



Congratulations Fr Dilan



The 80th convocation of the University of Kelaniya was held on the 12th of January 2016 at the Bandaranaike Memorial International Conference Hall (BMICH). While the Chancellor of the University of Kelaniya, Thripitaka Vagishvaracharya, Mahopadya, Pandit, The Most Ven. Welamitiyawe Dharmakirithi Sri Kusaladhamma Thero preceded this event at which many post-graduate students received awards, the Vice Chancellor Senior Professor Sunanda Madduma Bandara, the deans of all faculties, heads of departments and members of the faculty were also present

Fr Dilan Perera OMI of St Vincent's Church also Director Superior of the Boys Home in Maggona, Sri Lanka was honoured with a postgraduate degree in Sociology

Fr. Dilan says, "My humble effort to understand the social situation of the country will remain"

So far, he has built 54 houses in various parts of the island to poor homeless families, with aid received from well-wishes and mainly from an organization in Brisbane, Australia.

Ed: What's most obvious from the pic' is the demonstration of peaceful harmony among the Catholics and the Buddhists in the developing Sri Lanka, today

Australia Day in Sydney



Australia Day in Sydney showcases the different ways we celebrate Australia Day. Once again the world's most beautiful harbour city will host its annual Australia Day celebrations. There will be a number of sensational activities taking place on the water and across Sydney. It is well worth the trip to town to mingle with your fellow Australians and experience all the activities and entertainment on offer. So much to see and do, the following are just a few of the events:-



Tall ship race

Tall Ships Race - no Australia Day in Sydney would be the same without the Tall Ships Race.



The Oz Day 10k Wheelchair Race .Visit **The Rocks** to see the world's finest wheelchair athletes participate in a race around the historic streets of the city. Whatever you decide to do on Australia Day, there will be something for everyone. So get out enjoy, if you take any pics for social media, please tag them #ausday to show the world how we celebrate this great nation!

Images appear courtesy of www.australiaday.com.au

by **Seafarrwide** (subscribe)

Check out my blog at seafarrwide.com/ for more about me. Contact me : seafarrwide@gmail.com

Baking soda balances pH and promote healing

Although acidity is necessary for the digestion of food, too much acidity in the body promotes diseases such as osteoporosis, cancer, and arthritis. All of these conditions thrive in an acidic environment. Drinking baking soda dissolved in water helps to balance pH and promotes wellbeing and energy.

People without Homes

There are over 300,000 families in Sri Lanka without homes living in huts with poor or no amenities. Fr Dilan has built, so far 53 houses in various parts of the island. He makes no differentiation between ethnicities, religious beliefs: he treats all humans as his brothers and sisters. If you wish to contribute for father Dilan to continue his "visions, passions, and journey"

Please contact

Dream team in Brisbane

Arthur

Jayasundera heart.j@optusnet.com.au

Jeremy

Pritchard auskingprawn@optusnet.com.au

Norreen

Wright nwri4527@bigpond.net.au

For Fr Dilan Perera - banking details as follows.

Acc. No 160020037735

HNB Beruwela

Father Dilan Perera will acknowledge receipt of every donation.

His email address:

perera.dilan72@gmail.com

First anniversary of inauguration in office of the President

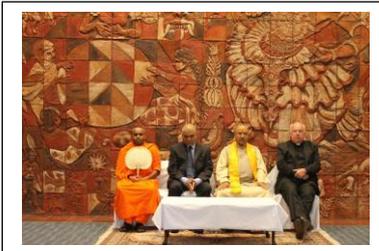
The first anniversary of the inauguration in office of His Excellency Maithripala Sirisena was celebrated at the High Commission on the morning of 8th January, with the participation of religious dignitaries representing

Buddhist, Hindu, Christian and Islam faiths, and representatives of Sri Lanka Associations based in Canberra.

The Chief Prelate of the Canberra Buddhist Vihara and religious dignitaries representing the Hindu, Christian and Islam faiths invoked blessings on the President, Government and the people of Sri Lanka, as well as the High Commission staff and Sri Lankan community in Canberra.

In welcoming those present, the High Commissioner said "we come into this world as equals. We leave it as equals. Why then should the interim be treated differently?"

He then quoted Lord Buddha's saying "Lokah Samathah Sukhina Bhavanthu" and observed that His Excellency the President's vision for Sri Lanka and all its people was also the same and emphasised our collective responsibility to contribute sincerely and meaningfully towards it.



The religious blessing was followed by the planting of two trees in the

Are cellphones causing hallucinations? The reason why you felt that 'phantom buzz'

Chloe Vincente

Have you ever thought that you felt your phone buzzing in your pocket, just to realize you have no notifications at all? Well, you're not alone — and there's a name for this common phenomenon, too.



"Phantom vibration syndrome is the sensation that your phone is vibrating in your pocket and then you pull it out and realize it was just a hallucination," Dr. Robert Rosenberger, assistant professor of philosophy at the Georgia Institute of Technology, told TODAY. But don't worry just yet — this hallucination doesn't mean that you're crazy. In fact, it is impacting a large number of cellphone users today.

Zach Pagano / TODAY

"This is happening to a surprising amount of people," Rosenberger said. "But people are not really that bothered by it."

A study conducted by Dr. Michelle Drouin, an associate professor at Indiana University-Purdue University Fort Wayne, found that phantom vibration syndrome affects an astounding 89 percent of college undergraduates.

Do not leave Sri Lanka without eating Kottu roti

It's common to hear the rhythmic clank of the kottu maker on the streets - it's the ultimate Sri Lankan street food. It's basically a stir-fry which originated as a simple way of dealing with leftovers. Featuring pieces of roti (bread) mixed together with finely shredded vegetables or pieces of meat, soya sauce, spices, ginger and garlic, on a flat iron skillet using two metal cleavers with wooden handles. You can usually find it in the evenings on the many street stalls, which make use of the leftover ingredients of the day!



This treat was first invented in Batticaloe, Sri Lanka.

Happy & Prosperous Thai Pongal Celebration



On this day, people travel to see other family members and the younger members of the family pay homage to the elders, and the elders thank them by giving token money. Another thing many do is leave food out on banana leaves for birds to take. Many South Indian people take the first bit of rice cooked in any given day and set it outside for the crows to take, so this is not necessarily a habit only for Pongal. Some also go to temple to worship and thank god for all good things that are bestowed on them.

The fourth day of the three-day Pongal celebrations is called Kaanum Pongal. In few places this day is also known as Karinaal or Thiruvalluvar Day. It is dedicated to the sun god, Surya and has its roots in ancient Brahminical tradition. Since Pongal is a rural, agrarian based festival that celebrates the harvests, the sun is a vital part of the proceedings. This is because the Sun is the symbol of life on Earth. Without the Sun, crops cannot sprout and grow. Without the Sun, harvests will not be plentiful.

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

Michael Thambayagam studied at St. Patrick's College, Jaffna, in Sri Lanka.

Michael currently lives in Sugar Land. Before that, he lived in Houston, TX from 2006 to 2009. After high school, he obtained his PhD from The University of Manchester



Presently, he is the Director of Technology and Senior advisor, Schlumberger- Doll Research organization.

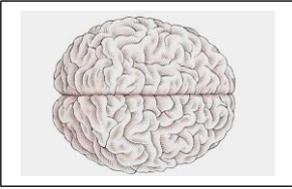
He is the 2011 Winner of the R.R.Hawkins Award

Please watch his video on his book "The Diffusion" Handbook for applied solutions for Engineers

<https://www.youtube.com/watch?v=S9m299EMpb8>

Ed: This is brain-drain. We lost them due to political bungling

How Do Probiotics Affect Your Brain?



A growing body of research indicates a **significant link between brain function and the gut** — which, as we've learned, is directly affected by the existence of probiotics that protect the intestines from harmful bacteria.

One recent study, for instance, showed that mice who were fed a Western diet (high in both fat and sugar) **experienced negative changes in gut bacteria that was associated with decreased memory and cognitive flexibility.**

"Bacteria can release compounds that act as neurotransmitters, stimulate sensory nerves or the immune system, and affect a wide range of biological functions," explained Kathy Magnusson, **the paper's lead researcher** and a professor at Oregon State University. "This work suggests that fat and sugar are altering your healthy bacterial systems, and that's one of the reasons those foods aren't good for you. It's not just the food that could be influencing your brain, but an interaction between the food and microbial changes."

DailyMeal.com

Technology is woven into every part of our lives, from home to work, like never before.

Sure, we use technology to save lives and launch rockets, but we also use our devices for everything from checking the weather (even when we could simply stick our heads outside) to finding out what our spouse wants to eat (even when we could simply get up and ask them).

Rebecca Dube

Obama's Tears: The Science of Men Crying



Obama recently shed a few tears when describing a spate of gun massacres in the country, but just how common is it for men to cry?

[Read More >>](#)



Garlic Ginger Steamed Prawns & Squid

This is a quick simple steamed dish of prawns and squid that is full of garlic and ginger flavour
by [chef@home](#)



Roti Maker

by Dhanya Asher



There is a large population of Malays of Sri Lankan origin in Sydney and suburbs. They get together annually for a big feast. Ladies dress in their best dresses for such festivities.

HealthyHints.com.au



Choosing the right hat is a matter of health



SRI LANKAN CUISINE - POL ROTI (COCONUT FLAT BREAD) WITH...
by [veddah333666](#)



Glen Waverley
Melbourne
Visit and write comment



Ven Weganthale Seewalee Thero offering food for a poor cancer patient at the temporary resident premises Maharagama Cancer Hospital. This Ven Thero's meritorious dedicated daily service, we do appreciate. You may contact him on Face Book

Pollution making bacteria antibiotic resistant?

Environmental contaminants may be partly to blame for the rise in antibiotic-resistant bacteria, a new US study suggests. J Vaun McArthur from the University of Georgia tested his hypothesis in streams on the US department of energy's Savannah River Site (SRS).

