it easier for your body to burn fat adding

your fat burning metabolism. Although coffee was once considered to be cancer causing, recent studies have shown that drinking coffee in fact has the opposite effect of working to help control the growth of carcinogenic cancer cell growth possibly preventing cancer.

In addition, drinking coffee has been said to be effective in lowering bad cholesterol levels while increase good cholesterol in your body that is beneficial to preventing clogged arteries and heart related diseases.

Besides caffeine, coffee contains active ingredients to that work to improve alertness and preventing obesity that you can look forward to every day you enjoy a steaming cup of hot black coffee.



## Chromogenic Acid for Weight Loss and Antiaging

Coffee is known to contain a polyphenol called chromogenic acid that is connected to the color, scent, and taste you get out of coffee. In addition, polyphenols are believe to help fight cancer, unclog arteries, and produce an anti-aging effect with antioxidants to promote healthy fat burning in your liver.

In addition you can look forward to the effect coffee has on your autonomic nerves that works great for preventing obesity. However, this only works if chromogenic acid is protected. In fact, most of the polyphenols in coffee are lost during the roasting process. That is why when choosing which types of coffee to buy, go with the lightly roasted variety <http://slism.com/diet/coffee-diet.html#theCoffeeDiet>

## High-protein, High-calorie Diet Heals Burn Wounds Faster | Video



Burn treatment at The Ohio State University Wexner Medical Center includes whole-body factors beyond wound care and pain. Doctors explain how nutrition plays a remarkable role in the healing process for those with severe burns.

[Read More »](#)

Not everyone will have stiff, sore joints, but your chance of getting arthritis does go up as you age. Half of people 65 and older have it, and most of them have osteoarthritis. It happens when the tissue that protects bones in your joints starts to wear away. When there's none left, the bones rub against each other. You're most likely to have pain or stiffness in your hands, neck, back, knees, or hips.

## Exercise Fuels Mental 'Time Travel'



Sure, exercise is healthy — but only now are the impacts on the human brain coming into focus, particularly for the hippocampus and its affects on memory and imagination.

[Read More »](#)

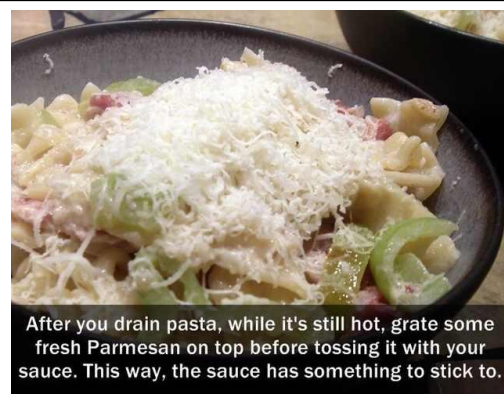
## Why do British universities still give 'scientific' credibility to homeopathy?



Prince Charles is not the only one giving support to alternative medicine's quackery - and it isn't always harmless

## Eat more curry

Evidence shows that curcumin — one of curry's main ingredients — is toxic to cancer cells. And it's not just curcumin, says Bharat Aggarwal, Ransom Horne, Jr., Professor of Cancer Research and professor of cancer medicine (Biochemistry) and chief of the Cytokine Research Laboratory in the department of experimental therapeutics at the University of Texas M. D. Anderson Cancer Center. A host of other spices seem to have anti-cancer potential, including ginger, cloves, cinnamon, black pepper and red pepper.



After you drain pasta, while it's still hot, grate some fresh Parmesan on top before tossing it with your sauce. This way, the sauce has something to stick to.

BabaMail

## Brown Rice



Brown rice is rice including the husk that is thrown out trying to make polished [white rice](#). Products such as rice bran are the product of unpolished brown rice.

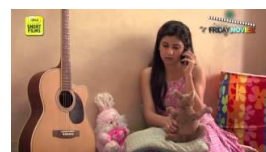
Eating brown rice has more nutrition value than eating white rice. As of recent years, it is said that more and more people are turning to brown rice for nutritional purposes.

