



For better health education among Sri Lankans & others

Bono, Oprah, Tina Fey sign letter urging world leaders to put girls at heart of anti-poverty drive



A host of prominent figures including Oprah Winfrey, Elton John and Australia's Ruby Rose have called for world leaders to put girls at the heart of anti-poverty efforts, as a new index reveals Niger is the toughest country to be a girl.

An [open letter](#), published on the eve of International Women's Day, [signed by a number of influential people](#), urged leaders to improve girls' and women's access to education, justice and technology and help them fight HIV and malnutrition.

They said it was "an outrage" that girls made up three-quarters of all new HIV infections among adolescents in Africa, and that 40 per cent of women on the continent suffered from anaemia, which results in a fifth of maternal deaths.

"Nowhere on Earth do women have as many opportunities as men," the letter read.

"While the debate around this truth rages everywhere, girls and women living in extreme poverty — those often hit hardest by the injustice of gender inequality — have been left out of the conversation. This must change. The fight for gender equity is global."

The 80-plus signatories include Australian actor and presenter Ruby Rose, comedians Tina Fey and Amy Poehler, former New Zealand prime minister Helen Clark, Facebook chief executive Sheryl Sandberg and U2 singer Bono, co-founder of anti-poverty charity ONE, which published the letter.

ABC Health

[World leaders urged to put girls at heart of anti-poverty drive](#)



Turning Off Niagara Falls Could Reveal Geological Secrets



February 9th, 2016



'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



Building a Healthy Nation



Greatness of Singapore - Instead of a huge wastage in a State Dinner, S'Pore PM hosts PM Modi in Komala Vilas, a popular eatery in S'pore - a couple of ulundu vadays and chutney served on a banana leaf.

This shows how to build a great economy and a healthy nation by avoiding unnecessary extravaganza and pomp. Hats off!

Will Sri Lanka take head?

Menu suggested by Don Abey-Canberra, Australia:

Drink: Lemon juice

First course: kola kenda

Main course:: Boiled bathala or manioc with lunu miris

Tea

Comments from readers welcome

[Authorities crack down on chiropractors spruiking false health claims](#)



St Joseph's F e a s t M a s s
Saturday 19 March 2016 6.15 p.m.
Waldorf function Centre (Blue Elephant)
Pennant Hills

Cultures of India & Sri Lanka

Sri Lanka, formerly known as Ceylon, was occupied by the Gentiles, the Portuguese, the Dutch, and the British for more than five hundred years prior to 1948. During this period, the population of the island evolved through the inter-mixing of people who had settled there from countries surrounding the Mediterranean Sea, as well as from European countries. The consequence of such an evolution over a period of five hundred years was not only a much greater variation in the appearance and complexion of those now living in Sri Lanka, whom we refer to as the native population of the island nation, but it also resulted in the evolution of language, the transformation of religious practices and the development of social institutions (Thambynayagam, Agnes 2009)

The culture of people in India and Sri Lanka resulted mainly from Roman Dutch laws that were placed in Jaffna and coastal areas by the Roman Empire (Rome) - Portuguese rule from 1505-1658 and Dutch rule from 1658-1795. The complexion changed to darker skin when Europeans settled in the equator zone. The descendants of the Dutch & the North Europeans who settled in Jaffna and became Tamils are very hard working people. The culture also differs amongst different caste groups and from location to location.

Agnes Thambynayagam's book, 'The Gentiles, A History of Sri Lanka 1498-1833' is available from:
<http://bookstore.authorhouse.com/Products/SKU-000246857/The-Gentiles-A-History-of-Sri-Lanka-14981833.aspx>

Studies show that many different vitamins and minerals may lower your risk for an eye problem called macular degeneration, the leading cause of vision loss in people over 65. A balanced diet loaded with fruits and vegetables should give you all you need. If your risk is still high, your doctor may recommend a supplement along with lifestyle changes. And don't smoke! WebMD

TEA- 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 - See more at:

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



Unhealthy eating habits at the weekend may be as bad for the gut microbiota as a regular unhealthy diet

Both weekend binges and chronic overconsumption of energy-rich food may lead to similar detrimental effects on gut microbiota, according to researchers from the University of New South Wales in Australia.

Is there racism in Singapore?

Amrit Banerjee

I am an Indian Architect and was working for 4 years in Singapore.... and never ever was I stopped from getting on a bus or getting in a resturant.... Never ever..... But yes I was treated like shit every day on the MRT, where 60% of the people would be reluctant to sit beside you or at the food court the shopkeepers would try and get rid of u or answer u rudely....

What was also more dis concerning is that I played online games in SG and the kids used to be very vocal about being racist.... Words like "Filthy Bangla worker, or Malay Dog or Go eat ur Curry u Indian" are absolutely common everyday words.... And these kids are definitely learning it from examples or somewhere.... So yes definitely Racist but mostly the people... Not like buses and resturants.... Thats bullshit... Legally no troubles ever except for while entering the country.... U get the the Picture

From Quora

St Paul's Milagiriya PPA - NSW Inc. Presents Autumn Reunion 2016



on Saturday 19 March 2016 from 6.00 pm onwards
at
Glenwood Community Hub
72 Glenwood Park Drive
Glenwood NSW 2768

music by DJ Shehan
Authentic Sri Lankan Buffet, BYO
Dress Code : Smart casual

Tickets Adults : \$40.00 | Children Under 12 \$20.00

Please Contact : Tharana 0409 845 362
Samali 0402 601 215 | Antoinette 0414 976 010

Why men often die earlier than women



PROJECT PROPOSAL FOR FOUNDING OF BREAST CANCER SUPPORT GROUP IN SRI LANKA

In Sri Lanka, cancer was the sixth leading cause of death in 1997, which has risen to the fifth place during the last decade. Carcinoma of the breast was the commonest malignancy amongst the females with an incidence of 7.7 per 100,000 population. This constituted 20.8% of female malignancies.

Although Sri Lanka is a developing nation, have a resourceful non-fee levying health care system to facilitate all citizens. Further the network of referrals from the most rural health care facility to a tertiary care centre occurs swiftly within a day. The Oncological centres found within each province are well equipped with all resources and expertise and follows the same treatment protocols as the West. Hence, rather than the access and optimal treatment for patients, other factors causing 'late' and 'advanced stage' of presentation contributes mostly for lessened breast cancer survivorship in Sri Lanka.

Although national programs on health education, especially on early detection by self-breast examination are been conducted, unfamiliarity of the disease, ignorance, the myth of breast cancer being a 'deadly' disease and presume to be an 'agonizing' treatment modality have led the patients to disbelieve the diagnosis and delay medical advice until the disease is too advanced to tolerate. Hence implementation of early detection techniques, tailor made for a developing nation should be the way forward in reviving breast cancer survivorship in Sri Lanka

The new CSR project 'CAN - SUR - VIVE' proposes to form a methodology to educate the public through breast cancer survivors and to form a support group amongst them to look into their medical, physical, financial, psychological, societal and spiritual needs. The first CAN SUR VIVE program was done in the month of October 2015 (Month of Breast Cancer awareness) with resounding success and with an earnest request from the participants to continue the program more frequently. **CAN - SUR - VIVE's main objective is to form a community based breast cancer support group within Sri Lanka and actively educate, support on medical, physical, financial, psychological, societal, spiritual and other related issues pertaining directly to a cancer survivor's well-being and empower the survivor and family members under the guidance of the Cancer Research Foundation of Sri Lanka**

More details from:
bedejohnpillai@gmail.com

4 ways to protect your family from mosquitoes



Relax, Read, Share

From Dallas Achilles-Melbourne

Introducing ACORN (Australian Cybercrime Online Reporting Network), an Australian Government initiative to help make Australia a harder target for Cyber criminals.

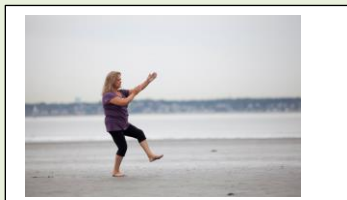
Check out: <http://www.acorn.gov.au/about/> and how to report credit card fraud, cyber bullying, scams, hacking, identity theft, & online crime. <https://www.youtube.com/watch?v=jtScZ-AbYEI>

ASK WELL

Tai Chi and Heart Disease

By RONI CARYN RABIN

Like other forms of physical activity, tai chi may be an effective method for helping to reduce the risk of heart disease.



Harvard study: Moderate coffee drinking associated with longevity

It appears that moderate coffee drinking is associated with a reduced risk of an early death. However, there is not enough evidence that one should drink more coffee for the sake of longer life expectancy. [More »](#)

How old is your heart?

An online "heart age" calculator can help people understand their risk of heart attack and stroke. The estimate is based on a person's blood pressure reading, smoking history, body mass index, and whether they have diabetes. About 75% of heart attacks are due to risk factors that increase heart age. In the United States, 50% of men and 40% of women have a heart age that's five or more years greater than their actual age. (Locked) [More »](#)

Vegetarian and Vegan Diets Reduce Risk of Heart Disease and Cancer



Vegetarian and vegan diets improve health and protect against early death from disease, according to a meta-analysis published online in *Critical Reviews in Food Science and Nutrition*. Researchers examined 96 articles comparing vegetarian and vegan diets to omnivorous diets for various risk factors, chronic conditions, and mortality rates. Those following vegetarian and vegan diets had lower weights, total and LDL-cholesterol levels, and glucose levels, compared with those following omnivorous diets. In addition, the vegetarian and vegan groups had lower mortality rates from heart disease and cancer, compared with the omnivorous diet groups. To learn more about the latest research on vegetarian and vegan diets, join us at this year's International Conference on Nutrition in Medicine. For more information, click [here](#)

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The Vegan Diet How-To Guide for Diabetes

Introduction

Diet changes are the cornerstone to treating type 2 diabetes. Current diet recommendations require restricting portion sizes, measuring and weighing foods, and limiting the total amount of carbohydrate. However, evidence suggests that a different dietary approach may be more effective and easier to follow.

The evidence favoring a new approach came first from comparisons of various populations around the world. People whose diets were based mainly on plant-derived foods—that is, rice, noodles, beans, and vegetables—were less likely to develop diabetes, compared with people whose diets are fattier or centered on meatier dishes. For example, among people following traditional Japanese diets, diabetes was rare. Studies show that when people moved from Japan to the U.S. and adopted a Western diet, they were much more likely to develop diabetes. These studies suggested that meaty, fatty diets cause the body to be more resistant to insulin's actions. Clinical research studies have shown that adopting a low-fat, plant-derived diet does indeed improve insulin sensitivity, help with weight loss, and reduce blood sugar and cholesterol.

