

## Editorial

### Cut down on Soaps & Cosmetics

Your gut is not the only place where beneficial microbes dwell defending you, but also other areas of the body including your skin. Each of us has many thousands of bacteria covering every square inch of our skin, which form the first line of defence against any harmful microbes. Washing your face and body with soaps can kill them favouring hardier species to thrive, and that would be not the best protectors of your skin. Try having a soap-less shower and the difference you may not feel, other than the fragrance of perfumes you'll miss.

Make up on you face and elsewhere can replace the resident beneficial microbes and also destroy the natural oils secreted in the skin. Over a long time of period your application of foundation can too alter the beneficial microbiota on your skin

### 'I think we have been making good progress' - Graham Ford 3412

Submitted by [WZRD](#) on March 15, 2016 -



Following Sri Lanka's 15-run loss to Pakistan in Kolkata, coach Graham Ford said he was pleased with the intent shown by Chandimal and Thirimanne and believed a big knock from one of the batsmen or a substantial partnership could have paved the way for a win.

[Read full article](#)

### Exercise prescription for people with type 2 diabetes

Walking or other moderate-intensity exercise, three to seven days a week, for a total of 150 minutes per week OR jogging or other vigorous exercise, three days a week, for a total of 90 minutes per week  
AND  
Weight lifting or other muscle-strengthening resistance exercise (weight machine, etc.) three days a week Harvard Health

## HAPPY EASTER TO ALL OUR READERS



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Pic sent by Michael Berman



[St Joseph's old Boys-Feast Mass in Sydney, Australia](#)

### [VIDEO: Obama in Cuba: An Activist Awaits](#)

Amid the euphoria of President Obama's visit is a darker reality for the artist Danilo Maldonado Machado, who has been jailed for his work. He hopes this week will spotlight Cuba's repression.

An average 12-ounce "lite" beer has 100 to 130 calories, while a typical 12-ounce regular beer has 150 to 200 calories. The difference between a "lite" beer and a regular beer could be as few as 20 calories or as many as 100.

'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

### Fuel up on Coffee for Longevity

Drinking up to five cups of coffee a day can help you live longer



Coffee and beans - image from Shutterstock

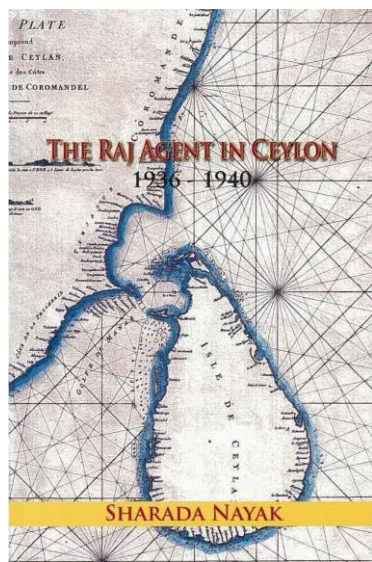
According to a new study by Harvard T.H. Chan School of Public Health researchers and colleagues, drinking three to five cups of coffee a day may decrease the likelihood of dying prematurely. The team studied data collected from over 200,000 men and women, who had filled out validated food questionnaires, for up to approximately 30 years. Consumption of both caffeinated and decaffeinated coffee were associated with health benefits, which included a lower risk of death from cardiovascular disease, neurological diseases (such as Parkinson's Disease), type 2 diabetes, and suicide. "Bioactive compounds in coffee reduce insulin resistance and systematic inflammation," said first author Ming Ding, a doctoral student in the Department of Nutrition. "That could explain some of our findings. However, more studies are needed to investigate the biological mechanisms producing these effects."

[VIEW NEWS SOURCE...](#)

## Book Review

Map taken from a Book Review: Sharada Nayak's 'Raj Agent in Ceylon' (1936-40). It's a James Bond type spy story rooted in the British Raj. But this is a story of Vittal Pai OBE CIE and the sad plight of Sri Lanka's Tamil plantation workers about 10 years before the independence of Ceylon

This book has a forward by former Indian Ambassador Mr. G Parthasarathy (I.F.S Retired) who was posted by the late Prime Minister Rajiv Gandhi to Sri Lanka to sort out issues pertaining to the IPK between 1987 and 1989 during the LTTE uprising.



French nautical map of Ceylon and the Malabar and Coromandel coasts

Further reading in Confluence online magazine

<http://www.confluence.mobi/book-review/book-review-raj-agent-in-ceylon-1936-1940-by-sharada-nayak/>

Now you can read Confluence e-magazine free of charge. Past issues are also available.

<http://www.magzter.com/GB/Confluence-Publishing-Ltd/Confluence-South-Asian-Perspectives/Culture/>

## He Still Walks



My question to you is simple, were you there?

No, it is not a trick question & the answer is: ofcourse, you were not. Christ was CRUCIFIED over 2000 years ago & you could not possibly have been there, when He suffered & meekly succumbed to a humiliating & painful CRUCIFIXION! But Thanks be to God who sent His only begotten Son, Jesus Christ, who gave us an everlasting opportunity to give witness & to remember His most selfless sacrifice – His very life, through the Eucharistic Celebration we recognise as Holy Mass! The Church today & even our own Parish of St Dominic's, gives us many opportunities to honour, maybe even offer Thanks to God for what we have in our lives & to remember not just ourselves but our wider Parish Community. To love one another, to concern ourselves about the poor, the lonely, the aged and all those who are in need of God's Mercy, Love and Compassion. So, my dear friends, as we contemplate Christ's journey of the "Way of the Cross"

I would like to offer you an appropriate Reflection titled:

### STILL HE WALKED

*He could hear the crowds screaming "crucify, crucify"....He could hear the hatred in their voices, of these who were His chosen people. He loved them, yet they were going to crucify Him. He was beaten, bleeding and weakened.... His heart was broken, But He still walked.*

Russel Nathaliesz

**Fiber.** Men and women who eat lots of whole grains have up to a 40% lower risk of diabetes than those who eat scarce amounts. Fiber from cereals, breads, and grains seems to be the most beneficial. Harvard health

**Coffee.** The number of health benefits from drinking a couple cups of coffee per day keeps growing. Lowering your risk of diabetes is just one of them.

**Meat.** Women who eat the most red meat (about one serving per day) have about a 20% higher risk of diabetes than those who eat the least (about one serving a week). And men who eat processed meats like hot dogs, bacon, and lunch meats five times a week are nearly twice as likely to develop diabetes as men who eat such foods just twice a month Harvard health

## Higher risk

**Sugary drinks.** Women who drink two or more sugar-sweetened soft drinks per day have a 24% higher risk of developing diabetes, compared with women who sip less than one per month. Two or more daily fruit drinks (which contain little, if any, real fruit juice) lead to a 31% higher risk. Harvard health

**Ready-to-Eat Cereals**  
Check out the nutrition facts label. Some brands of raisin bran have up to 250 milligrams of sodium in each cup.

**Tip:** Puffed rice and wheat don't have salt. Mix half of your favorite cereal with half of a salt-free choice. Or look for companies that make low-sodium cereals.



## 49 year old Farm Girl Playing on the River in her boat ...

by Banshee Moon

4,451,368 views



**Regarding the article which appeared in the last issue on the caption 'Sri Lanka to become the first nation in the world to protect all its mangroves' -Don Abey from Canberra writes:**

Re Mangroves, I recall Sir Arthur Clarke many years ago cautioning Sri Lankans not to destroy mangroves. He said they served useful purposes. And if ever there was a tsunami, mangroves would offer considerable protection. Did anyone listen to him? Did they think that a tsunami might one day strike SL?



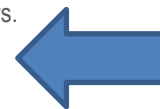
## VIDEO: Chocolate Pavlova with Chocolate Mousse

A traditionally white and fluffy dessert gets a dark chocolate makeover.

**The foods magnesium is found in include:**  
**Beans and nuts:**  
**Whole grains such as brown rice and whole wheat bread**  
**Green leafy vegetables**

## Herbal supplements linked to at least six organ transplants

At least six Australians needed organ transplants in the past five years after taking herbal supplements, data obtained from national organ donation registries shows.



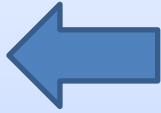
## Gut microbiota may improve sugar metabolism in humans

Why diets do not have the same effect in different individuals has long been a mystery in the field of nutrition. Different studies in recent years have shed some light on the issue, highlighting the role gut microbiota plays in both the physiology and metabolism of humans.



[Australia is sweet enough for a sugar tax: health body](#)

<http://www.youtube.com/watch?v=J3qEeZKwuhg&sns=em>



## Pope Francis Approves Sainthood for Mother Teresa

By ELISABETTA POVOLEDO

The Roman Catholic nun, who founded a religious order to help the poorest of the poor, will be canonized on Sept.

## Regulate Your Acid Reflux

If you have acid reflux, you'll want to get it under control to help preserve tooth enamel and oral health. Common foods and drinks that trigger reflux include chocolate; alcohol; caffeinated drinks like soda, coffee, and tea; garlic and onions; dairy; tomatoes; citrus fruits; mint; and spicy, fatty, or fried foods. WebMD



## Garlic Prawns

Perfect recipe for BBQ or pan fry by [DessertQueen](#)



## Do you have an opinion on Donald Trump running for president of U.S?

by Finy



## Psyllium husk as a healthy fibre substitute

Fibre by [Bubz Life](#)

# Women! Remains deprived in India

[Smita Mishra](#), TNN | Mar 15, 2016, 11.18AM IST



Inherent in the Indian social milieu and psychological fabric is the mind set which focuses on the nutritional and dietary needs of men more than women. However regressive it may appear but there is no denying the fact that even in the 21st century, women remain the deprived lot when it comes to having a balanced daily diet.