For vitamins, minerals, and dietary fiber eating a bowl of brown rice is said to be helpful when trying to balance your diet. In addition to other nutrients, brown rice gives you B vitamins to help you burn fat.

As for the benefits of eating brown rice in your diet, brown rice is low-gi meaning it is less likely to make you fat. Everyone is talking about the [Brown Rice Diet](#) and how eating brown rice may help you lose weight.

Eating brown rice is a great way to get more nutrition in your diet.

<http://slism.com/calorie/101085/>



### Idea Short Film - The Fakers

by Idea  
340,286 views



### The Skirt (Lehenga) - Heart Touching Short Film | Pock...

by Pocket Films - Short



### Sweet Fish Pie

I've put a healthy twist on a traditional fish pie by using some less commonly used fish, adding...

by [Bryony Harrison](#)

## What are the effects of long-term use of acid reflux medications?

The most popular acid reflux medications — proton pump inhibitors like [Nexium](#), [Prilosec](#) and [Prevacid](#), which are taken daily — can have serious side effects and “are not the benign drugs the public thinks they are,” said Dr. Shoshana J. Herzig of Harvard Medical School.

Over the past five years, the federal Food and Drug Administration has issued [numerous warnings](#) about proton pump inhibitors, saying that long-term use, defined as a year or more, increases the risk of hip, wrist and spine fractures (though studies have found an increase in bone fractures with use over shorter periods). Long-term use can also lead to low levels of magnesium in the blood, which can precipitate seizures, arrhythmias and muscle spasms, according to the F.D.A. The deficiency cannot always be corrected with supplements, and patients who take other drugs like [digoxin](#) or [diuretics](#), which can also cause low magnesium levels, should avoid proton pump inhibitors. The use of these inhibitors for any period of time is also associated with an increase of intestinal infections and a higher risk of [Clostridium difficile](#)-associated diarrhea, a potentially life-threatening disease. An [F.D.A. advisory warns](#) patients who use these drugs to contact their health care providers immediately if they develop persistent diarrhea that does not improve.

Several studies have also reported that proton pump inhibitors increase the risk for pneumonia in hospital patients; a similar increase was not seen among patients taking a different type of acid-reflux drug called a histamine-2 receptor blocker (a drug like [Pepcid](#) or [Zantac](#)), Dr. Herzig said.

Long-term P.P.I. use may [reduce the absorption of other important nutrients](#), vitamins and minerals besides magnesium, such as calcium, iron and vitamin B12, and has been linked with anemia. P.P.I.s can also interact with other medications, and the [F.D.A. has warned](#) heart attack and stroke patients that the P.P.I. omeprazole (Prilosec) weakens the effectiveness of the anticoagling agent [clopidogrel](#) (Plavix).

Stomach acid plays an important role in breaking down food and absorbing nutrients, and also kills bacteria and microbes. Long-term maintenance use of acid-suppressing drugs like proton pump inhibitors may disrupt these processes and make people more susceptible to both infections and nutritional deficits, experts say.

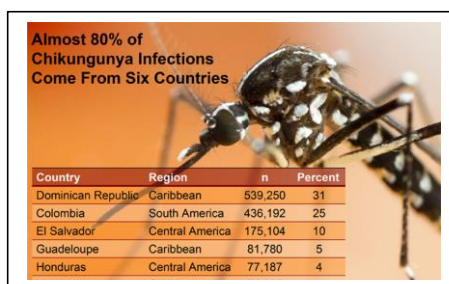
Taking antacids like Tums, Rolaids, Pepto-Bismol or Milk of Magnesia episodically to relieve heartburn is unlikely to have these effects, and while H2 blockers are known to have side effects like headaches, constipation and nausea, their long-term use has not been studied as extensively as that of proton pump inhibitors.

“Certain people with conditions like [Barrett’s esophagus](#) should be on long-term acid suppression,” Dr. Herzig said, referring primarily to P.P.I.s, “but the majority of people with heartburn and reflux should not be on these drugs long-term.”

