

# Health & Views

March  
2016

2<sup>nd</sup> issue

When researchers reviewed more than a decade's worth of findings, they found that megadoses of vitamin C don't prevent colds for most people. Some studies suggest it might help you get over the symptoms a little faster. But it won't make them less severe.

For better health of Sri Lankans globally & others

*Take care of your body, it's the only place you have to live" - Jim Rohn. -*

## Sri Lanka to become the first nation in the world to protect all its mangroves

National plan puts women at centre of strategy to save trees from being felled for firewood by providing microloans to start business



A mangrove forest near Ahungalla, Galle district, in southern Sri Lanka.  
Photograph: Alamy  
Lewis Smith

More than half the world's mangroves have been lost over the last century but all of those surviving in [Sri Lanka](#), one of their most important havens, are now to be protected in an unprecedented operation.

The organiser of the project, the biggest of its kind, see the role of women as the key to its success.

Mangroves are an important protection against climate change as they sequester up to five times more carbon than other forests, area for area. They protect coastlines against flooding, including tsunamis, and provide vital habitat for marine animals, especially crabs, shrimp and juvenile fish.

In an initiative designed to prevent any more being cut down in Sri Lanka and to boost some of the poorest communities in the world, women will be offered small loans and training to start businesses.

In return for the microloans, 15,000 women – including thousands of widows from the civil war - will be expected to stop using the trees for firewood and to guard the forests near their homes.

The guardian

'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

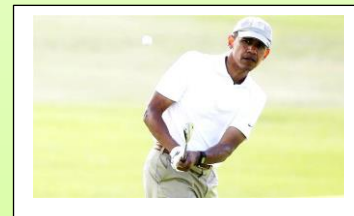


Sarah  
Epstein  
TODAY

**Are you as fit as President Obama?** White House releases enviable check-up report

He's 54 years old, just over six feet tall and weighs 175 pounds. His blood pressure is low, cholesterol level enviable and resting heart rate **well below average**. Did we forget to mention that this man also has a (very important) full-time job? ←

Even more impressive? "He continues to exercise daily with a focus on aerobic fitness and resistance weight training," according to the report.



**At the Chicago Bulls Basketball team home games they have a GlenKiss Cam.**

**The idea is that couples images are displayed on the big screen over the basketball court and if your image is shown . . . you should kiss your partner.**

**That's the theory.**

**<<http://safeshare.tv/w/sLtCVDmZnm>> <http://safeshare.tv/w/sLtCVDmZnm>**

Sent by Dr Quintus de Zylva



Glucose is a type of sugar which is readily absorbed and converted to energy by all cells of the body. By contrast, fructose is taken up almost entirely by liver cells, where it is converted directly into fat.

Eating too much fructose, which is found in fruit but also in soft drinks, can cause your liver to build up fat inside its cells, as can drinking too much alcohol. The non-alcoholic version of fatty liver disease (NALFD) is actually a relatively benign condition and the majority of those affected experience limited or no symptoms. But sometimes it can progress to hepatitis

(<http://www.msn.com/en-au/health/nutrition/sugar->)



Sri Lankan Malays had their picnic in Sydney on the 5<sup>th</sup> March, in Stanwell Park

<https://www.facebook.com/sherine.abadir/videos/1044102218974442/>

# Educational Advancement in Jaffna – Ceylankan (Journal of the Australian Ceylon Society) Feb 2016.pdf by Samuel Arnold

Comment by Agnes Thambinayagam:  
Dear Samuel,

I read your article on Education in Jaffna with great interest. Have you done research studies on Sri Lanka? You have gathered good information for British period. I did not see your reference list. My book, 'The Gentiles, A History of Sri Lanka 1498-1833' that I published in 2009 gives a lot of details about the Portuguese and the Dutch periods.

- 1) Father Enrique Enriquez was instrumental in building the College in Mannar. Father Enrique studied Malavar language (Tamil) and composed a system of grammar and taught the language to brothers and Fathers. Those brothers and fathers then taught Malavar language and other subjects in schools that the Jesuits established in South India and Northern Sri Lanka. I have given the villages with churches & school halls in my book pp76-103. The Roman Empire expanded to Asia during Portuguese rule. The missionaries came from Italy, Spain and Portugal.
- 2) The buildings of Mallagam & Vaddukottai Churches and Schools were started during Portuguese era and finished during Dutch era after 1658. Later they were taken over by the British. You can find Baldaeus' pictures for Mallagam and Vaddukottai in my book.
- 3) Tamil was known as Malavar language during Portuguese time and Malabar during Dutch time. It was 'The Mal' and then Tamil during British rule. I have given original writings and original pictures with references. I didn't cover the British period. Some of the schools continued to teach in Tamil and those schools were given back to the Roman Catholic Church. Others were given to the American and British missionaries who taught in English. Many other English schools and Tamils schools were built during British rule. It would be nice if you could give a list of references to your article. Over all you are giving good information with regard to education in Jaffna.

Many thanks for the good work with best wishes  
Agnes  
(From Texas)



Mother2Mothers  
2016

"Mothers and their children are in a category all their own. There's no bond so strong in the entire world. No love so instantaneous and forgiving." — Gail Tsukiyama, Dreaming Water

Help us inspire, educate and empower our mothers in Vanni this year.

Mother2Mothers is a movement originated in US. to help women and children of the Vanni in Sri Lanka



## Come on, Already! Impatience Linked to Chromosome Length

Impatient people may be more likely to have shorter telomeres, parts of human chromosomes that tend to get shorter as people age, according to a new study.

## Alzheimer's, Stroke and Heart Disease Death Rates Rise Slightly



The rates of death from a number of maladies, including heart disease, stroke and Alzheimer's, were higher in 2015 than in 2014, a new report finds.

[Read More »](#)



## Ragi Dosa | Mallika Badrinath | Diabetic and healthy I...

by Mallika's Cookery |  
Mallika Badrinath Indian Recipes | Cooking

## Rural patients waiting up to eight weeks to see a GP

Patients in rural Australia with chronic diseases, such as diabetes, are waiting as long as eight weeks to get an appointment with a GP.



## Quick dry skin moisturising face mask

Following a weekend of too much sun recently, my face felt in desperate need of some TLC



Fight sugar with sugar? A new study in mice suggests it might work.

[Read More »](#)

## Spicy foods: The health effects of adding heat to your meal

As it turns out, there are plenty of benefits to eating spicy foods, including longevity. But they do have a dark side.

[Read More](#)

## The Stethoscope: Timeless Tool or Outdated Relic?



# Food Poisoning

Food poisoning is usually caused by bacteria contaminating your food. The biggest culprit is not that well known but it is very widespread. It's called *Campylobacter* and according to the Food Standards Agency it is present in more than 65% of chickens on sale in the UK. A recent survey found it on 6% of the outside packaging of supermarket chickens.



Image copyright Thinkstock

*Campylobacter* can survive up to a couple of hours on a kitchen surface, so it's easy to spread it around. It can also make you ill even in very low doses. Whereas you would need to consume tens of thousands of *Salmonella* bacteria to become sick, with *Campylobacter* it's only around 500.

Because it is so widespread in chickens and so easy to spread around, it is not a good idea to do what many people still do, which is to wash your chicken before cooking it. Far better to put the chicken straight in the oven after seasoning and then wash your hands thoroughly after handling. The key to killing bacteria is to use heat - so thorough cooking, all the way through, is important, especially with chicken where the meat texture is loose enough that bacteria can be found throughout the bird.

## Left-over food?

Trust Me I'm A Doctor is broadcast on BBC Two at 20:00 GMT on Wednesday 6 January 2016, or you can **catch up afterwards on iPlayer**.

First of all you need to let it cool down, before putting it in the fridge. If you put hot food in a fridge all that does is raise the temperature inside the fridge and turn it into the perfect incubator for bugs - which is not great for the food that is already in the fridge. I recently tried putting the remains of a cooked chicken in my fridge while it was still warm and it managed to raise the temperature by over five degrees.

Instead you should cover your left-over food, let it cool to room temperature (no more than four hours), and *then* put it straight into the fridge.

Once it has been cooked, how often can you reheat it? Well the Food Standards Agency recommends only reheating food once, but actually several times is fine as long as you do it properly, though that is not likely to improve the taste.

Michael Mosley BBC Magazine

## Michelle Obama launches garden tour initiative on TODAY



"Since we planted our White House Kitchen Garden and created our 'Let's Move!' initiative to help kids grow up healthy, I've heard from people across the country who've been inspired to grow their own gardens and change how they think about the food they eat," Obama said. "And in my final year as first lady, I plan to get out and visit some of these folks."

## Exercise in early life affects gut flora, promoting better health

Written by Marie Ellis

The new year is nearly upon us, bringing with it resolutions to be healthier, happier and wiser in 2016. Undoubtedly, many of us are vowing to exercise more this year, and a new study suggests our gut flora - along with our trimmer waistlines - confers health benefits as a result of physical activity.



*The new study suggests exercise in youth results in a better gut microbial community, paving the way for better brain and metabolic activity.*

Researchers from the University of Colorado-Boulder say they have discovered that exercising early in life changes the gut's microbial community so that it sets us up for better brain and metabolic activity during our lifetime.

Their study is published in the journal *Immunology and Cell Biology* and is led by Prof. Monika Fleshner, of Boulder's Department of Integrative Physiology.

She and her colleagues explain that our guts contain over 100 trillion microorganisms, many of which colonize our intestines shortly after birth. They are critical for our immune system's development and can add as many as 5 million genes to our overall genetic profile.

As such, our gut flora has great power in influencing different aspects of our **physiology**.

<http://www.abc.net.au/radionational/programs/spiritofthings/the-dean's-story/7192472>

**People in China are paying** upwards of \$160 for a jar of clean country air. **The bizarre new industry** is proving popular in heavily-polluted cities such as Beijing and Shanghai

## Diabetes in UK tops 4 million

Written by Catharine Paddock PhD

New figures released on Tuesday show that - for the first time - the number of people living with diabetes in the UK now exceeds 4 million.

*There are now 4.05 million people in the UK with diabetes, a condition that causes high blood sugar levels and can lead to life-threatening complications.*

Diabetes UK - who used GP patient data to estimate the number - say there are now 4.05 million people with **diabetes** in the UK. The figure includes 3.5 million adults diagnosed with diabetes - nearly 200,000 more than 12 months ago and 65% more than 10 years ago - and an estimated 590,000 people who have **type 2 diabetes** but do not know it, notes the charity.

**Diabetes UK say the country faces an urgent need for adequate diabetes care.**

As the number of people living with diabetes in the UK continues to climb, they warn that the need for the National Health Service (NHS) to provide adequate diabetes care and education is more important than ever.

## Reducing sugar in fizzy drinks can check obesity



Obesity can be prevented by reducing the amount of sugar in sweetened drinks and fruit juices by 40% over a five-year period, a new study has claimed

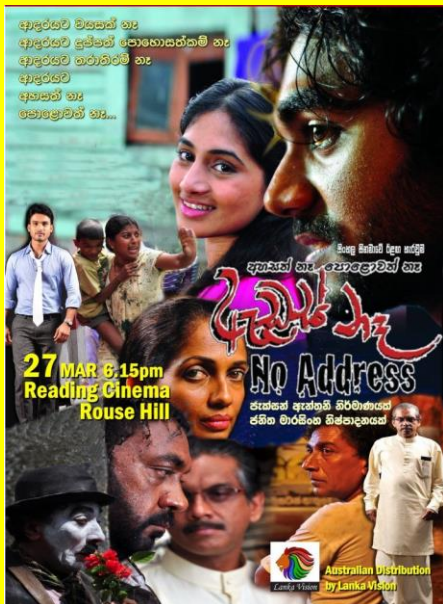
## Keep your waist-line controlled

Women with waists larger than 35 inches and men with waists bigger than 40 inches tend to have a higher overall risk to get obesity-related diseases than people with smaller waists. That includes type 2 diabetes, high cholesterol, and high blood pressure.