Part of the value of a low-fat, plant-based diet is that it is very low in saturated fat—that is, the kind of fat that is found especially in meats, dairy products, and tropical oils (coconut, palm, or palm kernel oil). To cut fat effectively, you'll want to do two things: The first step is to avoid animal-derived products. Needless to say, this eliminates all animal fats. It does something else, too: It eliminates animal protein. While we need protein, we do not need animal-derived protein. Animal proteins accelerate kidney damage in people who have already lost some kidney function. They also increase the loss of calcium from the body (through the kidneys and into the urine), potentially increasing the risk of osteoporosis. Plant sources of protein do not present these problems.

The second step is to avoid added vegetable oils. Although oils are often thought of as healthier than animal fats, they are just as high in calories. For the healthiest diet, you will want to keep oils to a minimum. This guide covers both of these steps.

<http://www.pcrm.org/health/diabetes-resource>

Mothers 2 Mothers



Sumi Prabha

Since its inception in 2014, M2M has been supporting our mothers in our homeland. This year, we will support 90 women in the Vanni districts to sustain small businesses. They have already started the process as you can see in the photos. They have hopes - we need your help to make it a reality. Thank you- Sumi

Women in the Vanni, a remote village like Anaivilunthan in Killinochchi district (Northern Province of Sri Lanka) are a neglected lot of people. They need the basic requirements to survive, including education and gaining knowledge. This picture shows that they are given such a class in business management.

Please join the movement – "Mothers 2 mothers"

Please contact Sumi Prabha –email: pradoneventsm2m@gmail.com



[Music Box: The Amazing Songs of Oscar Winning Movies!](#)

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[Taller people more prone to cancer, study claims](#)



Tall people have a lower risk for cardiovascular disease and diabetes, but a higher risk of cancer in comparison to short people, a new study has claimed.

Hen that guards the house



DR Quintus de Zylva sends this picture of one his pet hens, guarding the front door when his German Shepherd Rajah of Redholme shirks his duty!

[Statins DOUBLE the risk of diabetes according to 'alarming' 10-year study](#)



Healthy patients taking the heart drug statins have a significantly higher risk of new diabetes, study from University of Texas has found.

The Gut Brain Connection

Is Your Microbiome the Key to Mental Health?



Anxiety and depression are highly prevalent now in our culture. According to the Anxiety and Depression Association of America (ADAA), anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18% of the population. As researchers continue to evaluate possible causes, they are now finding a strong connection between the bacteria in our gut, and our mental health.

- See more at: <http://www.prescript-assist.com/intestinal-health/gut-brain-connection/#sthash.xlbSUiXs.dpuf>

Charity Work

Our local Parish of St Dominic's Broadmeadows run a charity named St Dom's Care & part of our groceries come from Foodbank Victoria.



We distributed food parcels consisting of non-perishables in excess of \$ 10,000.00 last year . We receive a substantial quantity of what we distribute from Foodbank Victoria to whom we remain thankful.

Since it's inception quite a few years ago, Foodbank have grown & grown & grown and are proving to be the backbone of many charities involved in feeding the poor. They have expanded both the sources of donated foodstuffs the customers they serve & have started a project of bringing "Farm produce including fruit & vegetables" to market at the sites of their clients.

This project has been proven to be very popular over and above what Foodbank have been doing for years, in the way of Groceries including Bread, milk, fresh fruit, vegetables refrigerated & frozen foodstuffs with most items either free of charge or a very nominal levy.

Sent by Russel Nathanielsz- Melbourne

r.nathanielsz <r.nathanielsz@optusnet.com.au>

What Is Gout?

Gout is a kind of arthritis caused by a buildup of uric acid crystals in the joints. Uric acid is a breakdown product of purines that are part of many foods we eat. An abnormality in handling uric acid and crystallization of these compounds in joints can cause attacks of painful arthritis, kidney stones, and blockage of the kidney filtering tubules with uric acid crystals, leading to kidney failure. Gout has the unique distinction of being one of the most frequently recorded medical illnesses throughout history.

Symptoms of Gout

Acute gout attacks are characterized by a rapid onset of pain in the affected joint followed by warmth, swelling, reddish discoloration, and marked tenderness. The small joint at the base of the big toe is the most common site for an attack. Other joints that can be affected include the ankles, knees, wrists, fingers, and elbows. In some people, the acute pain is so intense that even a bed sheet touching the toe causes severe pain. These painful attacks usually subside in hours to days, with or without medication. In rare instances, an attack can last for weeks. Most people with gout will experience repeated bouts over the years.

What Gout Looks Like: The Big Toe

The joint at the base of the big toe is the most common site of an acute gout attack.

These attacks can recur unless gout is treated. See your doctor even if the pain from gout is gone. Over time, they can harm joints, tendons, and other tissues.



[Sneak peek! Sir Elton John joins James Corden for 'Carpool Karaoke'](#)

"Ladies and gentlemen, Sir Elton John."

[Read More](#)

[Listeria Infection: Symptoms & Treatment](#)

Listeriosis is a bacterial infection typically caused by eating contaminated food.





Maximize Phone Battery Life



Nowadays, we all carry our mini-computers in our pocket

by [Smita](#)



How to Purchase a Used Car Without Getting Screwed

by [archi](#)

Taking new aim at cancer

Matthew Solan, Executive Editor, Harvard Men's Health Watch

You may have heard that former President Jimmy Carter's melanoma, which had previously metastasized to his brain, has vanished. This news has cast light on a type of cancer treatment called immunotherapy, which helps the body's own immune system fight cancer cells.

The drug used for President Carter, pembrolizumab (Keytruda), is designed to block a cellular pathway known as PD-1, which hinders the immune system's ability to attack melanoma cells. It was approved last year by the FDA and, so far, has proven to be successful in melanoma and other cancers. In clinical trials, tumors shrank in more than 30% of people who received the drug.

President Carter also received radiation as part of his treatment (along with surgery to remove cancer that had spread to his liver). So it is difficult to say if pembrolizumab alone wiped out the tumors in his brain, or if it was the combination of the two treatments, says Dr. Patrick Ott, clinical director of both the Melanoma Center and the Center for Immuno-Oncology at Harvard-affiliated Dana-Farber Cancer Institute. Though pembrolizumab has been tested for treating melanoma, it has not yet been formally studied for the treatment of melanoma that has metastasized to the brain.

"Melanoma in the brain is the hardest to treat. Most cancer drugs do not work in the brain to the same extent as other parts of the body because the brain has a barrier that prevents drugs from reaching it. So in this way, this type of treatment is quite promising," says Dr. Ott.

It's never too late: Lifestyle changes can prevent diabetes at any age, weight



Old or fat, it's never too late to offset the risk of diabetes. With a low-carb diet and a half-hour workout five times a week, at least three out of 10 people across age and bodyweight profiles have managed to delay or prevent onset of diabetes, doctors have found.

Ginseng, Fish, Berries, or Caffeine?

Listen to the buzz about foods and dietary supplements, and you'll believe they can do everything from sharpen focus to enhance memory, attention span, and brain function.

But do they really work? There's no denying that as we age, our body ages right along with us. The good news is that you can improve your chances of maintaining a healthy brain if you add "smart" foods and drinks to your diet.

WebMD



Caffeine Can Make You More Alert

There's no magic bullet to boost IQ or make you smarter -- but certain substances, like caffeine, can energize you and help you concentrate. Found in coffee, chocolate, energy drinks, and some medications, caffeine gives you that unmistakable wake-up buzz, though the effects are short-term. And more is often less: Overdo it on caffeine and it can make you jittery and uncomfortable. WebMD



Bazinga! 'Friends' meet 'Big Bang Theory' in one-of-a-kind picture at tribute

Bazinga! It was a perfect storm of comedy at a tribute to the great sitcom director, and we have the photo to prove it.

[Read More](#)

Sugar Can Enhance Alertness

Sugar is your brain's preferred fuel source -- not table sugar, but glucose, which your body processes from the sugars and carbs you eat. That's why a glass of something sweet to drink can offer a short-term boost to memory, thinking, and mental ability. Have too much, though, and memory can be impaired -- along with the rest of you. Go easy on the sugar so it can enhance memory without packing on the pounds. WebMD

Heart disease is different in women and may be deadlier

Women's heart disease in women remains underdiagnosed and undertreated, the American Heart Association says.

[Read More](#)

Moderate Drinkers Less Depressed Than Teetotalers, Poll Finds



Is alcohol a mood booster?

[Read More »](#)

Drinking two regular beers would account for 300 to 400 calories, roughly the same amount as in a typical fast-food double hamburger, a typical fast-food roast beef sandwich, or two slices of cheese pizza.

The number of calories in a beer is based primarily on alcohol content, not on the color or texture of the beer. The color of the beer is determined by the color of the malt (barley processed for brewing).

The Dietary Guidelines recommend that if alcohol is drunk, it should be no more than two alcoholic drinks per day for men. One drink is the equivalent of a 12-ounce beer (regular or "lite"), a 5-ounce glass of wine, or a drink containing 1.5 ounces of 80 proof spirits or liqueurs. WebMD

Accident, Loss or Tragedy ?

Mr. David Cameron was at a Scottish school and asking the children the difference between the words 'accident' and 'tragedy' and their meanings.

The teacher asked Mr. Cameron if he would like to lead the discussion on the word 'Tragedy'.

So our illustrious leader asked the class for an example of a 'Tragedy'

A little boy stood up and offered: "If my best friend, who lives on a farm, is playing in the field and a tractor runs over him and kills him, that would be a tragedy."

"Incorrect," said Cameron. "That would be an accident."

A little girl raised her hand: "If a school bus carrying fifty children drove over a cliff, killing everybody inside, that would be a tragedy."

"I'm afraid not", explained Cameron, "that's what we would refer to as a great loss."

The room went silent. No other children volunteered. Cameron searched the room.

"Isn't there someone here who can give me an example of a tragedy?"

Finally, at the back of the room, little Johnny raised his hand and said: "If a plane carrying you and Mr. Clegg and Mr. Milliband was struck by a 'friendly fire' missile & blown to smithereens that would be a tragedy."

"Fantastic" exclaimed Cameron, "and can you tell me why that would be a tragedy?"

"Well", said Johnny, "it has to be a tragedy, because it certainly wouldn't be a great loss, and it probably wouldn't be a f*cking accident either!"

Sent by Francis Gnani

SEX LIFE



Erectile dysfunction -- not being able to get an erection or keep it firm enough to have sex -- happens to older men more often, but aging itself isn't the cause. And growing older doesn't mean giving up sex. Even men in their 90s can be sexually active.

It's normal to have erection issues once in a while. See your doctor if it's an ongoing problem,

Vacuum erection devices, also called pumps, work by drawing blood into the penis. A man puts a plastic tube around his shaft and pumps the air out. This tightens the cylinder, forcing blood into his penis.