This is Nishaji the Adv. Level student with the laptop that we sent her through Nalin. She is delighted with it. She is the daughter of Nishantha the fisherman of Weligama that Dr. Jennifer and I met soon after the tsunami. We haven't met Nishaji as yet but friends from Melbourne who visited Sri Lanka recently carried this laptop and some new donated clothes to her. Thank-you to all the donors. "The measure of a life, after all, is not its duration but it's donation" Corrie Ten Boom Sent by Dr Quintus de Zilva



Position Your Onion



Position your onion. Photo Credit: Photo © Danilo Alfaro We're going to work with one half of the onion at a time. Peel the skin off of one of the halves and position it so that it's resting flat on the board in front of you with the curved part facing up. The two flat ends should be pointing left and right.

Turn beer into a meal with AI's one-pot beer can chicken with vegetables

AI Roker makes the most of one pot and some cans with his savory beer can chicken with vegetables.

[Read More](#)



How Many Miles a Week Should I Run?

By **GRETCHEN REYNOLDS**

The maximum benefits of running occur at quite low doses, a new study suggests.



Ghee Roasted Fermented Rice Lentil Crepe - Dosa

Dosa or fermented rice-lentil crepe is a nutritious breakfast dish from South India

by **Anu**

What Are Probiotics and Why Are They Important?

A healthy diet contains probiotics

By **Bridget Creel**
Editor



Yogurt contains probiotics that will increase the good bacteria in your gut.

Have you heard about bacteria that's actually good for you? Whether or not you have consciously consumed **probiotics**, found in some foods and supplements, they are also naturally found in your body. To make it simple, you have "good" and "bad" bacteria in your body. Probiotics can be taken to balance the good and bad bacteria in the body and help replenish the "good" bacteria in the body after taking antibiotics.

The two most common groups of probiotics are Lactobacillus and Bifidobacterium. Lactobacillus is perhaps the most common probiotic, which is found in fermented foods, such as **yogurt**, sauerkraut, and miso soup. Bifidobacterium can be found in some dairy products and is used to treat irritable bowel syndrome (IBS), **according to WebMD**. It's important to consume probiotics to regulate your gut. A regular and healthy gut will lower your risk of developing common health conditions such as IBS, antibiotic-related diarrhea, skin conditions, urinary health, and oral health.

Chiropractors who claim ability to prevent caesareans and cure cancer referred to health regulator in Queensland

By national medical reporter [Sophie Scott](#) and [Alison Branley](#)

More details have emerged about the nature of marketing material chiropractors across Australia have been publishing on their websites.

Medical professionals are worried the practice could be potentially dangerous for patients.

The ABC has obtained a list of the 10 chiropractic clinics which were the subject of [complaints to the regulator by public health expert Dr Ken Harvey](#)

Great Southern Land welcomes all!



A bit on the meaning of the name of our country

Derived from the Latin *Australis*, 'Australia' means southern. At the time we were '*terra australis incognita*', that is, unknown southern land. It was explorer Matthew Flinders that named our vast country '*terra australis*', which later was abbreviated to Australia.

Have a safe and happy Terra Australis Day – just doesn't sound right, but as a lot of Aussies would say, 'Have a good one' - by Irenke Forsyth
<http://www.weekendnotes.com/australia-day-sydney>

Good Health, caring & sharing

A Palatable Carcinogen

Fine wines, craft beers, cocktails, and champagne made by French monks are considered by many as complements to good company and fine cuisine. The last thing anyone wants to hear is that alcohol causes cancer.

However, the sobering truth is that alcohol consumption increases the risk for cancer, and this link has been known for some time. In 1988, the International Agency for Research on Cancer (IARC) declared that alcohol was a carcinogen.^[1] The World Cancer Report released in 2014 highlighted the role of alcohol in cancer, finding that alcohol accounts for 3.5% of cancers (about 1 in 30 cancer deaths) globally.^[2] Recent data indicate that the proportion of cancers attributable to alcohol worldwide has increased. In 2012, alcohol consumption caused 5.5% of all cases of cancer and 5.8% of all cancer deaths.^[3] This increase is believed to be attributable primarily to an increase in the prevalence of drinkers and in the amount of alcohol consumed, particularly by women.

The fact that alcohol is a carcinogen has been clearly confirmed.

Jürgen Rehm, PhD, Director of the Social and Epidemiological Research Department at the Centre for Addiction and Mental Health in Toronto, Ontario, Canada, describes how our knowledge about the role of alcohol in cancer has advanced during the past year. "Very simply, the cancers that have been determined previously to be caused by alcohol have been confirmed. There is no discussion about whether alcohol causes these cancers. The fact that alcohol is a carcinogen has been clearly confirmed."

The cancers that Dr Rehm refers to include those of the oral cavity, pharynx, larynx, esophagus, breast, colon, rectum, gallbladder, and liver.^[4] It is also considered probable that alcohol increases the risk for pancreas cancer, although the evidence is inconclusive.^[4]

Recent evidence suggests that melanoma, as well as cancers of the stomach, lung, and prostate, may be associated with alcohol consumption, although only with high levels of consumption and to a moderate excess risk.^[3] There are also differences of opinion on whether liver cancer should be considered an alcohol-related cancer and whether the risk for colorectal cancer is increased in both sexes or only in men.^[5]

Medscape

[..https://www.youtube.com/watch?v=M1F0IBnsnKE](https://www.youtube.com/watch?v=M1F0IBnsnKE)

Myth: Only Alcoholics Get Cirrhosis

It's true that alcoholism is the most common cause of cirrhosis, a condition in which healthy liver cells are damaged and replaced by scar tissue. But there are other causes, too, such as hepatitis B and C. And although drinking too much almost always causes some liver damage, it doesn't always lead to cirrhosis. WebMD

Myths and Facts About Cholesterol Meds

Can statins lower your chances of a heart attack? Do medicines cure high cholesterol? Here's what's fact and what's fiction.



Afterglow - National Award Winning Short Film (FTII) ...

by Kaushal Oza

Enamel Decay?

Researchers at the University of Melbourne's Oral Health Cooperative Research Centre tested 23 different types of drink, including soft drinks and sports drinks, and found drinks that contain acidic additives and with low pH levels cause measurable damage to dental enamel, even if the drink is sugar-free.

"Many people are not aware that while reducing your sugar intake does reduce your risk of dental decay, the chemical mix of acids in some foods and drinks can cause the equally damaging condition of dental erosion," said Eric Reynolds, CEO of the Oral Health CRC.

High-fat diet may be harmful for your brain

High-fat diet may not only make us obese, but also cause cognitive impairment by prompting immune cells in the brain to consume the connections between neurons, a new study has warned.

Sydney Kolam Maduwa's comedy, Ernest Macintyre's "THE LOST CULAVAMSA or The Unimportance of Being Aryan or Dravidian", derived from Oscar Wilde's The Importance Of Being Earnest, directed by Adam Raffel,

Lighthouse Theatre, Gymnasium Road, Macquarie University. Opening 7 pm 20 February 2016.

"We see here two blood brothers, one Aryan , the other Dravidian. (Pause) Ernest Keethaponcalan, found in a mulla as neither Aryan nor Dravidian, evolved by adoption, through language and culture into a Dravidian. His brother evolved in the same way into an Aryan. Our ethnicities reveal social attributes, not biological differences."

How Is Gluten Intolerance Different than Celiac Disease?

Gluten intolerance is different than celiac disease, which is the disorder that's diagnosed when someone has a true allergy to gluten. Celiac is actually believed to be a rare disease, affecting about 1 percent or less of adults. Some research suggests that for every person diagnosed with celiac disease, another six patients go undiagnosed despite having celiac-related damage to the gut. Symptoms of celiac disease include malnutrition, stunted growth, cancer, severe neurological and psychiatric illness, and even death. However, even when someone tests negative for celiac disease, there's still a chance he or she can have a gluten intolerance, which poses many risks of its own.

Dr Axe

As Aging Population Grows, So Do Robotic Health Aides

By JOHN MARKOFF

Roboticians and physicians predict that a new wave of technological advances, including drones, will help older adults stay at home longer.

Surgery for Severe Crohn's

If medications don't help your Crohn's, or if you have other complications, you may need surgery. Fistulas, abscesses, or bowel obstructions may require an operation. During surgery, doctors work to remove damaged parts of your intestines and preserve as much as possible to try to keep digestion normal.

WebMD

It's tomato time: Followed by a recipe

by **Anu**

We all are familiar with the good old saying, 'An apple a day keeps the doctor away'. Let's make a small change to this century old advice: Have a tomato a day and keep your doctor from earning his bread, at least your heart doctor.

Recent studies suggest that tomatoes help to reduce the risk of heart disease and some type of cancers. Tomatoes contain three high-energy antioxidants: beta-carotene, vitamin C and vitamin E.

This fruit also contains major carotenoids like lutein and lycopene, which is believed to have the highest antioxidant activity, and gives the deep red color to the tomatoes. Lycopene has been found to reduce cholesterol and protect the heart; they are good for bone health also. Lycopene pills are available, but eating tomato is a better choice. – The red fruit is a rich source of potassium, folate and thiamin. Daily consumption of tomato can reduce hypertension due to a good amount of potassium. A study conducted by Journal of American Medical Association shows that daily consumption of tomatoes reduces type 2 diabetes.

There are a number of ways we can include tomatoes in our diet. But before using, wash them thoroughly in cold running water. Add tomatoes to salad, juice, smoothie, soup and chutney. Here is an easy and tasty recipe with tomato as the main ingredient. –

Tomato - Coconut Stir Fry



Cooking time: 15 minutes

- Wash 4 tomatoes in cold running water. Cut into small pieces.
- Chop onion (3/4 cup) and 3 green chilli.
- Heat 2 tablespoons oil and pop 1/2 teaspoon mustard seed.
- Saute onion and green chilli in oil until onion is soft. Add a sprig of curry leaves.
- Add 1/4 cup grated coconut into it and cook for 1 minute. ●

Then add the chopped tomato into it. Cook on high flame for 2 to 3 minutes or until the water evaporates. Stir only occasionally or the tomatoes will be mashed.

