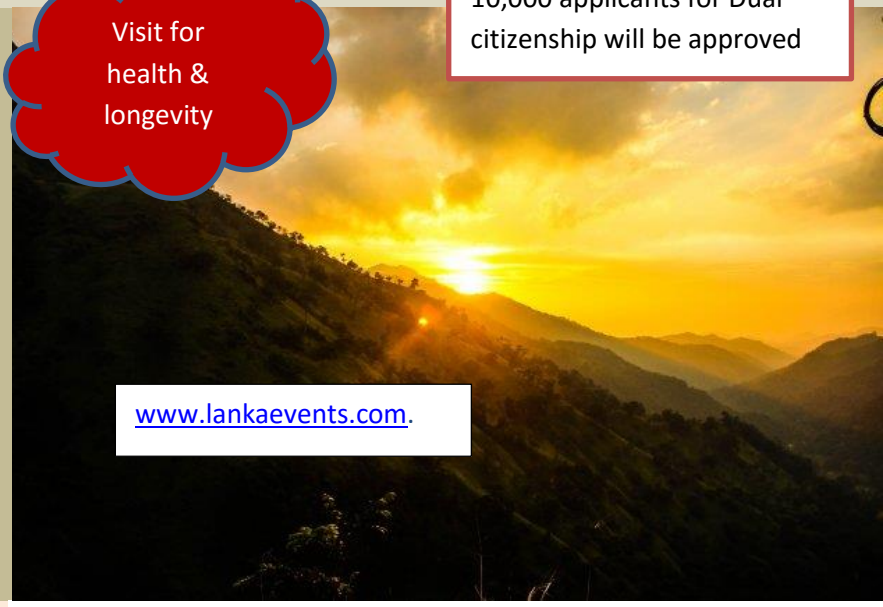




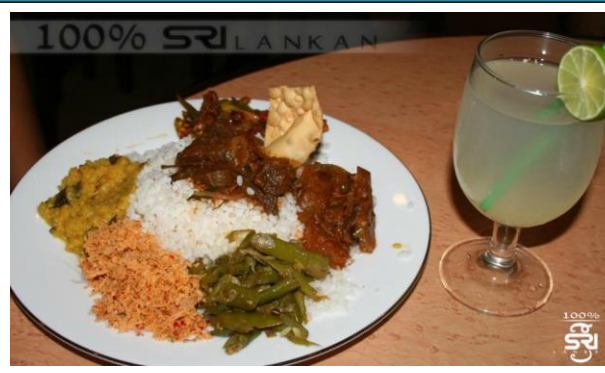
Visit for health & longevity

10,000 applicants for Dual citizenship will be approved



www.lankaevents.com

'Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information. We do this by selecting health information from various sources relevant to issues applicable to our readers, and we expect reciprocation by reading, for their health & longevity
Health editor



Nutritionally balanced Sri Lankan meal- Feels home-sick?

It's A Beautiful Country- Sri Lanka

From the rolling, parallel hills of Sabaragamuwa to the chilly peaks of the central mountains, the rainforests of the Knuckles range to the savannah of Minneriya several dozen kilometres away, the coral reefs of the East, and the South, Sri Lanka has so much natural beauty packed into a tiny 66,000 square kilometre whole. You could literally go from bathing in an icy waterfall to surfing in a sunny, dry beach in the span of a couple of hours. There's not a lot of places in the world that can offer that variety.

<http://www.yamu.lk/>

Thoughtful gift by AuSLMAT to General Hospital, Badulla, Sri Lanka



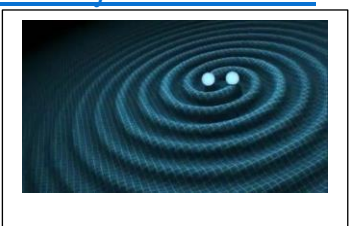
Leica operating microscope donated by AuSLMat organised by Dr Quintus de Zylva (Physician, Melbourne), 4 years ago is being well used in Badulla General Hospital. The present Neuro-surgeon Dr Nilaksha Kumarasinghe, said, that he has used it on patient operations over 1,500 times, during the past 4 years.

This is great news –Dr Quintus said, “it makes all our effort in getting it to Sri Lanka worthwhile”

Have Einstein's gravitational waves finally been found?



Speculation is rife that scientists have finally found direct evidence for gravitational waves — the missing piece of Albert Einstein's general theory of relativity.



To Stop Brain Shrinkage, Start Moving



Couch potatoes beware: Exercising in middle age may be linked with a healthier brain later on, a new study finds.

[Read More »](#)

'Love Hormone' Could Predict Whether Mom and Dad Stay Together



Low oxytocin levels during early pregnancy and in the early postpartum period might hint at relationship struggles for new moms.

[Read More »](#)

<https://www.youtube.com/embed/VO7EMKUy-28>



Unique service by monk



Ven. Wegathalee Seevali thero caring for the infants born to mothers having cancer-treated at Cancer Hospital, Maharagama, Sri

Probiotics for Skin Health

Skin is the largest organ in the human body, and as such, is an indicator of the overall level of health and wellbeing in individuals. Probiotics are live bacteria and yeast that are beneficial to health, especially the digestive system. Bacteria is often thought of as something that causes disease. However, bodies are full of bacteria, both good and bad. Probiotics are often referred to as "good" or "helpful" bacteria, because they help keep the gut healthy. They contribute to total wellness, including skin health.



Bacteria - image from Shutterstock

Moreover, probiotics contribute distinct advantages for skin disorders. It has already been proven that probiotics perform a role in skin health, such as reconstructing atopic dermatitis, promoting the healing of scars and burns, rejuvenating the skin and strengthening the skin's innate immunity. For those acne sufferers who have unhealthy guts, supplementing with probiotics, particularly lactobacillus acidophilus and the yeast saccharomyces cerevisiae, will often improve their acne. (Extract only)

<http://www.worldhealth.net/>

Shawn and Lasitha enter University in 2016

AusLMAT updates



Two young students from Batticaloa and Kurunegala received laptops from us as they entered University in January this year. Shawn has been supported by Maurice and Pam Forster for some years during his school days in Batticaloa. Lasith was educated at Ibbagamuwa Central and hails from a village off Kurunegala - he is shown here with his parents in front of the main building of the University of Colombo. He commences an Honours degree in computer studies and was discovered by Anne as we waited for the train to take us to Hatton in June last year.

We are proud to support these students who have been successful in gaining entry to Universities in Colombo without having had a laptop to call their own until now.

Dr Quintus de Zylva

Sri Lankan girl with Down Syndrome receives temporary visa to live in Australia after Peter Dutton intervenes

Exclusive by [Caitlyn Gribbin](#)

A Sri Lankan girl who made headlines after being refused a temporary visa because she has Down syndrome will be allowed to live in Australia, after Immigration Minister Peter Dutton intervened in her case.

Eliza Fonseka, nine, also found an unexpected ally in former Australian cricket captain Greg Chappell, who advocated for her to be granted the visa.

"I'm very excited for Eliza, I'm very excited for the family," said Chappell, who was approached to help Eliza's family by her father, a cricket coach.

"I think in this case compassion has won out."

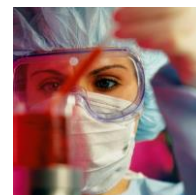
Chappell said it was the first time he had been involved in an immigration issue.

"Probably in this particular style, yes, but through the years I've been approached to support a few things and where I thought it worthy, I've been more than happy to support the cause," Chappell said.

"I thought [this] was a very worthy cause."

Eliza's parents want to work in a Christian crisis centre in remote Western Australia. The Immigration Department last year issued them a temporary work visa but Eliza was not granted a visa because the Immigration Department said she was considered to be a "significant cost to the Australian community in the areas of health care". That decision caused outrage in disability advocacy circles.

ABC News



ANTI-AGING RESEARCH SCIENCE

Metformin May Promote Anti-Aging

Metformin, a drug that has been widely used to treat diabetes, is being tested on humans for its anti-aging properties.



<https://www.youtube.com/embed/n6mbW-iMtrY?rel=0>

[Quick Mexican Brown Rice](#)

www.confluence.mobi

Exercising in water: Big heart benefits and little downside





Did you know that women have to collect 18kg of delicate tea leaves to receive their daily \$ 5. Anything under 18kg brings their wage down to \$3. Each additional kilogram over the 18kg weight is priced at 20 rupees (about 14 cents)- (Sorin Furcoi/Al Jazeera)

From Around the Web:

[UK scientists gain licence to edit genes in human embryos](#)

By Ewen Callaway, Nature.com



[VIDEO: ScienceTake | Plants Can Count?](#)



The Venus flytrap, a plant that eats insects, will clamp its leaves shut only after trigger hairs are tripped two times within about 20 seconds. Even without nerves, it counts electric impulses that go from cell to cell.

Blood pressure targets for people with diabetes

Your blood pressure reading has two parts, the systolic blood pressure (the first number) and the diastolic blood pressure (the second number). The systolic number represents the pressure while the heart is contracting and pushing blood into your vessels, and the diastolic number represents the pressure while the heart is refilling with blood between beats.

People with high blood pressure (known medically as hypertension) are more than twice as likely to suffer a heart attack or stroke as those with normal blood pressure. For that reason, people with diabetes are advised to keep their blood pressure as close to the ideal as possible, and always less than 130/80 millimeters of mercury (mm Hg).

Much of the dietary advice commonly recommended for people with diabetes—such as restricting salt intake, increasing physical activity, and losing weight—should help to lower your blood pressure. To make sure, your health care provider will test your blood pressure regularly. If diet and exercise alone do not bring your blood pressure into a healthy range, medications may be necessary to lower it.

Harvard Medical School

Sleeping with one side of the face and one eye pressed into a pillow can cause sustained deformation of that eye in patients with open-angle glaucoma (OAG) but not in healthy controls, according to a case-control study that simulated this scenario.

Sri Lanka: Tracing the origins of Ceylon tea

The tea plantations in the highlands of Sri Lanka supply the leaves that fill tea cups across the globe.

Lisa Golden, Sorin Furcoi |

Nuwara Eliya District, Sri Lanka - Tea is the most consumed beverage in the world after water. But the drink, which is the mainstay of many cultures, is subject to the same volatile market forces as oil or gold.

Sri Lanka is the world's fourth largest exporter of tea, behind China, India and Kenya, and relies on the industry to employ formally and informally one million of its 20.6 million people, according to the Sri Lanka Tea Board. Tea accounts for 17 percent of Sri Lanka's exports.

The largest importer of Ceylon tea is Russia and other members for the Commonwealth of Independent States. Iran, Iraq and Syria were some of the biggest consumers of Sri Lankan tea, and conflict in these areas has put a strain on the industry, according to the Tea Board report. China's recent economic troubles, as well as low oil prices in another large importer, the United Arab Emirates, mean that tea exports could face another hit in 2016.