According to a report submitted by Indian Council of Medical Research, more than 50% women (particularly pregnant women) and children suffer from iron deficiency.

A survey by a leading diagnostic centre in the country revealed that as per sample test results, more than 59% women are anemic and 7 out of 10 women suffer from Vitamin D deficiency. No wonder, it comes from poor, nutrition deficit diet. According to celebrity nutritionist Sandhya Gugnani, "It is very important to maintain dietary balance for women because the body goes through a lot not only during pregnancy and menopause, but also every month during the cycle. So, eating nutrition rich foods like whole grains, milk and milk products, foods replete with Omega 3 fatty acids like, fish and flaxseeds and green leafy vegetables is a must."



The Director of the National Cancer Institute, Maharagama, receives a donation of Rs 50,000 from Ven Weganthale Seewalee Thero, to purchase medicine for the patients



## Bananas: A complete guide

There's a reason why the humble **\*\*banana\*\*** is one of the most widely eaten and popular fruits in the...

by [skatingtomato](#)

## Letters to the Editor

Dear Doctor

*May this find you well and fine cheer as ever.*

*Having read your valuable contribution on the main topic, my curiosity was aroused.*

*Early February I bought from my grocer down the street a freshly plucked and tender bundle of the popular Italian herb ciccoria. Free of any roots, I washed and rinsed it twice before cutting it up like gotukola with onion, added salt and lemon to taste and ate it raw with my luncheon dish of cooked rice.*

*(P.S. Like many other varieties of leafy vegetable from the Mediterranean, Italians too habitually use boiled ciccoria with sliced garlic and a sprinkling of olive oil as a side dish together with their pasta, fish or meat).*

*That night I had some mild stomach pain, but the morning after detected a very slight smear of blood in my stools. As a coincidence I had also developed a slight temperature (37) because the previous morning I had been exposed outdoors to chilly and damp weather awaiting arrival of a friend from Sri Lanka at Rome Airport.*

*Two days later the doctor examined and proposed an ECG to be followed by a Colonoscopy fixed for March 17th.*

*My question: Did I damage my gut linings or intestinal tracts by consuming an unusual quantity of uncooked ciccoria? (My friends think so).*

*Lastly, may God bless you and your good works for the uninformed and needy, everywhere.-----Alex*

*My comment:*

*On principle, do not take any herbal medicine without checking with your doctor whether your medication (if any) interacts with the herbal stuff you propose to take.*

*Recently in the US few deaths were recorded taking herbal medicine, and yearly many deaths are recorded, though not highlighted.*

*Chicoria though advertised as anti-inflammatory and anti-allergic, no proper studies have been researched upon, and in most cases they are advertising gimmicks.*

*Alex, I think Ciccoria is more inflammatory than anti-inflammatory. Your beneficial microbes in your gut would have got killed by the millions: so the end result is what you have gone through.*

*In future when such episodes occur leading to gastro-intestinal upsets start taking plain Greek yogurt as a probiotic. It does wonders in your gut.*

*Cheers*

*Doctor Harold-editor*

## Reply: Chicory Medicinal Uses And Health Benefits as published

Chicory has been used in herbal medicine since ancient times for the many health benefits it can give. Chicory has been recorded as an everyday treatment for many ailments. Chicory has a mild laxative effect that is beneficial for **digestive problems** such as **dyspepsia, indigestion and constipation**. Chicory is also used to increase appetite and promote general well being.

Dried chicory roots are used to treat **jaundice** and as prevention against **liver damage**. Chicory is rich in beta-carotene that can fight and **prevent colon cancer**. It is also used to **treat gallstones and liver stones** by increasing the secretion of bile from the liver and gallbladder promoting urination and excretion of harmful substances. Chicory is also used as **natural sedative** for nervous system. Leaves of chicory are used to treat **cuts and wounds**, and as **anti-inflammatory** treatment for **arthritis, gout and rheumatism**. Chicory leaves are also recommended to be included in **weight-loss** diets especially to those who are high risk for diabetes mellitus. Other health benefits from chicory rich diet include lower LDL cholesterol level and improved bowel movement.



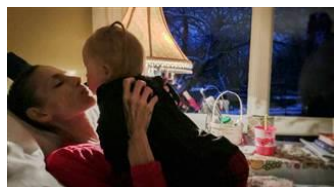
### The effect of treating Crohn's disease on the gut microbiota varies considerably [from one child to another]



In Western countries an average of 2 in 100,000 children aged between 10 and 19 years suffer from Inflammatory Bowel Disease (IBD), a broader term (as already explained on this blog) for Crohn's disease and ulcerative colitis. And experts are warning that the number of cases of this condition is on the rise.

A must read for those who suffer from IBD

If you eat more artery-clogging, saturated fats, you'll likely have a higher risk of heart disease. That's well documented. But simply cutting saturated fats isn't enough — if you also eat more heart-healthy fats, you may reduce your risk of dying, a new study from the Journal of the American Heart Association finds.



### 'One last kiss': Joey Feek says goodbye to little girl, drifts into 'deep sleep'

After living to see her daughter's second birthday, the country singer is now "ready to stop fighting."

### Popular Blood Pressure App 'Highly Inaccurate,' Study Says



A popular health app that claims to let people estimate their blood pressure using just their smartphone is "highly inaccurate," according to a new study.

[Read More »](#)

### One can a week is OK: Coca-Cola hits back in obesity row



Soft drink company Coca-Cola Amatil has told the ABC it would prefer to see more Australians drinking less of its products instead of a few people drinking a lot.

### Monaco the longest expectancy of the World



Centred on the Mediterranean casino port of Monte Carlo its traditional diet probably involves more champagne and caviar than olive oil and goat's cheese, given that this country also has the highest number of millionaires and billionaires per capita in the world. It's a sign that extreme prosperity is as important a determinant of longevity as lifestyle or genes: rich countries can afford to spend more on healthcare.

### Monaco ...

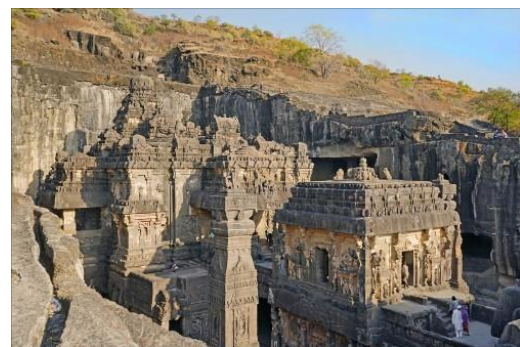
According to the World Health Organization's study from 2013, Monaco tops the charts for longest living citizens with an average life expectancy of 87.2 years. Men in Monaco live an average 85.3 years, and women live longer to an average of 89 years.

### Hope for Overeaters? Feeling Full May Have a Chemical 'Switch'



Can an enzyme flip the switch on fullness?

[Read More »](#)



### PLACES IN THE ANCIENT WORLD: Ellora Caves (India)

ELLORA (also known as Elura and, in ancient times, as Elapura) is a sacred site in Maharashtra, central India. Ellora is a UNESCO world heritage site and is celebrated for its Hindu, Buddhist, and Jain temples and monuments which were carved from the local cliff rock in the 6th to 8th century CE. The most spectacular example is the 8th century CE Kailasa temple which, at 32 metres high, is the largest rock-cut monument in the world.

Located in the Sahyadri hills near Aurangabad, Ellora is the most important second-wave site of ancient rock-cut architecture in India. In the western face of one hill, composed of volcanic Basalt rock, there are 35 caves and rock-cut temples, largely produced during the reign of the Kalachuri dynasty in the 6th and 7th centuries CE.

The earliest cave, the Hindu Ramesvara (no. 21), dates to the 6th century CE. Typical of early Hindu temples there is an inner sanctum (*garbhagriha*), a circumambulatory corridor for worshippers to walk around, vestibules with double porticoes, and extensive decoration via high-relief friezes and carvings depicting scenes from the Puranas sacred texts. Cave 21 has carved river goddesses on the exterior, a Nandi sculpture at the entrance and inside are both a large dancing Shiva surrounded by musicians and Durga slaying the buffalo demon king. Other points of interest are the use of couple figures for brackets (*salabhanjikas*) as well as reliefs of elephants and *mithuna*(lover) figures.

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Article by Mark Cartwright || Photos by Jean-Pierre Dalbera on AHE ahencyclopedia

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[Ven Weganthale Seewalee Thero](#) handing over a parcel of milk products to a cancer patient at Maharagama Cancer Hospital.

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

## Strength building exercises as one grows old

Regular physical activity promotes general good health, reduces the risk of developing many diseases, and helps you live a longer and healthier life. For many of us, "exercise" means walking, jogging, treadmill work, or other activities that get the heart pumping.

But often overlooked is the value of strength-building exercises. Once you reach your 50s and beyond, strength (or resistance) training is critical to preserving the ability to perform the most ordinary activities of daily living — and to maintain an active and independent lifestyle. Harvard Medical School



### Blood pressure levels.

People who consumed 1 cup of beans and other legumes daily saw a drop in blood pressure, says a study in the *JAMA Internal Medicine* journal. Toss black, white, kidney or pinto beans into salads, soups and wraps  
Woman's Day

### Aging May Slow When Certain Cells Are Killed



Can getting rid of certain cells lead to a longer life?