See more at: <http://healthyhints.com.au/its-tomato-time-followed-by-a-recipe/#sthash.BZUHjZq0.dpuf>

As a Brit who lived in the US for 4 years there are a only a few things, but they are quite significant.

1. Healthcare

Start with the elephant in the room. The healthcare system in the US is without a doubt one of the most complex, bureaucratic, bloated "systems" in the world. It just does not make sense. I was extremely fortunate to move to the US with an expat package that had top shelf hea... [Read More »](#)

Eat probiotics

Supplementing the good bacteria in your digestive system is a great way to help keep a positive balance in your body. If you suffer from irritable bowl syndrome or thrush frequently, simply adding more naturally fermented foods like sauerkraut, kimchi, and yoghurt with active cultures can make a big difference. You can also buy probiotics in the vitamin aisle at your chemist.

- See more at: <http://healthyhints.com.au/5-super-simple-steps-to-a-healthier-you/#sthash.qVMhUp9C.dpuf>

Hookworm larvae to be injected into coeliacs in bid to treat gluten intolerance

Hookworm larvae will be injected into coeliacs as part of a revolutionary treatment for the debilitating illness that affects one out of every 70 Australians.

James Cook University doctors John Croese and Paul Giacomini hope to find a drug derived from the parasites to treat gluten intolerance.

The larvae are put under a bandage, they burrow into the patients' skin to make their way into their intestines.

The 40 people in the trial will then have gluten gradually reintroduce into their diet.

It follows a successful study in which patients were able to eat the equivalent of a bowl of spaghetti, a meal which would usually cause diarrhoea, cramps and vomiting.

Dr Giacomini said hookworms may secrete anti-inflammatory proteins, which could be put in a pill.

"Obviously our goal is not really to infect all of Australia or the developed world with these hookworms," he said.

"So what we really want to do is use this money and this trial to really understand in more detail the mechanism of how the worms suppress the inflammatory response.

"[We want to] look at the different molecules, proteins and enzymes these worms are producing

"We will see if any of these molecules alone, if they're included in a pill-based medication, might be able to mimic the immunoregulatory response of the worm, and therefore be a quite marketable, good therapeutic for restoring gluten tolerance."

Participants in the new trial will have their gluten levels elevated far above those in the pilot study as they progress towards eating a normal diet.

Hookworms do not breed within the human body so there is no chance of the parasite multiplying to dangerous numbers.

Symptoms of coeliac disease vary, with the most common being gastrointestinal upsets.

Others symptoms, some more severe, may include fatigue, anaemia, unexplained weight loss or gain, bone or joint pains and swelling of the mouth or tongue.

ABC News

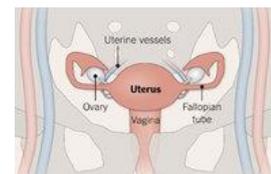
<https://www.youtube-nocookie.com/embed/PpjBOmJUahs?rel=0>

Just One Energy Drink May Raise Heart Health Risk



Your energy level isn't the only thing that gets a boost after downing an energy drink.

[Read More »](#)



Uterus Transplants May Soon Help Some Infertile

By **DENISE GRADY**

Surgeons at the Cleveland Clinic are set to become the first to perform uterus transplants.

Get more potassium

Many dietitians believe that people whose diets are higher in potassium may be less prone to high blood pressure. While you're lowering the sodium in your diet, eating foods with lots of potassium can also help get your blood pressure back on track. Foods such as bananas and cantaloupe are great for potassium



- See more at: <http://healthyhints.com.au/5-super-simple-steps-to-a-healthier-you/#sthash.qVMhUp9C.dpuf>

Just a handful of walnuts can boost male fertility

LOS ANGELES: A simple way to boost male fertility, a major problem across the world, could be gobbling a handful of walnuts, researchers say.

"The initial research we conducted regarding walnuts and male fertility found improvement in sperm parameters after adding walnuts to the diet and has set the stage for us to further explore the impacts of walnuts on male fertility and reproductive health," said professor Wendie Robbins of the UCLA School of Nursing.

"New projects are underway that we hope to be able to share with you in the near future," she said. Infertility and subfertility affect a significant proportion of humanity and the burden in men is relatively unknown. Infertility is defined as a "disease of the reproductive system" and results in disability. Commenting on the study in 2012, Robbins said that 75 grams of walnuts consumed daily improved sperm vitality, motility, and morphology in a group of healthy young men between 21-35 years of age.

These findings are of particular interest to the over 70 million couples worldwide who experience sub-fertility. In fact, 30 to 50% of these cases are attributed to the male partner. Walnuts are the only nut that are an excellent source of alpha-linolenic acid.

TOI

What Is Garcinia Cambogia?



Garcinia Cambogia is sold as a weight loss supplement. Get information and facts on the supposed benefits of garcinia cambogia and the potential side

The key to good sleep? Try changing how you do this one bedtime routine

An expert says there's a link between the two routines.

Read More

5 surprising benefits of walking

The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention.

Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

1. It counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. It helps tame a sweet tooth. A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. It reduces the risk of developing breast cancer. Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. It eases joint pain. Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. It boosts immune function. Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder. To learn more about the numerous benefits of walking, as well as easy ways to incorporate a walk into your daily routine, buy [Walking for Health](#), a Special Health Report from Harvard Medical School.

Over 6,000 subscribers to this Health Newsletter

The best diet yet? Scientists say eating nuts, soy and leafy vegetables is the route to slashing your risk of heart disease

- The Portfolio Eating Plan is packed with nuts, soya, oats, beans and pulses
- Diet involves combination of plant sterols, nuts, plants fibres and protein
- Canadian researchers found it lowered blood pressure by average of 2%
- High blood pressure affects 25% of Britons and high cholesterol narrows arteries

By Steph Cockroft for MailOnline

The best healthy diet yet has been devised by scientists to reduce the risk of heart disease.

The diet, known as the Portfolio Eating Plan, is packed with nuts, soya, leafy vegetables, oats, beans and pulses. High blood pressure affects a quarter of all Britons while high cholesterol which narrows arteries and can lead to heart attacks or strokes affects three fifths.

The plan is a new dietary approach and involves a combination of plant sterols or stanols, nuts high in monounsaturated fats and vitamin E such as almonds, plant fibres and soya protein alongside regular exercise.



The best healthy diet yet has been devised by scientists to reduce the risk of heart disease. One of the most prominent foods listed in the diet is oats (pictured)

The diet should be low in saturated fat, high in fibre, low in salt and rich in fruit and vegetables and with a daily intake of 2g of sterols or stanols naturally found in plant foods, 30g of nuts, 20g of soluble fibre and 50g of soya. Canadian researchers have found it lowered blood pressure by an average two per cent, when compared with the DASH diet.

The latter combines fruit and vegetables with foods such as fish, poultry and nuts but low in saturated fat by reducing meat, dairy and processed snacks.

The findings were produced after a secondary analysis of data collected for a 2011 study on the effect of the 'portfolio diet' on cholesterol.

Professor of nutritional sciences and medicine Dr David Jenkins at St. Michael's Hospital and the University of Toronto said: "This is a very important secondary finding to the original study, adding to the literature connecting diet with health.

"It fills in yet another area we often worry about. We can now say the dietary portfolio is ideal for reducing overall risk of cardiovascular disease."

Read more: <http://www.dailymail.co.uk/health/article-3307942/The-best-diet-Scientists-say-eating-nuts-soy-leafy-vegetables-route-slashing-risk-heart-disease.html#ixzz3r2rwO6wp>



Do you even know how painful it is?



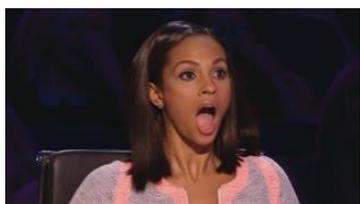
Mr. Traas - An Idea Short Film
by Idea
57,978 views



Visitors - An Idea Short Film
by Idea
52,404 views



Rathu Katta With Upul Shantha Sannasgala Part 01 (2015....)
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Top 10 Best magicians Got talent
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SLIDESHOW



How to Protect Your Erection

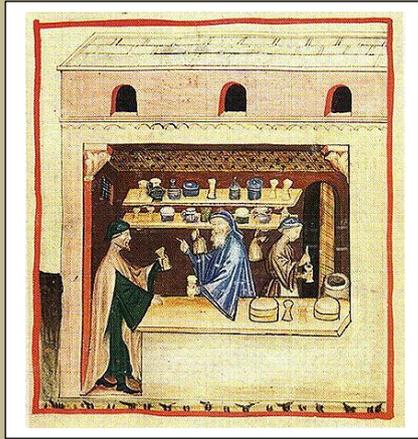
ED becomes more common as guys age -- but a few simple lifestyle changes might help.

Ayurveda prescribes beef for several disorders: Scientist



Bhargava says Modi government the least knowledgeable about science

Theriac: History's Amazing Wonder Drug



From the 1st century A.D. to the late 19th century, one medical compound reigned supreme over all other remedies: theriac. First concocted by a Greek king worried about poisons, theriac went from being a general antidote to snake bites to an all around panacea, used to treat everything from asthma to warts, including the Black Plague. Famous doctors throughout this long history experimented with the drug and tinkered with the recipe. Nero's physician Andromachus "improved" the recipe for theriac by adding roasted viper's flesh (as the prime antidote to snakebite) and increasing the amount of opium. The famous 2nd century Roman doctor Galen said theriac could calm the sea, and wrote a book about the compound, De antidotis. Theriac became the state medicine of the Republic of Venice in the 12th century, and was exported from there carrying the republic's seal. Theriac was so important that it was compounded by officially-appointed physicians and apothecaries in public ceremonies, taking 40 days to make and 12 years to age. Recipes for theriac traveled the world via the Silk Road, from Venice to India and even China. While recipes for theriac varied over time, its core ingredients of viper flesh, opium and spices remained in all. Not until the 19th century did theriac's reputation begin to wane, and even then it took decades to gradually fade from the pharmacies. Theriac's history is nothing short of astounding: How did this one compound gain its reputation as a cure-all? How could the popularity of one drug remain steady for nearly 2,000 years? What in the world was this miraculous medicine.