## 'Eating fish cuts risks of mental diseases, diabetes'

Fish and fishery products may benefit not only cognitive functions but can also lower risk of mental disorders, heart diseases and improve insulin action in some cases.





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or call our call centre - 1300 973 978

Bringing back memories  
Dutch Burghers of Ceylon

## Austin family from Wellawatte-

Sent by Sandy Austin now settled down in Auckland – a great supporter and reader of “Health & Views”

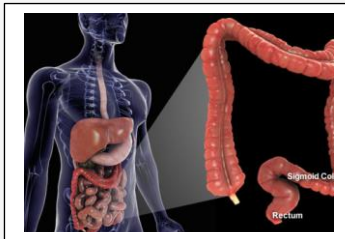


### My sister Fae's birthday

A rare photo of my two sisters and my father together. I am at left, next to my father, my sister Ninette and far right is my step-mother Julie and her sister Mary Hill (nee Horsfall) next to her

In front: My sister Fae is the birthday girl in middle with bow in her hair. Taken at our home at No.10 Charlemont Road, Wellawatte, Colombo. I think the little boy in the spectacular shorts, far right, is Anthony van Starrax - who lived next door

**My father had three wives and one daughter from each. My sisters are: (1) Ninette Ithalia Austin b 24 July 1930 in Colombo, Ceylon, daughter of Ruby Dagmar Allay m Charles Wijesuriya; (2) Sondra-Marie (Sandy) Austin m Geoffrey Bernard Collier b 2 July 1925 in Cornwall, England (3) Cynthia Fae Austin b 24 March 1949, daughter of Julia Horsfall m Peter Henry Egan b 22 September 1943 in Melbourne, Victoria, Australia son of Kerin James Egan and Eileen Mary Dovey**



### Colorectal Cancer: What Is It?

When doctors find colorectal cancer early, it's highly curable. It happens when abnormal cells grow in the lining of the large intestine (also called the colon) or rectum. This is a common cancer in both men and women. It has the second highest rate of cancer deaths in the U.S.

### What Are Polyps?

Colorectal cancers often start out as polyps - harmless growths on the inside of the intestines. The two most common types of intestinal polyps are adenomas and hyperplastic polyps. They form when there are problems with the way cells grow and repair the lining of the colon. Most polyps stay harmless, but some can turn cancerous. Removing them early prevents the disease.

### Risk Factors You Can Control

You can control some things that raise the risk of colorectal cancer. Try to avoid these:  
Diet high in red or processed meats, or those cooked at high temperatures  
Obesity (having too much fat around the waist)  
Not exercising enough  
Smoking  
Heavy alcohol use

### What Are the Symptoms?

Colorectal cancer doesn't have early warning signs, so it's important to get screened. Finding it early means it's more curable. As the disease gets worse, you may see blood in your stool or have pain in your belly, a change in bowel habits (like constipation or diarrhea), unexplained weight loss, or fatigue. By the time these symptoms appear, tumors tend to be bigger and harder to treat.

### Tests that Find Colorectal Cancer

Screening tests are key to finding it early. Starting at age 50, most people should have a colonoscopy every 10 years. This test uses a tube with a tiny camera to look at the whole colon and rectum. It not only finds tumors early, but can also prevent colorectal cancer by removing polyps (shown here).

WebMD



Pic. Courtesy WebMD

Frequent enjoying this food may result in bowel cancer.

## Fruit Prevents Erectile Dysfunction



Adding more fruit to your diet reduces your risk for erectile dysfunction, according to a study published in the *American Journal of Clinical Nutrition*. Researchers followed the diets of 25,096 men as part of the Health Professionals Follow-Up Study and monitored incidence for erectile dysfunction. Participants with the highest intakes of anthocyanins, flavones, and flavanones, phytonutrients found in fruit, lowered their risk for erectile dysfunction by 14 percent when compared to those who consumed the least. Common sources for these flavonoids include strawberries, apples, blueberries, and citrus fruits. Researchers suspect a diet rich in fruits coupled with other healthful lifestyle factors aids prevention and early treatment of cardiovascular disease by improving vascular conditions. Erectile dysfunction is typically an indicator of narrowed arteries, the same disease process that causes coronary heart disease. Cassidy A, Franz M, Rimm EB. Dietary flavonoid intake and incidence of erectile dysfunction. *Am J Clin Nutr*. Published online January 13, 2016.

## In Sri Lanka this happens-

You get invited to dinner at an “uncles” house for 7:00pm; You get there at 8:30 and dinner is served at 11:58 pm; The arrack induced fathers start singing at 1:00 am while the mothers start making idle chit chat about the “old days in Sri Lanka”...By 3:00am your “auntie” forces you to drink coffee so that you can get a good night's sleep when you get home at 6:00 AM.



When in Sri Lanka this fruit drink would be the best energiser to correct your electrolyte balance

# Should we all cut back on salt—regardless of our blood pressure level?

Most of the sodium in our diet comes from salt, or sodium chloride. Sodium has many important functions in the body, including:

- transmitting nerve impulses
- contracting and relaxing muscle fibers
- maintaining proper fluid balance.

But Americans get much more than they need—3,400 mg of sodium per day, on average. (See the chart below for recommended intake.) The kidneys regulate the body's sodium level by getting rid of any excess. But if there's too much sodium in the bloodstream, the kidneys can't keep up. Excess sodium in the blood pulls out water from the cells. As this fluid increases, so does blood volume. That means more work for the heart, increased pressure in the blood vessels, and often, eventually, stiffened vessel walls, chronic high blood pressure, and an increased risk of heart attack or stroke.

## Current recommended intakes of sodium for healthy adults by age group

Group	Adequate intake (AI) of sodium*	Salt equivalent	Upper limit (UL) of sodium intake**
Ages 19â€”50	1.5 g/1,500 mg	3,800 mg, or 2/3 teaspoon (tsp.)	2.3 g/2,300 mg (equivalent to 5.8 g/5,800 mg, or 1 tsp., salt)
Ages 51â€”70	1.3 g/1,300 mg	3,200 mg, or ~1/2 tsp.	Less than 2.3 g, but a precise amount has not been determined
Ages 71 and over	1.2 g/1,200 mg	2,900 mg, or 1/2 tsp.	

Harvard Medical School

# Type 3c Diabetes

Dana K. Andersen, MD, opened the symposium by defining and discussing type 3c diabetes and listing causative factors. In the United States and Europe, 5%-8% of all diabetes is this type of disease. The frequency is higher in Asia and India. About 20%-30% of patients with chronic pancreatitis have "pancreatogenic" diabetes, and the frequency increases with the duration of pancreatitis. More than one half of patients with long-standing chronic pancreatitis will require insulin.

Why does diabetes develop in these patients? One explanation is that inflammation and resulting fibrosis lead to a loss of islet cells. A second reason is extirpation of the islet cells as a result of surgical treatment. Inhibition of islet cell function as a result of pancreatic disease is yet another reason. In this form of diabetes, hypoglycemia is common and insulin levels are low.

Diagnosis of type 3c diabetes is based on a documented history of pancreatic disease, evidence of exocrine insufficiency, and ruling out type 1 and type 2 diabetes. Having type 3c diabetes is associated with a 33-fold increased risk for pancreatic cancer—an enormous increase.<sup>[2]</sup>

Medscape

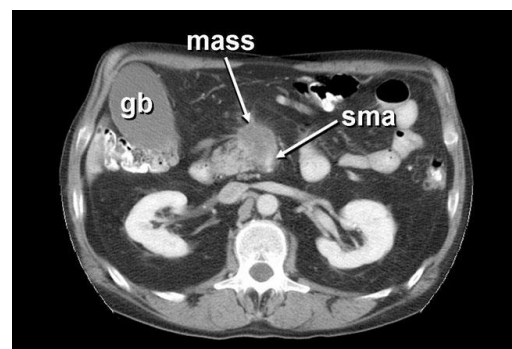
# Diabetes and Pancreatic Cancer

Suresh Chari, MD, on diabetes and pancreatic disorders, focussed on the relationship between diabetes and pancreatic cancer. He pointed out that they have common risk factors, such as obesity and insulin resistance, perhaps because they share common genetic factors. Patients with type 2 diabetes without underlying pancreatitis have an almost twofold excess risk for pancreatic cancer. The risk is not as high as with type 3c diabetes, but it still constitutes a major risk factor for pancreatic cancer.<sup>[3]</sup>

Dr Chari presented several slides demonstrating changes in the pancreas of diabetic patients. These included decreased volume, increased fibrosis, and acinar atrophy. Diabetic patients have significantly reduced levels of fecal elastase 1, a marker of pancreatic insufficiency, compared with control subjects.

# Chronic Alcohol Abuse: Complications and Consequences

Lars Grimm, MD, MHS



Alcoholism is a common substance-abuse disorder that leads to significant medical complications. Alcohol affects virtually every organ system, and alcoholics are at increased risk for cirrhosis, gastrointestinal (GI) bleeding, pancreatitis, cardiomyopathy, trauma, mental health disorders, and a wide variety of cancers. Patients frequently have very poor insight into their addiction—a state commonly referred to as denial—and must be made aware of the numerous devastating short- and long-term complications of alcohol abuse. The computed tomography (CT) scan seen here demonstrates an unresectable pancreatic adenocarcinoma, a malignancy that is more common in alcoholics, surrounding the superior mesenteric artery (sma).

Medscape



## A simple morning tonic to kickstart the day

The old Kellogg's Cornflakes slogan 'the simple things in life are often the best' was actually spot .



## What are the best foods for vegetarians to get iron from?

There are thousands of vegans and vegetarians out there at risk of iron deficiency without red meat ...



## Are Avocados Good for You?

By RONI CARYN RABIN

Studies suggest a variety of health benefits from eating avocados.

How to determine—and achieve—your target blood

Should you use a retail health clinic?

## Sudden Cardiac Arrest

SCA is a chaotic electrical condition of the heart resulting in the loss of blood flow to the brain and body. The most common form of SCA is ventricular fibrillation.

### Causes

Electrical impulses of the heart become chaotic due to a blow to the chest or other (sometimes-unknown) health-related issues. As a result, the heart stops beating regularly and begins to flutter rapidly.

### Symptoms

Typically, there are no symptoms to SCA. Usually, the first indication of SCA is when the victim faints. The second sign is breathing cessation.

### Victim's Response

A sudden cardiac arrest victim always loses consciousness from lack of oxygen.

### Risk of Death

A victim of SCA will die unless treated. If left untreated, the chances of survival decrease by 10% per minute. Typically, permanent brain damage occurs within 5-7 minutes.

### Treatment

The only treatment for SCA is defibrillation from an automated external defibrillator (AED). A shock from the AED stops the chaotic electrical activity and allows the heart's sinus node to resume a normal electrical impulse.

BabaMail

## Thorombol Karaya



This is a Thorombol Karaya with boxes full of all sorts of goodies from brassieres, to thread, nail polish, buttons, zips, lace, and ribbon – the list was endless, packed up onto a cart, has disappeared from the streets, after the super-market chains opened up in the main towns in Sri Lanka. There was a Thorombol Karaya in Wellawatte many years back.

Victor Melder from Melbourne touches on the thorombol karayas in Nawalapitiya, in his Memoirs. Goodies were much cheaper then with no overhead costs added.