Go to your doctor to get one of these devices. If it doesn't work, he may suggest penile implants: bendable or inflatable rods put into the penis during surgery.

Medications including sildenafil (Viagra), tadalafil (Cialis), and vardenafil (Levitra) work only when you're aroused. Men with ED often try these first because they're easy to use.

They help about 7 out of 10 men with erections and, no doubt, with confidence. Smoking and doing drugs, especially if they're long-time habits, can put a damper on your sex life. A few beers or glasses of wine might put you in the mood, but drinking too much, too often, could also put the brakes on erections.

A healthy lifestyle will help you in the bedroom. So make sure you eat well, exercise, get enough sleep, and manage your stress.

Some men with ED still get erections when they sleep. It usually means the root of the problem is stress, depression, or something related to the mind. If you don't have nighttime erections, your ED probably has a physical cause.

The delicate nerves that run along the prostate control your erections. Anything done near them could affect your sex life. Nearly all men who have radiation or surgery will have trouble with ED for at least a while. About half of them will have erections again within a year, if the surgery doesn't damage nerves.

If the idea gives you the willies, you're in good company. Injections work the best for erectile dysfunction, but they're also (understandably) the least popular. They're successful for 80% to 90% of men, and they don't hurt as much as you might think. Most men say it feels like a pinch.

They're a good option when other treatments haven't worked as well as you'd like. You should see a specialist, called a urologist, to figure out what's best for you.

WebMD

PERSONAL HEALTH



The Far-Reaching Effects of a Fall

By JANE E. BRODY

Older people are the most frequent victims of serious falls. Here are some ways to prevent them.

How Exercise May Help Us Fight Off Colds



By GRETCHEN REYNOLDS

Working out could help us fight off colds and other infections, a new study suggests, providing more incentive to exercise as the temperatures drop.

Gout: Colchicine Linked to Reduced CV Risk

Janis C. Kelly

Colchicine, long used to reduce inflammation in gout flares, might also protect patients with gout from cardiovascular (CV) events, according to a study published online November 18, 2015, in the *Annals of the Rheumatic Diseases*.

The study's key findings were that patients with gout who used colchicine had fewer CV events and lower all-cause mortality than similar patients with gout whose treatment did not include colchicine, said lead author Daniel H. Solomon, MD, MPH, from Brigham and Women's Hospital and chief of the Section of Clinical Sciences in Rheumatology at Harvard Medical School, Boston, Massachusetts.

Dr Solomon and colleagues used retrospective data from an electronic medical record database linked with Medicare claims for 2006 to 2011 to test the hypothesis that colchicine use would be associated with reduced CV risk in patients with gout, who are otherwise at increased risk for atherosclerosis because of their underlying rheumatoid disease. Colchicine had previously been studied for secondary prevention of CV events in other subgroups.

WORLD | YARRABAH JOURNAL

Aboriginal Brass Band Offers Burst of Hope in a Bleak Community

By CLARISSA SEBAG-MONTEFIORE

A band created while Yarrabah, an Aboriginal community in Australia, was under mission rule and fell silent after the mission closed in the 1960s, has recently found new life.

IRIS: Diabetes Drug Reduces Recurrent Stroke, MI



EVERY DAY, THOUSANDS
OF
**INNOCENT
PLANTS**
ARE KILLED BY VEGETARIANS.
HELP END THE VIOLENCE.
EAT BACON.

Gulp. Sugary Drinks Linked to 'Deep' Fat

by Laura Geggel, Staff Writer



Credit: Kzenon | Shutterstock.com

People who drink sugary beverages, such as soda or fruit juice, daily tend to gain a type of body fat associated with diabetes and heart disease, a new study finds.

Researchers looked at about 1,000 middle-age people over a six-year period and found that those who drank sugar-sweetened beverages tended to have more "deep," or visceral, fat. This type of fat wraps around the internal organs, including the liver, pancreas and intestines; affects hormone function; and may play a role in insulin resistance, the researchers said.

Previous research has linked sweet drinks with other health risks.

"There is evidence linking sugar-sweetened beverages with cardiovascular disease and type 2 diabetes," Dr. Caroline Fox, lead author of the new study and a former investigator with the Framingham Heart Study of the National Heart, Lung, and Blood Institute, said in a statement. "Our message to consumers is to follow the current dietary guidelines and to be mindful of how much sugar-sweetened beverages they drink."

[8 Tips for Fighting Sugar Cravings]

Ice cream and cold drinks

When you are feeling hot through the day, it is easy to pick up an ice-cream, cold drinks or a cold coffee or fruit juice but remember that they can affect your throat badly. Also when these things are not stored properly at proper temperatures, they can spoil quickly leading to diarrhoea and dysentery.

Make the Right Choice



Think of carbs as raw material that powers your body. You need them to make sugar for energy.

They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type.

Complex carbs are usually a better choice. It takes your body longer to break them down.

Mindfulness training helps patients with inflammatory bowel diseases

Training in meditation and other mindfulness-based techniques brings lasting improvements in **mental health** and quality of life for patients with inflammatory bowel diseases (IBD), according to a study in *Inflammatory Bowel Diseases*, official journal of the Crohn's & Colitis Foundation of America (CCFA). The journal is published by Wolters Kluwer.

"Our study provides support for the feasibility, acceptability, and effectiveness of a tailored mindfulness-based group intervention for patients with IBD," concludes the research report by Dr. David Castle, a psychiatrist at St. Vincent's Hospital, Melbourne, Australia, and colleagues. More research is needed to demonstrate the clinical benefits of mindfulness techniques--including whether they can help to reduce IBD symptoms and relapses.

Mindfulness Reduces Anxiety and Depression in IBD Patients

The researchers evaluated a mindfulness-based **stress** reduction (MBSR) program tailored for patients with IBD. The study included 60 adults with IBD: **Crohn's disease** or ulcerative colitis. The patients' average age was 36 years, and average duration of IBD 11 years. Twenty-four patients had active disease at the time of the study.

The MBSR intervention consisted of eight weekly group sessions plus a daylong intensive session, led by an experienced instructor. The program included guided meditations, exercises designed to enhance mindfulness in daily life, and group discussions of challenges and experiences. Participants were also encouraged to perform daily "mindfulness meditation" at home.

MNT

- **Broccoli** is widely recognised as another brain super food because it is an excellent source of vitamin K. Vitamin K has been proven to improve cognitive function and brainpower.

Drugs for Alzheimer's Disease symptoms

Doctors may recommend one or more types of medicines depending on a person's symptoms:

Some drugs treat problems with mood, depression, and irritability. Those include citalopram (Celexa), fluoxetine (Prozac), paroxetine (Paxil), and sertraline (Zoloft).

For people who have anxiety or restlessness, medicines that can help include alprazolam (Niravam, Xanax), buspirone (BuSpar), lorazepam (Ativan) and oxazepam (Serax).

Doctors might prescribe medications to ease confusion, aggression, agitation or hallucinations (seeing, hearing, or feeling things that aren't there). Options

include aripiprazole (Abilify), haloperidol (Haldol), and olanzapine (Zyprexa). It's important to note that studies have linked some of these "antipsychotic drugs" to a higher risk of death for people with dementia. The FDA has placed a "black box" warning on these drugs describing these problems. They can be helpful for many people, though.

Other Therapies continued...

Other therapies

Hormone replacement therapy (HRT). At one time, studies suggested that women who took hormone replacement therapy after menopause had a lower risk for Alzheimer's. The female hormone, estrogen, was thought to help nerve cells connect with each other, and keep the brain from making plaques that build up between brain cells. But more recent research found that HRT doesn't help, and one study even showed that estrogen use might actually raise the risk of Alzheimer's rather than protect against it. HRT also may increase a person's chances for heart attack, stroke, and breast cancer.

Art and music therapies. Some science shows that these treatments, which stimulate the senses, can improve mood, behavior, and day-to-day function for people with Alzheimer's. Art and music may help trigger memories and help people reconnect with the world around them.

Supplements. Some people have tried alternative remedies, including coenzyme Q10, coral calcium, huperzine A, and omega-3 fatty acids to prevent or treat Alzheimer's disease. There's not yet enough research to show if they do or don't work.

WebMD

America is on the wrong track. Two out of every three of us are overweight or obese. Diabetes and high blood pressure are on the rise. Heart attacks, strokes, and cancer are distressingly common. Many factors contribute to these complex problems, but the basic reasons are simple: we eat too much, we choose the wrong foods, and we don't get enough exercise.

High blood pressure and diabetes—double trouble

Do you have high blood pressure, also known as hypertension? If so, you should be tested for diabetes.

That recommendation comes from the U.S. Preventive Services Task Force, an independent panel of experts that reviews the evidence for prevention strategies. The task force's recommendations usually become guidelines for primary care doctors and some specialists.

High blood pressure and diabetes often travel together. Treating them simultaneously is a win-win approach. For example:

Among people with diabetes, controlling blood pressure cuts in half the chances of having a heart attack or stroke or dying of heart disease.

Among people with high blood pressure, controlling blood sugar reduces the chances of: losing vision: losing feeling in the fingers or feet: losing a limb: suffering kidney damage.

Harvard Health

Is shellfish as healthy as regular fish?

In general, fish (such as baked salmon) is a very healthy food choice. All that protein. Those omega-3 fats. Sure, you don't want to go overboard with the swordfish and other species known to contain mercury, but otherwise, eat up. But is the same true for shellfish such as lobster, shrimp, or clams?

To answer that question, we turned to the Department of Agriculture's nutrient database. The nutrient database is easy to use, and free, but you are limited to the foods and the nutrients that the agriculture department has decided to include. Also, for ease of comparison, we chose to standardize all the amounts to 3 ounces (85 grams), which is smaller than a realistic serving size for many seafoods.

Omega-3s and shellfish

So what did we find? If you're eating cold-water fish like salmon because of the omega-3s, then shellfish may not be a great substitute. Lobster contains very few omega-3s, and shrimp and clams are pretty modest contributors. Calamari, blue crab, and oysters have about a fourth of the omega-3 content of salmon, or about as much as a fish like flounder. A medium-size, 6-ounce serving would give you a gram of omega-3s, which isn't bad at all.

Harvard Medical School

Peppermint oil and cinnamon contain compounds that ward off bacteria

Chronic wounds are at-risk for developing infectious colonies of bacteria (biofilms) that can raise a person's chances of medical complications from the wound. In that essential oils and other natural compounds have emerged recently as alternative substances to eradicate pathogenic bacteria, Vincent M. Rotello, from the University of Massachusetts (Massachusetts, USA), and colleagues explored peppermint oil and cinnamon (containing cinnamaldehyde). Packaging these compounds into silica nanoparticles, the team found that the microcapsule treatment was effective against four different types of bacteria – including one antibiotic-resistant strain. It also promoted the growth of fibroblasts – a cell type that is important in wound healing.