[Read More »](#)

### Should You Be Taking Aspirin Daily?

By Rita Rubin  
WebMD Health News  
Reviewed by [Brunilda Nazario, MD](#)  
It's cheap, easy to find, and, according to some, a miracle drug. But should you pop an [aspirin](#) every day to stay healthy?

More and more research suggests that this medicine protects against [heart attacks](#), strokes, a variety of cancers, and even preterm birth and [preeclampsia](#), a condition in [pregnancy](#) marked by high blood pressure and damage to organs such as the kidneys.

And most recently, a study found that salicylic acid, the active ingredient in aspirin, blocks a protein that can enter brain cells and trigger the process that leads to their death, as seen in diseases like Alzheimer's and Parkinson's. But it's too soon to add protection against such brain diseases to the "pros" column when considering whether to take aspirin, says Daniel Klessig, PhD, a researcher on the new study and a professor at the Boyce Thompson Institute and Cornell University.

### Nuts.

Eating nuts at least five times a week is associated with a decreased risk of developing diabetes compared with rarely eating them. But keep the portions small — nuts have lots of calories.



## The Health Benefits of Knitting

By [JANE E. BRODY](#)

The rewards of knitting and crocheting go well beyond reducing stress and anxiety.

### Skirt Size Increase Linked to Postmenopausal Breast Cancer

*Women who go up a skirt size after the age of 25 are at increased risk of postmenopausal breast cancer.*

Going up a skirt size in middle-age can significantly

increase the risk of postmenopausal breast cancer, according to new research.

Researchers from the Universities of London and Manchester (UK) examined data from 93,000 women taking part in the UK

Collaborative Trial of Ovarian Cancer Screening

(UKCTOCS). The women were all aged over 50, had gone through the menopause, and had no known breast cancer when they entered the study between 2005 and 2010. On joining the study the women provided detailed information on height and weight; reproductive health; fertility; family history of breast and ovarian cancer; and use of hormonal contraceptives and HRT. They were also asked about their current skirt size, and what it had been in their 20s. After a monitoring period of 3-4 years, the women were asked about continuing use of HRT; their general health; a subsequent diagnosis of cancer; and lifestyle, including how much they smoked and drank. Results showed that 1090 women developed breast cancer during the monitoring period, giving an absolute risk of just over 1%. As predicted, infertility treatment, family history of breast/ovarian cancer, and use of HRT were all significantly associated with a heightened risk of being diagnosed with the disease, while pregnancies were protective. However, an increase in skirt size emerged as the strongest predictor of breast cancer risk. Going up 1 skirt size every 10-years was associated with a 33% greater risk of developing breast cancer after the menopause; while going up 2 skirt sizes in the same period was associated with a 77% greater risk. Results also showed that going down a skirt size was associated with a decreased risk of breast cancer. The association of skirt size with breast cancer risk was independent of BMI. The researchers concluded: "Although the exact mechanism of these relationships need to be better understood, there is a suggestion that body fat around the waist is more metabolically active than adipose tissue elsewhere."

[VIEW NEWS SOURCE...](#)

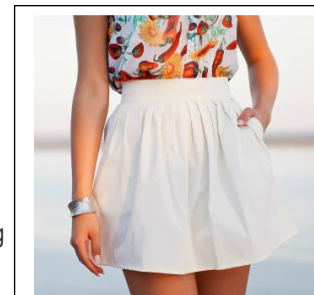


Image from Shutterstock

## In a World With No Antibiotics, How Did Doctors Treat Infections?



Alternative therapies have been used to treat infections since antiquity, but none are as reliably safe and effective as modern antimicrobial therapy.

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### Seniors Day Celebrations Organised by the Sri Lankan Association

**This year the Seniors Day celebrations are being organised in synchronisation with the Seniors Week and will be as follows. Please keep this date free.**

**Date: Sunday 3rd April, 2016**

**Venue: Thornleigh Community Centre, Thornleigh**

**Time: 11am till 4pm**

**Program: Free for all seniors (over 65) and a nominal donation from others to cover cost of meal. A Sri Lankan buffet lunch & entertainment to be provided**

[Want to lose weight? Eat protein-rich meals](#)



## Don't give rice cereal to babies



Rice cereal used to be my go-to starting food. It's mild and babies usually like it, and you can add breast milk or formula until you get to a consistency that works well for babies new to the concept of food on a spoon. But then the Consumer Products Safety Commission came out with [a report](#) raising concern about the amount of arsenic that may be in rice and rice products (the rice plant is very good at pulling arsenic out of the soil, where it is often found because of arsenic-containing pesticide use). Arsenic can cause all sorts of problems, including an increased risk of cancer. The report said that babies who get two servings of rice cereal a day could double their cancer risk over a lifetime. Given that there are other kinds of cereal (like oatmeal), there is simply no reason to take that risk.

Claire McCarthy, MD, Faculty Editor, Harvard Health Publications

## Best Diet for High Blood Pressure

The DASH diet can help lower blood pressure and cholesterol levels. And it can help with weight loss. See how it works.

[View Slideshow >](#)

## The Fire Inside

The word "inflammation" traces back to the Latin for "set afire." In some conditions, like rheumatoid arthritis, you feel heat, pain, redness, and swelling. But in other cases -- like heart disease, Alzheimer's, and diabetes -- it's not so obvious. If you didn't go looking for it with tests, you wouldn't even know it's there.

### It's Not Always Bad

Inflammation actually is good in the short run. It's part of your immune system's natural response to heal an injury or fight an infection. It's supposed to stop after that. But if it becomes a long-lasting habit in your body, that can be bad for you. Long-term, or "chronic," inflammation is seen in many diseases and conditions.

### Could It Lead to a Heart Attack?

Inflamed arteries are common among people with heart disease. Some researchers think that when fats build up in the walls of the heart's coronary arteries, the body fires back with inflammatory chemicals, since it sees this as an "injury" to the heart. That could trigger a blood clot that causes a heart attack or stroke.

### Diabetes Connection

Inflammation and type 2 diabetes are linked. Doctors don't know yet if it causes the disease. Some experts say obesity triggers the inflammation, which makes it harder for the body to use insulin. That may be one reason why losing extra pounds and keeping them off is a key step to lower your chance of getting type 2 diabetes.

WebMD

## Hyperthyroidism Raises Breast Cancer Risk

Liam Davenport



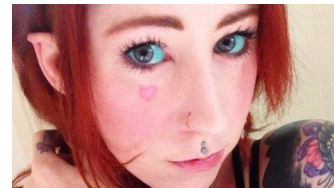
Meta-Analysis Confirms Two-Way Association Between Breast, Thyroid Cancers  
Study Confirms Association Between Cancers of Breast, Thyroid  
Thyroid-Cancer Survivors at Higher Risk of Breast Cancer

### RELATED DRUGS & DISEASES

Thyroid Dysfunction Induced by Amiodarone Therapy  
Autoimmune Thyroid Disease and Pregnancy  
Neurological Manifestations of Thyroid Disease  
Women with hyperthyroidism have an increased risk of developing breast cancer that increases over time, say Danish researchers who also found that hypothyroidism was associated with a reduced breast cancer risk. In a nationwide population registry study of more than four million women, they found that hyperthyroidism was associated with an 11% increased risk of developing breast cancer, and hypothyroidism was linked to a 6% decreased risk.

## 'My dangerous eyeball tattooing procedure shouldn't be regulated'

One of the few people in Australia with her eyeballs tattooed says she is shocked the procedure has been regulated and is concerned about the ramifications.



## Get into a warm water bath tub to improves blood circulation

When we dip our body till neck in hot water, our heart works faster and stronger. This is quite a good exercise for your heart and blood vessels as it creates physical pressure on the body and so increases the capacity of our heart. In other words, when we're inside the water, the heart works faster and stronger. This is more like a light exercise. A few dips a week is an excellent work out for your heart.

TOI

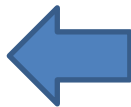
## ADHD drug Ritalin 'should be prescribed with caution' because scientists STILL can't say whether it's safe after 50 years of use



Ritalin appeared to produce 'modest' improvements in symptoms, but was linked with sleep problems and loss of appetite, a review by the prestigious Cochrane Library found.

## Coming, a 'smart' window that turns into a TV screen

Imagine a window in your living room that could double as a giant thermostat or a big TV screen. A new glass technology may make it possible.



## Rishtey - A Romantic Short Film

by Idea

## Bloated belly? 10 bad habits to break, from chewing gum to eating fast

Your daily eating and drinking habits may be contributing to your bloated belly.



## Egg Paratha Recipe

by Gori ka Kitchen

503,556 views



## Apple Cider Vinegar-for bloating

Apple cider vinegar is an amazing remedy for stomach problems. It cleanses the colon, kills harmful bacteria, promotes digestion and absorbs excessive gas from your stomach. It can help you get instant relief from gas and bloating. Mix 2 tbsp of apple cider vinegar in a glass of warm water and sip slowly  
- See more at: <http://www.remediesandherbs.com/12-natural-remedies-for-gas-and-bloating/#sthash.gB1oexen.dpuf>

[Read More](#)

# You may reduce your risk of heart disease by eating Avocados daily



Avocados have been shown to positively benefit our cardiovascular system in a number of ways due to its low saturated fat and high unsaturated fat content (predominantly the monounsaturated fat (MUFA) variety). Consuming excess saturated fat (>10% of total calories) may raise your LDL and HDL cholesterol and triglycerides. On the contrary, consuming adequate unsaturated fat in your diet may help lower LDL-cholesterol (bad cholesterol), maintain HDL-cholesterol (good cholesterol) and potentially improve your insulin sensitivity. In addition its nutritious fat content, avocados also contain a potent mix of nutrients (e.g., potassium and lutein), including plenty of antioxidants such as carotenoids, callexanthophylls and phenols. These compounds can help prevent inflammation and oxidative stress in the blood vessels while facilitating improved blood flow.