Gone are those happy days in Sri Lanka.

## Diabetes Australia warns urgent action needed to save nation's health system from 'epidemic'

The World Today  
By Penny Timms

Diabetes Australia is warning that the nation's health system will be crippled unless swift action is taken to limit the spread of the disease.

The latest statistics from the International Diabetes Federation's 2015 Diabetes Atlas show the disease is on the rise around the world, with one adult dying from the disease every six seconds.

Worldwide, 415 million adults have diabetes, and 85 to 90 per cent of those cases are type 2. In Australia, 1.1 million people are living with some form of the disease.

Greg Johnson, from Diabetes Australia, said diabetes is "fast becoming the biggest disease epidemic to ever affect the globe".

"These figures really show the continuing rise of the diabetes epidemic around the world," he told The World Today.

The International Diabetes Federation said another 318 million people are at risk of developing the disease.

While doctors are unsure why type 1 diabetes, which occurs when the pancreas does not produce insulin, is on the rise, they do have a good idea of why type 2 is becoming more common.

Media player: "Space" to play, "M" to mute, "left" and "right" to seek.

**AUDIO:** [Diabetes numbers threaten to cripple Aust health system](#) (The World Today)

Seventy-five per cent of type 2 patients live in developing countries where rapid urbanisation and sedentary lifestyles are the new norm

**How smoking cannabis raises the risk of STROKE: Drug 'significantly narrows blood vessels in the head'**



Do you know that Probiotics are effective preventing necrotising enterocolitis and mortality in premature infants?

## 4 simple ways to boost your energy

Do you sometimes feel like the Energizer Bunny when his battery runs low? You might start the day strong, but by midafternoon, you can't quite keep going and going.

Fatigue afflicts everyone at one time or another. Assuming your doctor has ruled out serious medical causes, there are a few basic steps you can take to "recharge your batteries."

Fatigue is a symptom, not a disease, and it's experienced differently by different people. Fatigue from stress or lack of sleep usually subsides after a good night's rest, while other fatigue is more persistent and may be debilitating even after restful sleep. Harvard's Special Health Report **Boosting Your Energy** provides advice and information from world-renowned medical experts that can help you discover the cause of your fatigue and find the right treatment or lifestyle changes.

READ MORE

**1. Pace yourself.** If you're a go-getter, you probably like to keep going "but don't risk overtaxing yourself. For example, instead of burning through all your "battery life" in two hours, spread it out among morning tasks, afternoon tasks, and evening activities "with rest and meals in between.

**2. Take a walk or a nap.** There's nothing more satisfying than a short power nap when you're pooped out. However, if you have trouble sleeping at night, know that napping can make insomnia worse. If that's the case for you, get moving instead. Get up and walk around the block, or just get up and move around. If you are not an insomniac, though, enjoy that 20- to 30-minute power nap.

**3. Skip most supplements.** You may have heard about energy-boosting or "anti-aging" supplements. There is no evidence they work.

- **DHEA.** There is no evidence that DHEA offers any real benefits, and the side effects remain a question mark.
- **Iron.** Iron only improves energy if you are clearly deficient, which a doctor can check with a blood test. Otherwise, you don't need to take it "and getting too much iron can be harmful.
- **B vitamins.** It is true that B vitamins (B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub>) help the body convert food into the form of energy that cells can burn, but taking more B vitamins doesn't supercharge your cells.

**4. Fuel up wisely.** A sugary roll from the bakery delivers plenty of calories, but your body tends to metabolize them quickly, and then you can end up with sinking blood sugar "and fatigue. You'll maintain a steadier energy level by eating lean protein and unrefined carbohydrates. Try low-fat yogurt with a sprinkling of nuts, raisins, and honey. Your body will take in the carb-fiber-protein mix more gradually. Don't skip meals, either. Your body needs a certain number of calories to get through the day's work. It's better to space your meals out so your body gets the nourishment it needs all through the day.

To find out how you can craft a high-energy lifestyle with the latest advice on diet, exercise, rest, and stress management, buy [Boosting Your Energy](#), a Special Health Report from Harvard Medical School.

[Cereal, a Taste of Nostalgia, Looks for Its Next Chapter](#)



## 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.

### Apigenin transformed human stem cells into neurons in 25 days

The team applied apigenin to human [stem cells](#) - cells that have the ability to develop into different cell types - in a laboratory dish.

**They found that after 25 days, these stem cells transformed into neurons - an effect the researchers say was not seen in the absence of apigenin.**

## Gut bacteria make pomegranate metabolites that may protect against Alzheimer's disease

In a quest to stay healthy, many people are seeking natural ways to prevent neurodegenerative diseases. Recent studies show that pomegranate extract, which is a rich source of disease-fighting polyphenols, can help protect against the development of [Alzheimer's disease](#). But researchers weren't sure which molecules to thank. A team reports in *ACS Chemical Neuroscience* that the responsible compounds may be urolithins, which are made when gut bacteria break down the polyphenols in the extract.

Alzheimer's disease is associated with  $\beta$ -amyloid (A $\beta$ ) fibrillation, a process in which amyloid proteins in the brain form clumps. To fight the formation of these fibrils, however, a molecule would have to cross the blood-brain barrier -- a series of cell junctions that prevent certain substances from entering the brain. In previous work, the researchers showed that a pomegranate extract has anti-Alzheimer's effects in animals, but they did not identify the compounds responsible. Navindra Seeram and colleagues wanted to investigate which compounds in pomegranate could both pass through the blood-brain barrier and prevent A $\beta$  fibrils from forming.

The team isolated and identified 21 compounds - mostly polyphenols -- from the pomegranate extract. Computational studies found that polyphenols could not cross the blood-brain barrier, but that urolithins could. Urolithins are anti-inflammatory and neuroprotective compounds that are formed when ellagitannins, a type of polyphenol, are metabolized by gut bacteria. The researchers then showed that urolithins reduced A $\beta$  fibrillation levels in vitro. Additionally, these compounds increased the lifespan of an Alzheimer's roundworm model. They say further tests are needed to determine whether the protective effects of these compounds could ultimately help prevent or treat Alzheimer's in humans.

MNT

## Muscle-Building Compound Benefits Blood Pressure

*Creatine may improve microvascular reactivity and capillary density.*



Creatine supplement - image from Shutterstock

Creatine is a naturally-occurring compound that supplies energy to cells throughout the body - primarily muscle. Eduardo Tibiri, from the School of Physical Education and Sports Sciences of the Estacio de Sa University (Brazil), and colleagues enrolled 40 healthy male, moderately physically active subjects, average age 27.7 years, to consume creatine as a dietary supplement (20 g/day of commercially available micronized creatine monohydrate), for one week. Researchers used imaging to assess microvascular reactivity, and conducted video microscopy to ascertain capillary density. Mean blood pressure decreased from 92.1 mm Hg, to 89.8. Significant decreases of total cholesterol and LDL cholesterol were also observed. The study authors submit that: "Oral supplementation with creatine in healthy, moderately physically active young adults improves systemic endothelial-dependent microvascular reactivity and increases skin capillary density and recruitment."

[VIEW NEWS SOURCE...](#)



Herbs and Spices - image from Shutterstock

## Herbs & Spices for Heart Health

*Rich in antioxidants, herbs and spices may reduce blood triglycerides and post-meal insulin levels.*

Flavorful additions that accent vegetables, fish, and meats, herbs and spices may also help improve blood biomarkers related to heart health. Sheila G. West, PhD, from The Pennsylvania State University (Pennsylvania, USA), and colleagues prepared meals for six men, ages 30 to 65 years, who were overweight but otherwise healthy. The meals, consumed on two separate days, were identical - chicken, bread, and a dessert item - but the test meal also included the addition of two tablespoons of a high-antioxidant spice blend. The spices included garlic powder, rosemary, oregano, cinnamon, cloves, paprika, turmeric, ginger, and black pepper. The team monitored blood markers for three hours after each meal. Antioxidant activity in the blood rose 13% after the subjects ate the test meal (with spices); as well, postprandial insulin decreased by 21% and triglycerides by 31%, post test-meal. The study authors report that: "Spices and herbs are rich in compounds that may reduce inflammation and improve blood factors associated with increased [cardiovascular disease] risk."

[VIEW NEWS SOURCE...](#)

# Coffee vs tea: The pros & cons of your favourite brew

by JCase

To some people, coffee is the only way to start the day off on the right foot. To others, a strong cup of tea does the trick. One of the common traits of these two glorious beverages is that they're both addictive, thanks to their caffeine content. It's not unusual to find recovering coffee addicts drinking one of the many soothing tea varieties in a bid to suppress their coffee cravings.

It's important to consider the pros and cons of each of these brews, no matter what camp you're in so you know exactly what your morning cuppa is doing to your body.

Interestingly, there are more tea drinkers in the world than coffee drinkers (which I find hard to believe when my coffee shop has a line out the door every morning). In addition to this, tea is the most widely preferred beverage next to water! Here is a brief but comprehensive breakdown of the pros and cons of coffee and tea. Which side are you on?

## Tea Pros

### Improves Bone Health

Unknown to most people is that milk is not the only drink that can help develop strong bones. According to [Nutritional Research Journal](#), taking one cup of green tea per day goes a long way to prevent age related bone loss complications in both men and women. It does this by improving bone mineral density as well as reducing bone from risk of bone fractures. Tea also helps to support osteoblastic activities.

### Boosts Exercise Endurance

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

### Promotes Weight Loss

Drinking tea on a daily basis has been proven very effective in promoting weight loss. It does this by acting as a mild metabolic booster that when combined with caffeine, increases energy and oxidizes fat.

### Calms the Mind

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

## Tea Cons

### Compromises Dental Health

Tea contains a certain level of fluoride that promotes dental health. However, excessive intake of tea leads to accumulation of fluoride on the surface of the teeth leading to osteofluorosis and brittle jawbones. -

## Negative Effects of Caffeine

Caffeine is a stimulant that causes tachycardia, insomnia, nausea, anxiety, heart palpitations, and restlessness.

### Contains Harmful Elements

Research studies show that samples of tea taken from India, China, and Sri Lanka contain high levels of lead and aluminium. Hence, it is paramount to consider the source of tea that you drink. -

## Coffee Pros

### Prevents Type 2 Diabetes

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

### Reduce the Risk of Gout

Drinking one or two cups of coffee per day can reduce your risk of developing gout especially if you are over 40 years of age.

### Boosts Effectiveness of Painkillers

Caffeine, one of the main components in coffee, increases the effectiveness of painkillers. This makes it a beverage of choice for persons who have a health condition that requires regular intake of these drugs and anyone who wants a souped up Panadol.

### Prevents Liver Cirrhosis and Cancer

These are two main complications that affect the liver; coffee can help you protect yourself from these two conditions.

### Improves Concentration and Memory

The caffeine found in coffee helps to increase alertness and this in turn improves concentration and memory. This is why it's the university student's drink of choice during exam time.

## Coffee Cons

### Tooth Discolouration

Excessive intake of coffee is known to cause tooth discolouration. The ingredients used to prepare it stick on the enamel overtime thereby distorting the general appearance of teeth.

This is caused by the acidity in the coffee brew. Opting for a less acidic brew method like [pour over coffee](#) brewing can help reduce the effects.

### Lowers Blood Flow

For your body to function optimally, all organs have to get a consistent supply of oxygenated blood. New research shows that coffee lowers the flow of blood to the heart. This can in turn affect your productivity and predispose you to numerous health complications.