[VIEW NEWS SOURCE...](#)

Cocoa Helps Kidney Patients Stave Off Heart Failure



Nutrients found in cocoa may improve the heart health, a new study of patients with advanced kidney disease finds.

[Read More »](#)

Does Acupuncture Really Work?



Many people turn to this age-old healing practice for help with fertility, pain, headaches, and more. See if it might be a good fit for you.

[Vegetarians lead a healthier life than meat-eaters: Oxford study](#)

Non-vegetarian food may lose its charm beyond your taste buds. Vegetarians have been found leading a healthier life as compared to meat-eaters. Incidence of diseases such as pancreatic cancer and respiratory problems are also less common among vegetarians than in those who consume meat regularly, according to a latest study.

[The contraceptive pill may increase stroke risk](#)

Birth control pills cause a small but significant increase in the risk of the most common type of stroke, according to a new report.

SLIDESHOW

[What Your Cholesterol Numbers Mean](#)

Here's a simple guide to your test results and changes you can make to get on a healthy track.



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Yoga in India

I had a teacher at junior school who led us in yoga classes rather than the usual PE activities and ...

Relax, read & share

Is “good” cholesterol still good for you?

New research questions the benefit of drugs to raise HDL, but lifestyle steps to boost good cholesterol are still recommended.

One of the fundamentals of heart-healthy living is that if your LDL (bad) cholesterol is high, you need to take steps to lower it. After all, bad cholesterol contributes to artery-clogging plaque deposits. On the flip side, doctors encourage us to also raise our HDL (good) cholesterol. That’s because people with high HDL tend to be at lower risk of heart disease.

The HDL story became more complicated after findings from a recent Harvard study. Researchers pooled health information on more than 116,000 people genetically predisposed to produce higher-than-normal amounts of HDL. Surprisingly, this group did not show the predicted 13% lower risk of heart attack, which undermined the rationale for prescribing drugs to boost HDL.

“The study results suggest that just because an intervention raises HDL cholesterol, we cannot assume that the risk for heart attack will drop,” says Dr. Sekar Kathiresan, one of the lead researchers on the gene study and an associate professor of medicine at Harvard-affiliated Massachusetts General Hospital.

Fortunately, the heart-healthy lifestyle that tends to raise HDL and lower LDL is still good for us. Here’s what the new science results mean for you.

HDL: Why we care

HDL cholesterol is thought to be healthy because it transports fat from the arteries into the liver for disposal or recycling. People with HDL levels above 60 milligrams per deciliter (mg/dL) tend to have a lower risk for heart disease. Not unreasonably, doctors and scientists assumed that deliberately boosting HDL would lower cardiac risk even more — much the same way that lowering bad cholesterol does.

A number of clinical trials have tested new drugs for raising HDL cholesterol, but so far the results have been disappointing. Currently, several medications can be used to raise HDL. However, the ultimate benefit of doing so remains unclear — especially when compared with the clear benefit of lowering LDL using statin drugs

What does HDL cholesterol do?

LDL (bad) cholesterol forms fatty deposits (plaques) in the coronary arteries that can cause heart attacks. HDL removes cholesterol from the blood and transports it to the liver for elimination or recycling.

Reconsidering HDL drugs

Medications have potential side effects and aren’t free, so when research undermines the benefit of a drug, doctors may reconsider its use. “We should stop prescribing drugs that have the sole purpose of raising HDL cholesterol until such drugs have been proven to reduce the risk for heart attack,” says Dr. Kathiresan.

While scientists figure out whether raising HDL with drugs is warranted, you should continue to pay attention to HDL. If it’s on the low side, take the usual steps to raise it, such as increasing exercise, quitting smoking, losing weight, and eating a vegetable-rich diet. Raising your HDL with a healthy lifestyle will reap benefits. “HDL is a good marker of successful disease prevention strategies,” says Dr. Eric B. Rimm, a member of the large team involved in the gene study and an associate professor of medicine at Harvard Medical School.

Also, nothing has changed with respect to bad LDL cholesterol. High LDL increases the risk of heart attack, and lowering high LDL can decrease this risk. For every reduction of 40 mg/dL in LDL, cardiac deaths drop 19%.

The dream of HDL-boosting therapy is still alive, and one large clinical trial is ongoing. In the meantime, targeting LDL still provides the most heart healthy “bang” for your buck.

How to boost your good cholesterol

- **Exercise more:** Vigorous exercise is best for boosting your HDL (good) cholesterol, but any extra exercise is better than none.
- **Lose weight:** If you are overweight, losing 5% to 10% of your current weight can raise HDL, along with reducing blood pressure and blood sugar.
- **Avoid trans fats:** Not eating these artificial fats — found in hard margarines, many baked goods, and fried fast foods — raises HDL cholesterol. Reducing your intake also helps to lower LDL (bad) cholesterol.
- **Cut back on refined carbs:** Switch from refined carbohydrates (such as white bread) to whole grains. It also helps to add more lean protein to your diet.
- **Don’t smoke:** Quitting smoking improves HDL and helps your health in many other ways.
- **If you drink alcohol, do so in moderation:** Moderate drinking means one or two drinks per day. Moderate alcohol consumption supports healthy HDL levels, but it isn’t something you should start doing specifically to boost good cholesterol.

Harvard Health

What are Crohn's & Colitis?

Learning that you or your loved one has been diagnosed with Crohn’s disease or ulcerative colitis may fill you with anxiety, concern, and lots of questions. Even many health care professionals are unfamiliar with Crohn’s disease and ulcerative colitis. It’s important to begin learning all that you can about what Crohn’s disease and ulcerative colitis is so that you can better understand these conditions and learn how to manage its symptoms.

Crohn’s disease and ulcerative colitis are both major categories of Inflammatory Bowel Diseases (IBD). IBD affects an estimated 1.6 million Americans. These chronic diseases tend to run in families and they affect males and females equally. While IBD can affect anyone, Caucasians are more likely than other ethnic groups to have IBD. The diseases are especially prevalent in Jews of European descent (Ashkenazi Jews). African Americans and Hispanics in the United States are increasingly affected.

Crohn’s disease is a chronic inflammatory condition of the gastrointestinal tract and may affect any part from the mouth to the anus. Read more about the signs and symptoms of [Crohn’s disease](#).

Ulcerative colitis is a chronic inflammatory condition limited to the colon, otherwise known as the large intestine. Read more about the signs and symptoms of [ulcerative colitis](#).



Crohns & Colitis-Foundation of America



[Sun's 'superflares' may ruin Earth life](#)

Sun has the potential to produce superflares, with energy equivalent to a billion megaton bombs, which may severely disrupt power grids and communication systems on the Earth, a new study has found.

Let hunger be your guide

Eating when we are not hungry is bad for our health.

With the wide availability of convenient foods engineered for maximum tastiness - such as potato chips, chocolates, and bacon double cheeseburgers - in the modern food environment and with widespread advertising, the contemporary consumer is incessantly being bombarded with the temptation to eat. This means that, in contrast to people in traditional societies, people in contemporary societies often eat not on account of hunger but because tasty food is available and beckoning at all hours of the day. New research published in the *Journal of the Association for Consumer Research*, found that the tendency of today's consumers to eat when they are not hungry might be less advantageous for health than eating when they are hungry.

The individuals participating in the study were 45 undergraduate students. The participants were first asked to rate their level of hunger and then to consume a meal rich in [carbohydrates](#). To measure how the meal was impacting participants' health, participants' blood glucose levels were measured at regular intervals after they consumed the meal. Blood glucose levels tend to rise after a meal containing carbohydrates and it is generally healthier if blood glucose levels rise by a relatively small amount because elevated blood glucose is damaging to the body's cells.

The results of the study showed that individuals who were moderately hungry before the meal tended to have lower blood glucose levels after consuming the meal than individuals who were not particularly hungry before consuming the meal. These findings suggest that it might be healthier for individuals to eat when they are moderately hungry than when they are not hungry.

This article is published in the inaugural issue of the *Journal of the Association for Consumer Research* entitled "The Behavioral Science of Eating."

MNT

www.youtube.com/embed/DcTGzgkPQ?feature=player

Bottles and cans of alcoholic drinks should include calorie count signs

Breweries and alcoholic drinks manufacturers should introduce calorie count signs on all bottles and cans in a bid to beat the obesity crisis, councils say.

The Local Government Association, which represents more than 370 councils - who are responsible for public health - says while the long-term health effects of drinking, such as liver and heart damage and increased risk of [cancer](#) are relatively well known, the huge number of hidden [calories](#) contained in alcohol is not. Labelling the number of calories in an alcoholic drink will ensure people are as informed as possible to enable choice.

Calories from alcohol are 'empty calories', with no nutritional value. By drinking alcohol, the amount of fat the body burns for energy is reduced. Research shows that a pint of cider at 4.5 per cent has 216 calories and is the equivalent to three quarters of a burger; whilst a single spirit at 40 per cent is 61 calories or an eighth of a burger - although the relatively higher alcohol content means there could be greater health risks.

Over 24 hours, drinking five pints of beer at 4 per cent strength is the equivalent to eating more than three burgers which would take an hour-and-a-half to run off. A bottle of wine - about four small 175 ml glasses - has the same calorie count as more than two burgers and would take over an hour to run off.

Earlier this year, MEPs urged the European Commission to label the calorie content of alcohol, with the move also receiving widespread support from UK health groups. Research shows two thirds of the public actively support calorie labels and that 80 per cent of the public didn't know or incorrectly estimated the calorie content of a large glass of wine (up to 228). Ninety per cent didn't know the number of calories in a pint of lager (about 180).

Cllr Izzi Seccombe, LGA Community Wellbeing spokesperson, said:

"Breweries and drinks manufacturers should show leadership in tackling the [obesity](#) crisis, by voluntarily providing clear signs on bottles and cans of alcohol.

"Most people are aware that excessive alcohol can lead to serious health problems like liver and heart damage, and an increased risk of cancer. However, the amount of calories from an average night's drinking isn't so well-known. People should be able to make informed choices.

"The onus is on the big breweries to do more to provide clear and prominent labelling. Providing people with the right information allows them to make choices about what they eat and drink.

"Prevention is the only way we are going to tackle the obesity crisis, which is costing the NHS more than £5 billion every year. It's all about giving people the right information about the calories they are consuming. This saves money for other parts of the public sector by reducing demand for hospital, health and social care services, and improves the public's health."

The NHS is currently spending more than £1.5 million an hour on treating [diabetes](#) with the UK having higher levels of obesity and overweight people than anywhere in Western Europe, except for Iceland and Malta.