Market analysts observe, however, that there is significant growth in tea consumption in large markets such as the United States, where health-conscious consumers are looking for better alternatives to sugary fizzy drinks and young, wealthy millennials are showing interest in speciality teas. There is also growing demand for "ready-to-drink" tea products. Aljazeera

Working for a livelihood

The greatest pleasure/satisfaction in life

Is when you do things that others think you cannot do or execute

Remember no job is difficult until you have tried and failed

Also remember that

No job is menial

if you have to do it for a livelihood

Noor Rahim

Forget the jab: Tiny current to deliver anaesthesia

Scientists have found a new method to deliver anaesthesia using a tiny electric current instead of a needle. The advance could help improve dental procedures and avoid contamination and infection, researchers said.

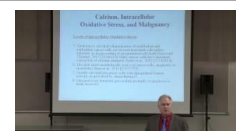
Women convicted over genital mutilation of girls 'showed no remorse'

Two women convicted over a genital mutilation procedure on two girls have shown no remorse and a senior community leader directed others to lie about the practice, a NSW court hears.



Found: Why women can't shed kilos

Women find it harder to lose weight as compared to men because their brain is wired differently, a new study suggests.



Death by Calcium -- Proof of the Toxic Effects of Dairy...

by Silicon Valley Health Institute

40,356 views

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.



Quarterly Newsletter
Jan-March 2016 (2.03)

Read & share

The ultimate guide to alkaline water

by J-Visions (follow)

Water has long been highly regarded for its endless health benefits. From helping with weight loss to clearing headaches, water has numerous uses. Not to mention with our bodies being over 70% water, it is only natural that they require a lot of the wet stuff to keep going.

But did you know that there is a way actually to make your water better for you? A way that will help clear disease, help you **lose more weight**, and that will even give you more energy? This 'super water' is known as alkaline water, and today we are here to explore its benefits and what it's all about! –

Alkaline water has a pH of greater than 8, which is in the alkalizing zone of the pH scale. This is usually caused by a high concentration of alkaline minerals in the water such as bicarbonates, magnesium, potassium or calcium. –

Why do we need alkaline water?

There are many reasons why we need alkaline water, but ultimately they all boil down to the same thing – we need help balancing the pH of our blood stream. You see to be super healthy and run at optimal capacity; our bodies require our blood to be at perfect pH.

However daily activities such as smoking, fast foods, stress and general wear and tear cause our body to become acidic. The higher pH of alkaline water helps to balance this, keeping our bodies running at optimal level.

The benefits of alkaline water:

Now that you understand what alkaline water is, and why we need it lets take a closer look at the benefits of alkaline water and how it can help you **detox**.

- Increased ORP to help fight free radicals
- Reduces heartburn
- Increases energy
- Increases **concentration**
- Decreases your risk of many diseases
- Decreases risk of **cancer**
- Helps aid **weight loss**
- Improved hydration –

How to make alkaline water:

There are many ways to **make alkaline water** at home, but below are the best and easiest options...

1. **pH drops** – these add alkaline minerals to your water and are very convenient to carry with you.
2. **Alkaline water jug** – these are a great way to increase the pH of your water by removing acidic minerals and leaving the alkaline ones behind.

3. **Bicarb soda & lemon** – simply slice a lemon in half and let it soak in a jug of water over night in the fridge. Then in the morning at 1/4 teaspoon of bicarb soda and a little stevia. Squeeze the lemon juice into the water (it's alkaline forming), and you'll have a tasty, alkaline and sugar-free lemonade. –



<http://healthyhints.com.au/>

How eating herbs could boost your brain

Written by **Honor Whiteman**

Adding a sprig of thyme or a pinch of parsley to your next home-cooked meal may do more than boost its flavor - it could boost your brain, too. New research reveals how a substance present in such herbs - apigenin - triggers formation of human brain cells and boosts connections between them.



Researchers found the flavonoid apigenin - found in parsley, thyme and other plants and herbs - triggered the formation of human brain cells and strengthened their connections.

Lead author Stevens Rehen, of the D'Or Institute for Research and Education (IDOR) and the Federal University of Rio de Janeiro (UFRJ), and colleagues publish their findings in the journal *Advances in Regenerative Biology*.

The team says their findings suggest apigenin - also found in red pepper, chamomile and many other plants and herbs - shows promise as a treatment for numerous neurodegenerative disorders, including **Alzheimer's disease**, **Parkinson's disease** and **schizophrenia**.

Previous animal studies have shown that substances from the same flavonoid group as apigenin may benefit memory and learning, and other research has demonstrated that flavonoids have the potential to preserve and boost brain function.

For this latest study, Rehen and colleagues set out to gain a better understanding of how apigenin affects human brain cells, or neurons.

MNT

A Letter from a Reader

I was planning to send note with New Year Greetings on 1st January. As I started writing, it struck me that no one is going to read lengthy notes on the New year with a flood of greetings. Hence I decided to write a few days later. Though belated, let me wish you a happy and peaceful 2016.

I remember writing to you earlier that it is not possible to measure the impact of your works by the responses you receive. I feel it is the nature of Sri Lankans to be slow on responding. Some read and make use of the material, but do not bother to send a thank you note. Sometimes I share thoughts on 'search for the Truth of Existence' with my circle of friends who have an inclination towards spirituality. My search takes me beyond the boundaries of religion. I found that my thoughts go over the heads of many. Now I have limited the circle to a handful. I never felt frustrated that people don't understand the depth of what I am saying. I share as a call for duty. I feel duty bound to do that.

I said all above in order to relate to your context. You do a terrific service, sacrificing your time and energy to share the wide medical experience you possess for the good of many. Many benefit from your articles, quite unknown to you. I was very pleased to find that your articles are carried in the 'Pahana' newspaper in Melbourne. It has a wide readership.

The message I try to share with you is that you should not feel bad even for a moment thinking that people do not take advantage of the information you share. We do everything with a higher purpose which does not carry any expectations. Only a few medical practitioners have done as much as you have done over the last few years to share the vital information for human health. You will be blessed for that.

*Yours sincerely
Sapukotana
Melbourne*

New diabetes drug cuts cost by 80%

A completely new drug in the 'gliptin' family has disrupted the anti-diabetes market by lowering the cost of therapy for patients by 80%. With the launch of the teneligliptin molecule, the popular gliptin category has witnessed a price erosion of over 80% in the last six months.

Processed meats cause cancer and red meat probably does too: World Health Organisation



Sausages cause cancer, the World Health Organisation has declared. *Photo: Marina Oliphant*

A research division of the World Health Organisation has announced that bacon, sausage and other processed meats cause cancer, and that red meat probably does, too.

The report by the influential group stakes out one of the most aggressive stances against meat yet taken by a major health organisation, and it is expected to face stiff criticism.

The WHO findings were drafted by a panel of 22 international experts who reviewed decades of research on the link between red meat, processed meats and cancer. The panel reviewed animal experiments, studies of human diet and health, and cell mechanisms that could lead from red meat to cancer.

But the panel's decision was not unanimous, and by raising lethal concerns about a food that anchors countless meals, it will be controversial.

"For an individual, the risk of developing colorectal cancer because of their consumption of processed meat remains small, but this risk increases with the amount of meat consumed," says Kurt Straif, an official with the World Health Organisation's International Agency for Research on Cancer, which produced the report. "In view of the large number of people who consume processed meat, the global impact on cancer incidence is of public health importance."

The research into a possible link between eating red meat and cancer - colorectal cancer is a longstanding area of concern - has been the subject of scientific debate for decades. But by concluding that processed meats cause cancer, and that red meats "probably" cause cancer, the WHO findings go well beyond the tentative associations that other groups have reported.

The American Cancer Society, for example, notes that many studies have found "a link" between eating red meat and heightened risks of colorectal cancer. But it stops short of telling people that the meats cause cancer. Some diets that have lots of vegetables and fruits and lesser amounts of red and processed meats have been associated with a lower risk of colorectal cancer, the American Cancer Society tells the public, but "it's not exactly clear" which factors of that diet are important. In recent years, meat consumption has been the target of multi-faceted social criticism, with debates erupting not just over its role on human health, but the impact of feedlots on the environment and on animal welfare. The public debate over the WHO's findings will probably play out with political lobbying and in marketing messages for consumers.

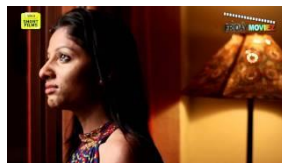
Read more: <http://www.smh.com.au/world/processed-meats-cause-cancer-and-red-meat-probably-does-too-world-health-organisation-20151026-gkj2pf.html#ixzz3phdhCiIL>

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Cucumber is one the most alkalizing and nourishing foods for your body! They're made up of 92% water and contain heaps of minerals and vitamins, that are essential for good health. Add cucumber to your salads, juices, smoothies, and soups for the best way to eat them. Try slicing them and adding fresh lemon juice, sea salt and cayenne pepper, they're the tastiest way to enjoy them as a snack! - See more at:

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



Aakhri Alvida - A Short Film

by [Idea](#)



Vitamin D and calcium

Like most nutrients, calcium is mostly absorbed in the small intestine. Calcium is important because it strengthens bones, but the body often needs vitamin D's assistance to absorb the nutrient. Vitamin D also has many other benefits throughout the body.

There's debate these days about whether to raise the daily intake goal for vitamin D. Right now, the official nutrition guidelines recommend that adults get 1,000 milligrams (mg) of calcium and 400 international units (IU) of vitamin D daily. For older adults, the recommended daily allowance is a bit higher: 1,200 mg of calcium starting in your 50s, and 600 IU of vitamin D starting in your 70s. To give you an idea of how much that is, an 8-ounce glass of milk contains 300 mg of calcium and, because of fortification, 100 IU of vitamin D.

Harvard Medical School

Spinach is a dark leafy vegetable to enjoy every day. Add 2 jam-packed cups to your smoothie, soup, or salads to get it's many benefits. In just 1 cup of spinach you get 181% of vitamin K RDA, which is responsible for good bone health and 56% Vitamin A RDA, which is in charge of giving you beautiful healthy skin and eyesight. - See more at: <http://healthyhints.com.au/5-vegetables-for-unlimited-vitality/#sthash.jz3EUD5u.dpuf>

Beware the Beer Belly

By [NICHOLAS BAKALAR](#)

A new analysis of data from a large national study has found that carrying fat around the middle greatly raises the risk for heart disease and death, even for those of normal weight.

Pesticide in Milk Decades Ago May Be Linked to Parkinson's Disease



A pesticide that was once common in milk could be linked with Parkinson's disease, a new study finds.

[Read More »](#)

Lasitha enters Faculty of Computer Science University of Colombo



LASITHA is the eldest in his family who live at Belgodakanda Kosgolla Kurunegala. His father is a farmer and mother a housewife. He spoke to Anne Franzi-Ford as AuSLMAT waited on platform one to board a train to Hatton in June 2015.

AuSLMAT are proud to assist students like Lasitha in their education. We have received donations of several laptops from Annesley in Hobart and Isla and Beth in Melbourne. We are grateful to the donors and to those who carry these laptops to Sri Lanka.

Sent by [Dr Quintus de Zylva](#)

What Are Steroids?

The word has different meanings. Steroids are chemicals, often hormones, that your body makes naturally. They help your organs, tissues, and cells do their jobs. You need a healthy balance of them to grow and even to make babies. "Steroids" can also refer to man-made medicines. The two main types are corticosteroids and anabolic-androgenic steroids (or anabolics for short).