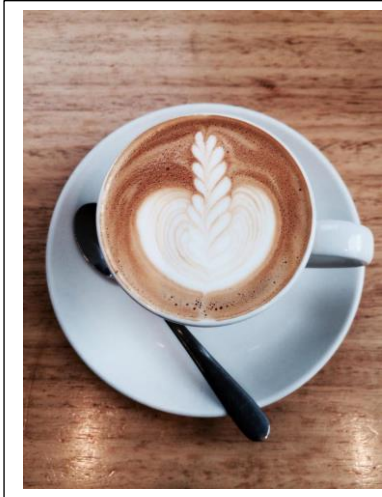
## The Verdict

The big elephant in room at this point is: which should you be drinking each morning?

From this summary of the pros and cons of tea and coffee, it's clear that both have health benefits and a few negatives too. To be on the safe side, it's wise to take one or both beverages in moderation (as with everything you eat/drink).

If you prefer tea, desist from adding milk as this lowers the benefits slightly. On the other hand, if you prefer coffee, try and limit your daily intake to a reasonable level to mitigate any harmful side effects.

- See more at: <http://healthyhints.com.au/coffee-vs-tea-the-pros-cons-of-your-favourite-brew/?sb=1&uid=70415&ap=li sema80#sthash.I4po8hOU.dpuf>



[Few Vegetables are as Beneficial for Your Body as Spinach](#)





## Tamil Shop in Auckland

Thank goodness for Charmaine Solomon's Asian Cookbook. I roast and grind my own curry powders, garam masala and - if pushed - make them myself! Indian food outlets serve bowls of gravy with lump or two of meat, a mound of rice and naan charge \$19 and call it a meal! I avoid them like the plague. I like Malaysian curries. Very good 'street food' cafes and restaurants popping up in Auckland. And the Tamil shop makes a decent buttercake, pan rolls, vaddes, and rice and curry combinations. So I am not really that deprived. They also make - what they call - lump rice (!) - which is yellow rice with everything bar the kitchen sink, wrapped in genuine banana leaf. Far removed from the traditional, but what the hell, it is nice. My son loves curries, so does his son Jack. Wonderful to think a little bit of our heritage being passed on.

Good eating, Harold  
Cheers  
Sandy

Ed: These comments were sent after reading my article on "Why is Melbourne called, "Little Ceylon"

### Why Start Paleo Living?

Most people are intrigued when they're introduced to Paleo living, or living like cave men. It's hard not to be when you see so many people enthused and getting results. When you see or hear from friends and family or read about how you can lose weight, clear up skin issues, get better sleep, stabilize blood sugar, reduce chronic inflammation, and literally de-age, you pay attention!

[MoreSee more from Diet & Nutrition](#)



### End of road for car side mirrors?

Blind spots likely to go as automakers switch to digital systems.



### New Procedure Allows Kidney Transplants From Any Donor

By GINA KOLATA

The procedure, reported in The New England Journal of Medicine, involves a reboot of a patient's immune system and could also work for lung and liver transplants.

[http://www.youtube.com/embed/zf\\_0jzPQ8lo?rel=0](http://www.youtube.com/embed/zf_0jzPQ8lo?rel=0)

## Some Drinking May Help Early Alzheimer's Patients

### 2 to 3 alcoholic drinks daily linked to reduced risk of death over 3-year study period

WebMD News from HealthDay

By Robert Preidt

HealthDay Reporter

A couple of drinks a day may lower the risk of premature death in people with early stage **Alzheimer's disease**, according to a new study.

The study included just over 320 people in Denmark with early stage **Alzheimer's disease**. Those who had two to three **alcoholic** drinks a day had a 77 percent lower risk of dying during the study period than those who had one or fewer drinks a day, the investigators found.

"The results of our study point towards a potential, positive association of moderate alcohol consumption on mortality in patients with **Alzheimer's disease**," Sine Berntsen, from the University of Copenhagen in Denmark, and colleagues wrote.

"However, we cannot solely, on the basis of this study, either encourage or advise against moderate alcohol consumption in [these] patients," the study authors concluded.

The study did not prove a cause-and-effect relationship between drinking and a lower risk of death from early **Alzheimer's**, it only showed an association.

The report was published in the Dec. 10 edition of the online journal *BMJ Open*.

Weekend Reading: The Best Science Stories of the Week



Here are the most interesting, amazing and unusual things that happened in the world of science this week. A recap of Live Science's best.

[Read More »](#)

## State of mind impacts your state of health

by [Shelley Murphy](#) (follow)

[@GrowinEsteem](http://counsellorshelley.wix.com/shelley-murphy)

Science is coming to understand that our thoughts and emotions can, and do, impact our overall well-being. So the thinking we engage in has a very real impact on our body.

The physical and emotional benefits of positivity have many measurable benefits for the body. This can include but is not confined to, speedier recovery from cardiovascular stress, improved sleep, fewer colds, and an overall sense of well-being and happiness.

Playfulness, love, interest, serenity, feeling connected to others, and gratitude all have a direct influence on health and well-being. The good news is that these can be practiced, and this practice will lead to very real benefits to your mind and body. –

There are many aspects to how you can achieve this, but the big three are forgiveness, emotional resilience and gratitude.

**Forgiveness** is the act of accepting that a negative circumstance has taken place and letting go of the negative emotions related to the act, so that you can experience personal freedom. It is definitely not validation or acceptance that what has taken place is acceptable, it is a means to improve the quality of life and health of the individual who has been wronged.

**Emotional resilience** is your ability to adapt to stressful situations or crises. It is often referred to as your ability to "roll with the punches," the unexpected challenges that life throws you. The good news is that it is a skill that can be learned.

**Gratitude** at first may look to be an odd one, especially if you are going through challenging times and you think the world is picking on you. However, it is the ability to be grateful, even during the most trying times which is an act of kindness to your mind and subsequently your body. The positive focus is a great mood lifter and is the source of hope creation. Even in the darkest times there is a spark of hope, and this can be discovered through the lens of gratitude. Many people start their "**attitude of gratitude**" with a journal. Each day they make a point of writing down at least five things they are grateful for in their day.

What science is now proving is that the quality of thoughts really do matter, in fact your health depends upon it. The mind/body connection is not to be under-rated and you can start with your next thought!

Remember if you are smiling on the outside, you are also smiling on the inside! - See more at: <http://healthyhints.com.au/state-of-mind-impacts-your-state-of-health/?sb=1&uid=70415&ap=lisema80#sthash.jd1O2tU6.dpuf>

## Rate of Breathing

In humans, the average rate of breathing is dependent upon age. A newborn's normal breathing rate is about 40 times each minute and may slow to 20 to 40 times per minute when the baby is sleeping, according to the [Children's Hospital of Philadelphia](#). For adults, the average resting respiratory rate for adults is 12 to 16 breaths per minute, according to [Johns Hopkins Medicine](#). Physical exertion also has an effect on respiratory rate, and healthy adults can average 45 breaths per minute during strenuous exercise.

Beer, like wine, is fat-free, and it contains some helpful nutrients in small amounts, including protein, potassium, folate, vitamin B12, and selenium. However, beer is one of the top five sources of calories among American adults and a poor source of nutrients, according to the 2010 Dietary Guidelines for Americans.

## A banana a day keeps the gout away!

Bananas originated in Southeast Asia particularly in Malaysia around 4000 years ago then spreading to the Philippines and India. Today the Americas are the largest producers of bananas being brought over here by Portuguese explorers mainly grown in Brazil, Costa Rica and Mexico. Bananas are a unique type of fruit that has a creamy flesh which is firm yet sweet and can be harvested year-round.

One banana has about 105 calories and is low on sugar but very high in vitamins B6, vitamin C, fiber, magnesium, folic acid and potassium; which is very beneficial to the gout sufferer and should be part of your daily diet. I personally eat one banana a day without fail. [Bananas are one of the best sources of potassium containing over 400 mg of potassium](#) and just 1 mg of sodium. They help you maintain normal blood pressure, heart function and lower uric acid levels.

Bananas assist in converting uric acid into liquid form which can then be filtered by the kidneys and excreted through your urine avoiding the crystallization in your joints causing gout symptoms. In addition, one banana contains about 24 mcg of folate or folic acid which also helps lower uric acid levels as well as repair broken tissue in the joints. Furthermore, [they contain about 10.3 mg of vitamin C which also has shown to decrease uric acid levels and also alleviate symptoms of gout.](#)

- See more at: <http://goutandyou.com/gout-and-bananas/#sthash.VWUsFf1c.dpuf>



### 6 unusual ways to avoid overeating

*'Oh my goodness, the food was so good, I ate way too much' 'i½ does this sound familiar to you? Often,...*

by [Kabhi](#)



**Home Delivery | Short Film | By Esha Talukdar**

by [humaramovie](#)

## Ginger (*Zingiber officinale*) for Migraine

Ginger is a tropical Asian plant. It has been used in herbal medicines in China for over 2,000 years. It has also been popular in Indian and Arabic medicines since ancient times. Ginger has traditionally been used as a spice and as a remedy for:

headaches  
stomach pain  
nausea  
arthritis  
cold and flu symptoms  
neurological problems

Ginger has been well-documented as anti-inflammatory, antiviral, antifungal, and antibacterial. In addition, a 2014 study published in the [Journal of Phytotherapy Research](#) showed that ginger powder benefits were comparable to sumatriptan, a common migraine prescription, but with fewer side effects. Most people can tolerate fresh or dried ginger root, supplements, or extract. Be careful not to combine ginger supplements with blood thinners because of potential drug interactions.

Healthline.com

## Caffeine (*Coffea arabica*) and Black or Green Tea-for Migraine

Caffeinated teas became common in China during the Ming Dynasty. They exploded in popularity in Europe during the 18th and 19th centuries. Green tea was used in combination with other herbs for migraine pain in traditional Chinese medicine. Coffee initially gained recognition in Arabia. Yerba mate, a less widely known caffeinated tea, originated in South America.

People in many cultures primarily consumed caffeine to help treat:

headaches  
high blood pressure  
stomach problems  
sexually transmitted diseases  
cancer  
circulatory problems

inflammation  
skin damage

kidney disease

Caffeine is also found in many over-the-counter pain relievers today.

Although caffeine is frequently studied in combination with other pain relievers, it's considered a useful and safe additive in pills for many migraine sufferers. The [Journal of Headache and Pain](#) found in a 2012 study that a combination of 1,000 mg of paracetamol and 130 mg of caffeine is particularly helpful. However, caffeine withdrawal and caffeine intake can also be triggers for headaches and migraines.

Healthline.com

## FDA approves application for AquaAdvantage Salmon

The FDA has approved AquaBounty Technologies' application for AquaAdvantage Salmon, an Atlantic salmon that reaches market size more quickly than non-GE farm-raised Atlantic salmon. The FDA regulates GE animals under the new animal drug provisions of the Federal Food, Drug, and Cosmetic Act, because the recombinant DNA (rDNA) construct introduced into the animal meets the definition of a drug. In this case, the rDNA construct introduces a trait that makes the AquaAdvantage Salmon grow faster.

"The FDA has thoroughly analyzed and evaluated the data and information submitted by AquaBounty Technologies regarding AquaAdvantage Salmon and determined that they have met the regulatory requirements for approval, including that food from the fish is safe to eat," said Bernadette Dunham, D.V.M., Ph.D., director of the FDA's Center for Veterinary Medicine.

Based on a comprehensive analysis of the scientific evidence, the FDA determined that AquaAdvantage Salmon meets the statutory requirements for safety and effectiveness under the Federal Food, Drug, and Cosmetic Act. Among the requirements the sponsor had to meet are that food from the fish is safe to eat; the rDNA construct (the piece of DNA that makes the salmon grow faster) is safe for the fish itself; and the AquaAdvantage Salmon meets the sponsor's claim about faster growth. In addition, the FDA determined that food from AquaAdvantage Salmon is as safe to eat and as nutritious as food from other non-GE Atlantic salmon and that there are no biologically relevant differences in the nutritional profile of AquaAdvantage Salmon compared to that of other farm-raised Atlantic salmon.