<http://awesometips.pw/>

## Vitamin B<sub>12</sub> and folate

Vitamin B<sub>12</sub> and folate (also one of the eight B vitamins) form one of nutrition's best couples. B<sub>12</sub> helps the body absorb folate, and the two work together to support cell division and replication, which allow the body to replace cells that die. This process is important during times of growth in childhood, and throughout the body of adults as well. Cells that line the stomach and the cells of the hair follicle, for example, divide and replicate often.

Good food sources of vitamin B<sub>12</sub> include:

- meat
- eggs
- milk

Natural sources of folate include:

- leafy green vegetables
- beans
- other legumes

Harvard Medical School



## Prawn Rice Paper Rolls



## Why is the color of white bread so white when the flour taken from wheat is not?

It's because the flour used to make white bread is chemically bleached, just like you bleach your clothes. When you are eating white bread, you are also eating residual chemical bleach. Flour mills use different chemical bleaches, all of which are pretty bad.

**Here are a few of them:** Oxide of nitrogen, chlorine, chloride, nitrosyl and benzoyl peroxide mixed with various chemical salts.

One bleaching agent, chloride oxide, combined with whatever proteins are still left in the flour, produces alloxan. Alloxan is a poison and has been used to produce diabetes in laboratory animals.

Chlorine oxide destroys the vital wheat germ oil. It will also shorten the flour's shelf life.-BabaMail

## Red wine

Indians have opened up to drinking wine. It is no longer associated with just the Italians and the French. From rosy cheeks to a happy heart, wine was and is a popular beverage. Red wine is considered the fountain of youth by many thanks to the high level of antioxidants. A great accompaniment for romantic dinners, wine will boost your body's defences, build bones and balance blood sugar levels. Red wine can also increase women's libido too.

## Surprising Things That Affect Blood Sugar

**Alcohol.** If you drink, only do so if your blood sugar is stable.

**Illness.** When you're sick, test your blood sugar more often, stay hydrated, and try to eat regularly.

**Travel.** Changes in time zones can disrupt your schedule. Test your blood sugar level before and after meals. Ask your doctor if you need to adjust your medications.

WebMD

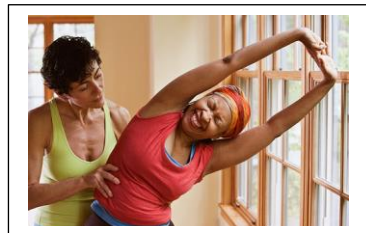
## Chewing garlic

It doesn't seem a great proposition since it is guaranteed to give you a despicable garlic breath, but many people find it the easiest and most effective way to get relief from throat pain. When you have a sore throat, you aren't great company anyway, so you might as well try it. Garlic has wide-ranging antimicrobial action, and is effective against even viral and yeast infections. You need just one or two cloves of garlic a day. Keep a skinned garlic clove inside your cheek and crunch it slightly to release a tiny bit of juice at a time. You'd feel better in a short while, and could be relieved of a sore throat in a day or two. [naturallivingideas.com](http://naturallivingideas.com)



**Soulmates - An Idea Short Film**  
by Idea

## Get the Good Exercise Effect for diabetes



When you make it a habit to be active, it's good for your blood sugar, especially with type 2 diabetes. Your body will respond better to insulin. Working out also prompts your muscles to use glucose. For instance, studies show that blood sugar levels improve when you build muscle through strength training.

WebMD



**ALL INDIANS MUST WATCH**  
by Mohammed Siddik



**10 Creative Recipes Using Just An Egg**

by Brothers Green Eats

1,419,199 views



**Married... (short film)**

by murali krishnan

246,218 views

## Headaches after alcohol

**Drinking alcohol can trigger headaches in some people. Why? It could be because:**

**Sulfites, which are used as a preservative in some types of alcohol, like red (but not white) wine, bother some people. Alcohol causes more blood flow to your brain, which can trigger a headache.**

**It could also be because of how your body metabolizes alcohol.**

**Red wine, beer, whiskey, scotch, and champagne are the most common alcoholic headache culprits.**



We were inspired by the idea of "waiting for health," because it is an experience that is universally understood, but dramatically different depending on who and where you are.

*The goal of the Waiting for Health project was to break through the noise and put humanity back at the centre of the conversation.*

*Whether you are working to end preventable maternal and child deaths, conquer infectious or non-communicable diseases or protect against disease outbreaks and climate-related shocks, you are really talking about ensuring that everyone can access quality health services without financial hardship.-ABC News*

## Exercise to keep Brain sharp

Study after study has shown that physical exertion can protect brain cells, says Dr. Paul B. Rosenberg, an associate professor of psychiatry and behavioral sciences at the Johns Hopkins University School of Medicine and the Johns Hopkins Bayview Medical Center.

"It seems like aerobic exercise is better than non-aerobic exercise," Rosenberg says.

"I tell my patients a minimum of 30 minutes a day. There was a neat little study in older adults in which they randomized 100 people to aerobic exercise or stretching. They found that in the folks that exercised, their hippocampus actually grew over the course of a year, while in the sedentary folks the hippocampus shrunk."

## Add fish to your diet

"Eating fish twice a week can have a positive effect on brain structure and function and by implication will delay the onset of clinical symptoms," Becker says.

The only issue with much of the research looking into these lifestyle factors is that the studies were just observational.

That means people weren't randomly assigned to one behavior or the other and then studied for a period of time. Researchers simply tried to correlate healthy cognition with particular lifestyle factors.

Which means that the evidence isn't as strong as it could be.



## Tomato Jam



*I first tasted Tomato Jam at an Italian Wine Festival when I sunk my teeth into a My initial trepid...*

## BASMATI RICE:

Basmati rice is another unique species of rice originating from India. Basmati rice is also one of the varieties of rice used in many families. There are different variants of Basmati rice available in the market at varying costs. Just like all species of rice, basmati is available in white or brown versions, depending on the extent of the milling process.

Brown basmati rice is comparable to other types of brown rice in nutrient content (although it does contain about 20% more fibre compared to most other types of brown rice), and white basmati rice is comparable to other types of white rice. The health benefits of fibre have already been discussed earlier in the article.

Basmati rice and Jasmine rice are long-grain varieties that have been cultivated to bring out distinctive flavour profiles. Long grain of the rice gives a royal look to the rice recipe prepared, be it plain jeera rice or vegetable pulao.

Basmati rice has a typical, unique aroma. In the case of basmati, this aroma is due to the presence of a chemical called 2-acetyl-1-pyrroline, which is found in basmati rice at about 90 parts per billion. That's about 12 times more than in other types of rice, giving basmati its special aroma.

TOI

## WHITE RICE:

The milling and polishing processes of white rice removes most of the important vitamins and other nutrients from it. So WHO suggests and recommends that white rice be fortified with important vitamins and mineral premixes, as polished rice is nothing more than refined starch. Further research is required to build the evidence-base on the use of fortified rice and to develop global technical guidelines for rice fortification.

## 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

## Consume olive oil

A study published earlier this year found that a Mediterranean diet not only protected the heart, but also the brain. Study volunteers who specifically were asked to consume several tablespoons of olive oil every day did better on tests that evaluated thinking speed.

**Related:** Brain food is real: Study shows diet's impact on memory as we age



## DVT Warning Signs

Deep vein thrombosis is a blood clot in the leg that can be life-threatening if it breaks loose and travels to the lungs. But how would you know if you had it?



**We live in a microbial world. In fact, we are more microbial than human. We have about 10 times more microbial cells in and on our bodies than we have human cells, and those microbes encode about 100 times more genetic information than our human DNA.**

**Microbes are also everywhere in the environment, where they carry out such important processes as cycling carbon and other nutrients, promoting plant growth, and preventing disease.**

Janet Jansson

<https://www.facebook.com/marc.ymarc.315/videos/916767568444026/>



## Having sex thrice a week can clear kidney stones!

The study included 3 groups, first group was asked to have sex at least three to four times per week. The second group was administered tamsulosin (a drug commonly used to improve urination in men with enlarged prostate) and a third group received the standard medical treatment for kidney stones.

Two weeks later, the researchers found that 26 of the 31 participants from the sex group were able to pass their kidney stones. Meanwhile, only 10 of the 21 participants from the tamsulosin group and 8 of the 23 participants from the standard medical treatment group successfully passed their stones.

The average stone expelled by participants was measured at 4.7 millimeters (mm), reported a medical website. "Our results have indicated that patients who have small kidney stones (less than 6 mm) and a sexual partner may be advised to have sex to increase the probability of spontaneous passage of the stones," said a researcher. TOI

## The most challenged state: Louisiana

This year, Louisiana shifted Mississippi out of the bottom slot. In fact, over the last 25 years, they have not made it out of the bottom five.

Louisiana's most pressing challenges are high rates of smoking (almost a quarter of adults) and the prevalence of obesity (more than 1 in 3 adults). Most worrying perhaps, more than one third of Louisiana's children are in poverty, jumping up 73% in the past 5 years. On a positive note, preventable hospitalization has dropped 16% over the previous 2 years. Also, Louisiana only has a small disparity in health status by education level, they have low air pollution and high levels of immunization among adolescents.