<http://www.historyonthenet.com/blog/theriac-historys-amazing-wonder-drug>

Future Diabetes Treatment? Human Skin Cells Coaxed to Make Insulin

Researchers have reprogrammed skin cells into pancreatic cells, which could one day help people with type 1 and 2 diabetes



What are the underlying reasons that China is ending the One-Child Policy?



Paul Denlinger, Have lived in China, Taiwan and Hong Kong; fluent in Mandarin (written, spoken)
28.1k Views • Upvoted by Banson Chong, Overseas Chinese moved to Canada in his teens.
Paul is a Most Viewed Writer in One-Child Policy in China.

The one-child policy is a policy which the Chinese government has relied on for far too long; it should have ended 15 years ago because if that had been the case, the first batch of second children... (more)

Beer May Benefit Heart Health

Women who have a drink of beer once or twice per week have a significantly lower risk of heart attack, compared to heavy beer drinkers and women who never drink beer. Researchers at the Sahlgrenska Academy, University of Gothenburg, followed 1,500 middle-aged women from 1968 to 2000, with the aim of investigating the relationship between the intake of alcoholic beverages and the incidence of heart attacks, stroke, diabetes and cancer. Results showed that over the 32-year follow-up period, 185 women had a heart attack, 162 suffered a stroke, 160 developed diabetes and 345 developed cancer. Data analysis revealed that women who reported drinking beer once or twice per week to once or twice per month had a 30% lower risk of a heart attack than women who drank beer several times per week/daily or never drank beer. Thus suggesting that moderate consumption of beer seems to protect women from heart attacks. However, the study also found a strong link between the consumption of spirits and cancer risk – women who reported a high consumption of spirits (defined as more frequent than once or twice per month) were almost 50% more likely to die from cancer, compared with those who drank spirits less frequently.

[VIEW NEWS SOURCE...](#)



Beer - image from Shutterstock

Use lavender

Feeling stressed? Not sleeping very well? Using lavender is great for calming the mind and body. Burning a lavender scented candle in your bedroom before sleep can improve your sleep (just don't fall asleep with it burning!). Alternatively soaking in a bath with lavender scented products can also do the trick. Many people who experience anxiety also find that carrying a bit of lavender oil with them for those anxious moments can be a huge relief.

- See more at: <http://healthyhints.com.au/5-super-simple-steps-to-a-healthier-you/#sthash.3sh6VdG2.dpuf>



Stroke at 30?

Kalpana Sharma, TNN | Oct 26, 2015, 05:04PM IST

Do you feel you are too young to be worried about stroke? Well, almost 15 per cent strokes are hitting people in their 30s and 40s . And this surely calls for immediate attention!

Until recently, it was thought that **stroke** was common among those above the age of 60-65 but according to a study conducted by Public Health Foundation of India, IIPH Hyderabad, the prevalence of stroke in younger individuals is high in India (18-32 percent of all stroke cases). Furthermore, the study revealed that about 10 percent to 15 percent of strokes occur in people below the age of 40 years. In addition, men are more likely to suffer a stroke over women. A massive stroke can be fatal but it's the top cause of disability. "The most striking fact is that stroke is on the decline in the West, while in India it is on the rise. This is because of urbanisation.

People in the age group of 30 - 40 suffer from hypertension, high cholesterol, high BP, diabetes, obesity and have drinking and smoking addiction," Dr P N Renjen, senior consultant, neurology, Indraprastha Apollo Hospital.

So what exactly is a stroke? Gundeep Singh, occupational and neuro therapist, AktivOrtho explains, "Stroke, also known as Cerebro Vascular Accident (CVA), occurs when there is an interruption of the blood flow to the brain resulting in a sudden loss of neurological function. This can lead to a range of deficits including changes in the level of consciousness as well as impairments of motor, cognitive, sensory, perceptual and language function. It is to be noted that in order to be classified as a stroke, neurological deficits must persist for at least 24 hours."

There are broadly two types of strokes- ischemic and hemorrhagic. While the former is caused by interruption of the blood supply, latter results from rupture of a blood vessel or an abnormal vascular structure. Out of all the strokes, almost 87 per cent are caused by ischemia, and the rest by haemorrhage. "Stroke victims are more prone to mental issues and the symptoms include anxiety, irritability and agitation, uncontrollable crying, apathy, delusions and hallucinations," adds Delhi-based Vikas Tripathi, AVP, VIVO Healthcare.

Is being physically active enough?

If you think that being physically active cuts you out from the list, you need to get your facts right. "Being physically active surely helps but it cannot shun the risk completely. The risk of stroke has a lot to do with your diet and your lifestyle in general," puts Delhi-based Dr. Atul N.C .Peters, Director of Institute of Bariatric, Metabolic and Minimal Access Surgery, Fortis Hospital. Putting it in a nutshell, excessive smoking, alcohol, sedentary lifestyle, lack of exercise, unhealthy food habits, hypertension (high blood pressure), diabetes, obesity and persistently high **stress** both at work and home all contribute to the risk of getting a stroke. On top of that people with a family history of stroke are at an elevated risk of stroke too.

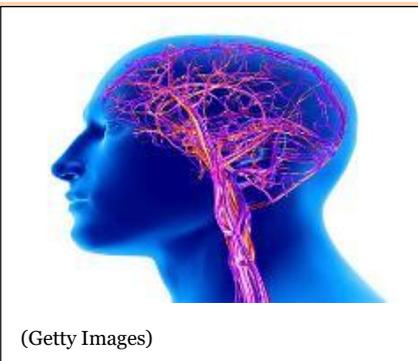
What makes the matter even more critical is that most of these early stroke cases wait to see if the symptoms will go away on their own. "They then show up at the hospital 12 to 24 hours later, which makes the matter worse," shares US-based Dr Seemant Chaturvedi, a neurologist at Wayne State.

Eating right

Chandigarh-based nutritionist, Mansi Chatrath says that one of the prime factors of early stroke is the so-called 'cafeteria diet' which is rich in high-calorie, high-sugar and high-salt foods. "This practically creates a time bomb of health problems, which is ready to explode." Coming to the junk food, almost all processed and packaged food can be included in this category. Most of these items contain unhealthy amounts of fat, sugar and salt. Snacks and other preparations with high sugar, salt and oil should also be avoided. It is best to consume fresh food items especially whole grains, fruits and vegetables. "Also, it is advised to have atleast 8-10 glasses of water as it helps flush out the toxins," Chatrath recommends.

Critical stroke signs to watch out for

- Sudden, severe headache with an unknown cause
- Sudden numbness, weakness or paralysis of the face, arm or leg, on one side of the body
- Sudden dimness or visual loss, particularly in one eye
- Dizziness, loss of balance or staggering walk
- Slurred speech or inability to talk
- Abrupt loss of consciousness



(Getty Images)

Diabetes Blood Test Urged for All Overweight US Adults



All overweight and obese adults in the U.S. should get routine tests to check their blood sugar levels, new recommendations say.

Chemicals in Personal Products May Stimulate Cancer More Than Thought



Parabens, which are chemicals found in personal care products, may not be as safe as once thought.

[Read More »](#)

Sugar Level can drop

Your body needs to move glucose out of the bloodstream and into your cells for energy. To do this, your pancreas makes insulin, a hormone. As a result, your blood sugar level may have a sudden drop. This rapid change in blood sugar leaves you feeling wiped out and shaky and searching for more sweets to regain that sugar "high." So that midday candy bar has set you up for more bad eating.

What Happens When You Sleep?



What is REM sleep, exactly? Should you wake a sleepwalker? And what happens if you nap too long? We have the answers.

[Take Quiz >](#)

How a Family Dog May Lower a Child's Asthma Risk



Kids who live in a house with a dog before they turn 1 have a lower risk of asthma a few years later, a new study suggests.

[Read More »](#)

In US, even babies use tablets, smartphones daily for 20 minutes

Children as young as one in the US are using tablets for more than 20 minutes a day , while near y all children under age 4 have used a mobile device such as a tablet or smartphone, a new study has found.

The Stomach in Health and Disease

R H Hunt; M Camilleri; S E Crowe; E M El-Omar; J G Fox; E J Kuipers; P Malfertheiner; K E L McColl; D M Pritchard; M Rugge; A Sonnenberg; K Sugano; J Tack

Abstract

The stomach is traditionally regarded as a hollow muscular sac that initiates the second phase of digestion. Yet this simple view ignores the fact that it is the most sophisticated endocrine organ with unique physiology, biochemistry, immunology and microbiology. All ingested materials, including our nutrition, have to negotiate this organ first, and as such, the stomach is arguably the most important segment within the GI tract. The unique biological function of gastric acid secretion not only initiates the digestive process but also acts as a first line of defence against food-borne microbes. Normal gastric physiology and morphology may be disrupted by *Helicobacter pylori* infection, the most common chronic bacterial infection in the world and the aetiological agent for most peptic ulcers and gastric cancer. In this state-of-the-art review, the most relevant new aspects of the stomach in health and disease are addressed. Topics include gastric physiology and the role of gastric dysmotility in dyspepsia and gastroparesis; the stomach in appetite control and obesity; there is an update on the immunology of the stomach and the emerging field of the gastric microbiome. *H. pylori*-induced gastritis and its associated diseases including peptic ulcers and gastric cancer are addressed together with advances in diagnosis.

The conclusions provide a future approach to gastric diseases underpinned by the concept that a healthy stomach is the gateway to a healthy and balanced host. This philosophy should reinforce any public health efforts designed to eradicate major gastric diseases, including stomach cancer.