By Roni Caryn Rabin

## Chikungunya Has Spread to 1.7 Million Cases in the Americas

Marcia Frellick



The number of suspected or confirmed cases of Chikungunya has now reached 1.74 million in 45 countries or territories in the Americas, Marc Fischer, MD, from the Centers for Disease Control and Prevention (CDC), reported here at IDWeek 2015.

### Cumin helps Prevent Anemia and Iron Deficiency



Cumin is an incredibly powerful source of iron - one of the best around in fact. 100 grams contains 66 milligrams - more than 5 times the daily recommended amount for adults. This means that just a couple of spoonfuls of cumin provides you with all the iron you need for the day (although a little extra can't hurt) and encourages the production of red blood cells, the transfer of oxygen around the body and avoidance of symptoms relating to iron deficiency and conditions like anemia, which include fatigue, dizziness, decreased cognitive function and loss of energy.

BabaMail

## Choose Carrots to Offset Diabetes Risk

Carotenoids are plant-based molecules, consumption of which [ASSOCIATE](#) with an array of health effects in humans – most notably, potential antioxidant activity.

Sluijs, from University Medical Center Utrecht (The Netherlands), and colleagues analyzed data collected on 37,846 men and women, enrolled in the

European Prospective Investigation into Cancer and Nutrition (EPIC). Participants were [SURVEYED](#) for dietary intake of specific carotenoid compounds, with mean total carotenoid intake found to be 10 mg/day. During a mean follow-up of 10 years, the team followed the subjects for incidence of type-2 diabetes. After adjusting for confounding factors, data revealed that the participants with higher beta-carotene intake were at a 22% reduction in diabetes risk. As well, those who consumed greater amounts of alpha-carotene foods demonstrated reduced risk. Interestingly, the sum of all dietary carotenoids did not change diabetes risk. The study authors write that “This study shows that diets high in [beta]-carotene and [alpha]-carotene are associated with reduced type 2 diabetes in generally healthy men and women.”

[VIEW NEWS SOURCE...](#)

## Begin Mammograms at Age 45, New Guidelines Say



New guidelines say that women should start getting mammograms at age 45, rather than age 40.

[Read More »](#)

## How sensitive are you to coffee?

- Some people can have a cup of coffee before they go to bed and it does not keep them awake.
- Professor Wright says there are two main reasons for these individual differences:
- If you drink coffee all the time then the cells that respond to caffeine become less responsive.
- And genetic differences between individuals mean that some people are more sensitive to it than others. Some people are so sensitive they cannot drink it at all because it has such powerful effects on them.
- Whether people who are insensitive to coffee may still have a delayed body clock from drinking coffee at night is an open question, Professor Wright says.





[Nobody Could Fight Back Tears After Bindi Irwin Honored Her Late Father, One Last Time](#)

[UV light-enabled catheter to fix holes in heart without operation](#)



Researchers have designed a specialised catheter for fixing holes in the heart using a biodegradable adhesive and patch, eliminating the need for open heart surgery

**Cocoa for Cardiovascular Health**

*Cocoa flavanols help to lower blood pressure and increase blood vessel function, among healthy adults.*