MNT

*Don't drink apple cider vinegar straight. It's so acidic that it could harm your tooth enamel and oesophagus.*

## High blood sugar levels could lead to heart attack complications

Scientists at the University of Leicester have demonstrated for the first time the mechanism by which the level of sugar in your blood can affect the contraction of blood vessels, with potentially dangerous effects on the heart and [blood pressure](#).

Researchers led by Dr Richard Rainbow from the University's Department of Cardiovascular Sciences have shown that blood vessels contract more strongly at raised glucose levels than at 'normal physiological' levels.

Blood vessels contract and relax to control blood pressure. In general, the more contracted the blood vessels are, the higher the blood pressure. Using electrophysiology and myography techniques to examine the impact of glucose on arterial myocytes, cells that make up the tissue of our blood vessels, the team has identified a mechanism that controls the narrowing of blood vessels.

The research comes as MPs and health experts debate proposals for a 'sugar tax' and highlights the potential health risks of consuming large amounts of rich, sugary foods regularly in your diet. With healthy eating among the most common New Year's resolutions, it adds another incentive to reduce our intake of these foods all year round.

MNT

**Simple balance test:** How well can you keep your balance? If the answer is "pretty well", you may just pass this test. Did you know that every year, 1 in 3 Americans over 65 takes a spill at one point or another? Though it may seem silly, the medical consequences, in some cases, turn out to be quite severe.

This test helps to determine your risk for falls as you age.

**Test yourself:** Stand up straight with your arms crossed. Lift up either leg, starting a timer as you do so, and hold that leg up with your knee bent for as long as you can without touching the other leg or uncrossing your arms. Don't use a support.

Stop the timer when the raised leg touches the floor or the other leg, or if you uncross your arms or move your arms out of position.

So, what's the verdict? According to the Community and Health Foundation of Western and Central New York, this is how long you *should* be able to hold the pose for:

60s: 27 seconds

70s: 17.2 seconds

80s: 8.5 seconds

**What you need to know:**

Couldn't hold it for the recommended amount of time? Don't panic. But be conscious of the fact that decreased balance could be a sign of other medical issues — low blood pressure, vertigo, brain or a side effect of certain medications are within

It's in our twenties that balance starts to decline as a result of decreased vision, sensors on the bottom of our feet and a decline in our vestibular system.

[www.today.com](http://www.today.com)



### Everybody Freeze! The Science of the Polar Bear Club

Intrepid Brooklyn, New York, bathers brave wintry weather to frolic in the waves, a New Year's Day tradition organized by the Coney Island Polar Bear Club.



### Photos: A Strange Parasitic Plant in the Amazon



An ant, a caterpillar, and a parasitic plant all interact in a strange web of mutual benefit in the Amazon jungle, new research suggests." />

## Okra

While the story about how [drinking okra water can cure diabetes](#) is a myth, there is some truth behind it. The fiber and complex carbohydrates naturally present in okra do significantly impact blood-glucose levels by slowing down the absorption of sugar in the GI tract, effectively balancing out the peaks and dips so your metabolism can function properly.

Naturallivingideas

[Long-term hormonal therapy benefits men with locally advanced prostate cancer](#)



## How to get some kale back into your diet



*We love kale! It is a bitter green so some of you may have tried it once or twice, not enjoyed it an...*



## Instant refreshers to get you through the day



*Most of us lead pretty busy lives and don't always have the time or energy to stop, refresh and resu...*



## Carrots – golden goodness and hidden benefits



*Carrots are a fairly staple vegetable in most diets, and we all know that they're good for us bu...*

**Even healthy foods such as carrots and lettuce contain small amounts of fat -- and that's not a bad thing. Your body has to have some fat to survive. Fat gives you energy and helps your body absorb vitamins A, D, E, and K. Fat also makes food taste good, helps you feel full, and helps give you healthy hair and skin.- WebMD**

## Fiber Supplements: When Dietary Fiber Is Not Enough for constipation

If the fiber you eat doesn't help, your doctor may recommend a supplement that has psyllium, a form of soluble fiber in many over-the-counter medicines, such as Metamucil. Another type of soluble fiber is methylcellulose (found in Citrucel). Fiber supplements are NOT for quick relief of constipation. You need to use them on a long-term basis to keep your bowel habits regular. Fiber supplements can cause bloating and cramping in your belly, so you should take a small amount in the beginning and increase it weekly until you're regular.



## Learning to live without sugar



*With all the media attention on the detrimental effects of sugar on our health, I made a decision se...*

## Baby Sand Tiger Sharks

by Jeanna Bryner, Live Science  
Scientists have discovered a shark nursery off New York where baby sand tiger sharks, ranging in age from several months to 5 years, migrate in order to eat and grow. The nursery, in Great South Bay, also offers the little ones protection from predators. Here's a look at the nursery, the baby sharks and the marine scientists at work. [Read full story on the shark nursery discovery]

Researchers from the Wildlife Conservation Society's New York Aquarium discovered the sand tiger shark nursery in Great South Bay, an estuary on Long Island's south shore. Despite its toothy grin, this species (*Carcharias taurus*) is not considered aggressive toward humans, unless provoked. (Credit: Julie Larsen Maher ©WCS)



# 5 surprising benefits of walking



Image: iStock

## Carrots

While there are many foods which have earned a name for themselves due to their cancer-fighting phytonutrients, few can match the might of the humble carrot. Falcarinol, a phyto-nutrient naturally present in carrots has been studied and verified to **inhibit the growth of colon cancer cells** – an effect which increases when carrots are lightly cooked or steamed before being eaten.

Naturallivingideas

The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention. Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

- 1. It counteracts the effects of weight-promoting genes.** Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.
- 2. It helps tame a sweet tooth.** A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.
- 3. It reduces the risk of developing breast cancer.** Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.
- 4. It eases joint pain.** Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.
- 5. It boosts immune function.** Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

Harvard Medical School

## To save the Great Barrier Reef from starfish, a bot designed to kill them

**MELBOURNE:** Australian researchers have developed the world's first robot designed to seek out and eliminate crown-of-thorns starfish (COTS) that are wreaking havoc on the Great Barrier Reef's coral. COTS are responsible for 40% of the reefs total decline in coral cover. The COTSbot is equipped with stereoscopic cameras to give it depth perception, five thrusters to maintain stability, GPS and pitch-and-roll sensors and a pneumatic injection arm to deliver a fatal dose of bile salts. "There just aren't enough human divers to cover all COTS hotspots across the reef," its creator Dr Mathew Dunbabin said. The COTSbot is designed to search the reef for up to eight hours at a time, delivering more than 200 lethal shots. "COTSbot can think for itself in the water," said Dr Feras Dayoub, who designed the robot's software system. TOI

## Tasmania named lap band surgery capital of Australia

Tasmania is now the lap band capital of Australia, with about 1.5 per cent of the population having undergone the procedure.



## US overturns 30-year ban on blood donations by gay men

The US Food and Drug Administration rules gay men can donate blood 12 months after their last sexual contact with another man, overturning a 30-year ban aimed at preventing the transmission of HIV, the virus that causes AIDS.



## News and Views from the Harvard Health Blog

### Combination of a cholesterol-lowering statin and ezetimibe lowers risk of a heart attack or stroke

High cholesterol is a key culprit in the development of cardiovascular disease, the leading cause of death in the United States and many other developed countries. We know that lowering cholesterol helps prevent heart attacks and strokes. How low should you go? New research published online today in *The New England Journal of Medicine* suggests the lower, the better.

Australian Kathy Rhoten DeWitt

36 year old female had an accident several weeks ago. It was raining, though not excessively when her car suddenly began to hydro-plane and literally flew through the air. She was not seriously injured but very stunned at the sudden occurrence! When she explained to the Police Officer what had happened, he told her something that every driver should know -

>>> NEVER DRIVE IN THE RAIN WITH YOUR CRUISE CONTROL ON..

>>> She thought she was being cautious by setting the cruise control and maintaining a safe consistent speed in the rain....

>>> But the Police Officer told her that if the cruise control is on, your car will begin to hydro-plane when the tires lose contact with the road, and your car will accelerate to a higher rate of speed making you take off like an airplane. She told the Officer that was exactly what had occurred. The Officer said this warning should be listed, on the driver's seat sun-visor -

>>> **NEVER USE THE CRUISE CONTROL WHEN THE ROAD IS WET OR ICY,**

Sent by Francois Prins

## Acid reflux medications may increase kidney disease risk

### Highlights

- Proton pump inhibitors (PPIs), a class of drugs used to treat **acid reflux** and other acid-related gastrointestinal conditions, may increase the risk for developing **chronic kidney disease** (CKD).
- Two new studies that reached similar conclusions on the increased CKD risk associated with PPI use will be presented at ASN Kidney Week 2015 November 3-8 at the San Diego Convention Center in San Diego, CA.

Certain medications commonly used to treat **heartburn** and acid reflux may have damaging effects on the kidneys, according to two studies that will be presented at ASN Kidney Week 2015 November 3-8 at the San Diego Convention Center in San Diego, CA. The drugs, proton pump inhibitors (PPIs), are among the top 10 class of prescribed medications in the United States.