What Are Corticosteroids?

They're medicines that quickly fight inflammation in your body. These lab-made steroids work like the hormone cortisol, which your adrenal glands make. Cortisol keeps your immune system from making substances that cause inflammation. Corticosteroid drugs, like prednisone, work in a similar way. They slow or stop the immune system processes that trigger inflammation.

What Do Corticosteroids Treat?

They help treat conditions that cause irritation and swelling. They can ease symptoms of:

Rheumatoid arthritis

Asthma

Chronic obstructive pulmonary disorder (COPD)

Lupus and other autoimmune disorders

Multiple sclerosis

Rashes and skin conditions like eczema

Your doctor may also suggest you take them for a short time to treat allergic reactions, like a severe poison ivy rash.

Corticosteroid Side Effects

These depend on the dose and how long you take the drug. Short-term use can cause weight gain, puffy face, nausea, mood swings, and trouble sleeping. You might also get thinner skin, acne, unusual hair growth, and spikes in blood sugar and blood pressure. Because corticosteroids turn down your immune system, taking them makes you more likely to get infections.

WebMD

Got Milk?

Calcium is the cornerstone of strong bones. Adults up to age 50 need 1,000 milligrams per day. Beginning at age 51, women need 1,200 milligrams every day, and when men hit 71, they need to hit that mark, too. The pop star of calcium sources is undoubtedly milk. A single 8-ounce cup of milk, whether skim, low-fat, or whole, has 300 milligrams of calcium.-WebMD

Chili peppers hold promise of preventing liver damage and progression

Capsaicin shown to inhibit progression of liver injury and demonstrates anti-fibrotic potential

Results revealed at the International Liver Congress™ 2015 show that the daily consumption of capsaicin, the active compound of chilli peppers, was found to have beneficial effects on liver damage.

In the study, capsaicin was found to reduce the activation of hepatic stellate cells (HSCs) in mice models. HSCs are the major cell type involved in liver fibrosis, which is the formation of scar tissue in response to liver damage.

The mice were split into two groups and received capsaicin in their food:

- After three days of bile duct ligation (BDL) in which the common bile duct is obstructed, leading to bile accumulation and liver fibrosis
- Before and during chronic carbon tetrachloride treatment (CCI4). CCI4 is an inorganic compound that was widely used in fire extinguishers, as a precursor to refrigerants and as a cleaning agent. It is now known to be one of the most potent hepatotoxins

The study demonstrates that capsaicin partially improved liver damage in the BDL mice and inhibited further progression of the injury. In the second group of CCI4-treated mice, capsaicin prevented livers from injury development but did not reduce the fibrosis when it was already established.

These results support the need for further investigation into capsaicin for the treatment and prevention of liver injury and fibrosis.

Adapted by MNT

The Truth About Gout

If you get a gout attack in your toe, will it help to pop an aspirin and grab an ice pack? Here's what causes gout, how to fight painful flares, and more.



Lunchtime coffee break best for fighting diabetes



<http://www.reuters.com/article/2010/03/05/us-lunchtime-coffee-idUSTRE6243SS20100305>

(Reuters Health) - Drinking coffee cuts diabetes risk, new research confirms, but you may need to enjoy your java with lunch if you want to get any benefit.

A study in nearly 70,000 women found that those who drank at least a cup of coffee with lunch were one-third less likely to develop type 2 diabetes over several years than non-coffee drinkers. This was true for decaf and caffeinated coffee, with or without sugar. But drinking coffee at any other time of the day didn't influence diabetes risk at all. [\(Read entire article\)](#)



Old Josephians' Association of NSW

Feast Mass

Saturday 19 March 2016 -6.15 p.m.

Waldorf Function Centre (Blue Elephant)

2 City View Road Pennant Hills [UBD 172 L1]

Limited undercover

Buffet dinner and live entertainment with the

CAZCADE DUO (Pius and Yohan)
until midnight

Attendance at the Mass fulfils the weekend obligation

Bring family and friends

BOOK EARLY THROUGH

Chrys 0418 652 796 Lalith 0401 403 864 Ivor 0412 479

330 Kumar 0412 919 088

Dinner tickets \$40: children 6 to 12 -\$16 -under 6 free

BYO wine only

It will be a big help if you can get a group together and order your tickets now.

Better still please transfer the relevant amount to the Association's account:

Old Josephians Association of NSW Inc

BSB: 062 000

Account number: 000 924 464.

Thank you and Regards

George Rupesinghe

Secretary, OJA of NSW

Yogurt is an effective fighter against bad breath. A Japanese study has showed that eating yogurt with active cultures lowers odour-causing compounds in the mouth such as hydrogen sulphide.

[This diabetes drug is your anti-ageing pill, could let you live past 120](#)



King Crabs Arrive in Antarctic, with Claws Out for Biodiversity

by Elizabeth Palermo, Associate Editor |



Pin it

The king crab that now inhabits the continental slope of Antarctica could soon threaten native sea life closer to shore. Credit: Photo courtesy of Richard B. Aronson and James B. McClintock

[View full size image](#)

The king crab could soon take over a whole new kingdom, and it has global warming to thank for the conquest.

King crabs live on seafloors all over the world (perhaps most famously off the Alaskan coast), but scientists didn't know that these large crustaceans had ventured all the way down to the frigid waters off Antarctica until recently. And now that the large crustaceans have arrived, they could seriously disrupt the thriving marine ecosystem off the Antarctic mainland, according to a new study. Right now, king crabs [inhabit the slope of Antarctica's continental shelf](#) (the point where the shallow waters of the continental shelf give way to the deep sea). The crabs haven't yet made their way to the flat expanse of the shelf because the water there is just a tad too cold for them, said Richard Aronson, head of the department of biological studies at the Florida Institute of Technology and lead author of the new study on Antarctica's burgeoning king crab population. [[See Images of King Crabs and Other Antarctic Seafloor Life](#)]

Easily injured if you have Magnesium deficiency

Magnesium plays a vital role in your muscle health and ensures that your bones and musculoskeletal system functions correctly. One consequence of a magnesium deficiency is that you develop osteoporosis. This means you will get injured fairly easily and your muscles will be much weaker, because magnesium builds blocks of muscles and produces proteins. This symptom is one of the more tell-tale ones in having a magnesium deficiency. It's recommended that you take calcium and magnesium supplements in this case.

Trans Fat Linked to Heart Disease, Huge Study Review Concludes

By Cari Nierenberg, Contributing

The amount of trans fat in a person's diet is linked with his or her risk of developing or dying from heart disease, a new review of studies suggests.

The review showed that people who ate higher [amounts of trans fat](#) were 34 percent more likely to die from any cause over the periods studied, compared with people who ate lower amounts of trans fat. The studies of death rates that the researchers analyzed tracked people over seven to 10 years.

People who ate more trans fat were also 28 percent more likely to die from heart disease, and 21 percent more likely to develop heart disease, compared with people who ate smaller amounts of trans fats.

However, the source of trans fats in the diet may be important, said Russell de Souza, a co-author of the study and an assistant professor of epidemiology and biostatistics at McMaster University in Hamilton, Ontario. [3 Tips for Eating Less Trans Fat]

"Industrially produced" trans fats, which are man-made fats added to foods such as shortening and baked goods, appear to be more harmful than "ruminant" trans fats, which naturally occur in smaller amounts in foods such as butter and beef, de Souza told Live Science.

The review's findings support efforts by the U.S. Food and Drug Administration to remove "industrially produced" trans fats from the nation's food supply, de Souza said.

[Live Science](#)

Drug that slashed malaria rates wins scientist Nobel Prize for Medicine



Three scientists from Japan, China and Ireland whose discoveries led to the development of potent new drugs against parasitic diseases such as malaria and elephantiasis win the Nobel Prize for Medicine.

Sizzling Longevity: World's Oldest Person Eats Bacon Daily



A few slices of bacon a day seem to keep the doctor away (at least for one woman).

[Read More »](#)

Do You Need Back Surgery?

Most of the time, compression fractures in your back – small breaks in bones caused by osteoporosis -- heal on their own in about 3 months. But you might need surgery if you're in a lot of pain and can't get relief from medicine, a back brace, or rest.

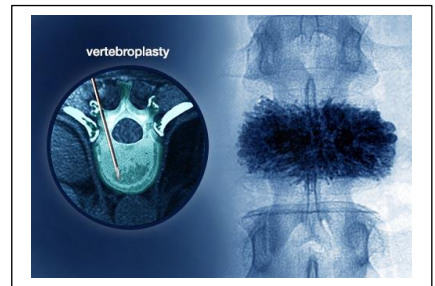
Your doctor also might suggest surgery to prevent your broken bones from damaging nearby nerves.

Types of Surgery

Two common operations are called vertebroplasty and kyphoplasty. Your surgeon puts cement into your broken bones to help keep your spine stable. It's done through a small opening, so you'll heal faster.

Another option is spinal fusion surgery. Your surgeon "welds" some of your bones together to strengthen them. It has a longer recovery time.

What Happens During Surgery



If you have vertebroplasty, your surgeon uses a needle to inject cement into the damaged bones.

In kyphoplasty, he first puts a small balloon into the bone and inflates it to raise the spine up. Then he removes it and puts cement into the space left behind.

In spinal fusion, your doctor puts in screws, plates, or rods to hold your bones in place until they join together.

Risks of Surgery

The methods used to fix spinal compression fractures are safe. Still, any surgery has risks, including bleeding, pain, and infection. It's rare, but an operation can hurt a nerve, leading to numbness, tingling, or weakness in your back or other areas.

There's also a small chance the cement used in vertebroplasty or kyphoplasty can leak, which could damage your spine.

[WebMD](#)

Britain's Got Talent 2015 Vladimir Georgievsky

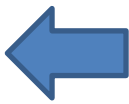
<https://www.youtube.com/watch?v=G9eqdYGTzHo&f>

Early Menopause

If you're a woman and you go into menopause before you turn 46, your odds of having a heart attack or stroke may be twice as high as those who go through it later. A drop in estrogen, a hormone with ticker-friendly effects, may play a role. Ask your doctor to test you for heart disease risk factors (like high cholesterol).

WebMD

What's Waking You Up at Night?



Could it be your exercise routine, a certain medication, or a disorder like sleep apnea? See how to rest better, with fewer disruptions.



The ART of LOVE - Short Film

by [Lewis Farinella](#)

1,138,007 views



Best Romantic Short Film - The Restaurant Couple | A D...

by [Pocket Films - Short Films Channel](#)



Attention Disorder Drugs May Harm Kids' Sleep



Kids who take medications for ADHD may develop sleep problems, new research finds.

[Read More »](#)

Basil leaves

An infusion of the culinary basil leaves (*Ocimum basilicum*) in warm water can reduce cold symptoms such as cough and sore throat. *Ocimum sanctum*, known as holy basil, is even more effective, but rather difficult to source. Steep the leaves in warm water for 30 minutes and drink the infusion.