For Hindu people in Melbourne, a vibrant festival of colours is about more than ancient mythology. It's a celebration of diverse friendships.

A photos by [Margaret Burin](#).



# Big data and bacteria explain why your diet isn't working

It's so frustrating - the latest weight-loss fad works for your best friend, and not you.

But before you blame a weak willpower and that occasional chocolate and glass of wine, some new research could spare your conscience.

A study published in the journal *Cell* links the bacteria that live in the human gut - the microbiome - with how the body manages food.

"Our research suggests that each person's microbiome is driving food effects on the body," said Eran Elinav, of the Weizmann Institute of Science in Israel, and lead immunologist on the study.

Dr Elinav presented a sneak-peek of his new findings at 'Bugs, Bowels and Beyond', the 2015 National Scientific Conference of the Australian Society for Medical Research held in Adelaide this week.

He showed world-first evidence that the gut microbiome could be the reason you can't shake those extra kilos despite eating the same meals as your skinny pal.

The study flies in the face of accepted nutritional dogma that each of us metabolise foods in the same way.

"Almost every diet that you can find is based one way or another on grading systems, such as glycaemic index ratings on food," said Dr Elinav.

The glycaemic index provides an indication of the human blood sugar response to a certain food: lower is thought to be better. For example, the glycaemic index of white rice is stated to be around 90, whereas [quinoa](#) is 53. Almonds are close to zero.

However, because each figure has been calculated based on an average response in a small group of people, it does not reflect how much variation occurs across entire populations.

"In our study of 800 people, we found that each reacts very differently to the same foods," explained Dr Elinav.

"This brings into question the whole concept of the 'one size fits all' diet."

In some individuals, foods that are broadly viewed as being healthy - such as sushi or tomatoes - in fact resulted in spikes in blood sugar levels. In other people, treats such as croissants and red wine resulted in minimal change.

High and persistent spikes in blood sugar levels over the course of many years are associated with the development of [Type II diabetes](#).

Dr Elinav reported that for all 800 participants in the main part of the study, a personalised food response profile was created based on data from health questionnaires, body measurements, blood tests, glucose monitoring, stool samples, and a mobile-app ([www.personalnutrition.org](http://www.personalnutrition.org)) used to report lifestyle and food intake.

This information was then used to create an algorithm that could be applied to the broad population to successfully predict blood sugar responses to foods.

"We validated the predictive algorithm with a new group of 100 people, and then tested it in a group of individuals most of whom were pre-diabetic," said Dr Elinav.

"We saw an overwhelming improvement in blood sugar levels with individually-tailored 'good' diets," he said.

Because the researchers had collected stool samples from the study participants, they were able to pin down blood sugar responses of individuals to foods as being closely linked with the profile of bacteria living in the bowel.

"In all of these studies the microbiome was a major and important factor in the algorithm," said Dr Elinav.

MNT



Tests were carried out on 49 tea bags to determine which brands contained the most fluoride. Budget brands contained the highest levels, according to the study published in *Nutrition Bulletin*.

# Sugar Triggers Memory Problems and Neuroinflammation

Results of a study conducted at the University of Southern California (USC) has shown that adolescent rats that freely consumed large quantities of liquid solutions containing sugar or high-fructose corn syrup (HFCS) in concentrations comparable to popular sugar-sweetened beverages experienced memory problems and brain inflammation, and became pre-diabetic. Scott Kanoski, an assistant professor at USC's Dornsife College of Letters, Arts and Sciences, and colleagues investigated the effects of sugar and HFCS on 76 rats. Adolescent or adult male rats were given 30-day access to chow, water, and either (1) 11% sucrose solution, (2) 11% HFCS solution, or (3) an extra bottle of water (control). Approximately 35-40% of the rats' daily calories were obtained from sugar or HFCS. The rats then underwent a series of tests. Results showed that in adolescent rats, HFCS intake impaired hippocampal-dependent spatial learning and memory in a Barnes maze, whilst moderate learning impairment was also observed in the rats in the sucrose group. Further investigation revealed that protein expression of the pro-inflammatory cytokines interleukin 6 and interleukin 1β was increased in the hippocampus of the adolescent rats fed HFCS, while liver interleukin 1β and plasma insulin levels were elevated in both adolescent-exposed sugar groups. On the other hand, intake of HFCS or sucrose in adults did not impact spatial learning, glucose tolerance, or neuroinflammatory markers. "The brain is especially vulnerable to dietary influences during critical periods of development, like adolescence," said Kanoski, "Consuming a diet high in added sugars not only can lead to weight gain and metabolic disturbances, but can also negatively impact our neural functioning and cognitive ability."

[VIEW NEWS SOURCE](#)

# Consumption of sweetened drinks now linked to heart failure

New research shows a link between regular consumption of sweetened drinks and an increased likelihood of heart failure in men.



Although this is the first time [heart failure](#) has specifically been investigated, there already exists a wealth of data on sweetened drinks' impacts on other health issues.

Research conducted in 2004 found that adolescents consumed an average of 300 [calories](#) per day from sugar-sweetened drinks, accounting for 13% of their daily caloric intake.

Due to the prevalence of sweetened drinks in the general population's diet and their negative health potential, this is an area worthy of further investigation.

Consumption of sweetened beverages has already been linked to changes in [blood pressure](#), concentrations of [insulin](#), glucose and C-reactive protein, and weight.

Soft drinks are also associated with an increased risk of developing [hypertension](#), metabolic syndrome, [coronary heart disease](#) and [stroke](#).

Previous research has also shown that people who consume 1-2 cans of sugary drinks per day or more have a 26% greater risk of developing [type 2 diabetes](#) than people who rarely have such drinks.

MNT

# Irregular Heartbeats? Coffee

# May Not Be So Bad for You



By *NICHOLAS BAKALAR*

People with irregular heartbeats are often advised to give up caffeine, but a new study suggests they may not have to forgo their coffee.

No, this isn't Bali — Sri Lanka is a paradise that Aussies are missing out on



**WHERE TO HIT THE WAVES**

Despite its modest size, Sri Lanka's tropical climate and extensive coastline makes it one of the world's best locations for both surfing and kitesurfing. People from all over the world flock to Sri Lanka to enjoy the water and splash around in lagoons with exotic backdrops. The Kalpitiya area is the best place for kitesurfing. Beginners should start in a lagoon, as sea-waves can make it tricky for those who aren't experienced. Sri Lanka has a number of Kite Schools for comprehensive classes if you're a beginner — they're also worth checking out if you're just looking for the confidence to tackle stronger winds if you're a bit more experienced. For the surfers, head to the northwest coast on the peninsula of Puttalam, about a two-hour drive from the Bandaranaike International Airport (Colombo's main airport) — you can hire a car here and head off on your own mini road trip. Surfers usually flock there from April to October, as the ocean swells are said to be more consistent and wind conditions are perfect. The most popular beach for the best waves is Arugam Bay. For board freaks heading to Sri Lanka between November and April, try the southwest areas for the right type of ocean swells — the beaches in Mirissa and Hikkaduwa are our top recommendationS. <http://www.news.com.au/travel/world->

**Healthy sunshine glow juice**

For all you carrot and tomato lovers, here is a great juice combo with lots of health benefits

by **Anu**



**Do Not Fit | Short Film | Rukshana Tabassum**

by [humaramovie](#)



**High Cholesterol Rate Dropping in America, Says CDC**



**December 1st, 2015**  
When it comes to America's heart health, it's not all bad news. [Read More »](#)



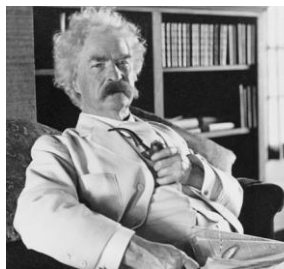
**Baby Elephant Begs Mom For Help, But Watch Who Comes To The Rescue...**



**Ancient Wisdom in Modern Times - Deepak Chopra and Sadh...**

by [Inner Engineering](#)

1,767,173 views



"I have never taken exercise except sleeping and resting."

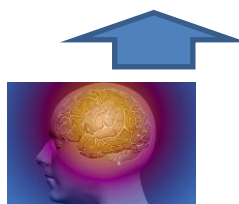
**Vitamins and your heart**

*Healthbeat*

Do vitamin and mineral supplements really promote heart health? Some older studies suggested that calcium supplements have heart health benefits. Studies on fish oil showed it was good for your heart, too. But calcium supplements have come under scrutiny following a report that men who took more than 1,000 milligrams of supplemental calcium daily over a 12-year period were 20% more likely to succumb to heart disease than those who didn't take the pills. And while some studies have found that popping fish oil capsules lowers the chance of having a heart attack or other related problem, others have failed to find such benefits. Some observational studies have also shown links between heart health and higher intakes of certain vitamins — specifically, vitamins C and E, beta carotene, and three B vitamins (folic acid, B6, and B12). But more rigorous studies that compared people who took specific vitamins with those who took placebos have come up short. In fact, guidelines from the American Heart Association state that supplements of the vitamins listed above should not be taken to prevent heart disease. Not only do they not help, there's even some suggestion that taking vitamin E supplements may slightly raise the risk of heart failure and hemorrhagic (bleeding) strokes. The bottom line? It's better to get your nutrients from foods, not pills. When you eat a diet rich in fruits, vegetables, fish, and whole grains, you don't get individual nutrients in isolation — you get a blend of vitamins, carbohydrates, fiber, and healthy fat, all of which have been proven to be beneficial for heart health.

For more on the latest advances in treating coronary artery disease, buy **Diagnosis: Coronary Artery Disease**, a Special Health Report from Harvard Medical School. August 28, 2014 Harvard Health

**Novel Chemical 'Washes Away' Alzheimer's Plaque in Mice**



December 8th, 2015

**Why diet mixers get you drunk FASTER: Artificial sweeteners increase how quickly alcohol gets into the blood stream**



Sugary drinks are thought to slow the passage of alcohol into the bloodstream, unlike the artificial sweeteners in diet drinks, according to researchers at Northern Kentucky University.

**Baby's New Leukemia Treatment Could Help Others with Cancer**



A new technology that edits the genes within a cell was used recently to treat a baby with leukemia. The treatment may one day be used to treat other types of cancers, experts say. [Read More »](#)

**Vit C for a Cold**  
When researchers reviewed more than a decade's worth of findings, they found that megadoses of vitamin C don't prevent colds for most people. Some studies suggest it might help you get over the symptoms a little faster. But it won't make them less severe. WebMD

**Less Vino, Please: Italian Drinking Rates Drop**



Italians may be known for their love of wine, but drinking rates in the country have actually dropped markedly in recent years. Here's why. [Read More »](#)

## What is the Pancreas?

The pancreas is a 6-inch-long spongy, tube-shaped organ located in the back of the abdomen, behind the stomach. It has two major jobs in the body: to make digestive juices (enzymes) that help the intestines break down food, and to produce hormones -- including insulin -- that regulate the body's use of sugars and starches. Pancreatic cancer occurs when malignant (cancerous) cells grow, divide, and spread in the tissues of the pancreas.

### Symptoms of Pancreatic Cancer

Pancreatic cancer is called a "silent" disease because symptoms typically do not show up in the early stages. But as the cancer grows and spreads, pain often develops in the upper abdomen and sometimes spreads to the back. The pain may become worse after the person eats or lies down. Other symptoms may include jaundice, nausea, loss of appetite, weight loss, fatigue, weakness, and depression.