The prevalence of chronic kidney disease (CKD) is on the rise, with more than 20 million Americans burdened by the disease. **Diabetes** and **hypertension** are common risk factors for CKD; however, certain medications can also play a role. Two new studies show that increased use of proton pump inhibitors (PPIs), medications that treat reflux and stomach ulcers, may be contributing to the CKD epidemic. MNT



## Blue-eye gene traced to stone age man

If you have ever wondered why, like Cameron Diaz, Leonard Di Caprio and Frank Sinatra, you have blue eyes it is because you share a gene mutation first seen in a stone age man who lived around 7,000 years ago. TOI



Choosing the right yoga teacher training for you If you have been practicing yoga regularly and feel confident that you have enough experience and kn... - See more at: <http://healthyhints.com.au/ayurvedic-abhyanga-for-diy-health-and-wellbeing/?sb=1&uid=70415&ap=lisema80#sthash.qGkWDzil.dpuf>

## 'Female viagra results are rather modest'

Half of one satisfying sexual encounter a month. That is the average benefit a woman gets when she takes the new female libido drug, sometimes called the "female Viagra," researchers said Monday.

## Ex-President of College of Surgeons in Sri Lanka retired in Toronto



General Surgeon Dr. M. Ganesaratnam and wife Nirmala with their two elder children and families settled down in Toronto

General Surgeon Dr. Ganesaratnam was the President of The Surgeon's Association Sri Lanka a few years ago. His elder two children Teacher Nisha Shanmugarajah and Ramana Ganesaratnam MBA work in Toronto, his third child Lawyer Pavithra married to Lawyer Prakash Swaminathan is in Colombo and his youngest son Dr. Ranga is married to Latvian Dr. Liga and both work in Ireland now. Dr. Ganesaratnam is the youngest brother of late Dr. M. Jeyaratnam PHD UK, late Dr. M. Viswaratnam Physician UK, Dr. M. Gunaratnam Gynecologist Jaffna, the Chemistry Maestro Dr. M. Selvaratnam S. Africa, Mrs. Rane Rajadeva UK, late Yoga Ranganathan UK, Pushpa Mohanadas Jaffna, Dr. Mrs. Selva Praisoody Florida and Punitha Sivakumar Texas

## Enhanced Eggs

You can find omega-3-enhanced eggs in most stores and farmers markets.

They tend to have darker yolks than regular eggs. The omega-3 fatty acid DHA is in



yolks only; egg whites don't have fatty acids. Enjoy these eggs for breakfast, and you'll start your day with the health benefits of omega-3s, including protecting your heart and possibly lowering the risk of memory loss.

WebMD

## China lifts one-child policy after 36 years

China has discarded the one-child policy, citing rising workforce shortage and aging population that is endangering the country's economic growth. The policy was implemented 36 years back and was seen as a global landmark that reduced an estimated 400 million births.

## What Is Prediabetes? New Quiz Reveals Your Risk



By taking a 1-minute quiz, you can find out if you're at risk for prediabetes. The quiz is part of a new public service campaign.

[Read More »](#)



## Me Duppath Hitha Official Audio



## Bottled Water

If your bottle is clear plastic, it probably has bisphenol A (BPA). This chemical is used in food and drink containers, dental sealants, and other products. Does it cause cancer? The FDA says no, BPA is safe at current levels found in foods. If you're concerned, avoid canned foods and store chow and drinks in clear plastic. For hot food, use glass or steel instead.

## Obesity Type 2 Diabetes

Both inadequate sleep and sleep deprivation makes blood glucose levels look pre-diabetic. Sleep loss disrupts hormones that regulate satiety (leptin) and hunger (ghrelin). 50% increase in obesity if less than 6 hours sleep per night.

Sleep deprivation changes the brain's reward center which becomes hyperactive and pleasurable in response to eating junk food. FoundMyFitness

[<newsletter@foundmyfitness.com>](mailto:newsletter@foundmyfitness.com)

## Coffee Drinkers May Live Longer

Regular java and decaf were linked to survival benefits in study

By Amy Norton

HealthDay Reporter

MONDAY, Nov. 16, 2015 (HealthDay News) -- Coffee lovers may live longer than those who don't imbibe -- with lower risks of early death from heart disease and neurological conditions such as Parkinson's disease, a large U.S. study finds.

Researchers said the study, published online Nov. 16 in *Circulation*, adds to a large body of evidence on the good side of coffee.

People often think of coffee-drinking as a bad habit that they need to break, said study leader Dr. Frank Hu, a professor of nutrition and epidemiology at Harvard School of Public Health in Boston.

But, Hu said, many studies have linked moderate coffee intake to lower risks of developing various diseases -- from heart disease and diabetes, to liver cancer, to neurological diseases such as Parkinson's, multiple sclerosis and Alzheimer's.

His team's study, funded by the U.S. National Institutes of Health, adds another layer of evidence. It found that coffee drinkers were not only less likely to develop certain diseases -- they also tended to live longer.

Over 30 years, nonsmokers who drank three to five cups of coffee a day were 15 percent less likely to die of any cause, versus nondrinkers. Specifically, they had lower rates of death from heart disease, stroke, neurological conditions and suicide.

WebMD

**Oysters:** Of all foods which are considered to be aphrodisiacs, raw oysters are quite possibly the most notorious of them all. It's a scientific fact that oysters contain a high concentration of rare amino acids which increase the production of sex hormones in humans. The amount of amino acids produced by these molluscs changes with the seasons, but are known to peak during spring.

## Sugar

Too much sugar isn't just bad for your teeth. It can harm your liver, too. The organ uses one type of sugar, called fructose, to create fat. Too much refined sugar and high-fructose corn syrup cause a fatty buildup that can lead to liver disease. Some studies show that sugar can be as damaging to the liver as alcohol, even if you're not overweight. One more reason to limit foods with added sugars, like soda, pastries, and candy.

WebMD



## Vitality101 with Dr. T

The Hug of the Century Published: July 14, 2014 A woman found a badly injured lion in the forest. She took it with her and nursed it back to health. When it was better, she made arrangements with a zoo to take the lion and give it a new and happy home. This video was taken when she returned to the Z...

[VITALITY101.COM](http://VITALITY101.COM)

## Feeling Woozy? It May Be Cyber Sickness

By KATE MURPHY

A peculiar side effect of screen time is cybersickness, which causes a person to feel woozy from viewing moving digital content.

When you are in love, Wonders happen. But once you get married, You wonder, what happened.



## This is how you make Regis Philbin's favorite pasta dish

In the new edition of Kathie Lee Gifford's "Good Gifts" book, Joy Philbin shares a simple pasta dish that's a favorite of husband Regis.

[Read More](#)

## Looking for the best antioxidant fruit? Search no further than black raspberries

The science behind superfood stories: Antioxidant properties of raspberry and blackberry fruits grown in Central Europe.

As far as healthy foods go, berries make the top of the list. They contain potent [antioxidants](#), which decrease or reverse the effects of free radicals - natural byproducts of energy production that can play havoc on the body and that are closely linked with [heart](#)

[disease](#), [cancer](#), [arthritis](#), [stroke](#) or respiratory diseases.

Unsurprisingly, the benefits of berries are extolled in one study after another. It is usually the exotic Goji, Acerola or Acai berries that make the headlines as Superfoods, but for the health-savvy European consumer the native homegrown species could be even more alluring. The current study from the University of Agriculture in Krakow shows what's in store for Old Continent foodies in the berries department. The research published now in Open Chemistry suggests that black raspberries grown in Central Europe show greater health benefits than their better known cousins - raspberries or blackberries.

MNT

Tea leaves come from the [Camellia sinensis](#) plant. They contain antioxidants that counter free radicals, which can damage cells. Antioxidants may reduce or help prevent some of this damage.

# Stroke risk for older men who take alpha-blockers

Written by [Marie Ellis](#)

Alpha-blockers are used to treat a variety of conditions, including high blood pressure, Raynaud's disease and to improve urine flow in older men with enlarged prostates. Now, a new study suggests there is a higher risk of ischemic stroke for men who take alpha-blockers but who are not already taking other blood pressure medications.

*Older men who take alpha-blockers are at increased risk of ischemic stroke during the first 21 days of treatment, according to the latest study.*

The study is published in the *Canadian Medical Association Journal* and was led by Dr. Chao-Lun Lai, from the National Taiwan University Hospital, Hsin-Chu Branch.

The researchers explain that alpha-blockers were originally developed to control [hypertension](#), but they are now mainly used by older men with prostate hypertrophy.

The drugs work by relaxing certain muscles and helping small blood vessels stay open. Alpha-blockers keep the hormone norepinephrine from tightening muscles in the walls of smaller arteries and veins.

By blocking that effect, alpha-blockers keep the vessels open and relaxed, improving blood flow and lowering [blood pressure](#).

However, these drugs can have adverse effects, say the researchers, who note that men starting alpha-blockers can see a large decrease in blood pressure within the first few days, increasing risk of [stroke](#).

To investigate to what extent this medication increases stroke risk, the team studied a group of 7,502 Taiwanese men over the age of 50 as they entered the initiation phase of alpha-blockers.

**No increased risk for men already taking blood pressure meds**

Each patient who took part in the study had both a first stroke and a new prescription of alpha-blockers during the study period, which took place over 3 years.

[Learn more about stroke](#)

**Results show an increased ischemic stroke risk for men during the first 21 days of starting treatment and a reduced risk 22-60 days after starting treatment.**

In detail, men who were not taking other blood pressure drugs has a two-fold increased risk of ischemic stroke during the first 21 days, compared with men who started taking alpha-blockers later. Interestingly, men who were already taking other blood pressure medications did not have an increased risk of stroke, likely because their bodies were already accustomed to the medications and their blood pressure-stabilizing effects.

MNT

# Can meditating reduce blood pressure?

Written by [Marie Ellis](#)

Transcendental Meditation involves sitting comfortably and closing the eyes for 20 minutes, twice a day, to achieve a quality of rest in the mind and body. A new study suggests the technique stimulates genes that produce telomerase - an enzyme linked with reduced blood pressure and mortality.