MNT



Even After Weight Loss, Obesity Can Reduce Life Sp

People who have been overweight at any point in their lives may be more likely to die early, even if they lose weight later, a new study suggests.

[Read More](#)

A recent [study](#) found oleocanthal, a specific component of extra virgin olive oil, kills human cancer cells without harming healthy cells. According to the study, cancer cells die within 30-60 minutes after coming in contact with the oleocanthal. [A study](#) has also shown that people on a Mediterranean diet, which includes a high consumption of olive oil, have a lower rate of cancer as compared to the United States, United Kingdom, and Scandinavian countries. - See more at:

<http://healthyhints.com.au/incorporate-more-cancer-cell-killing-olive-oil-into-your-diet/#sthash.tqBs52qW.dpuf>

Will Eating This Give Me Heartburn?

Good question -- and the answer might not be what you expect.

First, here are a few basic facts about heartburn, which has nothing to do with the heart.

Heartburn is a burning discomfort from the chest area up to the throat. It can happen when stomach acid refluxes, or flows up, through a valve called the lower esophageal sphincter and irritates the esophagus.

Certain foods can trigger heartburn, and identifying and limiting your triggers may help.

Heartburn Trigger: Too Much Food

The first thing to think about, in terms of curbing heartburn, isn't this or that specific food. It's the amount of food you eat at a time. When it comes to heartburn risk, the sheer volume of what you eat matters. And this is one case where bigger isn't better. No matter what the food is, how good it looks, or how much you like it, eating too much food at once makes heartburn more likely. Tip: Try using smaller plates to trim your portions.

Heartburn Trigger: Eating on the Go

Always eating in a hurry? Shoveling food down is also a no-no, if you want to tame heartburn. Leslie Bonci, MPH, RD, CSSD, director of sports nutrition at the University of Pittsburgh Medical Center, says the three G's -- grab, gulp, and go -- don't make for good digestion and can make heartburn symptoms more likely. So slow down when you eat if you're concerned about heartburn symptoms.

Heartburn Trigger: Fatty Foods

High-fat foods tend to stay in the stomach longer, and the longer they're there, the more likely discomfort can be, note Bonci and Elaine Magee, MPH, RD, author of *Tell Me What to Eat If I Have Acid Reflux*. And if you're eating big servings of those high-fat foods -- like a lot of fried chicken, chips, or wings -- then you've got a double whammy of two potential heartburn triggers -- too much food and fatty fare.

WebMD



[His Sister Was Taken Away From Him. After 65 Years Of Searching, A Little Boy Changes Everything](#)



New Links Seen Between Depression and Diabetes - Study Shows Depression May Raise Risk of Diabetes and Vice Versa

<http://www.webmd.com/depression/news/20101122/new-links-seen-between-depression-and-diabetes>

Depression and diabetes may be linked, according to new research in the *Archives of Internal Medicine*. "People usually think of these as two isolated conditions, but there is growing evidence that they are linked behaviorally and biologically," says study researcher Frank Hu, MD, PhD, MPH, professor of nutrition and epidemiology at the Harvard School of Public Health in Boston. "This data provide strong evidence that we should not consider these two isolated conditions any longer."

About 23.5 million Americans have diabetes, and about 14.8 million Americans have major depressive disorder in a given year, according to statistics in the new report. Of the 65,381 women aged 50 to 75 in 1996 who were study participants, 2,844 women were newly diagnosed with type 2 diabetes and 7,415 women developed depression in the ensuing 10 years. [\(Read entire article\)](#)

2010-11-24 Study: The Link Between Diabetes and Depression Goes Both Ways

<http://healthland.time.com/2010/11/24/study-the-link-between-diabetes-and-depression-goes-both-ways/>

Two common conditions — depression and diabetes — frequently appear together, and a new study by researchers from the Harvard School of Public Health suggests that each illness may be both a consequence and a contributor to the other.

The 10-year study followed 65,381 women, ages 50 to 75, who were participating in the Nurses' Health Study. Over the course of the research, depression and new cases of Type 2 diabetes were monitored: 2,844 women from the group were diagnosed with diabetes and 7,415 women developed depression — unsurprising numbers based on the prevalence of both illnesses. [\(Read entire article\)](#)

VIDEO: ScienceTake | Building a Rescue Roach



Cockroaches move so well through small spaces that they make good models for robots to find survivors in collapsed buildings.

[-Related article](#)

Why Do Men Have Nipples?

Ben Mauk, Life's Little Mysteries

Contributor |

Brace yourselves for a low blow, tough guy. Nipples remind us that gender is anything but clear-cut, especially *in utero*. Whatever your sex, everyone starts off as a woman in the womb.

For the first several weeks a developing embryo follows a "female blueprint," from reproductive organs to nipples. Only after about 60 days does the hormone testosterone kick in (for those of us with a Y chromosome), changing the [genetic activity](#) of cells in the genitals and brain. But by then those mammary papillae aren't going anywhere.

So the real question is: why do male nipples come equipped with nerves and blood vessels? In many male mammals nipple formation is stunted by hormones, but not in humans. Did prehistoric men nurse their young? The lack of evidence suggests not. More likely, full-grown nipples — being harmless — don't get weeded out by [natural selection](#).

Staying Healthy

Maintaining good health doesn't happen by accident. It requires work, smart lifestyle choices, and the occasional checkup and test.

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs.

Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, obesity, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.—Harvard Health



[Clear Your Stuffy Nose For Good Using This Genius Trick In Only 2 Minutes](#)

Faecal transplants

Still need good long term trials and monitoring

Recurrent *Clostridium difficile* infection is a severe and often fatal condition, affecting up to 3000 people in the United Kingdom and 100 000 in the United States, where it kills an estimated 14 000 a year.¹ About a quarter of patients experience a recurrence after an initial mild infection because treatment with antibiotics destroys the diversity of the normal gut microbes and allows *C. difficile* to flourish.

The standard of care is antibiotics such as vancomycin and metronidazole, with or without bowel lavage or probiotics. However, a meta-analysis that included two randomised controlled trials and multiple case series covering 516 patients found an 85% success rate with a new non-drug treatment compared with only 20% success for vancomycin.² That treatment is called faecal microbial transplantation, whereby the liquidised stool (or its cryopreserved microbial content) of a healthy donor is introduced to the colon of the patient through a nasogastric tube or the rectum. A third recent randomised trial was stopped early because of the overwhelming superiority of faecal transplantation, with 90% success rate compared with 26% for vancomycin.³ So far, such transplants seem relatively safe in immunocompromised and elderly patients.^{4 5}

BMJ

Individual differences evident-responses to food

As expected, age and body mass index (BMI) were found to be associated with blood glucose levels after meals.

However, the data also revealed that different people show vastly different responses to the same food, even though their individual responses did not change from one day to another.

One middle-aged woman with obesity and pre-diabetes, who had tried a range of diets unsuccessfully, learned that her "healthy" eating habits may have been contributing to the problem. Her blood sugar levels spiked after eating tomatoes, which she ate multiple times over the course of the week of the study.

For this person, an individualized tailored diet would exclude tomatoes but include other ingredients not generally considered healthy that are in fact healthy for her. Such information could substantially impact the progress of her condition.

Segal points out that most dietary recommendations are based on standardized grading systems, but it is not often appreciated that individuals display profound differences; some people may have the opposite response to others, and this needs addressing.

Microbiome studies show why differences exist

To understand such differences, microbiome analyses on stool samples were carried out. Growing evidence links gut bacteria to obesity, glucose intolerance and diabetes; this study confirms that specific microbes correlate with how much blood sugar rises post-meal.

In personalized dietary interventions among 26 additional study participants, the researchers were able to reduce post-meal blood sugar levels and alter gut microbiota.

Interestingly, despite the diets being personalized and thus differing greatly across participants, several of the gut microbiota alterations were consistent across participants.

Elinav says:

MNT

Of your five senses, which one are you most afraid of losing? If you're like most people, the answer is your ability to see. Despite this, many people are not conscientious about caring for their eyes and often neglect to visit an ophthalmologist for routine eye exams as they get older. This report focuses on four disorders that pose the greatest threats to vision after age 40: cataract, glaucoma, age-related macular degeneration, and diabetic retinopathy. It will help you determine your risk of developing these disorders, describe their symptoms, and discuss diagnosis and treatment. This report also describes other common eye disorders, including presbyopia, dry eye, floaters and flashes, retinal detachment, and eyelid problems such as drooping upper or lower lids. You'll also learn why you should have regular eye exams, especially if you have diabetes or a family history of glaucoma; how to recognize the risk factors and symptoms of specific eye diseases; and what steps you can take to prevent or treat them before your vision deteriorates further.

Prepared by the editors of Harvard Health Publications in consultation with Laura C. Fine, M.D., Clinical Instructor in Ophthalmology, Harvard Medical School, and Jeffrey S. Heier, M.D., Clinical Instructor in Ophthalmology, Harvard Medical School. 49 pages.

Diabetes Prevalence High in Hawaiian/Pacific Islanders and Asians

Tara Haelle



The prevalence of diabetes among Asians, Native Hawaiians, and Pacific Islanders exceeds diabetes prevalence among whites in the United States, according to new data published online in the *Morbidity and Mortality Weekly Report* of the Centers for Disease Control and Prevention (CDC).

The national-level findings are consistent with previous reports, but this is the first study to provide state-specific diabetes prevalence for Asians and Native Hawaiians/Pacific Islanders for those states and territory with sufficient data for analysis. "Effective interventions and policies might reduce the prevalence of diabetes in these growing, high-risk minority populations," write Karen A Kirtland, PhD, and colleagues in the Division of Diabetes Translation at the CDC.

High rates of diabetes among these racial groups "might reflect elevated genetic susceptibility, higher prevalences of risk factors such as obesity, physical inactivity, educational attainment, or a combination of these and other factors," they add.

The authors analyzed data from the 2011 to 2014 Behavioral Risk Factor Surveillance System to determine the prevalence of diabetes and risk factors among adult Asians, Native Hawaiians, and Pacific Islanders in the US.



If You're Having a Tough Day, Watch This AWESOME Video! My Stomach Hurts From Laughing So Hard!



The leading cause of death in the United States for both men and women is heart disease. According to the Centers for Disease Control and Prevention, heart disease kills about 610,000 people in the United States annually, accounting for one in every four deaths. Heart disease is often linked with atherosclerosis.

Eliminating Common Triggers of Irritable Bowel Syndrome

An IBS trigger is something that sets off a chain reaction in the body leading to symptoms of pain — and diarrhea or constipation (or both). Stress can aggravate your IBS symptoms so consider yoga, meditation, or other stress-busters. A few specific foods, ingredients, and medications can also trigger the symptoms. Here's a short list of items that commonly cause IBS to flare up; you might want to avoid them while you're getting your IBS symptoms under control.