Getting a Beer Belly is a myth



Empty Calories in Beer

The calories in beer or to be more specific *the calories in alcohol* are what are referred to as empty calories. These calories are known to be less likely to be absorbed by your body. In other words, they are not effectively processed by your body, which makes sense because unlike an engine your body doesn't require combustion to produce energy. **It is said that only 15 calories are absorbed in every 100mL of beer making beer low in calories.** Considering that there is about 330mL in a regular sized can of beer, what that means is that only 50 calories in beer get metabolized by your body to be used as energy.

Drinking makes you hungry: The bittering components and carbon dioxide gas commonly found in beer affects the lining of your stomach that increases your appetite. Although the calories in beer may be very little, overeating snacks while drinking is said to be one of the leading causes of why it seems like beer makes you fat. After a few drinks, Fried-fries, potato chips, and chicken wings all start to look and taste the same, oh so delicious! What you may not have noticed is that these are all super high calories fried foods. Why is your body telling you to eat such fatty foods? Bitter beers are said to go well with rich-dishes and foods cooked with oil. Drinking beer makes you want to eat these high calories foods.

<http://slism.com/diet/beer-belly-myth.html>

Man Chainsaws A Dead Tree And When He Steps Back And Looks Up? Incredible!



One in two 45-year-olds will get pre-diabetic high blood sugar

A most half of 45-year-olds will develop so-called prediabetes, an elevated blood sugar level that often precedes diabetes, says a study from The Netherlands.

High Uric Acid Linked to Both Gout and Diabetes

Study Shows People With High Uric Acid Levels May Have Higher Risk for Diabetes

By [Charlene Laino](#)

WebMD Health News

Reviewed by [Brunilda Nazario, MD](#)

(Chicago) -- People with gout should make sure their uric acid levels are under control -- even if they're not experiencing symptoms of the painful arthritic disorder. "Many people are walking around with uncontrolled uric acid levels and we used to not worry about it -- if they're not having symptoms, who cares?" says Eric Matteson, MD, MPH, head of rheumatology at Mayo Clinic in Rochester, Minn.

But new studies show that high uric acid levels in the [blood](#) are associated with a nearly 20% increased risk of developing [diabetes](#) and a more than 40% increased risk of developing [kidney](#) disease. Uric acid is a chemical substance that can build up in the blood to a higher than normal level and lead to gout.

If I found one million dollars in a hidden safe in a house I bought, can I just deposit it in my bank account without getting into trouble?



[Johnny Le](#)

627 votes



Perfectly Poached

Who needs eggs Benedict? Try zesty, light [eggs Italiano](#).

Fresh zucchini and plum tomatoes stand in for heavy hollandaise sauce and Canadian bacon. For a perfect poach, heat 2 to 3 inches of water in a large saucepan until it boils. Turn down the heat to simmer. Break a cold egg into a saucer and slide it into the water. Cook for 3 to 5 minutes until the yolk thickens but isn't hard. Remove with a slotted spoon.



WebMD

How did the giraffe get its long neck?



What are some mind-blowing facts about exercise, fitness and working out?



Sean Yang, ex-personal trainer

The bicep curl: One of the most popular and common exercises done by people at the gym is largely a pretty useless thing to do. You are not really accomplishing much.

First of all, if I had to guesstimate, I would say your upper arm is 70% tricep, 30% bicep. So if you want bigger arms, you're really focusing on the wrong muscle. Additionally, the image most women have in mind of what they want their arms to look like can largely be attributed to the tricep.

Secondly, if you want your arms to look more toned, it is in most cases a lot easier just to lower your overall body fat % level. The bicep curl doesn't really do much to increase your metabolism when you consider how small a % your bicep makes of your body. You would be much better off spending your time from bicep curls and putting them towards leg exercises (think about how much bigger your thigh is than your upper arms).

Thirdly, if you do want bigger biceps, I would suggest something like weighted chinups or db rows. Generally better to do the exercises in which you are moving more weight.

Do Vitamin Supplements Work? Science Says Somewhat, Sometimes | Video



Do they cure colds? Prevent hair loss? Protect your heart? Mostly what they do is make supplement sellers wealthy - not make you and I more healthy. That said, certain added nutrition in pill form can be helpful, says the American Chemical Society.

[Read More »](#)



[Chef Lines The Pan With Buttered Bread, But Watch What He Does With The Turkey...](#)



Health benefits of eggs

TNN | Nov 22, 2015, 12.00AM IST



Egg it on! (Thinkstock photos/Getty Images) *Don't be afraid of eggs. They are a super health food and can be prepared in many interesting ways*

Around the world, eggs have been a breakfast staple from time immemorial and for all good reasons. After all, an egg is a storehouse of vital nutrients, making them an integral part of a healthy diet. And for those of you who are afraid of indulging in this power food because you're worried that it will add to your weight, remember, one egg contains about 80 calories and about five grams of fat. Hence, smart consumption is a far healthier option to cutting them out completely.

Eggs are a well known rich source of protein — an important building block of [bones](#), muscles, cartilage, skin, and blood. The body uses protein to build and repair tissues as well as making enzymes, hormones and other body chemicals. Unfortunately, unlike fat and carbohydrates, the body does not store protein, and therefore has no reservoir to draw on when it needs a new supply. Thus eggs are the perfect sources and a smart food choice for those who reduce their intake of carbohydrates in a bit to lose excess weight.

Another important nutrient you'll find abundantly in egg white is riboflavin or Vitamin B2. And for all of you wondering what's the benefit of this nutrient, Riboflavin is a water-soluble vitamin which is involved in vital metabolic processes in the body and is necessary for normal cell function, growth, and energy production.

The yolk, which many of us avoid out of fear, is actually a very healthy food, if consumed in moderation. Mainly fat, the yolk contains 1.33 gm of cholesterol per 100 gms and is a rich source of vitamin A, B vitamins, calcium, phosphorous, lecithin and iron. Incidentally, the iron found in the yolk is easily digested and assimilated in the body. According to nutrition experts, one can eat one whole egg every day without harming one's cholesterol and other blood-fat levels. But for those who crave for more eggs, you can reduce fat by using one whole egg and the whites of the rest of the eggs. TOI

Fitness vs. Fatness: What's More Important?

by Sara G. Miller, Staff Writer |



Credit: [Workout photo](#) via Shutterstock

[View full size image](#)

ORLANDO, Florida — A controversial idea called "the obesity paradox" holds that people who carry excess weight may actually live longer than their trimmer counterparts. But one researcher now says that this paradox may really boil down to the idea that — at any body weight — a longer life depends on a person's level of cardiovascular [fitness](#).

In other words, an obese person with a [high level of fitness](#) would be expected to live longer than a non-obese person who is not fit.

Although the [obesity](#) paradox may seem counterintuitive, numerous epidemiological studies have shown that among people who [have heart disease](#) those who are overweight or obese tend to have a better prognosis than those who are leaner.

Do You Know How to Lower Cholesterol?



What's the best diet for cutting cholesterol? Which foods should you avoid? Can daily meditation help? We have the answers.

Supplements for Prostate Cancer: 'Junk' Science?



Ocean heat wave harming world's coral reefs this year

Coral reefs are suffering a severe underwater heat wave this year for the third time on record, including a mysterious warm patch in the Pacific known as "The Blob", scientists said.

Hot Oceans Are Killing Coral Reefs Around the World

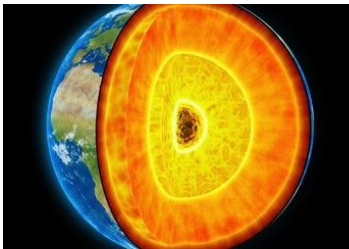


October 8th, 2015

For only the third time on record, coral bleaching is occurring across the globe and climate change is to blame.

[Read More »](#)

Core Finding: Earth's Frozen Center Formed a Billion Years Ago



Earth's inner core formed between 1 billion and 1.5 billion years ago, when it powered the huge rise in Earth's magnetic field, new research suggests.

[Read More »](#)

Nobel Renews Debate on Chinese Medicine



Is Type 2 diabetes reversible?

Type 2 diabetes can be reversed in some people, at least temporarily, but it may take extreme measures. Lifestyle changes like weight loss and exercise are most likely to have an effect early in the course of the disease, shortly after a patient moves from prediabetes to diabetes and is still producing some insulin. At that point, "if you can reduce your body's requirements for insulin by losing weight, you may be able to go back to the prediabetes phase," said [Dr. Judith Fradkin](#), director of the division of diabetes, endocrinology and metabolic diseases at the National Institute of Diabetes and Digestive and Kidney Diseases.

Studies have shown that both bariatric surgery and extreme low-calorie diets can reverse more established Type 2 diabetes, but "we still need more information on how long the remission is going to last," Dr. Fradkin said.

Patients with Type 2 diabetes were able to normalize their glucose levels after a week on an extreme diet of 600 calories a day, a [small study in 2011 found](#), but such severe caloric restriction cannot be maintained for long.

By
RONI CARYN RABIN

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

Avocados in a Gout diet

Avocado has 160 calories, 2 grams of protein and about 15 grams of healthy fats. Actually avocado has 77% of its calories as fat making it one of the fattiest foods on the planet. But here we are talking about good fats since the majority of avocado's fat is oleic acid, a monounsaturated fatty acid also found in [olive oil](#). Oleic acid is a powerful antioxidant that has been proven to reduce inflammation which offers another health benefit to gout sufferers.

Did you know that avocados have more potassium per 100 grams than [bananas](#)? This is very important for gout sufferers since potassium helps excrete uric acid from the body. This will also help gout sufferers avoid high blood pressure which puts them at an increased risk of [heart attack](#), [stroke](#) and kidney failure.

Avocados are also high in fiber helping regulate your blood sugar levels to avoid diabetes and contributes to weight loss since eating avocado makes you feel full longer. They can also help improve your cholesterol levels, reduce your blood triglycerides, increase HDL (the good cholesterol) and lower the LDL (bad cholesterol).

What gout sufferers should also know is that [studies show that extracts from avocado](#) and soybean oil called Avocado and [Soybean unsaponifiables](#) can actually reduce the symptoms of arthritis and [osteoarthritis](#). What we don't know to date is whether avocados themselves and not just the extract has this effect. It does this by preventing what we call prostaglandin E2 synthesis, a pro-inflammatory, within the connective tissue. The vitamin E in avocado can also help promote the repair of cartilage around the joints. In addition, avocado oil in combination with vitamin B12 is also used to treat [psoriasis](#).

Whatever you do make sure to eat a few avocados in the course of a week to benefit from this superfood. You can add them in salads like I do, make guacamole, add them in all kinds of recipes or just scoop them up with a spoon and eat them plain.

Posted by [Spiro Koulouris](#)

Elephant Genes Hold Cancer-Fighting Secret



Cancer is less prevalent in elephants than in humans, in part because the giant animals have more copies of a gene that suppresses tumor growth, a new study finds.

[Read More »](#)

Did you buy this cow from Sri Lanka

The only cow in a small town in Australia stopped giving milk. The townsfolk found they could buy a cow in Sri Lanka quite cheaply.