Saturated Fats Damage Health by Promoting Inflammation

Eating high levels of saturated fat triggers an influx of immune system cells into tissues, thereby promoting inflammation and tissue damage.



Monocyte - image from Shutterstock

New research supports the view that eating large amounts of saturated fat is unhealthy. Dr Kevin Woollard, of the Department of Medicine at Imperial College London, and colleagues conducted a study on mice that have an unusually high level of saturated fat circulating in their blood. Results showed that the presence of saturated fat in the blood caused monocytes to migrate into the tissues of vital organs. Once in the organs, the migrated monocytes are turned into macrophages, some of which went on to absorb fat and transform into 'foam cells'. Both the foam cells and macrophages then trigger the production of a signalling molecule called CCL4, which attracts more monocytes into the tissue. This process continues until the level of saturated fats in the blood return to normal. It is thought that this mechanism has evolved to remove fat from the blood. However, the researchers believe that there is a downside to this mechanism, in that the migrating monocytes may worsen tissue damage because they exacerbate ongoing or underlying inflammation. This is not of great concern if blood levels of saturated fats are only elevated very occasionally, but having permanently elevated saturated levels could mean that the migration of monocytes is happening on a routine basis. "Modern lifestyles seem to go hand-in-hand with high levels of fat in the blood. This fat comes from the food and drink that we consume; for example, you'd be surprised how much saturated fat a latte contains, and some people drink several through the course of the day," said Dr Woollard. The researchers also found that the just one type of monocyte is involved in the process, thus opening up the possibility of the development of a therapeutic drug which targets these particular monocytes, thereby preventing any damage caused by fatty build up in blood vessels and organs.

[VIEW NEWS SOURCE...](#)

Jasmine for quality sleep



This exotic plant has a gentle, soothing effect on the body and mind. It has been [shown](#) in one study to reduce anxiety levels, leading to a greater quality of sleep. Not only that, but this research suggests that the positive effects of such a high quality sleep lead you enjoy increased alertness and productivity during the day. With such beautiful pink or ivory blossoms, there seem to be no downsides to adding a Jasmine bloom to your boudoir!

naturallivingideas.com

Capsaicin "Hot Pepper" Cream for arthritic pains



No one is 100% certain why Capsaicin cream works. One guess is that the hot pepper extract soaks into skin and temporarily desensitizes the nerve endings where it is applied. Regardless of why it works, Capsaicin cream is commonly used as a topical treatment for joint pain relief. These creams are readily available for purchase at most drug stores and supermarkets, or you can [make your own](#) if you would rather have control over the ingredients that go into your hot pepper cream.

***Always use gloves when handling hot peppers. Avoid contact with sensitive areas and mucus membranes as capcaisin will cause extreme irritation and is difficult to [neutralize](#) once the molecule bonds to your skin.

***.naturallivingideas.com

Post-Meal Coffee Changes Metabolic Markers

When enjoyed after a meal, coffee may increase levels of an appetite-regulating hormone, improve blood sugar levels, and boost endothelial function.



- image from Shutterstock

Coffee contains a number of compounds – most notably, polyphenols that numerous previous studies suggest exert beneficial effects for metabolic and cardiovascular disorders. Japanese researchers enrolled 19 healthy men in a study in which each subject was given a test meal with a polyphenol-rich coffee drink (365 mg of chlorogenic acids), or placebo drink; subjects later crossed over to the other intervention. Testing 3hours after the meal revealed that the coffee polyphenol beverage lowered blood glucose significantly, and increased flow mediated dilation (FMD) – a marker of blood flow and vascular health. As well, the coffee polyphenol beverage increased post-meal levels of an appetite-regulating hormone (GLP1). The study authors write that: "these results suggest that coffee polyphenol consumption improves postprandial hyperglycemia and vascular endothelial function, which is associated with increased GLP-1 secretion and decreased oxidative stress in healthy humans."

[VIEW NEWS SOURCE...](#)

The New Mammogram Recommendations

We walk you through the new screening guidelines on mammograms.

Vital Muscle Vitamin

in Musculoskeletal Dietary Supplementation Vitamins
Dietary supplementation of Vitamin D may enhance muscle strength, among young healthy adults.



Muscular man - image from Shutterstock

Vitamin D is most widely recognized to exert bone and immune effects. PB Tomlinson, from the University of London (United Kingdom), and colleagues completed a meta analysis of published studies of vitamin D and muscle strength in healthy adults (ages 18 to 40 years), covering a total of 310 subjects. Selected trials lasted from 4 weeks to 6 months and dosages differed from 4000IU per day to 60,000IU per week. Upper and lower limb muscle strength both showed a standardized mean difference of 0.32, for which the investigators "[suggest] vitamin D supplementation significantly increased muscle strength."

[VIEW NEWS SOURCE...](#)

Cheese is addictive



There's a good reason why you just can't resist reaching for another slice of Stilton. Scientists claim that cheese is as addictive as drugs because of a chemical called casein. This is found in dairy products and can trigger the brain's opioid receptors, which are responsible for addiction.

The study, by the University of Michigan, took a look at which items act as the 'drugs of the food world'. The researchers discovered pizza was one of the world's most addictive foods, largely because of its cheesy topping. 'Fat seemed to be equally predictive of problematic eating for everyone, regardless of whether they experience symptoms of 'food addiction,' Erica Schulte, one of the study's authors, told **Mic**

Read more:
<http://www.dailymail.co.uk/sciencetech/article-3285478/Cheese-really-like-crack-Study-reveals-food-triggers-brain-drugs.html#ixzz3pOrwvzS0>
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Processed meats as big a cancer risk as smoking

The World Health Organization is reportedly set to declare that bacon, sausages and other processed meat cause cancer. Red meat is also expected to be listed in the next lower risk category of being "probably carcinogenic to humans".

According to a report in The Daily Mail, the announcements were expected to be made on Monday with processed meat put in the same category as cigarettes, alcohol and asbestos.

The decision follows a meeting of scientists from 10 nations who reviewed all available evidence, the report said. Scientists are believed to have agreed that processed meat is 'carcinogenic to humans', the highest of five possible rankings.

READ ALSO: **Busted: Is red meat bad for health?**

WHO's warning could lead to new guidelines requiring warning labels on processed meat packets, the report said.

Other agencies had earlier said there was a link between high consumption of these meats and bowel cancer, but WHO is expected to take to warning to the next level.

UK's National Health Service website says, "Evidence shows that there is probably a link between eating red and processed meat and the risk of bowel cancer".

"People who eat a lot of these meats are at higher risk of bowel cancer than those who eat small amounts," it adds. However it says beef, lamb and pork "can form part of a healthy diet" and that red meat is "a good source of protein and provides vitamins and minerals, such as iron and zinc".

The World Cancer Research Fund says: "There is strong evidence that eating a lot of these foods (red and processed meat) increases your risk of bowel cancer." Processed meat is made by smoking, curing, salting or adding chemicals. Examples are ham, bacon, pastrami and salami, as well as hot dogs and some sausages. Burgers are also expected to be included.

It's not clear whether Indian meat dishes sold as frozen food would be included in the warning. The Daily Mail said meat in general contains high concentrations of fat and it is thought the compound that gives meat its red colour may damage the bowel lining. **TOI**

RISK FACTORS & COMPLICATIONS OF STROKE

Risk factors associated with stroke range from family history, lifestyle, and present medical conditions.

Obesity, smoking, alcohol abuse, and drug use are all treatable risks for stroke. Conditions like hypertension (high blood pressure), diabetes, high cholesterol, and cardiovascular disease all contribute to stroke risk.

Those with a family history of stroke or heart attack are more likely to suffer a stroke than those without. Age and gender also play a part. People over the age of 55 have a higher risk. Men tend to suffer strokes more than women, but women—particularly older women—tend to die from them more than men.

Suffering a stroke can cause long-lasting, even permanent complications. Luckily, my friend's aunt was able to get away with nothing more than memory loss of the incident, but others don't come away from it so easily.

As I said, memory loss is one complication, but more severe ones include paralysis, pain or numbness, aphasia (or difficulty with speaking or understanding speech), and changes in behavior.

Visiblebody.com

Why Do Strength Training?

If you have diabetes, you know the importance of controlling your blood sugar. But did you know that strength training can play a starring role? Simple moves done regularly can prompt your muscles to absorb more sugar. You'll also burn more calories around the clock when you take up strength training. Your mood, cholesterol levels, and blood pressure may improve, too.-WebMD

7 health habits that can cut your heart risk in half

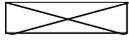
Protecting your heart may be simpler than you think. The American Heart Association has developed a tool to rate risk of heart failure.

[Read More](#)

Butter is back as the nation's favourite as health fears melt away: Item is one of few traditional staples to survive huge changes in the nation's diet

The latest Family Food Survey reveals butter is once again outselling margarine - making it one of the few traditional staples to survive huge changes in the average Briton's diet.

Half of those with sitting jobs suffer lower back pain: Survey



MUMBAI: The daily routine of a majority of urban Indians—driving over bad roads, sitting hunched over workstations or fiddling with their smartphones for hours—seems to be fuelling an epidemic of spine-related problems.

A new three-month survey of 1,300 people with spine-related problems across Mumbai, Pune and Delhi showed that patients with desk jobs were four times the number of patients with field jobs. Worse, every fourth patient with a desk job had more than one spine-related problem: some had neck pain along with back pain, while some shoulder pain along with numbness in fingers, etc. "Our data shows that half the patients with sedentary jobs had lower back pain," said Garima Anandani of Qi Spine, the clinic that conducted the survey.

The World Health Organisation's Global Burden of Diseases study 2010 said lower back pain arising from ergonomic exposures at work is an important cause of disability. The study said lower back pain was emerging as a leading cause of absenteeism at workplace and had resulted in 21.7 million disability-adjusted life years (DALYs) in 2010. The largest number of DALYs (measure of years lost due to ill-health) occurred in east Asia and south Asia.