- Alcohol
- Antibiotics
- Aspartame
- Carbonated beverages
- Dairy
- MSG
- Processed foods
- Spicy foods
- Sugar
- Wheat
- Yeast

Dummies.com

Yogurt Protects Against Dietary Toxins

Rich in probiotics, yogurt may reduce the uptake of food-based heavy metals and toxins.

In many developing nations, environmental toxin exposure can occur via dietary sources. JR Mwanga, from the National Institute for Medical Research (Tanzania), and colleagues report that probiotic-rich yogurt may reduce the uptake of food-based heavy metals and toxins. The researchers enrolled 60 pregnant women and 44 school-aged children, residing in a region of Tanzania known for high environmental pollution, in a study in which the participants consumed a yogurt rich in *Lactobacillus rhamnosus*, for 19 days. Among the pregnant women, the probiotic-rich yogurt protected from mercury uptake by up to 26% and arsenic by up to 78%. The children showed positive, but not statistically significant results. The study authors urge that: "Probiotic food ... represents a nutritious and affordable means for people in some developing countries to counter exposures to toxic metals."

[VIEW NEWS SOURCE...](#)

Salmon Compound Minimizes Inflammation



Astaxanthin supplements - image from Shutterstock

Astaxanthin is a pink-orange carotenoid found in salmon and has been shown by some published studies to exert antioxidant effects, Ivana Baralic, from the Sports Medicine Association of Serbia (Serbia), and colleagues administered astaxanthin (4 grams) daily, or placebo, to 40 young, trained Serbian soccer players for 90 days. The team observed that the men taking astaxanthin showed significant attenuation of muscle damage and subsequent related inflammation. Further, the astaxanthin group showed beneficial immune system effects – including higher salivary IgA – an immunoglobulin that maintains the integrity of the immune system and is involved in muscle function as well. Writing that: "This study indicates that [astaxanthin] supplementation ... attenuates muscle damage, thus preventing inflammation induced by rigorous physical training," the study authors submit that: "Our findings also point that [astaxanthin] could show significant physiologic modulation in individuals with mucosal immunity impairment or under conditions of increased oxidative stress and inflammation."

[VIEW NEWS SOURCE...](#)

Yohimbine Supplements Contain Drug-Like Doses



Often claimed to improve people's sex lives, yohimbine supplements may contain doses that are so high that the product essentially acts like a drug, a new study finds.

[Read More »](#)

Alcohol-Cancer Link: New Evidence

Several large cohort studies of the association between alcohol and cancer, published in the past year, shed more light on this link.

The increased risk for cancer appears to be significant at lower levels of alcohol consumption in women than in men.

In August of 2015, data were published from two large, prospective, ongoing cohort studies—the Nurses' Health Study and the Health Professionals Follow-up Study.^[6] During long-term follow-up (up to 30 years) of 88,084 women and 47,881 men, 19,269 and 7571 incident cancers were diagnosed, respectively (excluding nonadvanced prostate cancers). Alcohol consumption was significantly associated with increased risk for cancer, in both women ($P_{\text{trend}} < .001$) and men ($P_{\text{trend}} = .006$), with linear dose-response relations. The increased risk for cancer appears to be significant at lower levels of alcohol consumption in women than in men, and total alcohol consumption, rather than regularity of drinking or heavy episodic drinking, drove the association between alcohol consumption and risk for cancer.

1 of 7

Medscape

New Data Linking Microbiota and Liver Disorders

The gut microbiota continues to be implicated in an increasing number of disease processes, with a plethora of new studies now available regarding its complexity and role in the maintenance of intestinal homeostasis. With more than 100 trillion different microorganisms, the gut microbiota is considered a major metabolic internal organ, intimately involved in molecular "cross-talk" with the intestinal epithelium and affecting the intestinal barrier function.

Nonalcoholic fatty liver disease (NAFLD), now the most common liver disease worldwide, is associated with diabetes and obesity. Recent evidence supports a role for the gut microbiota in the pathogenesis of these risk factors as well.^[1-3] Additionally, changes in the gut microbiota can lead to activation of immune responses that have the potential to promote progression of NAFLD to the more severe nonalcoholic steatohepatitis (NASH).^[1-3]

Recent attention has focused around the gut microbiota not only as part of the disease process but also as a potential target for treatment. This commentary, in turn, explores how disruption of the human gut microbiota may predispose patients to developing NAFLD.

Medscape

SLIDESHOW



The Many Benefits of the DASH Diet

Simple changes to the foods you eat can lower blood pressure and protect your heart. See how to make delicious dishes with less salt, cholesterol, and fat.

What's for Dinner?

Restaurant menus have 100 times more bacteria than a toilet seat, says Charles Gerba, PhD, a microbiologist with the University of Arizona, better known as Dr. Germ. They're touched by tons, but only wiped down once a day, if that, and usually with a used rag. Instead of washing your hands before you sit down, scrub up after you order. And never lay your silverware on top of the menu.

Aspirin reverses cancer risk in the obese

Posted by Sunil

A regular dose of aspirin reduces the long-term risk of cancer in overweight people with a family history of the disease, new research has found.

The study found that being overweight more than doubles the risk of bowel cancer in people with Lynch Syndrome, an inherited genetic disorder which affects genes responsible for detecting and repairing damage in the DNA. Around half of these people develop cancer, mainly in the bowel and womb.

However, over the course of a ten year study the researchers found this risk could be counteracted by taking a regular dose of aspirin.

"This is important for people with Lynch Syndrome but affects the rest of us too. Lots of people struggle with their weight and this suggests the extra cancer risk can be cancelled by taking an aspirin," said one of the researchers John Burn, professor of clinical genetics at Newcastle University in England. "This research adds to the growing body of evidence which links an increased inflammatory process to an increased risk of cancer," Burn noted.

"Obesity increases the inflammatory response. One explanation for our findings is that the aspirin may be suppressing that inflammation which opens up new avenues of research into the cause of cancer," he explained.

Eating a Healthy Diet May Reduce Brain Shrinkage



Eating the right diet may help your brain cells stick around longer, a new study suggests.

[Read More »](#)

Experience Kathmandu

Kathmandu is the capital and largest metropolitan city within Nepal. It is a great place for tourists who want to experience the busy life of the Nepalese community.

Furthermore it is also a perfect place for trying new types of food and get lost in the cultures of this hidden world. As well as having a Nepalese feast, this very populated city is great for shopping and a good place to get your traditional gifts to take home for loved ones. However be aware of pick pockets and beggars in Kathmandu. What you must understand is that the Nepalese culture is very different to that of the British and you must respect that their morals and ideals are very different from ours. Accommodation is very cheap here in Kathmandu and the locals can be very accommodating; so it would be very easy to find somewhere to stay for a range of different prices to suite all budget. Kathmandu is a very religious place and is home to one of the largest Buddhist communities in the world. If you fancy experiencing new cultures and finding out about a different religion to your own, Kathmandu is a great place to go. Additionally in the heart of the Kathmandu valley is an ancient square called 'Kathmandu durbar square' which is crowded with palaces & temples, including the current incarnation of the Kasthamandap or "Wooden house" that gives the city its name.

Other places to visit in Kathmandu would be:

Swayambhu- which is one of the most sacred Buddhist sites in the country. This site is full of monkeys that roam freely around mingling with all the locals within the area. You can feed them if you wish, but be careful, they do bite! The Swayambhu is one of the most sacred sites for Tibetan Buddhism, and one of the most popular places for tourists to visit. Narayanhiti Palace Museum –this museum was once a royal palace that was turned into a museum. It is a great place to visit if you want to learn more about the Nepalese culture.

Thamel Chowk - lots of restaurants and shops for tourists to visit.

- Freak Street - Historic home of western hippies seeking enlightenment, but now just a few restaurants and hotels.
- Pashupatinath - An important Hindu temple to Shiva in the form of Lord of Animals.
- Garden of Dreams - Relax in this beautiful and peaceful walled garden close to Thamel & the former Royal Palace. This is a great place to go if you fancy getting away from the noisy streets of Kathmandu.

by [Danielle-Weekend Notes](#)



Forget counting calories, just cut out sugar: Those who ditched it saw their blood pressure and cholesterol fall in NINE DAYS



There's no evidence that the sweeteners in those little pink, blue, yellow, or green packets cause cancer. Studies don't show a link between aspartame (blue), saccharin (pink), or sucralose (yellow) and cancer in people.

Newer sugar substitutes, such as sorbitol and stevia (green), also appear to be safe.

laughincolours.com

Why do women live longer than men?

Shopping never causes heart attacks, but paying the bills does!!!

Breast Cancer Screening: The Evidence is Piling Up



https://youtu.be/mn_jTANhBu3k

What Are Cataracts?

A cataract is a progressive, painless clouding of the natural, internal lens of the eye. Cataracts block light, making it difficult to see clearly. Over an extended period of time, cataracts can cause blindness. They're often related to growing older, but sometimes they can develop in younger people.

How Cataracts Affect Your Vision

In a normal eye, light enters and passes through the lens. The lens focuses that light into a sharp image on the retina, which relays messages through the optic nerve to the brain. If the lens is cloudy from a cataract, the image you see will be blurry. Other eye conditions, such as myopia, cause blurry vision, too, but cataracts produce some distinctive signs and symptoms.

Cataract Symptom: Blurry Vision: Blurry vision at any distance is the most common symptom of cataracts. Your view may look foggy, filmy, or cloudy. Over time, as the cataracts get worse, less light reaches the retina. People with cataracts may have an especially hard time seeing and driving at night.

Cataract Symptom: Double Vision

Sometimes, cataracts can cause double vision (also known as diplopia) when you look with one eye. This is different from the double vision that comes from the eyes not lining up properly. With cataracts, images appear double even with one eye open.

Cataract Symptom: Second Sight

Sometimes, a cataract may temporarily improve a person's ability to see close-up, because the cataract acts as a stronger lens. This phenomenon is called second sight, because people who may have once needed reading glasses find that they don't need them anymore. As the cataract worsens however, this goes away and vision worsens again.

WebMD

Up Your Glutathione Levels

Glutathione is an antioxidant which is naturally produced inside the human body – a combination of the three amino acids cysteine, glycine, and glutamine. This bio-chemical is adept at ridding the body of toxins like heavy metals. Unfortunately, most of us are exposed to such a high level of poisonous elements every day that our systems simply cannot make enough glutathione to flush them all out.

Coffee Drinkers, Perk Up: 1 to 5 Cups Daily May Reduce Risk of Early Death



People who drink moderate amounts of coffee daily may live longer than people who don't drink coffee, a new study finds. [Read More »](#)



New dementia trial to begin

One of Australia's most respected scientists believes the devastating impact of dementia could be reduced with physical exercise. Michael Coombes reports.