They brought a new cow from Sri Lanka and it was wonderful, produced lots of milk every day and everyone was happy.

They bought a bull to mate with the cow to get more cows, so they'd never have to worry about their milk supply again. They put the bull in the pasture with the cow but whenever the bull tried to mount the cow, the cow would move away. No matter what approach the bull tried, the cow would move away from the bull and he was never able to do the deed. The people were very upset and decided to go the Vet, who was very wise, and told him what was happening and asked his advice.

"Whenever the bull tries to mount our cow, she moves away. If he approaches from the back, she moves forward, they said.

When he approaches her from the front, she backs off. If he attempts from the one side, she walks away to the other side."

The Vet rubbed his chin thoughtfully and pondered this before asking,

"Did you by chance, buy this cow from Sri Lanka?"

The people were dumbfounded, since no one had ever mentioned that they had bought the cow from Sri Lanka.

"You are truly a wise Vet," they said.

"How did you know we got the cow in Sri Lanka?"

The Vet replied with a distant look in his eye,

"My wife is also from Sri Lanka"

Sent by Mike de Silva

MYTH: Wine is the Gentlest Choice

FACT: Red wine contains tannins, compounds that are known to trigger headaches in some people. Malt liquors, like whiskey, also tend to cause more severe hangovers. If you're worried about how you'll feel in the morning, the gentlest choices are beer and clear liquors, such as vodka and gin.

Ronald Reagan telling Frank Sinatra to stop dancing with his wife, 1981.



Go Fish: Fatty kinds like salmon, tuna, and mackerel are rich with vitamin D. It's a natural testosterone booster because it plays a crucial role in hormone production. -WebMD

Same old, same old



Marilyn Monroe was the first Playboy centerfold. The lad mag recently announced that it would not longer include nude centerfold pictures.

Credit: George Barris, public domain

[View full size image](#)

Say goodbye to the most famous bunnies in the world.

Along with eating, drinking and sleeping, sex is one of the most fundamental human drives. That means it activates ancient parts of the brain such as the limbic system, which also controls basic emotions such as fear and anger, said Joseph J. Plaud, a private, clinical forensic psychologist in Boston, Massachusetts, who has studied the effects of pornography.

When people look at sexual imagery, dopamine floods these brain regions, causing an intense feeling of pleasure. Over time, people come to associate those direct images (called reinforcers) with the pleasurable feelings. Anything associated with those images, including Playboy's trademark bunny image, could also prime people to seek out that positive rush. [6 (Other Great Things Sex Can Do for You)]

However, if that pleasure response gets triggered over and over — with frequent doses of Playboy or other sexually charged imagery — a person will need bigger hits to feel a response, Plaud said.

"The more you do and the greater degree of access, the more explicit [it is], you seem to need more and more," Plaud told Live Science.

How the Giraffe Got Its Iconic Neck



The age-old question of how the giraffe got its long neck may now be at least partly answered: Long necks were present in giraffe ancestors that lived at least 16 million years ago, a new study finds.

[Read More »](#)

Ever been on holiday to Sri Lanka? What cities or places do you recommend?



Naren Senaratna, I am a Sri Lankan and have been to every corner of our country.

I live on the outskirts of Colombo and have been to every corner of Sri Lanka, so I believe I should be able to give you a pretty good idea of places to visit.

Yes Galle and Kandy are great cities... (more)

<http://www.flixxy.com/darcy-oakes-jaw-dropping-dove-illusions-britains-got-talent-2014.htm>



Systolic blood pressure intervention trial recommendations may have broad impact.

A new study finds that at least 16.8 million Americans could potentially benefit from lowering their systolic **blood pressure** (SBP) to 120 mmHg, much lower than current guidelines of 140 or 150 mmHg. The collaborative investigation between the University of Utah, University of Alabama at Birmingham, and Columbia University, was published Nov. 9 online in the *Journal of the American College of Cardiology* (JACC).

The scientists calculated the potential impact of preliminary results from the Systolic Blood Pressure Intervention Trial (SPRINT) that was presented in full at the American Heart Association meeting and published online in the *New England Journal of Medicine*, also on Nov. 9. The initial analysis of SPRINT, reported in Sept., 2015, showed that using antihypertensive medications to reach a lower SBP target of 120 mmHg could greatly reduce risk for **heart failure**, **heart attack**, and death, compared to a target of 140 mmHg (SBP is the top number in a blood pressure reading). It's estimated that one in three U.S. adults have **high blood pressure**, or **hypertension**, a significant health concern.

MNT

[Fight back against gout](#)



Macular degeneration may be treatable with Parkinson's drugs

The mountains of data collected on health, patients, treatments and disease create opportunities to mine them for new insights. Now, such an exercise has led to a potential breakthrough in the treatment of macular degeneration - the most common cause of blindness among older Americans.

Researchers have found it may be possible to delay or prevent macular degeneration using L-DOPA, a drug commonly used to treat **Parkinson's disease**.

As many as 1.8 million Americans are affected by **macular degeneration** - often referred to as age-related macular degeneration (AMD) - an eye disorder associated with aging that impairs sharp and central vision.

AMD affects the macula - the middle part of the retina that allows the eye to see fine detail. As it progresses, the center of the field of vision becomes increasingly blurred, making it difficult to recognize faces, read and drive.

Part-funded by the BrightFocus Foundation - a non-profit research organization based in Clarkson, MD - the new study is the work of investigators from several research centers around the US, and is published in *The American Journal of Medicine*.

The study takes a novel approach to finding a new treatment for AMD, as senior author Brian McKay, a research associate professor in ophthalmology and vision science at the University of Arizona, explains:
MNT

Eye drops for cataracts a step closer with newly identified compound

Researchers have identified a chemical that successfully restored transparency to mouse lenses and human lens tissue, paving the way for a cheaper, noninvasive treatment for a leading cause of blindness: cataracts. Study coauthor Jason Gestwicki, PhD, associate professor of pharmaceutical chemistry at the University of California-San Francisco (UCSF), and colleagues recently published their findings in the journal *Science*.

Around 20.5 million Americans aged 40 and older have **cataract** in one or both eyes - a condition characterized by clouding of the eye's lens that can lead to blurred vision.

In the early stages, cataracts may be improved with magnifying lenses, new glasses, anti-glare sunglasses or brighter lighting. However, if such treatments fail, surgery is currently the only option.

Surgery for cataracts involves removing the cloudy lens and replacing it with an artificial one; around 6.1 million people with a cataract in the US have undergone surgery for the condition.

However, Gestwicki and colleagues note that - although highly successful - cataract surgery is costly, and many people with cataracts in developing countries often go untreated as a result.

But in this latest study, the team demonstrates the possibility of a cheaper, more practical alternative to treating cataracts: eye drops containing a chemical that dissolves crystallins - proteins that clump together and cloud the lens.

MNT

Lack of sleep causes diabetes:

Experts

Staying up late and not getting six hours of sleep puts one at high risk of becoming a Type-II diabetic, a disease once believed to be caused primarily by being overweight, prominent diabetes experts say.

Biologics-RA treatment

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

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

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

Triple Threat

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

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

WebMD



Natural sleep remedies for children

If your child is prone to restlessness at bedtime, you know what a struggle it can be sometimes and .

Why did the British return Hong Kong to China?



Gus Fuldner

250 votes

Hong Kong was made up of two parts. Hong Kong Island and the Kowloon peninsula (both very dense urban areas) were ceded to the British perpetually. The New Territories (the vast majority of present day Hong Kong by land area) was leased to the British in a 99 year lease that ended in 1997.

Hong Kong had been largely developed as one unified area which made it impractical to separate urban ... [Read More »](#)

Warning Signs of Heart Disease

Heart disease includes conditions that make it hard -- or impossible -- for this vital organ to do its job. We explain common symptoms, treatments, and more.

Being There for a Child With Type 1 Diabetes

Keeping tabs on blood sugar is only one part of a parent's job. Here's how to give your child emotional support, too.

Soap & Cancer



Washing with soap - image from Shutterstock

Triclosan is an antimicrobial agent commonly added to soaps and shampoos. Robert H. Tukey, from the University of California/San Diego (California, USA), and colleagues found that triclosan disrupted liver integrity and compromised liver function in mouse models. Mice exposed to triclosan for six months (roughly equivalent to 18 human years) were more susceptible to chemical-induced liver tumors. Their tumors were also larger and more frequent than in mice not exposed to triclosan. The team posits that the mechanism of action may be that triclosan interferes with the constitutive androstane receptor, a protein responsible for detoxifying foreign chemicals in the body. To compensate for this stress, liver cells proliferate and turn fibrotic over time. Repeated triclosan exposure and continued liver fibrosis eventually promote tumor formation. The study authors urge that: "These findings strongly suggest there are adverse health effects in mice with long-term [triclosan] exposure, especially on enhancing liver fibrogenesis and tumorigenesis, and the relevance of [triclosan] liver toxicity to humans should be evaluated."

[VIEW NEWS SOURCE...](#)

Yueh MF, Taniguchi K, Chen S, Evans RM, Hammock BD, Karin M, Tukey RH. "The commonly used antimicrobial additive triclosan is a liver tumor promoter." *Proc Natl Acad Sci U S A*. 2014 Dec 2;111(48):17

How Lupus Can Affect the Body



It can cause joint pain, fatigue, or severe rashes. [Get to know the most common symptoms and what you can do to help prevent flare-ups.](#)

VIDEO: In Hong Kong, Neon's Fading Glow LEDs are overtaking neon as the light of choice adorning Hong Kong's iconic streetscapes.

[Hong Kong Journal: Hong Kong Is Slowly Dimming Its Neon Glow](#)

More Magnesium for testosterone

This mineral blocks a protein from binding with testosterone. The result? More of the usable man-stuff floating around in your blood. Spinach is packed with magnesium. Almonds, cashews, and peanuts are good sources, too.

Selena Gomez's Diagnosis: What Is Lupus?



Pop star Selena Gomez recently announced that she underwent chemotherapy for lupus, an autoimmune disorder that attacks many organs in the body.

[Read More »](#)



Damage - An Idea Short Film

by Idea



Health Benefits of Broccoli:

1. It protects your skin from aging

Broccoli is rich in antioxidants, such as Vitamin C, which reduces and prevents the damages caused by free radicals, such as pigmentation and wrinkling. In addition, the health content of Vitamins B and E aids in giving your skin a healthy glow.

2. It protects you from UV radiation

Using broccoli extract instead of sunscreen has been shown to provide a better level of protection than sunscreen. While sunscreen absorbs UV radiation, preventing it from reaching your skin, broccoli extract gets absorbed into your skin, defending it from the inside-out. It was also shown that its effects can last up to three days while sunscreen is only good for several hours at most.

3. It's good for pregnant women

During pregnancy, women need to consume large amounts of folate, and broccoli has it in abundance. Folate helps prevent neurological and spinal defects in the fetus.

4. It helps control diabetes

Broccoli contains chromium, which is effective in regulating insulin levels and thus keeping diabetes symptoms at bay.

BabaMail

What Are Kidney Stones?