"Back pain is the price we humans pay for an erect posture," explained spine surgeon Dr Samir Dalvie from Hinduja Hospital, Mahim. "However, most pains resolve by themselves and need nothing more than a slight change in lifestyle and exercises," he said.

Experts say patients who suffer pain for more than six weeks should go to a doctor, preferably a specialist, for detailed investigation. "Less than 2% to 3% of the patients with chronic back problem will need surgical intervention," said Dr Dalvie, adding

Do we need seven hours of sleep?

For years, public health authorities have warned that smartphones, television screens and the hectic pace of modern life are disrupting natural sleep patterns, fueling an epidemic of sleep deprivation. By some estimates, Americans sleep two to three hours fewer today than they did before the industrial revolution.

But now a new study is challenging that notion. It found that Americans on average sleep as much as people in three different hunter-gatherer societies where there is no electricity and the lifestyles have remained largely the same for thousands of years. If anything, the hunter-gatherer communities included in the new study — the Hadza and San tribes in Africa, and the Tsimané people in South America — tend to sleep even less than many Americans.

The findings are striking because health authorities have long suggested that poor sleep is rampant in America, and that getting a minimum of seven hours on a consistent basis is a necessity for good health. Many studies suggest that lack of sleep, independent of other factors like physical activity, is associated with obesity and chronic disease.

Yet the hunter-gatherers included in the new study, which was [published in Current Biology](#), were relatively fit and healthy despite regularly sleeping amounts that are near the low end of those in industrialized societies. [Previous research shows](#) that their daily energy expenditure is about the same as most Americans, suggesting physical activity is not the reason for their relative good health.

The prevailing notion in sleep medicine is that humans evolved to go to bed when the sun goes down, and that by and large we stay up much later than we should because we are flooded with artificial light, said Jerome Siegel, the lead author of the new study and a professor of psychiatry at the Semel Institute of Neuroscience and Human Behavior at U.C.L.A.

(Extract only).
Anahad O'Connor

Ask Well: Vitamin Expiration Dates

By ANAHAD O'CONNOR



Chester Higgins Jr/The New York Time

The vast majority of ingredients in supplements decompose gradually, which makes them less potent, but not necessarily unsafe.**READ MORE...**

This Shadow Dance Brought the Judges to Tears



Super Foods for Diabetics

by sharja786
216,847 views



<https://www.youtube.com/watch?v=HeUJ4Y-XOeY>

Upswing: Caffeine

Your blood sugar can rise after you have coffee -- even black coffee with no calories -- thanks to the caffeine. The same goes for black tea, green tea, and energy drinks. Each person with diabetes reacts to foods and drinks differently, so it's best to keep track of your own responses. Ironically, other compounds in coffee may help prevent type 2 diabetes in healthy people.

WebMD

Health benefits of black tea

It is said that coffee is harmful to health, unlike tea. But it's important to know why tea is beneficial to health. Black tea, for that matter, has many health benefits.

Black tea (just like green tea) is plucked from a plant called camellia sinensis. The leaves of black tea, are steeped such that it can give a dark colour when used as a beverage. Also, the leaves are mature dry and processed such that it has a dark colour. Black tea has extremely low caffeine content, which is great for circulation.

Fluoride is another content of black tea and thus allows oral and bone health. Black tea, contains flavonoids which are also found in apples. Unlike green tea, black tea, once processed eliminates all antioxidants existing in it. Black tea not only helps to fight bacteria but also strengthens the immune system. As one knows, drinking tea hydrates the body, thus a cup of black tea helps moisturise the skin. Black tea also balances the hormone levels, which fends off stress. Not only does black tea have anti-inflammatory qualities, it also keeps a check on the digestive tracts functioning. It can help reduce stroke risks as it balances the cholesterol level.

TOI

Thinkstock photos/Getty Images)



Green tea and its magical health benefits

[Shivangani Sandeep Dhawan](#)

TNN | Oct 10, 2015, 12.00AM IST



Green tea and its magical health benefits (Getty Image)

Green tea and its [benefits](#) are known worldwide. This hot brew is extremely healthy and has many benefits.

Here's why you should switch to green tea.

Anti-aging

Chemicals called catechin that are present in green tea significantly improve the activity of SOD, and so provide a large boost to the body's ability to fight the affect of free radicals. Many of the affects of aging, particularly on the skin, are caused by a buildup of free radicals in the body, which can damage and aging of your body's cells.

Oral care

Green tea is a big natural source of fluoride, so this in combination with its anti-bacterial effects provides a great natural way to help strengthen your teeth, prevent cavities and help reduce bad breath.

Benefits skin

Green tea and its extracts are commonly used to prevent and treat a number of skin diseases, including skin cancer. Topical applications of green tea extracts also help protect against UV exposure from the sun, and are used to reduce the impact the sun has on the health of your skin. Many of the benefits found for green tea, only occur after drinking it for an extended time, months or years. It also detoxifies the body causing the skin to glow and clears the complexion.

Aides in weight loss

Several studies have hinted that green tea provides a boost to exercise-induced weight loss so if you're aiming at reducing weight or that abdominal paunch then consider adding green tea to your diet.



Harvard Health Publications
HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life



Exercise is the one prescription that can lower your risk for 5 major diseases — with NO side effects?

If you guessed exercise, you're absolutely right!

Exercise has the power to keep you from developing high blood pressure, diabetes, stroke, and some forms of cancer. In fact, exercise can lower your risk of heart disease as effectively as medications! It can also help ease arthritis pain, sharpen your memory, trim your waistline, and preserve your independence.

So why isn't everyone exercising?

One of the biggest reasons is not knowing where to start, or finding a program that's easy to stick with. That's why Harvard Medical School experts created [Starting to Exercise](#). This guide helps you choose the best, safest workout for you; shows you exactly how to do each move; and even helps you fit the routines into your busy schedule.

Fatty liver disease and scarring have strong genetic component

Researchers at the University of California, San Diego School of Medicine say that hepatic fibrosis, which involves scarring of the liver that can result in dysfunction and, in severe cases, [cirrhosis](#) and [cancer](#), may be as much a consequence of genetics as environmental factors. The findings are published online in the journal *Gastroenterology*.

"The most common known causes of hepatic fibrosis have been viral [hepatitis C](#) infections, alcohol abuse, poor diet and [obesity](#) and nonalcoholic steatohepatitis or NASH, which resembles [alcoholic liver disease](#) but occurs in people who drink little or no alcohol," said first author Rohit Loomba, MD, associate professor of clinical medicine in the Division of Gastroenterology. "We found, however, that hepatic fibrosis and steatosis (infiltration of liver cells with fat) are strong genetic traits. At around 50 percent heritability, they're more genetic than body mass index."

Loomba and colleagues performed a cross-sectional analysis of 60 pairs of twins residing in Southern California. Forty-two pairs were monozygotic or identical, meaning they developed from a single fertilized egg that split to form two embryos. Eighteen were dizygotic or fraternal, developing from two different eggs, each fertilized by separate sperm cells.

Using two advanced magnetic resonance imaging techniques that quantify fat content in the liver and liver stiffness (a measure of fibrosis), the researchers found that 26 of the 120 participants had nonalcoholic fatty liver disease (NAFLD), which can be a precursor to development of more serious conditions. Hepatic steatosis and liver fibrosis correlated strongly with monozygotic twins, but not with dizygotic pairs.

"This evidence that hepatic steatosis and hepatic fibrosis are heritable traits has major implications," said Loomba. "It means that we can now look for the relevant genes as potential therapeutic targets."
MNT

Broccoli is one the best cancer-fighting vegetable around; the best part is they're also super healthy for you. In just 1 serve (1 cup raw) you get 142% of your RDA of Vitamin C, which is important for healing wounds, and repairing bones and teeth. Broccoli is also high in protein and fibre, which keeps you fuller longer helping you eat fewer calories throughout the day. Try adding 200g of frozen broccoli to your smoothies - you won't taste it and it makes it thick and creamy! - See more at: <http://healthyhints.com.au/5-vegetables-for-unlimited-vitality/#sthash.jz3EUD5u.dpuf>

Red Radish

Red radish is high in folate, magnesium, and potassium, all which is important for overall health and well-being.

Potassium specifically is important and crucial for your heart health, and folate for proper brain function. Try adding red radish to your salad with cucumber, and dark leafy greens for a super hydrating, super healthy salad!

- See more at: <http://healthyhints.com.au/5-vegetables-for-unlimited-vitality/#sthash.jz3EUD5u.dpuf>



Canned vs. Fresh Fish

By
KAREN WEINTRAUB



Credit Tony Cenicola/The New York Times

Does canned fish like tuna and salmon have the same nutritional value as fresh fish?

The canned products are certainly cheaper, available and convenient.

Yes, fresh and canned fish have roughly the same nutritional value, according to experts and the United States Department of Agriculture's National Nutrient Database. And whether to eat one over the other isn't an obvious choice, because each has advantages and disadvantages, said Alice Lichtenstein, a professor at Tufts University's Friedman School of Nutrition Science and Policy.

Canned tends to be cheaper and easier than fresh, with a longer shelf life. But it also tends to have more sodium than fresh, she said, and many people prefer the taste of fresh. Canned fish is also more likely to be wild than farmed, said Kristin Kirkpatrick, a registered dietitian and manager of nutrition services at the Cleveland Clinic Wellness Institute; some types of farmed fish have been found to be high in pollutants. Plus, canned fish such as sardines generally provide more calcium, because the calcium-rich bones are softened by processing and therefore more likely to be eaten.

In terms of mercury levels, a particular concern for pregnant women, Dr. Lichtenstein said she suspected that canned fish like salmon probably contains less mercury than fresh, because smaller-size fish, which carry less mercury than larger ones, are more likely to end up in cans.