### Causes of Pancreatic Cancer

Although the exact cause of pancreatic cancer is not known, smoking is the main risk factor, with smokers at least 2 times more likely to have the disease than nonsmokers. Age is also related, with the disease usually striking after age 45. Diabetes is also linked to pancreatic cancer since it's a risk factor *and* as a symptom of the disease. Other risks include chronic pancreatitis and cirrhosis of the liver. And family history of pancreatic cancer, high fat diet, obesity, and lack of exercise may also play a part.

### Diagnosing Pancreatic Cancer

The challenge of this disease is finding it early. A doctor cannot see or feel a tumor during a routine exam. To help make the diagnosis (and determine the most appropriate treatment), imaging tests are performed (such as an ultrasound or CT scan) to view pictures of the abdomen and determine the extent of the problem. The green region shown in this colorized CT scan appears to be cancer in the pancreas and liver. The diagnosis comes from a biopsy -- taking a tissue sample from the tumor -- performed either with a needle through the skin or during an operation.

### Treatment: Surgery

Surgery can cure the cancer if it has not spread past the pancreas. Since side effects depend on the extent of the surgery, the tumor is removed leaving as much of the normal pancreas intact as possible. Unfortunately, with pancreatic cancer, the malignant cells usually have spread past the pancreas at the point of diagnosis. Surgery still may be performed, even if the tumor is too large to remove. The surgery would involve procedures to help lessen some of the symptoms and prevent certain problems related to the size of the cancerous mass.

### Treatment: Radiation Therapy

Radiation therapy uses high-powered radiation to kill cancer cells. Radiation is usually given five days a week for several weeks or months. This schedule helps to protect normal tissue by spreading out the total dose of radiation. Radiation is also being studied as a way to kill cancer cells that remain in the area after surgery. Radiation therapy can help relieve pain or digestive problems caused by large cancerous masses.

### Treatment: Chemotherapy

Chemotherapy uses drugs to destroy cancer cells and stop them from growing or multiplying. Treatment may consist of just one drug or a combination of drugs. It may be given by mouth or by injection. The drugs enter the bloodstream and travel through the body, making chemotherapy a good choice for cancer that has spread. It is also useful after surgery to kill any cancer cells left behind.

### Treatment: Targeted Therapy

Newer drugs on the market have the ability to attack specific parts of the cancer cells. Targeted therapies appear to have fewer side effects than chemotherapy and are less harmful to normal cells. Targeted therapy is currently being studied for treatment of pancreatic cancer.

*Shown here is a color enhanced, magnified view of a pancreatic cancer cell.*

### New Anticancer Treatment: Immunotherapy

Also called biological therapy, immunotherapy aims to boost a person's immune system to fight disease. Immunotherapy is not yet available for pancreatic cancer, but is being actively researched, along with the investigation into vaccines that arm the immune system to attack cancer cells.

### Treatment: Palliative Therapy

Palliative therapy is used to ease symptoms and manage pain regardless of the stage of the disease or the need for other therapies. The goal of palliative care is to improve quality of life not just in the body, but in the mind and spirit. While palliative therapies are clearly appropriate at the very advanced stages of the disease, they are also helpful when given in tandem with other cancer treatments still working to fight the disease.

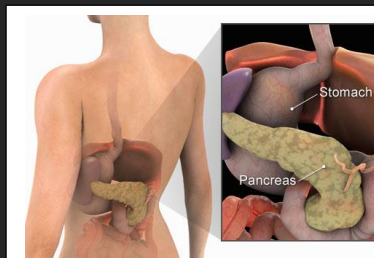
### Is Prevention Possible?

Although there's no one definite action you can take to prevent pancreatic cancer, start by avoiding the risk factors you can control.

If you smoke, quit now.

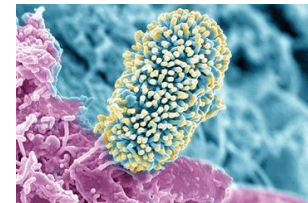
If your diet is high in fat, work to eat more healthfully.

Adopt a regular exercise routine, since exercise can help prevent diabetes and obesity -- two risk factors for the disease. -WebMD



Getty images

## [Why It's Time to Map the Microbiome \(Kavli Roundtable\)](#)



[Scientists are rushing to map the microbe communities in our world, and our guts — here's why it's urgent.](#)  
[Read More »](#)

## Grapefruit juice and statins

**Q.** I've heard that people shouldn't drink grapefruit juice if they're taking a statin. Why?

**A.** Certain classes of drugs — most notably statins — are metabolized (broken down) in your intestines by an enzyme called CYP3A, which normally reduces the amount of drug that enters your bloodstream. Grapefruit juice contains compounds called furanocoumarins that stop CYP3A from doing its job. As a result, more of the drug is absorbed, making it more powerful than it's meant to be — even toxic in some cases. Not all statins are affected equally by grapefruit juice, so grapefruit fans might want to switch to a statin that's less affected (see the table below). But if you can't switch, experts say it's probably okay to enjoy a small glass. That's because the studies showing dangerous effects used massive amounts of furanocoumarins, the amount found in a quart or more of the juice. What's more, eating half a grapefruit is even less risky than drinking grapefruit juice, since it takes several fruits to make a single glass of juice. But to be on the safe side, check with your doctor, and avoid taking your pills with grapefruit juice.

**The grapefruit effect: Grapefruit juice affects certain statins more than others**  
**Harvard Medical School**

## [Sudden cardiac death may soon be a thing of past](#)



Scientists at a US university have developed a possible treatment to prevent hypertrophic cardiomyopathy (HCM) - a common cause of sudden death in young athletes - using a study conducted by researchers more than 15 years ago.

## Israel claiming to recreate wine Jesus, King David drank

Jodi Rudor

HEFER VALLEY (Israel): The new crisp, acidic and mineral white from a high-end Israeli winery was aged for eight months — or, depending on how you look at it, at least 1,800 years.

The wine, called marawi and released last month by Recanati Winery, is the first commercially produced by Israel's growing modern industry from indigenous grapes. It grew out of a groundbreaking project at Ariel University in West Bank that aims to use DNA testing to identify — and recreate — ancient wines drunk by the likes of King David and Jesus Christ. Eliyashiv Drori, the Ariel oenologist who heads the research, traces marawi (also called hamdani) and jandali grapes to AD 220 based on a reference in the Babylonian Talmud.

"All our scriptures are full with wine and with grapes — before the French were even thinking about making wine, we were exporting wine," he said. But Recanati is not the first to sell wine from these grapes. Cremisan, a small winery near Bethlehem, has been using hamdani, jandali and other local fruit since 2008.

Wine presses have been uncovered in Israel — and the West Bank — that date to biblical times. But winemaking was outlawed after Muslims conquered the holy land in the seventh century. When Baron Edmond de Rothschild, an early Zionist and scion of a famed Bordeaux winery, helped restart the local craft in the 1880s, he brought fruit from France.

Drori and a dozen colleagues have since 2011 identified 120 unique grape varieties whose DNA profiles are distinct from all imports. At Ariel University's research winery, small cooled trailers with eight wood-aging barrels, Drori and a student, Yaakov Henig, have made tiny batches from about 30 different grapes in search of the great new — or perhaps ancient — Israeli wine. Their bottles are labelled with masking tape and handwriting recording the date and location of the harvest.

*Foot note: There is only one group of people who are explicitly told in the Bible to never drink wine/alcohol, and that is the Nazirites (Numbers 6:1-4). Jesus was not a Nazirite; He was a "Nazarene," a native of the town of Nazareth (Luke 18:37). Jesus never took the Nazirite vow.*

*Christ's first miracle of turning water into wine at the wedding at Cana almost certainly involved a fermented beverage. According to Jewish wedding tradition, fermented wine was always served at weddings; if Jesus had provided only grape juice, the master of the feast would have complained. Instead, he said the wine was better than what was previously served; it was apparently a "fine" wine (John 2:10-11).*

## Singles with cancer more likely to die sooner than those with partner

## Here are 20 guidelines for healthful and enjoyable eating for people with diabetes and anyone else who wants to eat healthfully:

Eat a variety of foods; since no single food is perfect, you need a balanced mix of foods to get all the nutrients your body requires. Eat more vegetable products and fewer animal products.

Eat more fresh and homemade foods and fewer processed foods. Avoid fast food and junk food. You know what they are. Choose your fats wisely. Cut down on meat, the skin of poultry, whole-fat dairy products, stick margarine, fried foods, processed snack foods, and commercial baked goods made with trans fats. Think about dressings, sauces, and cooking oil. Use olive or canola oil to cook whenever possible, and moisten your bread with olive oil or soft margarine. Get "good fats" from fish and nuts.

Choose your carbs wisely. Cut down on simple sugars; remember that sodas, sports energy drinks, and fruit juices are loaded with sugar. Cut down on highly refined products made with white flour. Favor whole-grain, coarsely ground, unrefined products. Don't be fooled by dark-colored bread or by labels that boast of unbleached flour, wheat grain, or multigrain flour.

Instead, look for whole grain as the first ingredient, and read the fine print to learn the fiber content of a portion; more is better. Learn to like bran cereal, vegetables, fruits, nuts, and seeds. Consider fiber supplements if you can't get enough from foods. Consume at least three cups of non- or low-fat dairy products a day.

Eat protein in moderation. Favor fish and skinless poultry. Experiment with soy and beans as a protein source. Aim for 5½ ounces of protein-rich foods a day; count ¼ cup of cooked beans or tofu, ½ ounce of nuts or seeds, or one egg as equivalent to 1 ounce of cooked fish or cooked lean meat or poultry.

Restrict your sodium intake to less than 2,300 mg per day, particularly if your blood pressure is borderline or high, by reducing your use of table salt and processed foods such as canned soup and juices, luncheon meats, condiments, frozen dinners, cheese, tomato sauce, and snack foods. People with blood pressure above 120/80 mm Hg should aim for 1,500 mg a day, as should anyone above age 50.

Eat more potassium-rich foods, such as citrus fruits, bananas, and other fruits and vegetables. Eat more calcium-rich foods such as low-fat dairy products, broccoli, spinach, and tofu (but don't take calcium supplements to boost your daily intake above 1,200 mg).-Harvard Health

Eat more grain products, especially whole-grain products, aiming for at least 6 ounces a day. Count 1 cup of dry cereal; ½ cup of cooked cereal, rice, or pasta; or one slice of bread as 1 ounce. Whole grains and brown rice should provide at least half your grains; the more, the better.

Eat more vegetables, especially deep-green and yellow-orange vegetables. Aim for at least five servings a day. Count 1 cup of raw leafy greens, ½ cup of cooked or raw vegetables, or ½ cup of vegetable juice as one portion.

Eat more fruits, aiming for at least four servings a day. Count one medium-size piece of fruit; ½ cup of fresh, frozen, or canned fruit; or ½ cup of fruit juice as one portion.

Eat more fish, aiming for at least two 4-ounce servings each week. Remember to broil, bake, or grill instead of frying.

If you choose to eat red meat, try to reduce your intake to two 4-ounce servings per week. Avoid "prime" and other fatty meats, processed meats, and liver. Switch to chicken and turkey, always removing the skin. Be sure your meat and poultry are cooked to 160° or more, but not charred.

Eat eggs sparingly; aim for an average of no more than one egg yolk per day, including those used in cooking and baking. Use egg substitutes whenever possible.

Include seeds and unsalted nuts in your diet. Nuts have been linked to a reduced risk of cardiac death, but since they are high in calories, moderation is the watchword.