The new study is published in the journal *PLOS One*. Previous studies have reported benefits linked to meditation; *Medical News Today* recently covered a study that suggested [mindfulness meditation reduces pain](#).

And another study published earlier this year suggested [meditation can reduce brain aging](#).

The researchers from this latest study - led by Dr. Robert Schneider, director of the Institute for Natural Medicine and Prevention at the Maharishi University of Management in Fairfield, IA - say other research into Transcendental Meditation (TM) has been linked the practice to lower rates of [high blood pressure](#), [heart attack](#), [stroke](#) and death.

According to the team, [stress](#), lifestyle and telomere dysfunction contribute to [hypertension](#) and cardiovascular disease. Telomeres are stretches of DNA at the ends of chromosomes that protect our genetic data.

They have often been compared to the plastic tips on shoelaces, protecting chromosome ends from fraying, which would destroy our genetic information. Shortening of telomeres has been linked with aging, [cancer](#) and a higher risk of death.

Telomerase, meanwhile, is an enzyme made of protein and RNA units that elongates chromosomes by adding sequences to the ends.

MNT

## Preventing HPV-Linked Cancers and Their Recurrence

The rate of oropharyngeal cancers has dramatically increased, with cases more than doubling in the past two decades. The main culprit behind this increase, say Johns Hopkins head and neck surgeons [Carole](#)

[Fakhry](#) and [Joseph Califano](#), is HPV, a sexually transmitted infection. This virus is now responsible for the majority of oropharyngeal cancers in the United States. This startling increase is spurring a bevy of research into ways not only to combat these cancers, but also to prevent them and decrease their recurrence—areas to which both Johns Hopkins physicians are contributing.

[Why Do Only Some People Get HPV16-Related Cancers?](#) In a recent study, Fakhry, along with Johns Hopkins epidemiologist [Gypsyamber D'Souza](#), delved into why some people seem susceptible to HPV16-related cancers and others don't.

"Sex is common, but this infection and cancer are rare," Fakhry says. "So, there must be cofactors in the process that explain why some people become infected or develop HPV-positive oropharyngeal cancers, when most others don't."

Johns Hopkins Medicine

# Why weight matters in calculating diabetes risk

The risk for developing diabetes follows a continuum. The higher your blood sugar level, the greater the chance that you will subsequently develop diabetes.

If your fasting blood glucose is between 100 mg/dL and 126 mg/dL, you have what's known as pre-diabetes. (A fasting blood sugar level of 126 mg/dL is defined as diabetes.) An estimated 57 million Americans have pre-diabetes and, therefore, are much more prone to developing diabetes. Like people with diabetes, those with pre-diabetes tend to be overweight, have high blood pressure and abnormal lipid levels, and have a higher risk for cardiovascular disease.

Fat is more than just a storage site for extra nutrients. Fat, or adipose, tissue also functions as an endocrine organ, producing hormones that affect appetite and insulin action.

So far, scientists have found that fat cells produce the hormones leptin, resistin, and adiponectin. Leptin is normally released after a meal and dampens appetite. Resistin and adiponectin both affect cells' response to insulin. (Too much resistin may cause insulin resistance; too little adiponectin may do the same.) Although the appetite regulation system is complex and scientists are still deciphering the roles of individual hormones, it's becoming clear that excess body fat disrupts the normal balance and functioning of these hormones, thereby contributing to insulin resistance and setting the stage for diabetes.

## Fat location also matters

The risk of added pounds is especially high when the excess weight is distributed around the abdomen—often referred to as an "apple" shape—as opposed to around the hips, called the "pear" shape. Excess weight around the waist also puts you at risk for a condition known as metabolic syndrome (see "What is metabolic syndrome?").

Fat can accumulate both under the skin (known as subcutaneous fat) and around the abdominal organs or viscera (known as visceral fat). A large belly suggests the presence of this harmful visceral fat, which produces hormones called cytokines that contribute to insulin resistance. For instance, animals that are obese and insulin resistant have high levels of a cytokine known as TNF-alpha. Some research suggests that this hormone may also play a role in people with insulin resistance.

Other research suggests that visceral fat may affect levels of glucocorticoids, steroid hormones that also contribute to obesity and insulin resistance.

Furthermore, fatty acids (the breakdown products of fat) may play a direct role in insulin resistance when they are distributed in muscle, making muscle more resistant to insulin's action. Although further research is needed, it is becoming clearer that fat—especially abdominal fat—adversely affects insulin action and contributes to the development of diabetes. Harvard Health

# Gout and Apple Cider Vinegar

## Using Apple Cider Vinegar for gout

In this post I'll be discussing a home remedy that I have been using for a few years now and a internet favourite remedy on health forums and websites, used as a cure-all to treat anything from diabetes, weight loss, blood pressure, acne, dandruff and of course gout. I'll be discussing the age old *Apple Cider Vinegar* which has been used for at least 10 000 years to treat many different ailments and having been used as a condiment and preservative, utilized also for flavouring and healing purposes, deodorant, healing tonic and a preserver of youth. Christopher Columbus had barrels of apple cider vinegar on his ships to prevent scurvy and it was also used in the American Civil War to disinfect and heal wounds. All in all you can see that apple cider vinegar has many uses and you as a gout sufferer should include it in your diet.

*Apple Cider Vinegar otherwise also known as cider vinegar or ACV, is a type of vinegar made from cider or apple must and has a pale to medium amber color. ACV is used in salad dressings, marinades, vinaigrettes, food preservatives, and chutneys, among other things. It is made by crushing apples and squeezing out the liquid. Bacteria and Yeast are added to the liquid to start the alcoholic fermentation process, and the sugars are turned into alcohol. In a second fermentation process, the alcohol is converted into vinegar by acetic acid-forming bacteria (acetobacter). Acetic acid and malic acid give vinegar its sour taste.* [1]

Apple cider vinegar is full of nutrients like potassium, which helps remove toxins and excess water, iron, calcium and amino acids that reduce toxin buildup and serve as antibiotics.

The main ingredient thought to be the most effective in treating and preventing gout is acetic acid. What happens is acetic acid is turned alkaline inside the body forming a pH balanced environment that prevents gout whereas having a pH balance that's acidic can cause gout but shifting your pH balance toward alkaline can cure you of gout and prevent it from coming back. Do note that no research has been done to verify these claims.

Drinking apple cider vinegar breaks up the uric acid crystals and prevents them from reforming in the joints by aiding blood circulation and purification. It reduces inflammation and swelling in the joints allowing for better flexibility of the joints. ACV contains higher amounts of malic acid which explains the fact that consuming ACV in appropriate quantities is more beneficial to you than eating an apple directly. Many people have experienced relief from gout symptoms a few hours after using apple cider vinegar, while others have reported relief after a few days.

Posted by Spiro Koulouris

- See more at: <http://goutandyou.com/gout-and-apple-cider-vinegar/#sthash.Az2RGlqx.dpuf>

# Women fat-shamed on London Tube by 'Overweight Haters Ltd'

Women are being body-shamed on the Tube in London, with one posting a picture on Twitter of a card she was given that calls her a "fat, ugly human".



## Lower limits for men's consumption of alcohol

The current review has also found that the benefits of alcohol for heart health only apply for women aged 55 and over, and these women should limit their intake to around 5 units a week - or the equivalent of around two standard glasses of wine. Drinking alcohol can increase women's risk of mouth, throat and **breast cancer**. The recommended upper limit of consumption for women remains at 14 units per week.

**However, where men were previously advised not to exceed 21 units a week, that limit has now dropped to 14 units, or around 6 pints of average-strength beer. In the UK, men account for 65% of alcohol-related deaths.**

People are also being advised not to "save up" the 14 units for 1-2 days, but to spread them over 3 or more days. Having several alcohol-free days a week is suggested as a way to reduce intake.

Having one to two heavy drinking sessions each week increases the risk of death from long-term illnesses, as well as accidents and injuries.

MNT-Written by Yvette Brazier

## Cut the Onion in Half Lengthwise



Cut the onion in half lengthwise. Photo Credit: Photo © Danilo Alfaro



Ho Gaana Pokune | Ho Gaana Pokuna Official Movie Theme Song

## Alcohol and Pancreatitis

Alcohol has long been known to be one of the commonest causes of acute pancreatitis, with the effect of alcohol on the pancreas being dose-related: The more alcohol a person consumes, the greater the risk. Is there a critical level of alcohol consumption necessary for the development of acute pancreatitis? The usual patient who has developed alcohol-related pancreatitis has a history of having consumed four to five drinks per day for a period of 20 years.<sup>[3]</sup> This explains why alcoholic pancreatitis is rarely encountered before age 35 years. The actual alcohol-related cellular events leading to pancreatitis are not fully understood, but one common theory is that prolonged exposure to alcohol produces an underlying inflammatory response originating in the acinar cells. Persistent consumption of excess alcohol seems to block resolution of the inflammatory cascade, leading to recurrent pancreatitis and, eventually, to chronic pancreatitis—an irreversible process.<sup>[4]</sup> Is the type of alcohol a significant consideration for the development of pancreatitis? The issue needs additional study, but the safest and most likely assumption is that alcohol-related pancreatic damage depends on the total quantity of ethanol consumed, rather than the type of beverage: Large amounts of beer or wine are probably as risky as an equivalent intake of ethanol in the form of spirits.