If you choose canned, fish canned in oil is more likely than fish packed in water to retain more omega-3 fatty acids, considered good brain food, Ms. Kirkpatrick said, because the oil helps keep the nutrients in the fish. Oil adds extra calories, but if packing in oil means someone will eat fish they wouldn't otherwise, it's worth it, Dr. Lichtenstein said.

"Bottom line," Ms. Kirkpatrick said, "it's important to get your omega-3s, and one of the easiest and most affordable ways to do that is to go canned. You won't be skimping on nutrition."



MOVING BRINGS HEALTH

Start Moving

In the weeks before swimsuit season, aim to move your body more. "It's like putting pennies in a piggy bank," says Pamela Peeke, MD, author of *Body for Life for Women*. "Every single piece of physical activity adds up." So turn on some music and dance. Try a Zumba class. Use the stairs at work. Every ounce of sweat will bring you closer to your goal.

Road traffic noise can reduce life expectancy

A new research has found that long-term exposure to road traffic noise may lead to an increased number of heart strokes and death



New Cholesterol lowering drug

CETP inhibitors such as anacetrapib and evacetrapib raise HDL and lower LDL. Previous studies found that these drugs didn't work well or even increased heart risks, but scientists are now looking at more promising versions.

Subject: : Laugh II

<http://www.facebook.com/hamburgerharry/videos/10207530342317156/?pnref=story>

Nuts May Negate Death Risks

in Respiratory Functional Foods Neurology

Consuming 10 grams of nuts daily may lower death risk from respiratory and neurodegenerative diseases.



Mixed nuts - image from Shutterstock

Previously, a number of studies report that consumption of various types of nuts may reduce risk of cardiovascular-disease related deaths. Piet van den Brandt, from Maastricht University (The Netherlands), and colleagues surveyed 120,852 men and women, ages 55-69 years, enrolled in the Netherlands Cohort Study, for dietary and lifestyle habits; deaths were tracked using a national database. Data analysis revealed that men and women who eat at least 10 grams of nuts or peanuts per day have a lower risk of dying from several major causes of death, as compared to people who don't consume tree nuts or peanuts. The reduction in mortality was strongest for respiratory disease, neurodegenerative disease, and diabetes, followed by cancer and cardiovascular diseases. Interestingly, peanuts showed at least as strong reductions in mortality as tree nuts, but peanut butter did not associate with mortality.

[VIEW NEWS SOURCE...](#)

Aging Alters the Immune Response

Posted on Sept. 16, 2015, 6 a.m. in Mechanisms of Aging Anti-Aging Research Science Immune System Vitamins

Dietary antioxidants may help to protect the thymus.

A key component of the immune system, T lymphocytes are produced by the thymus. But, with aging the thymus atrophies, resulting in progressively reduced production of new T cells. Howard T. Petrie. From The Scripps Research Institute (TSRI; Florida, USA), and colleagues devised a computational approach for analyzing the activity of genes in two major thymic cell types – stromal cells and lymphoid cells, in a mouse model. The team found that stromal cells were specifically deficient in an antioxidant enzyme called catalase, which resulted in elevated levels of the reactive oxygen by-products of metabolism and, subsequently, accelerated metabolic damage. To confirm the central role of catalase, the researchers raised levels of this enzyme in genetically altered animal models, resulting in preservation of thymus size for a much longer period. In addition, animals that were given vitamin C and antioxidants – which were observed to protect from the effects of aging on the thymus. The study authors remark that their data: "thus provid[es] a mechanistic link between antioxidants, metabolism, and normal immune function."

[VIEW NEWS SOURCE...](#)

https://www.youtube.com/embed/O_me3NrPMh8 >>>

Should You Be Taking Aspirin Daily?

The guidelines are the first from a major organization to recommend aspirin to protect against cancer, in this case colorectal cancer, as well as [heart disease](#). They're only for people ages 50-69 who have a 10% or higher risk of heart attacks and strokes over a 10-year period, and are not at an increased risk for bleeding. But the task force isn't recommending that anyone take aspirin solely to lower the risk of colorectal cancer.

"For the patients who are taking aspirin or are thinking about taking aspirin for the purpose of [cardiovascular disease](#) prevention, it's very easy to tell them that an additional benefit they may gain is protection against colorectal cancer," says Andrew Chan, MD, MPH, a gastroenterologist at Massachusetts General Hospital. "I think we are starting to think more seriously about aspirin to prevent cancer."

Klessig published a study online first in June that found that salicylic acid also blocks a protein that triggers [inflammation](#) linked to certain cancers, including colorectal cancer and [mesothelioma](#), a rare, serious cancer usually related to inhaling [asbestos](#).

WebMD



Twins Study Offers Clues to Genetic Risk of Cancer



A new study of twins holds clues about how much of people's cancer risk how much comes from the environment.



To sharpen scissors, simply cut through sandpaper.
ANOTHER GOOD ONE



Add half a teaspoon of baking soda to the water when hard-boiling eggs to make the shells incredibly easy to peel off.

TEA-Boosts Exercise Endurance

According to the American Journal of Physiology, tea contains antioxidants that enhance the body's ability to convert fat into fuel when exercising. This in turn helps to boost one's endurance when taking part in physical events. Caffeinated tea is the most ideal if you intend to take part in exercise as it helps to reduce the rate at which glycogen is depleted.

Your body is engineered to store energy in the form of glycogen, so the longer it lasts the better!

- See more at: <http://healthyhints.com.au/coffee-vs-tea-the-pros-cons-of-your-favourite-brew/#sthash.yzer1Cqi.dpuf>

GREEN TEA-Calms the Mind

Green tea contains poly-phenols that increases the level of dopamine in the brain. Dopamine is a special substance that promotes brain health by transmitting signals of motivation and reward as well as help muscles to relax. There are many types of tea out there nowadays so finding a brew that meets your health requirements may mean venturing a bit further than the supermarket aisle. If you're unsure on what type of tea you want, take a look at my favourite [herbal tea](#) range to get you started!

- See more at: <http://healthyhints.com.au/coffee-vs-tea-the-pros-cons-of-your-favourite-brew/#sthash.yzer1Cqi.dpuf>

Gout, Tom Brady and plant based diets

An [article in Boston.com about New England Patriots quarterback Tom Brady](#) caught my attention yesterday and wanted to bring it to your attention so you can see the similarities in Tom Brady's diet. On Monday Boston.com ran an all-access interview with Tom's personal chef Allen Campbell. He not only cooks for the Tom Brady but he also cooks for his wife, model Gisele Bundchen.

You must be wondering what does this have to do with gout. Well, plenty! In a Hillary Clinton for president commercial, it stated that 7 out of 10 Americans were on at least one prescription drug. That is an astounding 7 out of 10 Americans that are sick one way or another! 70% of the population! 98% of the population may not be suffering from gout but 1-2% suffer from rheumatoid arthritis, another 1-2% suffer from psoriasis, another 2-3% suffer from osteoarthritis, about 10% suffer from diabetes, about 30% suffer from high blood pressure, 35% suffer from heart disease, so it's easy to see how we are all basically sick one way or another. You may suffer from diabetes but I suffer from gout. The point I am trying to make is that all this disease and sickness is caused by one thing only. Diet!



A poor diet will destroy you, kill you before your time. This body has about 100 years of life capacity and many of us die way before that. Just this past year alone, I had an aunt passed away at 57 years old from melanoma cancer. She was quite obese to say the least and I always worried about her health. On my deceased dad's side, a cousin of his, also passed away at 57 years old only! He got a stroke and boom gone! He wasn't obese, worked out and was in decent shape but he ate a lot of fried food. Fried food will clog your arteries causing either heart attack or stroke. But food is like crack cocaine, it is very addictive. But just like drugs can kill you, so can a poor diet.

That's why what Tom Brady's chef says is so interesting and true to a certain extent. What he first says is that 80% of Tom's and Gisele's daily calories are from organic vegetables. Sound familiar if you've [read my ebook](#)? Yes 80% of their daily calories are from complex carbohydrates, primarily vegetables but also includes [whole grains](#), brown rice, quinoa, millet and [beans](#). Yes beans, which many of you fear!

The other 20% of their diet consists of lean meats like grass-fed organic steak, wild salmon, chicken and some duck. In my gout diet plan, I limit meat to 10% simply because we as gout sufferers are obviously more sensitive to it.

Sent by Spiro Koulouris

- See more at: http://goutandyou.com/gout-and-tom-brady/?utm_source=Subscribers&utm_campaign=72335b02a0-December_17th_2015_12_6_2015&utm_medium=email&utm_term=0_82bcc8dfaa-72335b02a0-204012397#sthash.oNUgl9rC.dpuf

Avoiding the Sun During Teenage Years Could Accelerate MS Onset

Pauline Anderson

Multiple Sclerosis
Neuro-Ophthalmologic Manifestations of Multiple Sclerosis

Brain Imaging in Multiple Sclerosis
Not being exposed to sunlight during adolescence could lower the age at onset of multiple sclerosis (MS), a new study suggests.

The results support a potential protective role of the sun in the pathogenesis of MS, said lead author Julie Hejgaard Laursen, MD, PhD, Danish Multiple Sclerosis Center, Rigshospitalet, Copenhagen. However, whether the protection comes from the sun's ultraviolet (UV) rays or from vitamin D from sun exposure is still uncertain, they say. The study also found a link between higher body mass index (BMI) and earlier age of MS onset.

The study was [published online](#) October 7 in *Neurology*.

The analysis included 1161 Danish patients with MS for whom researchers had genotyping data as well as information on age at MS onset from the Danish MS Treatment Registry. The patients had taken part in an earlier study of genetic and environmental determinants of 25-hydroxyvitamin D levels in MS. Researchers excluded patients with ethnicity other than Danish, leaving a genetically and culturally homogenous study group. They also excluded patients with MS onset before age 20 to reduce the risk for reverse causality.