European Union Consortium researchers report two studies that suggest that consuming cocoa flavanols – plant-derived bioactives from the cacao bean – may help to improve cardiovascular function and lessen the burden on the heart that comes with the aging and stiffening of arteries. In the first study, Christian Heiss, from the University Duesseldorf (Germany), and colleagues enrolled two groups of 22 young (under 35 years) and 20 older (50-80 years) healthy men, to consume either a flavanol-containing drink, or a flavanol-free control drink, twice a day for two weeks. The researchers then measured the effect of flavanols on hallmarks of cardiovascular aging, such as arterial stiffness (as measured by pulse wave velocity), blood pressure and flow-mediated vasodilation (the extent to which blood vessels dilate in response to nitric oxide). The team observed that vasodilation was significantly improved in both age groups that consumed flavanols over the course of the study (by 33% in the younger age group and 32% in the older age group over the control intervention). As well, among the older age group, a statistically and clinically significant decrease in systolic blood pressure of 4 mmHg over control was also seen. In the second study, Roberto Sansone, from the University Duesseldorf (Germany), and colleagues, enrolled 100 healthy middle-aged men and women (ages 35 to 60 years) with low risk of cardiovascular disease. The participants were randomly and blindly assigned into groups that consumed either a flavanol-containing drink or a flavanol-free control drink, twice a day for four weeks. The researchers also measured cholesterol levels in the study groups, in addition to vasodilation, arterial stiffness and blood pressure. The team observed that cocoa flavanols increased flow-mediated vasodilation by 21%.; as well as decreased blood pressure (systolic by 4.4 mmHg, diastolic by 3.9 mmHg), and decreased total cholesterol (by 0.2 mmol/L), LDL cholesterol (by 0.17 mmol/L), and raised HDL cholesterol (by 0.1 mmol/L). Taken collectively, the Consortium submits that flavanols are effective at mitigating age-related changes in blood vessels, and could thereby reduce the risk of cardiovascular disease in healthy individuals.

[VIEW NEWS SOURCE...](#)

**'Lifestyle, obesity, late hours leading to breast cancer'**



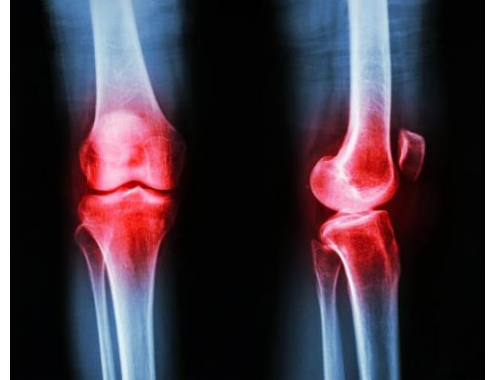
While cervical cancer is on decline, breast cancer cases are on rise due to obesity and lifestyle-related factors, said Dr Neeraja Bhatia, president, Association of Gynaecologic Oncologists of India, here.

[Do you know the difference between fruit and vegetables?](#)



# Keep moving to prevent osteoarthritis, say physicists

Osteoarthritis in the knee is a painful condition affecting nearly half of all Americans at some time - and two thirds of obese adults. Research suggesting that physical activity could help prevent it has been presented this week at the AVS 62nd International Symposium and Exhibition, in San Jose, CA.



*Osteoarthritis affects around half of all Americans at some point in their lives.*

Osteoarthritis is a degenerative bone disease resulting from a reduction in the cartilage, leading to an increase in friction.

Cartilage is a firm, rubbery material covering the ends of the bones in the knee joint. It reduces friction in the joint and acts as a "shock absorber." When cartilage becomes damaged or deteriorates, it limits the knee's normal movement and can cause significant pain, and eventually the need for [knee replacement surgery](#).

About 80% of the volume of cartilage tissue is made up of synovial fluid. This fluid is needed to support weight and lubricate joint surfaces. The loss of synovial fluid that causes the decrease in cartilage thickness, increase in friction, bone degradation and joint pain of osteoarthritis.

Since cartilage is porous, the synovial fluid is squeezed out of the holes over time. In fact, it is constantly leaking out into the membrane-walled cavity between the upper and lower leg bones.

MNT

**Cough Drops**

Just because cough drops are sold in the medicine aisle doesn't mean they're healthy. Most are loaded with sugar. So after soothing your throat with a lozenge, be sure to brush well. Whether the sugar comes from a cough drop or a hard candy, it reacts with the sticky plaque that coats your teeth. Then bacteria in the plaque convert the sugar into an acid that eats away at tooth enamel. Hello, cavities.



[Christmas Warehouse Sydney Christmas, Shopping](#)



**ALL INDIANS MUST WATCH**

by Mohammed Siddik



**Jim Reeves Gentleman Jim complete LP 1963**



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