As the kidneys filter waste from the blood, they create urine. Sometimes, salts and other minerals in urine stick together to form small kidney stones. These range from the size of a sugar crystal to a ping pong ball, but they are rarely noticed unless they cause a blockage. They may cause intense pain if they break loose and push into the ureters, the narrow ducts leading to the bladder.

Kidney Stone Symptoms

When kidney stones move through the urinary tract, they may cause:

Severe pain in the back, belly, or groin

Frequent or painful urination

Blood in the urine

Nausea and vomiting

Small stones may pass without causing symptoms.

Diagnosing Kidney Stones

Kidney stones are rarely diagnosed before they begin causing pain. This pain is often severe enough to send patients to the ER, where a variety of tests can uncover the stones. These may include a CT scan, X-rays, ultrasound, and urinalysis. Blood tests can help look for high levels of minerals involved in forming kidney stones.

Home Care for Kidney Stones

If a kidney stone seems small enough, your doctor may recommend you take pain medicine and wait for the stone to pass out of the body on its own. During this time, your doctor may recommend that you drink enough water and fluids to keep urine clear -- about eight to 10 glasses a day.

Treatment: Medication

There are prescription medications that can help the body pass a kidney stone. Drugs known as alpha-blockers relax the walls of the ureter. This widens the passages so a stone can fit through more easily. Side effects are generally mild and may include headache or dizziness. Other types of medications can help prevent new stones from forming.

Treatment: Shock Wave Therapy

The most common medical procedure for treating kidney stones is known as extracorporeal shock wave lithotripsy (ESWL). This therapy uses high-energy shock waves to break a kidney stone into little pieces. The small pieces can then move through the urinary tract more easily. Side effects can include bleeding, bruising, or pain after the procedure.

Treatment: Ureteroscopy

When a stone has made its way out of the kidney and is close to the bladder, the most common procedure is ureteroscopy. A thin tube is passed through the urinary tract to the location of the stone. A surgeon breaks up the stone and removes the fragments through the tube. No incisions are made in the body. For very large stones, surgical procedures may be needed.

What Causes Kidney Stones?

Kidney stones may form when there's a change in the normal balance of the water, salts, and minerals found in urine. Different kinds of changes result in different types of kidney stones. There are many factors that can trigger changes in the urine, ranging from chronic medical conditions to what you eat and drink.

WebMD

Artificial sweeteners may promote diabetes, a new controversial study claims

[We are more bacteria than we are human](#): for every cell in our body, we host no fewer than ten microbes, most of them in our gut (our [gut microbiota](#) or gut flora). Just recently, scientists have only begun to get a better understanding of the role that these hundreds of trillion of bacteria play inside us, mainly in our digestive tract. Now scientists know, for instance, that these bacteria are important to be in good health and that we can influence this fragile ecosystem with our diet and daily habits.

Proof of this is with a new, controversial study suggesting that artificially sweetened food may have a negative impact on the gut microbiota, leading to higher blood sugar levels, a condition that can be a precursor to diabetes. [The animal study, published in Nature](#) by researchers at the [Weizmann Institute for Science](#) in Rehovot, Israel, concludes that artificial sweeteners such as saccharine or aspartame (frequently used in coffee, beverages and prepared food as a substitute for sugar) could, paradoxically, exacerbate the exact problems they are meant to solve: diabetes and obesity.

posted in: Diet, News, [Studies & Publications](#) |

'SL could lose markets in EU and China for veggies and fruits due to excessive use of chemicals'

By Hiran H. Senewiratne

Sri Lanka could lose huge opportunities in the European Union (EU) and Chinese markets due to the excessive use of chemicals in fruit and vegetable farmlands, president of the Lanka Fruit and Vegetable Producers and Exporters Association Annals Junaid said.

'Local farmers are using excessive amounts of chemicals for vegetables and fruits in their farms, which has a harmful effect for human health and consumption. Since all EU countries are promoting organic food for their consumption, excessive chemical use would affect our huge market opportunities, Junaid said.

He said, recently, Saudi Arabia banned import of Indian green chillies from India due to the excessive use of chemicals. 'If Sri Lanka is to penetrate EU and Chinese markets, use of chemicals should be totally banned or restricted in the country, he said.

With the opening of the EU market along with the granting of GSP plus, a huge market would be created for fresh fruits and vegetables for Sri Lanka. Therefore, the government should come forward and put restrictions on chemical use in farmlands due to its harmfulness effect. "If not we will not be able to enter those lucrative markets, he said.

'Last year we exported US \$ 350 million and this year it could reach more than US\$ 500 million. But due to more acute demand for pineapple and other fruits and vegetable, including process items, we could not cater to the demand owing to short supply, Junaid explained.

He said that the process industry is growing at 100 percent, while the fruit and vegetable sector exports are also growing at an accelerated pace. Unfortunately, the sector has a limited growth due to the lack of farmlands in the country.

At present new vistas are opening in the sector due to the high demand from China and EU markets. But it is a need of the hour to discuss with the government to release more cultivable, barren and abandon lands for the cultivation of fruits and vegetables, targeting exports, Junaid said.

Drinking trends across Europe increasing bowel cancer risk

It has been estimated that around one in 10 cases of [bowel cancer](#) can be linked to alcohol consumption¹ and the risk increases the more alcohol you drink².

One international group of researchers has estimated that the bowel cancer risk increases by 21% if you have two or three alcoholic drinks a day (1.5 to 6 units of alcohol) and by more than 50% if you have four or more drinks a day (6 units or more). Even having one alcoholic drink a day (1 unit) increases the risk by 7%.²

Many people understand that alcohol damages the liver, but the strong link between alcohol and bowel cancer is less well known. Now, experts are calling for a more concerted effort to conduct further research and raise awareness of the link between alcohol and bowel cancer in order to reduce the incidence of one of Europe's most common [cancers](#). "Alcohol is one of the most serious and avoidable risk factors for bowel cancer and we need to take urgent steps and use different approaches to raising awareness of this issue and to encouraging people to reduce their alcohol intake," explains Professor Patrizia Burra, from United European Gastroenterology (UEG). "Of major concern is that younger people are now drinking more heavily and often in dangerous or hazardous ways and we expect this to have a significant impact on future bowel cancer incidence rates."

MNT

Potato Power

Purple-fleshed potatoes are a rich source of anthocyanins – potent plant-based antioxidant compounds. Jairam K.P. Vanamala, from Penn State University (Pennsylvania, USA), and colleagues previously discovered that baked purple-fleshed potato and its extracts suppress early and advanced human colon cancer cell proliferation and induced apoptosis (cell death). In the current study, the team conducted an initial laboratory study in which they observed that baked purple-fleshed potato extract suppressed the spread of colon cancer stem cells while increasing their deaths. The researchers tested the effect of whole baked purple potatoes on mice with colon cancer and found similar results. Explaining that as well as anthocyanins, purple potatoes, contain resistant starch, which serves as a food for the gut bacteria, that the bacteria can convert to beneficial short-chain fatty acids such as butyric acid – a substance that regulates immune function in the gut and suppresses chronic inflammation, the investigators point out that the portion size for human consumption equates to about the same as eating one baked, large purple-fleshed potato per day.

[VIEW NEWS SOURCE...](#)



Purple potato - image from Shutterstock

What Puts You at Risk for a Stroke?

A [stroke](#), sometimes called a "brain attack," happens when [blood](#) flow is cut off to a part of your [brain](#), stopping the cells from getting the blood they need to live. Brain cells may recover, but after a few minutes, they could die, resulting in permanent damage. You can change or manage some things that put you at risk for a [stroke](#), such as [high blood pressure](#) and [smoking](#). Others, including age and race, you can't. The National Institute of Neurological Disorders and Stroke estimates that 8 out of 10 strokes can be prevented.

Talk to your doctor about your medical history and your lifestyle. He can help you treat any diseases or conditions and lower your risk for having a stroke.

Here are five surprising foods to help you get more beneficial omega-3s in your diet:

Beans – Not only are beans an excellent source of protein, an eight-ounce serving of tofu (derived from soybeans) has about 1.2 grams of omega's, while a cup of kidney beans packs in nearly 1 gram (about half of what you need for the day). What's more, beans are easy on your wallet, especially compared to fresh fish. Enjoy a meatless main dish with this simple [Beans & Rice recipe](#).

Winter Squash – Fantastic for roasting, acorn, pumpkin, and butternut squash are best known for their beta-carotene content, but they also contain omega-3s. One cup of butternut squash has about 50 mg of omega-3s. Wondering what to do with your squash? Try this amazing [Butternut Squash and Quinoa Salad](#).

Eggs – Once demonized as artery-clogging culprits, eggs are now known to be nutritional all-stars: one egg has 13 vitamins and minerals and high-quality protein, all for 70 calories. And some specialty eggs, like Eggland's Best, have double the amount of omega-3s (and four times more vitamin D and 25% less sat fat!) compared to ordinary eggs. Looking for the perfect power breakfast? You can't miss with these [Baked Eggs in Canadian Bacon Cups](#).

Flax Seeds – Two tablespoons of ground flax seeds have about 3.4 grams of omega-3s. (Make sure you grind the seeds or they will pass through the body mostly undigested!) In addition to their omega-3s, flax seeds are an excellent source of fiber. They have a rich, nutty taste and are a perfect topping for salads, cereal, yogurt, or as a healthy addition to smoothies.

Walnuts – Just one ounce (about ¼ cup shelled walnut pieces) has 2.5 grams of omega-3s, making them the richest nut-source of this essential nutrient. In addition, an ounce of walnuts provides a convenient source of protein (4 grams) and fiber (2 grams). Pump up the nutrition of your oatmeal, salads, snacks, main dishes and even desserts with this nutty nutritional powerhouse. For a perfect "anytime" snack, try these [Parmesan-Herbed Walnuts](#).

The research is still unclear as to whether plant-based or fish omega-3 fatty acids are equally beneficial. Most Americans do not get enough of either type, so you should aim to get at least one rich source (plant or fish) of omega-3 fatty acids in your diet every day. Small changes can lead to big results. What healthy step can you take today?
WebMD



The Four Parts of the Mind

In CONVERSATION WITH THE MYSTIC

The Four Parts of the Mind

by [Sadhguru](#)

195,684 views

What Is a Goji Berry?

The goji berry, also called the wolfberry, is a bright orange-red berry that comes from a shrub that's native to China. In Asia, goji berries have been eaten for generations in the hope of living longer.

Over time, people have used goji berries to try to treat many common health problems like [diabetes](#), [high blood pressure](#), [fever](#), and age-related [eye problems](#). Goji berries are eaten raw, cooked, or dried (like raisins) and are used in herbal teas, juices, wines, and medicines.

What Are the Benefits of Goji Berries?

Goji berries are rich in nutrients.

Some studies using goji berry juice found possible benefits in mental well-being and calmness, athletic performance, happiness, quality of [sleep](#), and feelings of good health. But those were preliminary studies that need to be repeated before drawing conclusions. All berries are good for you. It's not clear if goji berries are better than other types of berries, or if goji berry [supplements](#) have the same health benefits as the actual berries.

Do Goji Berries Have Side Effects?