Use vegetable oils in moderation, favoring olive and canola oils. Reduce your intake of partially hydrogenated vegetable oils, palm oil, and coconut milk.

Good news for active seniors!

Whether you choose to garden, dance, spin or swim, the more calories you burn, the lower your risk of developing dementia, a new study suggests.

## Gut Microbiota World Watch is here!

posted in: Diet, Digestive Health, Events, Gut Brain Connection, Gut Microbiota Resources, Immune Function, Lifestyle, Maternity & Babies, News, Probiotics & Prebiotics, Studies & Publications | 0



We

are proud to launch today the first public information service about gut microbiota: the Gut Microbiota World Watch.

Thanks to the support of the [Gut Microbiota & Health section](#) of the [European Society of Neurogastroenterology and Motility](#) (member of the [United European Gastroenterology](#)), we will work as an international information and education center aimed at disseminating to society cutting-edge findings around gut microbiota. Our goal is to expand knowledge and raise recognition and interest on gut microbiota and its importance for health and quality of life while becoming an international point of reference for any issues related to this important part of our body.

Through a web-based content center and social media platforms, we will keep media and society up-to-date on the latest facts and news about gut microbiota. Experts' interviews, videos, comments on recent publications and findings from the main international research entities around the world, is only part of what you will be able to find in our platform.

Follow our news and social media channels and learn with us the amazing



## Baked eggs with leek, asparagus and parmesan

*This divine and hearty meal is my favourite breakfast at the moment*

<https://www.facebook.com/video.php?v=522407257917995>

## Gout and Mushrooms



Love meat but need to cut down on it cause you suffer from gout? Here's an idea! Replace meat with mushrooms! Yes mushrooms! Mushrooms are low in calories and help control your appetite. Mushrooms are a great food to help control your weight which is an important benefit to the gout sufferer. To date there is no evidence that fruits, vegetables or mushrooms cause gout or make your gout worse. Anybody that tells you otherwise, you should watch out for. They don't have your best interests at heart or simply are dazed and confused. Did you know that of the 140,000 species of mushrooms, science is only familiar with only 10%? Although mushrooms are meaty, chewy and juicy they can't really replace meat cause a 3 ounce serving has just 3 grams of protein compared to 20 grams of protein that can be had with a 3 ounce serving of chicken or beef. Portobello mushrooms are known as the vegetarian's steak after all but it won't fill you for too long. Mushrooms carry beta-glucans which is a type of carbohydrate found in mushrooms and is a strong anti-inflammatory that helps protect you from gout. They are a great source of vitamins B, selenium, copper, phosphorous, potassium, zinc, manganese, riboflavin, niacin, ergothioneine which is a powerful antioxidant and many other vitamins and minerals. There aren't any studies conducted with mushrooms for gout sufferers but there is one that was done with people suffering from rheumatoid arthritis with Reishi mushrooms also known as Ganoderma lucidum "the Mushroom of Immortality". In the 2007 study published by the University of Hong Kong, the polysaccharide peptides in Reishi were found to "significantly inhibit the proliferation of Rheumatoid Arthritis Synovial Fibroblasts (RASf)." Reishi mushrooms helps regulate cells that influence the immune system, helping calm down overactive cells that affect autoimmune disorders such as rheumatoid arthritis. Remember gout is also an autoimmune disorder. You can consume Reishi mushrooms in the form of capsules and/or tea. Another mushroom that shows much promise is Cordyceps that has long been used in Chinese medicine and helps protect your liver and kidneys, helps increase blood flow normalizes cholesterol levels which all good stuff for us gout sufferers and rheumatoid arthritis sufferers having extremely potent anti-inflammatory characteristics. One thing scientists are beginning to recognize is that mushrooms carry what they consider a "master antioxidant" which is called ergothioneine and is exclusive to mushrooms protecting our DNA from oxidative damage. At the end of the day, mushrooms should be included in your gout diet and enjoy a mushroom burger from time to time. Skip the meat! Posted by Spiro Koulouris - See more at: <http://goutandyou.com/gout-and-mushrooms/#sthash.TMuuGsHN.dpuf>

## Honey Compounds as Antibiotic Alternative

*Lactic acid bacteria found in fresh honey produce a myriad of active antimicrobial compounds.*



Pouring honey - image from Shutterstock

Natural products such as honey have been applied against human infections and are a staple of folk medicine. Today, interest in honey as an alternative to antibiotics is peaking in both developing countries – where fresh honey is easily available, as well as Western countries – where antibiotic resistance is seriously increasing. Tobias C Olofsson, from Lund University (Sweden), and colleagues have identified a unique group of 13 lactic acid bacteria found in fresh honey, from the honey stomach of bees. The bacteria produce a myriad of active antimicrobial compounds. These lactic acid bacteria have now been tested on severe human wound pathogens such as methicillin-resistant *Staphylococcus aureus* (MRSA), *Pseudomonas aeruginosa* and vancomycin-resistant *Enterococcus* (VRE), among others. When the lactic acid bacteria were applied to the pathogens in the laboratory, it counteracted all of them. While the effect on human bacteria has only been tested in a lab environment thus far, the lactic acid bacteria has been applied directly to horses with persistent wounds. The lactic acid bacteria was mixed with honey and applied to ten horses; where the owners had tried several other methods to no avail. All of the horses' wounds were healed by the mixture. Writing that: "We demonstrate a strong antimicrobial activity from each symbiont and a synergistic effect, which counteracted all the tested pathogens," the study authors submit that: "The mechanisms of action are partly shown by elucidating the production of active compounds such as proteins, fatty acids, anaesthetics, organic acids, volatiles and hydrogen peroxide. We show that the symbionts produce a myriad of active compounds that remain in variable amounts in mature honey."

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## Shared Symptoms of Crohn's Disease and Ulcerative Colitis

It is often difficult to diagnose which form of IBD a patient is suffering from because both Crohn's Disease and ulcerative colitis cause similar symptoms.

Symptoms related to inflammation of the GI tract:

- Diarrhea
- Rectal bleeding
- Urgent need to move bowels
- Abdominal cramps and pain
- Sensation of incomplete evacuation
- Constipation (can lead to bowel obstruction)

General symptoms that may also be associated with IBD:

- Fever
- Loss of appetite
- Weight Loss
- Fatigue
- Night sweats
- Loss of normal menstrual cycle

Both illnesses do have one strong feature in common. They are marked by an abnormal response by the body's immune system. The immune system is composed of various cells and proteins. Normally, these protect the body from infection. In people with Crohn's disease, however, the immune system reacts inappropriately.

However, in people suffering from IBD, the immune system reacts inappropriately, mistaking benign or beneficial cells and bacteria for harmful foreign substances. When this happens, your immune system can do harm to your gastrointestinal tract and produce the symptoms of IBD.

Crohn's & Colitis Foundation of America

## What harm can a little extra calcium do me?

Recommended Dietary Allowance (RDA) for Calcium for Women

Ages 9-18 yrs - 1,300 mg

Ages 19-50 yrs - 1,000 mg

Ages 51-70 yrs - 1,200 mg

More than you might think. Too much calcium can lead to: **Kidney stones: Constipation** (If constipation is a problem for you, try taking calcium with magnesium)

**Trouble absorbing** iron and zinc

**You may also have heard that taking calcium supplements can lead to heart disease. It's still an open question. Some studies suggest up to a 20% increase in heart disease in men and women who take calcium supplements, but other studies do not find this risk, or find it only in men and not women.-WebMD**

[Muscle problems caused by statins: Can a genetic test reveal your risk?](#)

Please share with friends



## Pesticides Linked to Kids' Cancer Risk

Children exposed to certain pesticides used in homes may have an increased risk of childhood cancers, according to a new study.

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## Progesterone May Not Lower Risk of Repeated Miscarriage



Progesterone supplements do not lower the risk of miscarriage in women who have suffered from repeated miscarriages in the past, a new study finds.

[Read More »](#)

## BROWN RICE:

Brown rice has several health benefits. However, it is not very commonly used in Indian households mainly because people are ignorant of the health benefits of brown rice and secondly that it is costlier compared to white rice. The health benefits of brown rice includes:

Brown rice is an excellent source of soluble fibre. It helps to lower the levels of 'bad' LDL cholesterol in the blood. There is also some suggestions that the oil present in brown rice or extracted rice bran oil may help lower harmful cholesterol levels and blood pressure, whilst raising the levels of 'healthy' HDL cholesterol.

The fibre in brown rice means that the digestion time of this carbohydrate is slower than processed grains, including white rice. This means that there is a more controlled slower release of sugar into the blood stream and it has a lower glycemic index (GI) compared to other grains.

Brown rice is very rich in vitamins and minerals and hence nutritionally more beneficial.  
TOI

## Diabetes-What Is It?

When you have this disease, your body does a poor job turning the carbohydrates in food into energy. This causes sugar to build up in your blood. Over time it raises your risk for heart disease, blindness, nerve and organ damage, and other serious conditions. It strikes people of all ages, and early symptoms are mild. About 1 out of 3 people with type 2 diabetes don't know they have it.

### What Will You Notice First?

People with type 2 diabetes often have no symptoms. When they do appear, one of the first may be being thirsty a lot. Others include dry mouth, bigger appetite, peeing a lot -- sometimes as often as every hour -- and unusual weight loss or gain.

### Later Symptoms

As your blood sugar levels get higher, you may have other problems like headaches, blurred vision, and fatigue.

### Signs of Serious Problems

In many cases, type 2 diabetes isn't discovered until it takes a serious toll on your health. Some red flags include:

- Cuts or sores that are slow to heal
- Frequent yeast infections or urinary tract infections
- Itchy skin, especially in the groin area

### It Can Affect Your Sex Life

Diabetes can damage blood vessels and nerves in your genitals. This could lead to a loss of feeling and make it hard to have an orgasm. Women are also prone to vaginal dryness. About 1 in 3 who have diabetes will have some form of sexual trouble. Between 35% and 70% of men who have the disease will have at least some degree of impotence in their lifetime.

### Risk Factors You Can't Control

Other risk factors are out of your control, including:

**Race or ethnicity:** Hispanics, African-Americans, Native Americans, and Asians are more likely to get it

**Family history of diabetes:** Having a parent or sibling with diabetes boosts your odds.

**Age:** Being 45 and older raises your risk of type 2 diabetes.

WebMD

## Sugar Triggers Memory Problems and Neuroinflammation

*Sugar consumption triggers memory problems and brain inflammation in rats.*



Sugar - image from Shutterstock

Results of a study conducted at the University of Southern California (USC) has shown that adolescent rats that freely consumed large quantities of liquid solutions containing sugar or high-fructose corn syrup (HFCS) in concentrations comparable to popular sugar-sweetened beverages experienced memory problems and brain inflammation, and became pre-diabetic. Scott Kanoski, an assistant professor at USC's Dornsife College of Letters, Arts and Sciences, and colleagues investigated the effects of sugar and HFCS on 76 rats. Adolescent or adult male rats were given 30-day access to chow, water, and either (1) 11% sucrose solution, (2) 11% HFCS solution, or (3) an extra bottle of water (control). Approximately 35-40% of the rats' daily calories were obtained from sugar or HFCS. The rats then underwent a series of tests. Results showed that in adolescent rats, HFCS intake impaired hippocampal-dependent spatial learning and memory in a Barne's maze, whilst moderate learning impairment was also observed in the rats in the sucrose group. Further investigation revealed that protein expression of the pro-inflammatory cytokines interleukin 6 and interleukin 1 $\beta$  was increased in the hippocampus of the adolescent rats fed HFCS, while liver interleukin 1 $\beta$  and plasma insulin levels were elevated in both adolescent-exposed sugar groups. On the other hand, intake of HFCS or sucrose in adults did not impact spatial learning, glucose tolerance, or neuroinflammatory markers. "The brain is especially vulnerable to dietary influences during critical periods of development, like adolescence," said Kanoski, "Consuming a diet high in added sugars not only can lead to weight gain and metabolic disturbances, but can also negatively impact our neural functioning and cognitive ability."