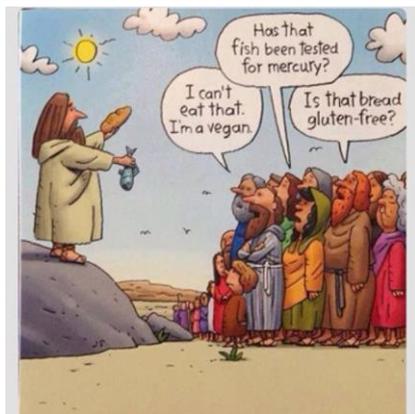
Medscape

Ginger: Indonesia is the world's largest grower and consumer of ginger and ginger products, with locals using it in their cooking, teas, candies and breads. Their tradition has long pointed to ginger as an effective treatment for the heart, and there are studies to back them up. Triglycerides are fats that clog your arteries, and according to Stanford researchers, a daily dose of ginger could cut the production of these fats by 27 percent. Ginger is also twice as effective as aspirin at preventing blood clots and inflammation.

With Global Warming the extreme - - Extreme, VERY EXTREME - - conditions are now a reality! That is, on the one hand, due to the lack of taking effective countermeasures, and, on the other, due to insatiable GREED by special interests; mostly carbon, but also the, recently joined, GMO industry; a tell-tale sign re. the GMO industry is the development of aluminum-resistant crops by Monsanto. See <http://www.geoengineeringwatch...>

Q: What's the connection to aluminum?
A: Aluminum is a key (toxic) ingredient in (ineffective) Chemtrail/SRM (Solar Radiation Management) high altitude (30,000 to 40,000 ft) spraying ("to lay a shield against some sun energy from reaching earth"); it is a neurotoxin, associated with the onset of Alzheimers and Autism, and THE # 1 poison to trees. With our health at risk, and trees our first line of defense against excess CO2, the ineffective Chemtrail/SRM spraying must be classified as BRAINLESS, and the special interest "energy experts" that, due to their backer's financial powers, are keeping it going, are - in true scientist's evaluations - nothing more than carbon-interest-parroting pseudo-scientific lunatics.

Years ago a NATURE publication by Cambridge U scientists warned of extreme future costs if effective GW countermeasures were not taken; today's GW (Global Warming); facts confirm their predictions
. Posted by
Hans J. Kugler, PhD



Sent by Francois Prins



Super Foods for Diabetics
by sharja786

Use of antibiotics may lead to diabetes: Study

NEW DELHI: Use of antibiotics may be linked to higher risk of diabetes, according to a latest study published in an international journal. Doctors and experts said the findings are highly relevant to India because of huge prevalence of diabetes as well as irrational use of such medicines.

READ ALSO: [Misuse of antibiotics toughens up acne](#)

Findings of the study, conducted at the Center for Diabetes Research at University of Copenhagen, showed prior exposure to antibiotics was associated with a 53% increased risk of developing Type2 diabetes. The study was published in the Journal of Clinical Endocrinology and Metabolism last week.

Though the study was conducted based on data from three national Danish registries, medical experts say the findings are significant because clinically, these add a new argument to the current move for less frequent and more judicious use of antibiotics.

READ ALSO: [12 ways to fight side effects of antibiotics](#)

"The angle needs to be investigated further. It is important mainly because it is known that bacteria in the gut have some connection with use of antibiotics. Excess use of such medicines or irrational use of antibiotics can produce imbalance in the gut leading to metabolic disorders," says Dr Anoop Misra, a leading endocrinologist and chairman, Fortis-C-DOC Centre for Diabetes and Metabolic Diseases.

According to Misra, there is a need to immediately curb the irrational use of antibiotics in India.

Apart from medical experts, the government and drug regulatory agencies too have lately expressed concern about use of antibiotics in India which is leading to antibiotic resistance and many other health problems. However, despite forming stringent norms and guidelines, the government has so far failed to curb the over-the-counter sale of antibiotics or even create enough awareness among doctors regarding 'irrational' prescription.

The issue of developing antibiotic resistance due to irrational prescription and usage was also discussed at the World Health Organisation's conference at Geneva recently.
TOI



Mother Teresa won the Nobel Peace Prize in 1979. Shown here, a statue of her in Calcutta.
Credit: [Zvonimir Athletic](#) | [Shutterstock](#)
[View full size image](#)

Coffee-Prevents Type 2 Diabetes

Research experiments and studies have shown that coffee helps to prevent type 2 diabetes, a lifestyle disease that used to affect the seniors in society only, but now even teenagers are suffering from it. This has links to the high intake of sugar in the diet.

- See more at: <http://healthyhints.com.au/coffee-vs-tea-the-pros-cons-of-your-favourite->

New application forms for better motor symptom control in Parkinson's

In parallel, new medications to better treat motor and non motor symptoms of Parkinsonian patients are in late stages of development, "which provides hopes for rapid benefit", as Prof Rascol pointed out. "Recent trials have documented a potential of novel levodopa-carbidopa formulations for the improved control of motor symptoms in PD. These include intrajunal infusions, new extended-release applications, subcutaneous pump-patches or formulations for inhalative administration. New COMT inhibitors and MAO-B inhibitors such as opicapone or safinamide have been shown to improve 'off-problems in PD patients."

As the expert reported, innovative non-dopaminergic drugs have been tested to manage motor fluctuations and dyskinesia, although trials testing compounds like adenosine A2A antagonists or MGluR5 modulators have not yet produced consistent positive results.

Improvement of non-motor symptoms

"For the first time, new randomized controlled trials have demonstrated that dopamine and non-dopaminergic drugs can improve non-motor parkinsonian symptoms," Prof Rascol said. This is of particular significance since non-motor symptoms, an intrinsic part of PD, have a major impact on quality of life.

Nocturnal sleep disturbance occurs in 60 to 98 per cent of PD patients and is often severe. Neuropsychiatric problems such as **anxiety**, **dementia** and gambling **addiction** are also common comorbidities. Anxiety and **depression** develop in about 60 percent of patients with PD; this is twice the rate seen in the general population. The severity of mood disturbance or apathy is an important determinant of quality of life in patients, often having a greater impact than motor impairment.

"The dopamine agonists pramipexole and pibedil have shown efficacy in treating PD-related depression or apathy; the opiate agonist oxycodone/naloxone has demonstrated potential to effectively control pain; and the 5HT2A inverse agonist pimavenserin seems to be able to positively influence hallucinations", Prof Rascol said. Importance of non-pharmacological interventions

Therapeutic advances are not only being made in the field of novel substances or new application forms, but also as regards non pharmacological interventions, Prof Rascol explained: "There is an important amount of research under way in order to better understand and characterize the importance of **physiotherapy** or various types of physical exercise to better manage PD. However, at the moment, the quality of such trials remained usually insufficient to provide indisputable robust evidence."

MNT

Alzheimer's Disease-stages

Stage 1: Normal Outward Behavior

When your loved one is in this early phase, he won't have any symptoms that you can spot. Only a **PET scan**, an imaging test that shows how the **brain** is working, can reveal whether he's got **Alzheimer's**.

As he moves into the next 6 stages, your friend or relative with **Alzheimer's** will see more and more changes in his thinking and reasoning.

Stage 2: Very Mild Changes

You still might not notice anything amiss in your loved one's behavior, but he may be picking up on small differences, things that even a doctor doesn't catch. This could include forgetting a word or misplacing objects.

At this stage, subtle **symptoms of Alzheimer's** don't interfere with his ability to work or live independently.

Keep in mind that these symptoms might not be Alzheimer's at all, but simply normal changes from aging.

Stage 3: Mild Decline

It's at this point that you start to notice changes in your loved one's thinking and reasoning, such as:

Forgets something he just read

Asks the same question over and over

Has more and more trouble making plans or organizing

Can't remember names when meeting new people

You can help by being your loved one's "memory" for him, making sure he pays bills and gets to appointments on time. You can also suggest he ease stress by retiring from work and putting his legal and financial affairs in order.

Stage 4: Moderate Decline

During this period, the problems in thinking and reasoning that you noticed in stage 3 get more obvious, and new issues appear. Your friend or family member might:

Forget details about himself

Have trouble putting the right date and amount on a check

Forget what month or season it is

Have trouble cooking meals or even ordering from a menu

You can help with everyday chores and his safety. Make sure he isn't driving anymore, and that someone isn't trying to take advantage of him financially.

Stage 5: Moderately Severe Decline

Your loved one might start to lose track of where he is and what time it is. He might have trouble remembering his address, phone number, or where he went to school. He could get confused about what kind of clothes to wear for the day or season.

You can help by laying out his clothing in the morning. It can help him dress by himself and keep a sense of independence.

If he repeats the same question, answer with an even, reassuring voice. He might be asking the question less to get an answer and more to just know you're there.

Even if your loved one can't remember facts and details, he might still be able to tell a story. Invite him to use his imagination at those times.

Stage 6: Severe Decline

As Alzheimer's progresses, your loved one might recognize faces but forget names. He might also mistake a person for someone else, for instance, thinking his wife is his mother. Delusions might set in, such as thinking he needs to go to work even though he no longer has a job.

You might need to help him go to the bathroom.

It might be hard to talk, but you can still connect with him through the senses. Many people with Alzheimer's love hearing music, being read to, or looking over old photos.

Stage 7: Very Severe Decline

Many basic abilities in a person with Alzheimer's, such as eating, walking, and sitting up, fade during this period. You can stay involved by feeding your loved one with soft, easy-to-swallow food, helping him use a spoon, and making sure he drinks. This is important, as many people at this stage can no longer tell when they're thirsty.

WebMD

Traffic Delays

Anyone who's ever been stuck in bumper-to-bumper traffic will tell you it's stressful. That may be why research links spending a single hour in traffic to higher odds of having a heart attack.

High noise levels -- like the kind you hear on a freeway -- are also linked to heart disease. If you can't avoid traveling during rush hour, squash stress by listening to relaxing music. Or share the ride and chat with your fellow passenger.

WebMD

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Feedback comments are welcome