Goji berries could interact with some [drugs](#). If you take [warfarin](#) (a blood thinner), you may want to avoid goji berries. Goji berries may also interact with diabetes drugs and blood pressure drugs, so talk with your doctor first.

Otherwise, it's probably safe to eat goji berries in moderation.

Before taking [diet supplements](#), let your doctor know.

Fish, too, look after their partners

When it comes to helping each other out, it turns out that some fish are better at it than previously thought as researchers have found that pairs of rabbitfish cooperate and support each other while feeding. While such behaviour has been documented for highly social birds and mammals, it has previously been believed to be impossible for fish. "We found that rabbitfish pairs coordinate their vigilance activity quite strictly, thereby providing safety for their foraging partner," said Simon Brandl from Australian Research Council's Centre of Excellence for Coral Reef Studies. "In other words, one partner stays 'on guard' while the other feeds - these fishes literally watch each others' back," Brandl said. TOI

Beans

Some people avoid beans because of the gas and stomach pain they can cause. But if you've banned beans from your diet, you may want to reconsider. An excellent source of fiber, beans are also high in protein and iron and low in fat. The trick is to add beans to your diet slowly. Start by having a small serving a few times a week. Or try using a digestive enzyme that's sold over the counter to reduce gas. WEbMD

[Codeine-related deaths more than doubled in nine years: study](#)

There has been a significant jump in the number of codeine-related deaths in Australia, new research reveals, with the number of fatalities involving the pain medicine more than doubling between 2000 and 2009.

[Spinal implant brings hope for paralytics](#)

Four months ago, Roger, a 55-year-old construction worker from Mooresville, NC, fell out of a deer stand and was left with a damaged spinal cord and no sensation from the middle of his chest down.

Green tea face mask

by [Clare Deville](#) (follow)

Editor in Chief of [www.healthyhints.com.au](#)

This simple homemade facemask is incredibly cleansing and nourishing for the skin. Grapeseed oil is light, easily absorbed, full of [antioxidants](#), and has an anti-inflammatory action. Tea tree oil is antiviral and antibacterial, green tea is antioxidant rich, and natural yoghurt is full of nutrients including zinc; the combination of these ingredients makes this mask especially suited to acne prone skin.

Ingredients

- one teaspoon loose leaf green tea (or one teabag)
- two drops tea tree oil
- one teaspoon grapeseed oil
- one teaspoon natural yoghurt (organic biodynamic if possible)

-Method: Make a cup of green tea and drink if you like. Squeeze excess liquid out of the leaves and grind down in a mortar and pestle.

Apply to the face after a quick rinse with hot water and leave for as long as is comfortable (minimum ten minutes to reap the benefits) This all natural, homemade green tea face mask will leave your skin feeling clean, refreshed, and well nourished. - See more at: <http://healthyhints.com.au/green-tea-face->

FORUM LATEST POSTS

[Cancer Antioxidants May Make Cancer Worse](#)

Yoga may improve symptoms of arthritis

Around 52.5 million people in the US are living with some form of arthritis. But a new study suggests that for people with two of the most common forms - osteoarthritis and rheumatoid arthritis - yoga may improve symptoms.



Researchers say yoga may improve physical and mental wellbeing for people with arthritis.

Study co-author Susan J. Bartlett, PhD, adjunct associate professor of medicine at Johns Hopkins University School of Medicine in Baltimore, MD, and associate professor at McGill University in Canada, and colleagues publish their findings in the *Journal of Rheumatology*. Yoga is a mind and body practice that incorporates a combination of controlled breathing, stretching exercises and meditation or relaxation.

As well as helping to reduce **anxiety** and **stress**, yoga has been associated with numerous health benefits. Last year, *Medical News Today* reported on a study suggesting that performing a single yoga pose for 90 seconds daily could **improve spine curvature for people with scoliosis**, while another study found the practice may **improve quality of life** for patients with **breast cancer**.

Bartlett notes that yoga is becoming increasingly common as a complementary therapy for a number of medical conditions, with around 1 in 10 people in the US now engaging in the practice to improve their health and fitness. But can yoga help people with **arthritis**?
MNT

Medical Research Subjects Who Lie Can Mess Up Study Results



People who lie about their health in order to qualify for medical research studies can mess up study results, and potentially make a drug appear less safe or effective than it really is, researchers say.

[Read More »](#)

High protein diets, from both animal and plant sources, improve blood sugar control in diabetic patients

New research presented at this year's annual meeting of the European Association for the Study of Diabetes (EASD) shows that high protein diets improve blood sugar control in patients with **type 2 diabetes** without any adverse effects on kidney function. The research is by Mariya Markova, German Institute of Human Nutrition (DIfE), Charité University Medicine, Berlin, Germany, and colleagues.

Previous studies have reported both favourable and adverse impacts of high-protein diet in type 2 diabetes. This new research compared the effects of two high-protein diets with the same number of calories--one from animal protein (AP) and one from plant protein (PP)--on metabolic functioning and liver fat.

A total of 37 people (24 men, 13 women) with type 2 diabetes (mean age 65 years, mean **BMI** 30 kg/m², mean HbA1c 7.0%) were randomised to receive either high-animal (meat and dairy foods) or high-plant (dietary pulses) protein diet (30% protein, 40% **carbohydrates**, 30% fat) for 6 weeks. Before and after the diet intervention, various tests were completed to measure the above parameters.

The researchers found that liver enzyme tests improved after intervention in both groups, and both liver fat and HbA1c were reduced in all participants. **Insulin** sensitivity improved only in the AP group, while in the PP group there was a significant reduction of plasma creatinine (meaning better kidney function) and an improvement in general kidney function (as measured by glomerular filtration rate) which was not found in the AP group. The authors conclude: "In diabetic subjects, the 6-week high-protein diet leads to an improvement in glucose metabolism and decrease in liver fat independently from the protein source. The high-protein diet has no adverse effects on kidney parameters, moreover the kidney function actually improved in the plant protein group."

The authors say that long-term observational studies with a much bigger cohort are now needed to confirm their findings. They are now looking at the expression of key genes involved fat metabolism, glucose metabolism, **inflammation** in blood cells and in adipose tissue to see if there are any diet-induced alterations and to understand the effect of the higher amino acid uptake at the molecular level.

MNT

VIDEO: What Roles Get Black Actors to the Oscars?

Here's a look at roles performed by black artists who have been nominated for a best actress or best actor Oscar - and what they have in common.

Hair Loss Trigger: Alopecia Areata



Alopecia areata causes hair to fall out in startling patches. The culprit is the body's own immune system, which mistakenly attacks healthy hair follicles. In most cases, the damage is not permanent. The missing patches usually grow back in six months to a year. In rare cases, people may lose all of the hair on their scalp and body. WebMD

Daytime Napping Linked to Diabetes Risk

By Clint Witchalls

WebMD Health News

Reviewed by [Arefa Cassoobhoy, MD, MPH](#)

-- Being sleepy and taking long naps during the day are both tied to worse odds of getting **type 2 diabetes**, a new review suggests.

Researchers from the University of Tokyo analyzed 10 studies from countries around the world, which included data on 261,365 participants. They found that "excessive daytime sleepiness" was linked to a 56% higher risk of getting type 2. And taking a long daytime nap (1 hour or more) was tied to a 46% higher risk. Shorter naps of less than an hour didn't raise a red flag, though.

The researchers didn't say what counts as excessive daytime sleepiness. Also, participants in the studies reported on their drowsiness and napping habits.

The new review was presented at the annual meeting of the European Association for the Study of Diabetes.

The researchers say in a press release that daytime napping might be a consequence of a night-time sleep disturbance, such as **obstructive sleep apnea**.

These findings were presented at a medical conference. They should be considered preliminary as they have not yet undergone the "peer review" process, in which outside experts scrutinize the data prior to publication in a medical journal.



5 vegetables for vitality

Are you feeling tired, dizzy, depressed, sore everywhere, lethargic, and bored? If so you may be bat...

by **J-Visions**

CPR Mobile App System Sends Trained Adults to Rescue

by Agata Blaszczyk-Boxe, Contributing Writer |

When a person's heart suddenly stops beating, CPR can sometimes save that person's life. But if someone goes into cardiac arrest on the street, CPR might not be an option if no one nearby knows how to do it.

Now, researchers hoping to fix this problem have developed a mobile app that alerts people who are trained in CPR when someone nearby needs their help. In a new study, the researchers report that the app did indeed increase the rates of CPR performed on people undergoing [cardiac arrest](#) by 14 percentage points, according to the study.

In the study, about 9,800 adults in Stockholm who were already [trained in CPR](#) provided their cell phone numbers and agreed to be on call to assist people nearby who were experiencing a cardiac arrest. If anyone called the country's emergency number and reported a suspected cardiac arrest, a mobile alert system was ready to be activated that would connect these volunteers with the people in need of help.

Livescience.com

Roti aka Chappati: Usually a roti is made from wheat flour.

However, ideally it should contain a combination of soyabean, black gram, and a small portion of bran as well. These can be grounded together in equal ratios to make flour. A source of energy in the body, roti is basically a source of carbohydrate and an ideal 25 grams based medium chapatti would be 60 Calories.



Enjoy home cooked chapathi for breakfast. Easy to make quickly

Some Fruits & Vegetables Are Better For Your Waistline



Eating more fruits — particularly berries, apples and pears — and nonstarchy vegetables like soybeans and cauliflower may help you lose weight over the long term, a new study suggests.

[Read More »](#)

Health-Promoting Texts Could Help Battle Heart Disease



The health of heart disease patients might be improved by technology that they're already carrying around in their pockets — cellphones.

[Read More »](#)

Grapefruit

It may be surprising, but foods can affect how your medicine works. That's why it's always best to ask your doctor or pharmacist if you should avoid any foods. For example, if you take medicine for high blood pressure, anxiety, or insomnia, grapefruit juice may interact with your drugs. Don't miss out on the vitamin C and potassium that grapefruit holds. Instead, enjoy other citrus fruits like oranges and limes.

Amazing medicinal uses of alcohol!

Trina Remedios, Health Me Up |

Today we are looking at booze and which drink breaks the medicinal barrier. Here's a rundown of the medicinal uses of alcohol through history and time.

Stepping back in time

Alcohol was a favoured remedy for snake bites, as an antiseptic, and was also used as an anesthetic too. In the old days, physicians would give patients whiskey shots before an operation.

After the Sars epidemic we have stocked up on hand sanitizers and wipes, but back in the day alcohol was the popular antiseptic of choice.

Jagermeister

Jagermeister is a German 70-proof (35% abv) digestif made with 56 herbs and spices. Since it's a digestif it is served after a meal.

Did you know Jagermeister was originally called Goring-Schnapps? It is a hunter's drink, this is why when translated it spells - hunt-master.

Jagermeister was developed as a digestif and as a cough remedy. It clears out minor cold and congestion. A shot of cold Jagermeister will soothe your cold, cough and sore throat.

Ouzo

Ouzo is an anise-flavored aperitif that is widely consumed in Greece and Cyprus, and a symbol of Greek culture.

Ouzo has its roots in the 14th century monks living in a monastery on Mount Athos. You can mix it with water but it turns cloudy white or develops a faint blue tinge, and served with ice or you can have it as shots.