[7News Brisbane](#)



Aspirin: The Wonder Drug

Here's what the inexpensive little pill can do for you.

Feeling dizzy? You may have 'cybersickness'

[Ismat Tahseen](#)



Feeling dizzy? You may have 'cybersickness' You've heard about car-sickness and sea-sickness but now, your simple gadget can cause an affliction just like that!

Are you dizzy or feel like throwing up after sitting for a few hours at the computer? It might have nothing to do with lesser sleep or what you might have eaten. The malady is actually 'digital motion sickness'. It is the kind of feeling akin to what happens in motion sickness — when you travel by car, boat or plane. Though in motion sickness you actually feel the movement, here you are seated at a desk in front of a screen and watching movement that you can't feel, but the outcome is the same. This gets augmented with those who have virtual reality headsets.

What it's about

Taking root in 'simulation sickness', cybersickness happens when the brain is tricked into believing we are moving while we actually remain still. It's created by a mismatch between sensory inputs. Reports quote Cyriel Diels, a cognitive psychologist and human factors researcher at Coventry University's Centre for Mobility and Transport in England as saying, "It's a natural response to an unnatural environment. It's a fundamental problem that's been kind of swept under the carpet in the tech industry." A theory talks about about the difference between the ocular input and vestibular input, which brings about the body's response of nausea.

STEPS THAT CURE w

Take a break: Don't sit for hours on end watching games or movies. Take a break and stroll around.

Shift focus: While watching the screen for anything, even while working, every now and then look elsewhere.

Eat something: To quell the dizziness and nausea, suck on a sweet or chew gum.

Diagnosing Stroke in Acute Dizziness

Pauline Anderson

In patients presenting with acute dizziness and nystagmus or imbalance, a combination of readily available clinical information can help risk-stratify acute stroke, a new study suggests.

Patients with dizziness from stroke are challenging because they often lack typical stroke warning signs or symptoms, the researchers say.

"In acute dizziness presentations, the combination of ABCD² [age, blood pressure, clinical features, duration, and diabetes] score, general neurologic examination, and a specialized OM [ocular motor] examination has the capacity to risk-stratify acute stroke on MRI," Kevin A. Kerber, MD, University of Michigan Health System, Ann Arbor, and colleagues conclude in their report.

The findings were [published online](#) October 28 in *Neurology*.

The prospective, single-center, observational study included patients presenting with acute dizziness without an obvious cause, as well as nystagmus or imbalance.

The study was unique in that researchers used active and passive surveillance methods to prospectively capture acute dizziness cases.

In addition to physical examinations, participants underwent MRI and received a general neurologic examination that included assessment of visual fields, cranial nerves, strength, sensation, coordination, and balance.

Investigators also collected bedside information, including history of stroke, the ABCD² score, and HINTS (assessment of head impulse, nystagmus pattern, test of skew), which is based on a specialty bedside OM examination.

"These methods enable a more generalizable estimate of stroke prevalence" than any prior study of patients with acute dizziness and nystagmus or imbalance, the authors noted.

Researchers defined stroke as acute infarction or intracerebral hemorrhage (ICH) on a clinical or research MRI performed within 14 days of dizziness onset. They determined low (<5%), intermediate (5% to <10%), and high (≥10%) predicted probability risk categories. The study excluded patients with benign paroxysmal positional vertigo, medical causes, or moderate to severe neurologic deficits.

Of the 320 patients enrolled in the study, 272 (85%) underwent MRI within 14 days of symptom onset. In this population, investigators identified acute stroke in 29 of 272 patients (10.7%), including 26 infarctions and three ICHs. The false-negative frequency (ie, frequency of stroke in the lowest-risk categories) was 5.1% for ABCD² less than 4; 5.9% for OM assessment (4.9% for HINTS peripheral findings), 7.8% for other central nervous system features, and 10.8% for prior stroke.

In comparing stroke and nonstroke patients, the study showed several associations. In a model that included all HINTS components, for the ABCD² score (continuous), the odds ratio (OR) was 1.74 (95% confidence interval [CI], 1.20 - 2.51), and for any other central nervous system feature, the OR was 2.54 (95% CI, 1.06 - 6.08).

Soap Scum: Ironically, public soap pumps are a breeding ground for bacteria, too. Think about it: From the stall to the sink, there's no telling what your hands can pick up. So scrub for at least 20 seconds or carry hand sanitizer. And before you reach for that door handle, think about how many people don't wash after using the restroom. The CDC says only 31% of men and 65% of women do.

[Cybercriminals increasingly targeting Australia](#)

How Old Are You Really? Genes Reveal 'Biological Age'

by Sara G. Miller, Staff Writer | By reading a "signature" based on 150 of a person's genes, researchers can determine the individual's biological age, which may be different from his or her chronological age, according to a new study.

Moreover, a person's biological age is a better measure for determining a person's health than is chronological age, these researchers say. In the study, [people's biological age](#) was more closely tied to their risk of age-related diseases, such as dementia and osteoporosis, than was their chronological age.

"Most people accept that all 60-year olds are not the same," James Timmons, a professor of precision medicine at King's College in London and the lead author on the study, [said in a statement](#). But a person's chronological age is still used to determine everything from the individual's insurance premiums to whether he or she needs certain medical procedures, he said.

LiveScience

J&J's Stelara succeeds in Phase III Crohn's disease trial

BY BILL BERKROT

Oct 19 Johnson & Johnson's Stelara was significantly better than placebo at inducing clinical response and remissions in patients with moderate to severe Crohn's disease, according to data from a late stage trial, providing ammunition for a potential expanded approval of the medicine.

Stelara, a biotech medicine that blocks inflammation, is approved to treat the skin condition scaly plaque psoriasis and a type of arthritis associated with psoriasis.

J&J reported \$613 million in third-quarter Stelara sales. The company said it was on track for global approval filings for Crohn's this year.

Subjects in the 628-patient trial presented on Monday received either a single infusion of 130 milligrams of Stelara, a Stelara infusion of 6 mg per kilogram of weight or a placebo. After six weeks, 52 percent of those in the 130 mg group and 56 percent in the 6mg/kg group experienced a clinical response, defined as a reduction from baseline of at least 100 points in the Crohn's Disease Activity Index score. That compared with 29 percent in the placebo group.

In addition, 31 percent of the Stelara 130 mg group and 40 percent in the other dosing arm achieved clinical remission by week 8 of the study, versus 20 percent for placebo.

The results were deemed to be statistically significant.

LALITHA BRODIE –Remarkable Lady

Lalitha Brodie, born in Jaffna Sri Lanka in 1934 recently widowed, has been a wife of 63 years, mother of five, grand mother of eleven and great-grandmother to eight. Lalitha studied only up to Grade 10 at Chundikuli Girls' College as an arranged marriage to Tea Planter Rajah Brodie arrived in 1951 when she was seventeen



Though they were entirely different and poles apart, Lalitha accepted him, fell in love, had five children in nine years and had a comfortable life with all amenities on several British Company owned tea estates including the largest 3200 acre Demodera Group. Estate life was excellent, but the children had to be boarded in city schools and came home only on the holidays.

Rajah retired in 1983, lived in Jaffna and Lalitha started her volunteer social service as elected President of Mothera Front Chundikuli branch and the Selva refugee camp. Mothers' Front initiated The Jaffna Jaipur Artificial Foot project to help landmine victims in 1986, which still continues its service. Rajah & Lalitha successfully ran The Brodie Guest House for tourists in their two adjoining houses in Kandy Road & 4 Brodie Lane, until the internal ethnic troubles started. In 1987 Lalitha joined professionals as one of the Founder Executives and started Shanthiham, the first and only Counselling Centre in the North. She also gained a Diploma in Psychological Counselling from Shanthiham in 1989.

Rajah and Lalitha arrived in Toronto in 1992, where Lalitha grasped opportunities and blossomed to become all what she is today. She is a counselor/published bilingual writer www.vlambaram.com and has been broadcasting over Radio Asia / ITR from 1993 for over 22 years www.itr.fm and has her own Blog at <http://lalithabrodie.weebly.com> She earlier broadcast popular two hour Talk shows live every Saturday 2-4 pm plus one hour TV programs too.

Lalitha Brodie initiated The Tamil Health Digest in 1993, creating history broadcasting programs on Health in Tamil for the first time with late Psychiatrist Dr. Sooriyapalan and Ontario Trillium Foundation gave a grant of \$ 15 000 for this project. The Ontario Womens' Directorate gave a grant of \$10 000 for the Prevention Of Violence Against Women program she did with Dr. Pushpa Seevaratnam from the Toronto Board of Education. The Ontario Govt. conferred on her an award for Volunteerism & Tamils Information honored her with a Gold medal for Social Service in 2000. She telecast one hour TV programs too with Dr. Sooriyapalan and others over ITBC & Tamil One TV but has slowed down her activities with age and now only reads from Saint Manickavasahar's Thiruvasham on Saturdays from 6 – 6.30 pm over ITR at 89.9 fm. She always focusses on Individual Personal Growth in all her endeavors, to raise self esteem by disseminating Love, Truth, Right Conduct, & Non-violence to achieve Peace, which will definitely negate the need for violence and war which plague humanity today..



Treating IBS without drugs: Natural solutions that work!

Irritable Bowel Syndrome (IBS) causes chronic pain to millions of people worldwide

by [Sasha](#)

Coffee Drinkers, Perk Up: 1 to 5 Cups Daily May Reduce Risk of Early Death



People who drink moderate amounts of coffee daily may live longer than people who don't drink coffee, a new study finds. [Read More »](#)

Two Foods Boost Cell Processes for Longevity



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[Broccoli and onion - image from Shutterstock](#)

The protein known as Nrf2 plays a key role in cell health. When Nrf2 is exposed to threats, it oscillates faster and activates an increase in the cell's defense mechanism, including raising the levels of antioxidant. Paul Thornalley, from the University of Warwick (United Kingdom), and colleagues have observed that sulforaphane in broccoli, and quercetin in onions, are capable of increasing Nrf2 movement. Observing a continual movement cycle of Nrf2, which sees the protein oscillate in and out of the cell nucleus once every 129 minutes, the team found that sulforaphane and quercetin sped the cycle up to 80 minutes. Writing that: "We discovered cytoplasmic refresh rate of Nrf2 is important in maintaining and regulating the transcriptional response and links stress challenge to increased cytoplasmic surveillance," the study authors aim to develop new food supplements – superfoods that stimulate Nrf2 activity.