Medscape

## Gallstone Pancreatitis

Gallstone disease accounts for about 40% of all causes of pancreatitis; in females, gallstone pancreatitis is more common than alcoholic pancreatitis. The most straightforward explanation is mechanical obstruction resulting in damage to the acinar cells. Because gallstones are strongly associated with obesity, the observed increased risk for acute pancreatitis is likely to be driven in part by the current worldwide epidemic of obesity. Gallstone size is related to the risk for pancreatitis because smaller gallstones are more likely to enter the common bile duct. Patients with gallstones <5 mm have a fourfold higher risk for acute pancreatitis compared with patients who have larger gallstones.<sup>[5,6]</sup> An effective approach to reduce the frequency of recurrent attacks of gallstone pancreatitis is to perform early laparoscopic cholecystectomy when the patient has a first attack of gallstone pancreatitis. Not only is it cost-effective by avoiding rehospitalization, it avoids the possibility of additional, unnecessary attacks of pancreatitis, which can lead to chronic pancreatitis.<sup>[7,8]</sup>

Medscape



**Seethala Sulanga - Billy - Ruwan - Sunil Perera - Umaria...**



## Cheers? Counting the Calories in Alcoholic Drinks

by [Rachael Rettner](#), Senior Writer |



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Alcohol can be a "hidden" source of [calories](#) — you may have a glass of wine (or two) with dinner, or champagne to ring in the New Year, without thinking about the extra calories you're consuming. But alcoholic drinks can be a significant contributor to your [daily](#) calorie intake. A 2012 study found that the average American adult [consumes 100 calories a day](#) from beer, wine or other alcoholic beverages. And close to 20 percent of men and 6 percent of women consume more than 300 calories from alcohol daily, the study found. This can add up — for example, consuming 100 calories more than you burn every day may lead to a weight gain of 10 pounds over a year. Because [alcoholic drinks](#) are essentially "empty" calories and don't contribute toward your daily nutrition, cutting back on alcohol may be one healthy way to lose weight.

## Monoclonal Antibody Blocks Migraines

The CGRP inhibitor is a type of monoclonal antibody — a common type of "biologic" medication — that blocks the activity of a molecule known as a calcitonin gene-related peptide. The body uses this molecule to control the flow of blood to various tissues — including the brain — by constricting or dilating blood vessels. Scientists believe that [migraines trigger the release of this molecule](#) — along with others — from the trigeminal nerve in the brain.

This leads to widening of the blood vessels and inflammation of the nerves. This can prolong migraines by causing the trigeminal nerve to become hyperactive and release more of these molecules. Pain signals sent by the trigeminal nerve are thought to cause not only the severe headache pain associated with migraines but also the sensitivity to environmental triggers common among people with this condition. Migraine attacks can last between four and 72 hours. They are often accompanied by sensitivity to light and sound, nausea or vomiting, tingling or numbness in the limbs or face and visual disturbances. Other drugs, called triptans, also target CGRP, including sumatriptan and zolmitriptan.

Healthline

## Butterbur (*Petasites hybridus*) for Migraine

Butterbur is found in wet, marshy areas of Europe, Asia, and North America. It has been used throughout history for a wide variety of purposes. People once used the leaves of the plant to wrap and preserve butter during warm weather, which is where butterbur got its name. The Greek physician Dioscurides originally used the plant as a skin ulcer remedy. Since then, it's been used to treat: -headaches, asthma, allergies, cough, fever, gastrointestinal problems, general pain

Most butterbur herbal remedies use its purified root extract Petasites in pill form for the treatment of headaches and migraines. A 2004 study published in [Neurology](#) has confirmed conclusions from older studies that Petasites ([50 to 75 mg twice daily](#)) is effective for migraine prevention.

Healthline.com

**The Ceylon Branch of the British Medical Association, a long cherished dream of Dr. W.R. Kynsey had been finally inaugurated in 1887 with Dr. P.D. Anthonisz as the first President.....The Headquarters of the Association at Wijerama Mawatha ( McCarthy Road) is the former residence which was gifted to the Association by Dr. E.M. Wijerama originally from Kosgoda.. He was the first President of the Ceylon College of Physicians**

## Ten-Year Data: Lumpectomy and Radiotherapy Trump Mastectomy

Nick Mulcahy

SAN ANTONIO — Breast-conserving therapy (BCT), which consists of lumpectomy with radiotherapy, might be a better option than mastectomy, according to long-term data from a large retrospective study.

The observational study, involving more than 37,000 women in the Netherlands, provides 10-year data.

The results show that the relative risk for death after 10 years was nearly 20% lower in women who underwent BCT than in those who underwent mastectomy alone (hazard ratio, 0.81;  $P < .001$ ).

The 10-year rate of overall survival was better with BCT than with mastectomy (76.8% vs 59.7%).

In the BCT group, overall survival benefits extended across tumor size (T1 and T2) and nodal status (N0 and N1).

A slight majority of the women (58.4%) received BCT.

This study, which involved women diagnosed from 2000 to 2004, is important, in part, because it provides 10-year data, said Sabine Siesling, PhD, senior researcher at the Netherlands Comprehensive Cancer Organization in Utrecht.

Most recent observational studies, which have also shown better survival with BCT, have been limited to 5 years of post-treatment data, which is "quite short" for breast cancer, Dr Siesling told reporters during a press briefing here at the San Antonio Breast Cancer Symposium 2015. "The main take-away message is that breast-conserving therapy should be the treatment of choice, especially in small tumors, when it is medically feasible," she concluded.

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.

## The Active Sun: US Unveils Plan to Deal with Space Weather



the White House released two documents that lay out the nation's official plan for mitigating the negative impacts of solar flares and other types of "space weather."

[Read More](#)

## Should You Be Taking Aspirin Daily?

By Rita Rubin

WebMD Health News

Reviewed by [Brunilda Nazario, MD](#)

It's cheap, easy to find, and, according to some, a miracle drug.

But should you pop an [aspirin](#) every day to stay healthy?

More and more research suggests that this medicine protects against [heart attacks](#), strokes, a variety of cancers, and even preterm birth and [preeclampsia](#), a condition in [pregnancy](#) marked by high blood pressure and damage to organs such as the kidneys.

And most recently, a study found that salicylic acid, the active ingredient in aspirin, blocks a protein that can enter brain cells and trigger the process that leads to their death, as seen in diseases like Alzheimer's and Parkinson's.

But it's too soon to add protection against such brain diseases to the "pros" column when considering whether to take aspirin, says Daniel Klessig, PhD, a researcher on the new study and a professor at the Boyce Thompson Institute and Cornell University.

"While the results from our study are exciting and provide great promise as a possible treatment for neurodegenerative diseases, they will need to be followed by much more comprehensive studies, including mouse model work and human clinical studies," Klessig says. Besides, he says, research likely will lead to compounds derived from salicylic acid that will be more effective and safer than aspirin.

That question of safety has always been at the center of the aspirin debate, even for [heart disease](#). Aspirin's most worrisome quality is that it can cause bleeding in the upper digestive tract, namely the stomach, and in the brain. Age increases the risk, as does having a history of bleeding.

"It's important to discuss the risks and benefits of aspirin therapy with a physician," says Deepak Bhatt, MD, MPH, executive director of interventional cardiovascular programs at the Brigham and Women's Hospital.

## Could bug-busting viruses control food poisoning?

Viruses that can seek and destroy [food poisoning](#) bugs in the gut are being investigated by researchers at The University of Nottingham, thanks to a prestigious new grant.

The work, which has been funded with a \$100,000 USD grant by the Bill & Melinda Gates Foundation, could offer the potential for treating and preventing intestinal illnesses in children in developing countries including those caused by Salmonella, Campylobacter and [E. coli](#).

They hope the viruses, known as bacteriophages - the word meaning "bacteria-eaters" - and which only affect their target bacteria, could offer a viable alternative to [antibiotics](#) and a potential new approach for the developing world where the illnesses can often be fatal. Professor Paul Barrow in the University's School of Veterinary Medicine and Science, who is leading the research, said: "In developing countries there is a huge amount of enteric disease.

"There is some evidence to suggest that gut flora - the bacteria that live in the gut - in childhood can offer protection against pathogens in later life and that it is tied up with the immunity of the host, their diet and other environmental factors."

MNT

## Feverfew (*Tanacetum parthenium*) for Migraine

First used in ancient Greece in as early as the fifth century B.C., feverfew (or "featherfew") has been used to treat a wide variety of ailments.

These include fever, swelling, and inflammation. People commonly took the herb to relieve aches and pains such as headaches in the first century.

The plant is native to the Balkan Mountains but can now be found nearly worldwide. Eastern European cultures traditionally used feverfew for headaches, insect bites, and other pain.

More modern uses have extended to the treatment of: migraines: dizziness: inflammation breathing problems

Feverfew is usually prepared by drying leaves, flowers, and stems. This combination is also used to make supplements and extracts. Some cultures eat the leaves raw.

A very small 2011 study published in the [Pharmacognosy Review](#) found that feverfew can help prevent and treat migraines.

It found that people who took the herb for up to six months experienced fewer headaches.

Their headaches tripled once they started taking the placebo instead. However, a [Cochrane](#) review of five larger, more robust trials showed little to no benefit for the majority of migraine sufferers.

Feverfew may cause minor side effects such as bloating, canker sores, and nausea. You may experience moderate side effects when discontinuing use. These can include difficulty sleeping, increased headaches, and joint pain. Pregnant women, those taking blood thinning medications, and those with allergies to members of the daisy family should avoid the use of feverfew altogether.

[Healthline.com](#)

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