It will clam you down, therefore good for insomniacs as it helps you relax. It works as an antiseptic and works great for toothaches as well. It is a great solution for decongestion. Ouzo works well when the temperature is high and dry, as it thins the blood.

Scandinavian glogg

Scandinavian glogg is basically hot spiced wine; it is a potpourri of spices and red wine, port, and brandy.

The tradition of spicing and heat wine goes back to ancient Rome and Greece.

Different countries have different variations to this wine.

This concoction of spiced wine makes you feel warm. A heart warming recipe for a cold winter's day!

Beer

This drink is an all time favourite for any occasion around the globe. Today there are several kinds of beer and different brands. Chilled beer of different pursuits is gaining popularity among Indians.

It is an age old beverage among the European countries and the benefits of beer are plenty. From beer being a natural hair conditioner to a cure for upset stomachs, it can also reduce osteoporosis. Dark beer works as an anti-aging drink; it contains high levels of anti-oxidants.

Around the world, beer is mixed with herbs like ginger. It's helpful for morning sickness and rheumatoid arthritis.

Brandy

Brandy works as a digestif and is traditionally drunk at room temperature.

Distillation as a process was common in Rome and Greece, but this spread to other European countries too.

Brandy is traditionally distilled from grapes but different countries have their own versions like peach and apple brandy.

It is a well known fact that brandy will keep you warm and aids to improve your cold. In the military, men were given doses of brandy to help them last through troubled times. Brandy is also a sleeping aid, anti-oxidant and stress reliever.

Chartreuse

This French Liqueur was created by monks from 130 spices in the 1600s as a health tonic. It is also known as the "elixir of long life".

Chartreuse works as a digestif. But it could be the secret to a long life. If you can get your hand on Chartreuse, expect to live long and prosper.

TOI

Pitch the Pastries



Pastries - image from Shutterstock

Consumption of carbohydrates increases blood sugar levels to varying degrees, depending on the type of food ingested. The more highly refined the carbohydrate, the higher its score on the glycemic index (GI) scale. James E. Gangwisch, from Columbia University (New York, USA), and colleagues analyzed the dietary glycemic index, glycemic load, types of carbohydrates consumed, and depression for 69,954 postmenopausal women enrolled in the Women's Health Initiative Observational Study between 1994 and 1998. The team found that progressively higher dietary GI scores and consumption of added sugars and refined grains associated with increased risk of new-onset depression. In contrast, greater consumption of dietary fiber, whole grains, vegetables and non-juice fruits associated with decreased risk. The study authors write that: "The results from this study suggest that high-[glycemic index] diets could be a risk factor for depression in postmenopausal women. Randomized trials should be undertaken to examine the question of whether diets rich in low-[glycemic index] foods could serve as treatments and primary preventive measures for depression in postmenopausal women."

[VIEW NEWS SOURCE...](#)

Toxins Warning - Toxic Chinese Rice Loaded with Plastic is Flooding Grocery Store Shelves

Chronic Stress

Angela Salerno
Publisher, INH Health Watch

Chronic stress is a killer. It can make you **three times more likely to develop Alzheimer's disease (AD)**. And it can cause depression.¹

But the consequences don't end there...

The latest research shows chronic stress can steal healthy years from your life in ways you may not expect. It robs you of a little-known gene that helps keep your brain, muscles, and skin young.² It also helps you avoid physical and mental decline.

Researchers at UC San Francisco studied 90 women who were caretakers for autistic children. They made up the chronic stress group. Then there were the low stress and control groups.

They found women under chronic stress had 12% less of this anti-aging gene, called *klotho*, in their blood compared to the controls. And women from the stress group who also had moderate to severe depression—an indicator of long-term psychological stress—had even less.³

It's normal for your stores of *klotho* to diminish with old age...⁴ But these women were only in their 30s and 40s. It means they'll have an even greater chance of facing major health risks later in life.

And men... you're not off the hook. Another study found low blood levels of *klotho* meant more signs of aging in men and women alike. On the other hand, higher levels may help you reverse signs of aging...and even live longer.

So how can you hold on to this important anti-aging gene?

First, you have to reduce your stress levels. Studies show deep breathing exercises can lower stress and boost your mood. Another way to increase *klotho* levels is to get more vitamin D3. This can also help keep vascular calcification at bay. That's the hardening of your veins due to calcium buildup...a common symptom of low *klotho*.⁵ You want to get at least 5,000 IU a day from a high-quality, whole food supplement. But you can get more—about 10,000 IU—from soaking up just 10 minutes of direct sunlight.

Self-Exam to detect breast Cancer

For years, doctors told women to check their own breasts once a month. But studies suggest these exams play a very small role in finding cancer compared to other testing methods. The current thinking is that it's more important to know your breasts and be aware of any changes, rather than checking them on a regular schedule. If you want to do a self-exam, go over the technique with your doctor.

Best time to check is about a week after mensus in the shower while applying soap.

String-hoppers quite popular in Sri Lanka

Stringhoppers are a favourite meal today in Sri Lanka for breakfast and dinner, and most people purchase them from food outlets and street vendors, rather preparing at home. Ten stringhoppers cost Rs 100 mad from unprocessed flour, two can easily share. They been dry needs a good soak in coconut milk to soften and is eaten with a curry and pol-sambol. These are generally prepared at home. One never gets sick or bored with this treat, one could eat quite frequently. Today, in most homes stringhoppers are served when guests are invited.



Let's go through the nutrient values of this favourite treat. On an average a thick string hopper weighs 28g.

10 stringhoppers 150g –calorie value 690

Calories	69	Sodium	145
Total Fat	0 g	Potassium	15
Saturated	0 g	Total Carbs	
Polyunsaturated	0 g	Dietary Fiber	
Monounsaturated	0 g	Sugars	
Trans	0 g	Protein	
Cholesterol	0 mg		
Vitamin A	0%	Calcium	
Vitamin C	0%	Iron	

String hoppers are cooked with rice flour with added salt, a little oil and water. The batter is squeezed through a device with minute holes to obtain multiple layers of strings.

More Evidence That Coffee Is Safe for Your Heart



Perk up! Here's more evidence that coffee is safe for your heart.
[Read More »](#)

By the Numbers: Who Are Catholics in America?



Catholics make up 22 percent of the United States population and are as diverse as the country itself.
[Read More »](#)

https://www.youtube.com/watch?v=1u5Ld0e_go4

Alcohol and the Brain: Healthy or Harmful?

Bret S. Stetka, MD |

Alcohol and the Brain: Introduction

Early last year, Medscape published a slideshow exploring how alcohol consumption influences brain health. Since then, a great deal of new data have emerged illuminating the relationship between alcohol and the brain; as a result, we've updated the original publication to include the latest evidence.

What hasn't changed is that it's clear that heavy alcohol consumption can have disastrous health and social consequences, and that excessive alcohol use can wreak particular havoc on the brain, increasing the risk for dementia, stroke, and psychosocial impairment.^[1] However mild to moderate consumption* has been linked to various health benefits, including many with implications for the brain, all of which need to be appreciated in light of new evidence showing that any amount of alcohol consumption boosts cancer risk. *The US Food and Drug Administration defines "moderate alcohol consumption" as up to 1 drink per day for women and up to 2 drinks per day for men. One drink is equivalent to 12 fluid ounces of regular beer, 5 fluid ounces of 12% alcohol wine, or 1.5 fluid ounces of distilled spirits.

Image from iStock

More Sobering Data: Alcohol and Cancer Risk

The 2014 World Cancer Report,^[5] released by the World Health Organization's International Agency for Research on Cancer, concluded that no amount of alcohol is safe. The report details a dose-dependent relationship between alcohol consumption and cancer of the mouth, pharynx, larynx, esophagus, colon and rectum, liver, female breast, and pancreas. More recently, a study^[6] published in August in the *BMJ* reported a small increased risk for cancer associated with drinking just one or two drinks a day, whereas other work^[7] reported that women who are at risk for breast cancer and drink alcohol have significantly higher mammographic density, a risk factor for breast cancer. -medscape

Now which fish should you eat, if you have Gout?

A gout sufferer should avoid seafood, shrimp, lobster and other shellfish which raises uric acid and is simply not healthy for you. [See my post on seafood to learn more.](#) What you want to do is eat fish with scales and only eat these types of fish. Nothing else. You can eat salmon, sole, tuna, catfish, red snapper, tilapia, flounder, whitefish, haddock and so many other fish. These fish have anywhere between 50 to 150 milligrams of purines for every 100 grams. Nothing to worry about, believe me! There are fish that are higher on the purine scale like anchovies, sardines, mackerel and herring, octopus which you should limit since they are over 150 milligrams of purines for every 100 grams. Whatever you do do not eat fish that comes from a can like canned sardines or herring with added oils. Always eat your fish fresh. Do not deep-fry your fish, instead either grill it or simply bake it in the oven. I season my fish with fresh herbs, freshly squeezed lemon juice and some extra virgin olive oil. You don't need more than that. Try and avoid high sodium seasoning mixes or fish sauces high in sugar.'

Posted by Spiro Koulouris

- See more at: <http://goutandyou.com/gout-and-fish#sthash.dGRjvNHs.dpuf>

<http://safeshare.tv/w/FnokYEpyb>

How your green smoothie could be key to beating Alzheimer's

By Katherine Scott



We've been toting the health and beautifying benefits of a plant-based drinks or a leaf-laden diet for some time, but now scientists claim that a daily dose of greenery may also boost your brain.

Just a couple of servings of leafy green veggies, like kale or spinach, every day may be a new weapon in the war against the devastating Alzheimer's disease and dementia.

Researchers at Rush University examined the nutrients responsible for keeping the brain switched-on and healthy and were, for the first time, able to link vitamin K consumption to slower cognitive decline.

The study recorded the diets and cognitive abilities of more than 950 older adults for an average of five years, and found that those who consumed greater amounts of green leafy vegetables saw a significant decrease in the rate of neurodegenerative impairment.

Results showed that participants added one to two servings of green goodness to their diets each day had the cognitive ability of a person 11 years younger than those who consumed none.

The study's lead author Martha Clare Morris will present the breakthrough findings at the American Society for Nutrition (ASN) Annual Meeting during Experimental Biology 2015.

"Our study provides evidence that eating green leafy vegetables and other foods rich in vitamin K, lutein and beta-carotene can help to keep the brain healthy to preserve functioning," Morris said.

"No other studies have looked at vitamin K in relation to change in cognitive abilities over time, and only a limited number of studies have found some association with lutein."

With baby boomers approaching old age, Morris said there is a huge public demand for uncovering lifestyle behaviours that can ward off loss of memory and other cognitive decline.

"Increasing consumption of green leafy vegetables could offer a very simple, affordable and non-invasive way of potentially protecting your brain from Alzheimer's disease and dementia".

The findings are published in the journal of the *Federation of American Societies for Experimental Biology*.

[VIDEO: 2016 Grammy Awards](#)



At this year's biggest music award ceremony, performers were honored, stars paid tribute to legends and artists spoke out about social injustices.

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