[VIEW NEWS SOURCE...](#)

The Beauty Benefits of Natural Oils

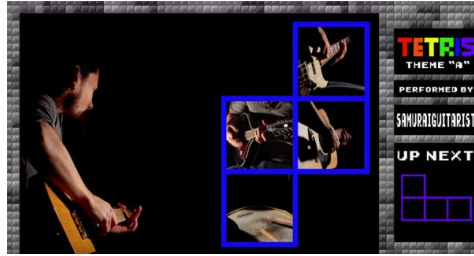
They can help condition hair, moisturize skin, fight acne, and strengthen nails. But are they right for you?



Sundeep Kishan Presents "A Silent Melody" Short Film -...
by Sundeep Kishan
2,969,207 views

[YouTube](#) [@YouTube](#)

This song blocks!
goo.gl/kVb8cm



Round for Round: Women's Drinking Rates Catching Up to Men's



Men are still the big drinkers in the United States, but the gender gap is closing.
[Read More »](#)

A man is in a hotel lobby. He wants to ask the clerk a question

As he turns to go to the front desk, he accidentally bumps into a woman beside him and as he does his elbow goes into her breast. They are both quite startled. The man turns to her and says, "Ma'm, if your heart is as soft as your breast, I know you'll forgive me."

She replies, "if your penis is as hard as your elbow, I'm in room 436"

Sent by Francis Gnani

[7 Ways Friendships Are Great for Your Health](#)



[Having a friend can do great things for your physical health.](#)
[Read More »](#)



If You're Having a Tough Day, Watch This AWESOME Video! My Stomach Hurts From Laughing So Hard!



If you have high blood pressure, make sure you are tested for diabetes. Controlling blood pressure and diabetes with lifestyle changes can substantially decrease your chances of having a heart attack or stroke. Lifestyle changes include:
Exercise: losing weight if needed
stop smoking if you're a smoker.



[VIDEO: Is Fish Oil Helpful or Harmful?](#)

The correspondent Gillian Findlay investigates the scientific claims about fish oil, a popular supplement, in an exclusive video by the PBS series "Frontline" in collaboration with The New York Times.

Being airborne approximately thirty minutes on an outbound evening Air Lingus flight from Dublin, the lead flight attendant nervously made the following painful announcement in her lovely Irish brogue:

"Ladies and gentlemen, I'm so very sorry, but it appears that there has been a terrible mix-up... One minute prior to take-off, by our catering service..., I don't know how this has happened, but we have 103 passengers on board, and..., unfortunately, we received only 40 dinner meals... I truly apologize for this mistake and inconvenience."

When passengers' muttering had died down, she continued..., "Anyone who is kind enough to give up their meal so that someone else can eat, will receive free, unlimited drinks for the duration of our 4 hour flight."

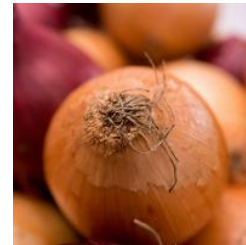
Her next announcement came about 2 hours later...

"If anyone would like to change their minds, we still have 40 dinners available."

Sent by Francis Gnani

Onion Skin Extract Lowers Blood Pressure

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



Fresh onions - image from Shutterstock

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

[VIEW NEWS SOURCE...](#)

You can get Calcium from veggies



If your mother told you to drink your milk to become strong, she was right. Dairy is high in calcium. But veggies like Chinese cabbage, kale, collard greens, and broccoli are also good sources. So are soft-boned fish like canned sardines and salmon. If you don't get enough calcium, you raise your risk of osteoporosis, a disease that makes bones weak. WebMD

Rohana Wiieweeras life story excellent



Life with a revolutionary leader

By Shanika Sriyananda Shocked and terrified when she heard that she was going to marry soon, Srimathi, who wa... FT.LK

Does lead exposure lead to a life of crime? Australian researchers say yes

Children living in suburbs with higher lead levels are more likely to commit violent crimes later in life, Macquarie University research suggests.



Genetics or good living? Why people in Iceland outlast the rest of the world

Year after year, Iceland is one of the top-ranked countries for life expectancy. So what's their secret to living longer?

[Read More](#)

YOU CAN BRUISE EASILY- YOU'RE ON CERTAIN MEDICATIONS

There are some medications that can have an effect on bruising.

Corticosteroids can cause an increase in easy bruising because they thin out the collagen in the skin.

Antiplatelet drugs (such as aspirin) and anticoagulant drugs (such as heparin or warfarin) can cause excessive bruising, which is when a really big bruise develops from a minor trauma.

"Antiplatelet drugs will interfere with clotting. That won't necessarily make you bruise easily but you'll bruise excessively," Dr Miller said.

"So there has to be some sort of trauma there instead of 'oh my goodness, I can't remember anything to give myself that'." There are also some health conditions that result in easy or excessive bruising — these include leukaemia, haemophilia, Von Willebrand disease, Ehlers-Danlos Syndrome and a few others.

www.abc.net.au



The unsung health benefits of a song

For centuries, civilisations across the world have used song to promote healing and good health, and...

by [Jessica D](#)



How these Ecuadorians are protected from cancer, diabetes, Alzheimer's

[Read More](#)



Divorce - An Idea Short Film

by [Idea](#)

Aussie native grass key to thinner condoms

A NATIVE Australian grass could hold the key to creating super-thin condoms as sheer as human hair.

UNIVERSITY of Queensland scientists have discovered the hardy spinifex plant can be harvested for a particular type of nanocellulose, a key ingredient in latex production.

They found fibres from the plant can be used to improve the durability and physical performance of the rubber.

"It's a flexible nano-additive, so we can make a stronger and thinner membrane that is supple and flexible, which is the holy grail for natural rubber," UQ Professor Darren Martin said.

Initial tests show the spinifex-infused condoms can handle an increase of 20 per cent in pressure and 40 per cent in volume compared to regular types.

The discovery is expected to attract interest from a multi-billion-dollar global market.

It could also be applied to other latex products, including gloves.

"With a little more refinement, we think we can engineer a latex condom that's about 30 per cent thinner, and will still pass all standards," Dr Martin said.

Scientists are working with the Indjalandji-Dhidhanu people, traditional indigenous owners of the outback Camooweal region in northwest Queensland where spinifex thrives.

There are hopes of fostering industry should the research turn commercial.

Nanocellulose is harvested from spinifex by pulping the plant, combining it with a chemical and separating the fibres under high pressure.

"Research like this has great potential to make a difference in the fight against HIV and AIDS and other global issues in health care", UQ President Professor Peter Hoj said.

The Australian



Why you need fish in your diet

Fish, especially the oily ones (salmon, tuna and mackerel), are a great source of healthy nutrie...

Repeat PSA Tests to Avoid Unnecessary Biopsies

Cancer Drug Enables Parkinson's Patients to Walk Again

Drug may be the first treatment to reverse Parkinson's disease



Man walking - image from Shutterstock

The drug nilotinib, which is already approved to treat cancer, appears to also directly target the causes of Parkinson's disease. "We've seen patients at end stages of the disease coming back to life," says Charbel Moussa of Georgetown University Medical Center in Washington DC, who led the trial. The small safety trial at Georgetown University involved 12 volunteers with Parkinson's Disease, or a similar condition called dementia with Lewy bodies. All the volunteers were at an advanced stage of disease at the start of the trial. For six months, they were given a daily oral dose of the drug nilotinib, which is already approved in the treatment of leukemia. Nilotinib blocks a protein that drives chronic myeloid leukemia. It also blocks a protein that interferes with lysosomes – cell structures that destroy harmful proteins. Once they began taking the drug, all the volunteers began to improve, some as early as three weeks later. One woman who was barely able to move her limbs at the start of the study, was able to feed herself after five months of treatment. "We had people as stiff as a board at the start of the study who were walking around, sitting down and bending their legs by the end," says Moussa. "You could see the elation on their faces when they saw the improvement. There wasn't a dry eye in the room." The drug was detectable in the cerebrospinal fluid of the volunteers, which shows that it makes it through the blood-brain barrier and into the brain. The team also monitored the tau, amyloid beta and alpha-synuclein proteins that accumulate as part of Parkinson's disease, and found that the levels of these proteins either stabilized or declined in all participants. At the same time, dopamine levels increased. Moussa's team is now enrolling people with a range of disorders that involve accumulating brain proteins, including Alzheimer's disease and amyotrophic lateral sclerosis, for a larger, placebo-controlled trial.

[VIEW NEWS SOURCE...](#)

WATCH FOR ALL ITS WORTH

This woman had no problem responding to this Muslim girl's comment and she handled it in a split second.

Take a couple of minutes to view...

<http://www.mrctv.org/embed/127748>

You be the judge.

Kundalini Yoga – A way to experience the divine

TNN | Nov 17, 2015, 02.29PM IST



Top 5 yoga poses for beauty (Thinkstock photos/Getty Images)

Kundalini yoga is a school of yoga focused on awakening the dormant Kundalini power in the body.

The Kundalini energy can be described as a powerful form of 'Chi' or 'life energy' in the form of a 'sleeping serpent' that upon being awakened leads to a deep feeling of enlightenment and bliss. Dr. Soorya Kaur, a Delhi-based yoga practitioner, nutritional expert and follower of the Yogi Bhajan School on [Kundalini Yoga](#) says, "Kundalini in its basic definition is yoga of awareness. It is concerned with inculcating in its practitioners various breathing postures that serves to increase and better the lung capacity while strengthening the nervous system and making it adept at receiving the flow of energy which is generated when the practitioner is engaged in [meditation](#)."

The human body is composed of many systems but it is the nervous system which makes the body and core components perform optimally. It serves as the primary mode of understanding impulses and emotions that one experiences. If Kundalini is the life energy present in the body then Chakra points are the containers present in the body to sustain and act as a channel for the energy that travels from the base of the spine up till the crown of the head. Kundalini Yoga taps the dormant power in this system by awakening the Chakra Points that serve to increase awareness, blissfulness and understanding of the human body in its entirety both spiritually and physically. The Chakra Points in Kundalini are traditionally understood to be seven in number, depicted in increasing order below:
Extract only TOI

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.



Senior man - image from Shutterstock

How to Live to 100+

50-year long [STUDY](#) of Swedish men reveals specific factors that associate with extended longevity.

For 50 years, Swedish researchers have followed the health of 855 Gothenburg men born in 1913. The first surveys were conducted in 1963, and now that the study is ending –232 of the subjects reached 80 years, 111 reached age 90, and 10 have celebrated their 100th birthday. Factors that appear to associate with this extended longevity include: refrain from smoking, maintain [HEALTHY CHOLESTEROL LEVELS](#), and consume no more than four cups of coffee a day. Demonstrating good fitness in one's 50s also appears to be a contributing factor. Additionally, home ownership (corresponding to socioeconomic status) appeared to have a role. Longer-lived study participants had a mother who lived for a long time, suggesting a genetic component to longevity as suggested by other studies.
[VIEW NEWS SOURCE...](#)

Compiled, edited & published by Dr Harold Gunatillake

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