[VIEW NEWS SOURCE...](#)

## Healthy Diet Builds Brainpower

Do your brain a favor and choose foods that are good for your heart and waistline. Being obese in middle age makes you twice as likely to have dementia later on. High cholesterol and high blood pressure raise your chances, too. Try these easy tips:

- Bake or grill foods instead of frying.
- Cook with "good" fats like oils from nuts, seeds, and olives instead of cream, butter, and fats from meat.
- Eat colorful fruits and veggies.
- Eat fish.

WebMD

## Microgreens

Great things come in small packages. The baby versions of radishes, cabbages, kale, and broccoli can be higher in nutrients like vitamins C and E than the regular, mature plants. They range in flavors from peppery to tangy.



**Cooking tip:** Try adding a handful of microgreens to sandwiches and salads, or use as a garnish for soups.



## Vitamin D and Yoghurt improves sugar levels

Drinking yogurt with extra vitamin D may help people with diabetes regulate their blood sugar, a study from [Iran](#) finds. In the trial, 90 adults with diabetes were divided into three groups, all given daily yogurt drinks: one group received plain yogurt, one got yogurt with extra vitamin D, and one was given yogurt with extra vitamin D and calcium.

At the end of 12 weeks, "we found a relatively remarkable improvement" in blood sugar levels in the groups that got extra vitamin D, compared to the plain yogurt group, co-author Tirang Neyestani, associate professor at National Nutrition and Food Technology Research Institute in Iran, told Reuters Health in an e-mail.

Past studies on the role of vitamin D in diabetes have not been able to show cause and effect.

It's noteworthy that this study does, and that it suggests vitamin D has a positive effect on people with type 2 diabetes, said Dr. Anastassios Pittas, assistant professor of medicine at Tufts University School of Medicine in Boston.

He was not part of the study. ([Read the entire article](#))

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

## Doctors call on hospitals to oppose the overuse of antibiotics in animal agriculture

To help stop the spread of [antibiotic](#) resistance, UC San Francisco scientists are urging hospitals around the country to stop buying meat from animals that were given antibiotics for growth promotion.

For the last two years, UCSF Medical Center has been phasing out meat from animals that were routinely fed antibiotics, and now nearly a third of the meat served to patients, as well as in the medical center's cafeterias and catering operations, comes from animals that were only given antibiotics in the case of illness.

Experts warn that the overuse of antibiotics in animal agriculture is endangering human health. Agricultural use accounts for nearly 80 percent of the antibiotics sold in the United States, and the vast majority are from classes used to treat infections in people.

"This practice encourages the development of resistance," said Thomas B. Newman, MD, MPH, professor of epidemiology and biostatistics, as well as pediatrics at UCSF, and an author of the commentary, which appeared in the Oct. 15, 2015, issue of the *American Journal of Public Health*. "Antibiotics are now more and more recognized as a precious resource that needs to be managed sustainably." Humans come into contact with resistant bacteria through proximity to animals and also by being exposed to manure in fields and farm runoff, as well as by eating or touching undercooked meat or the surfaces where the meat was prepared.

MNT

**Note:** Any medical information published on this website is not intended as a substitute for informed medical advice and you should not take any action before consulting with a health care professional.

## 'Frequent use of antibiotics may make kids fatter'

TARA PARKER POPE, NYT News Service |

Children who regularly use antibiotics gain weight faster than those who have never taken the drugs, according to new research that suggests childhood antibiotics may have a lasting effect on body weight well into adulthood. The study, published in the *International Journal of Obesity*, examined the electronic medical records of 1,63,820 children ages 3 to 18, counting antibiotic prescriptions, body weight and height.

The records, which covered pediatric exams from 2001 through 2012, showed that one in five -over 30,000 children - had been prescribed antibiotics seven or more times.

By the time those children reached age 15, they weighed, on average, about 3 pounds more than children who had received no antibiotics. While earlier studies have suggested a link between antibiotics and childhood weight gain, they typically have relied on a mother's memories of her child's antibiotic use. The new research is significant because it's based on documented use of antibiotics in a child's medical record.

"Not only did antibiotics contribute to weight gain at all ages, but the contribution of antibiotics to weight gain gets stronger as you get older," said Dr Brian S Schwartz, the first author and a professor in the department of environmental health sciences at the Johns Hopkins Bloomberg School of Public Health. Scientists have known for years that antibiotic use promotes weight gain in livestock, which is why large food producers include low doses of antibiotics in the diets of their animals.

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TOI

## Beer May Benefit Heart Health

*Women who drink a beer occasionally may be at lower risk of heart attack.*



Beer - image from Shutterstock

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

[VIEW NEWS SOURCE...](#)

## High Cholesterol is still a major factor for heart disease

Nearly 800,000 people die in the U.S. each year from cardiovascular diseases — that's one in every three deaths — and high cholesterol continues to be a major risk factor," study researcher Carla Mercado, a scientist in the CDC's Division for [Heart Disease](#) and Stroke Prevention, said in a statement. "This study reveals opportunities to reduce existing disparities through targeted patient education and cholesterol management programs." ([Foods Your Heart Will Hate](#))

High cholesterol levels can lead to a buildup of cholesterol along the walls of the arteries, which can hinder the flow of blood to the heart. Cholesterol-lowering drugs like statins have been shown to reduce people's risk of [heart disease](#) and [stroke](#).

The American Heart Association recommends cholesterol-lowering drugs for people who:

- Have heart [disease](#), or have had a heart attack, stroke or chest pain;
- Have LDL cholesterol levels of 190 mg/dL or higher;
- Have diabetes, and LDL cholesterol levels of 70 to 189 mg/dL, and are ages 40 to 75; or
- Have LDL cholesterol levels of 70 to 189 mg/dL, are ages 40 to 75, and have at least a 7.5 percent predicted risk of developing heart disease in the next 10 years.

# Can natural remedies jeopardize

Chinese physicians report on the case of a woman who presented with aconitine-induced cardiovascular symptoms. Their report, published in the *Canadian Journal of Cardiology*, warns that the use of this natural ingredient may lead to severe poisoning.

A 45-year-old Chinese woman was diagnosed with a severe heart-rhythm disorder, bidirectional ventricular **tachycardia** (BVT),

associated with aconitine poisoning. BVT is a rare form of tachycardia (characterized by a resting heart rate over 100 beats per minute) and a distinct pattern of ECG waves on presentation.

The patient's husband reported that she had drunk about 50 milliliters of a medicinal liquid about 30 minutes before she developed a sudden drop in **blood pressure** and then lost consciousness. The woman had no history of previous heart-rhythm problems and there was no family history of unexpected sudden death or fatal accidents. On examination she had a heart rate of 150 beats per minute and her blood pressure was 50/30. Her skin was cool, moist, and cyanotic. Treatment with the antiarrhythmic agents amiodarone, metoprolol, lidocaine, and **potassium** chloride was ineffective. An abdominal **ultrasound** showed marked gastric retention. A gastric tube was used to suction out the contents of her stomach. After two hours, the patient's BVT ceased and her circulation improved.

Investigation revealed that the patient's blood was positive for aconitine, a substance produced by the Aconitum plant, also known as devil's helmet or monkshood. Although well-known for its highly toxic properties, aconitine is the primary ingredient of the traditional Chinese medicine known as Fuzi, a remedy made from the processed lateral roots of Aconitum carmichaeli Debx. It is widely distributed in the southwest provinces of China and is used in small doses for its anti-inflammatory and pain-relieving effects. MNT

## Healthy eating for blood sugar control

### Healthbeat

If you have diabetes, a healthy eating plan for you is not that different from a healthy eating plan for people without diabetes. The American Diabetes Association (ADA) echoes the dietary guidelines recommended for the general public — that is, a diet centered on fruits, vegetables, whole grains, legumes (peas and beans), and low-fat dairy products.

However, you'll want to pay special attention to your carbohydrate intake.

Vegetables, fruits, and whole grains provide more nutrition per calorie than refined carbohydrates and tend to be rich in fiber. Your body digests high-fiber foods more slowly — which means a more moderate rise in blood sugar. For most people with diabetes, carbohydrates should account for about 45% to 55% of the total calories you eat each day. Choose your carbohydrates wisely — ideally, from vegetables, whole grains, and fruits. Avoid highly refined carbohydrates such as white bread, pasta, and rice, as well as candy, sugary soft drinks, and sweets. Refined carbohydrates tend to cause sharp spikes in blood sugar, and can even boost triglycerides and lower helpful HDL cholesterol.

Fiber comes in two forms: insoluble fiber, the kind found in whole grains, and soluble fiber, found in beans, dried peas, oats, and fruits. Soluble fiber in particular appears to lower blood sugar levels by improving insulin sensitivity, which may mean you need less diabetes medicine. And a number of studies suggest that eating plenty of fiber reduces the chances of developing heart disease — and people with diabetes need to do all they can to lower their risk.



### Quick Tip #71: Simple home remedy for PMS

Up to 75% of women suffer from PMS symptoms such as mood swings, headaches, bloating and cramping

## Diverticulosis

Diverticulosis is the formation of numerous tiny pockets, or diverticula, in the lining of the bowel. Diverticula, which can range from pea-size to much larger, are formed by increased pressure on weakened spots of the intestinal walls by gas, waste, or liquid. Diverticula can form while straining during a **bowel movement**, such as with **constipation**. They are most common in the lower portion of the large intestine (called the sigmoid colon).

Diverticulosis is very common and occurs in 10% of people over age 40 and in 50% of people over age 60. Most people will have no or few symptoms from diverticula.

Complications can occur in about 20% of people with diverticulosis. One of these complications is **rectal bleeding**, called diverticular bleeding, and another is diverticular infection, called **diverticulitis**.

### Diverticular Bleeding

Diverticular bleeding occurs with chronic injury to the small **blood** vessels that are next to the diverticula.

### Diverticulitis

Diverticulitis occurs when there is inflammation and infection in one or more diverticula. This usually happens when outpouchings become blocked with waste, allowing bacteria to build up, causing infection.

What Are the Symptoms of Diverticulosis?

Diverticulosis does not cause any troublesome symptoms.

What Are the Symptoms of Diverticulitis?

Diverticulitis, infection and inflammation of diverticula, can occur suddenly and without warning.

Symptoms of diverticulitis may include:

Alternating **diarrhea** and **constipation**.

Painful **cramps** or tenderness in the lower **abdomen**.

Chills or fever.

How Is Diverticulitis Diagnosed?

If you are experiencing the symptoms of diverticulitis, it is important to see your doctor.

Your doctor will ask questions about your medical history (such as bowel habits, symptoms, diet, and current medications) and perform a physical exam, possibly including a digital rectal exam.

One or more diagnostic tests may be ordered. Tests may include X-rays, CT scanning, ultrasound testing, a sigmoidoscopy, colonoscopy, and blood tests to look for signs of infection or the extent of bleeding.

In people with rapid, heavy rectal bleeding, the doctor may perform a procedure called angiography to locate the source of the bleeding.

People who have diverticulosis without symptoms or complications do not need specific treatment, yet it is important to adopt a high-fiber diet to prevent the further formation of diverticula.

**Laxatives** should not be used to treat diverticulosis and enemas should also be avoided or used infrequently.

WebMD

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