

# Health & Views

April 2016

2<sup>nd</sup> issue

Mrs Irangani Gunatillake The former... - A History of Sri ...

<https://www.facebook.com/permalink.php?story...>

<http://www.telegraph.co.uk/news/2016/03/29/long-term-vegetarian-diet-changes-human-dna-raising-risk-of-cancer/>

Promoting better health for Sri Lankans & others globally

## Artificial Sweeteners: A Wolf in Sheep's Clothing?



World's longest all-women operated Air India Flight took off on 26 March 2016 - Delhi - San Francisco (17 hrs non-stop)

[Scaling new heights: Meet the crew of the 'historic' all-women's flight](#)

Captains Kshamta Bajpayi and Shubhangi Singh, First Officers Captain Ramya Kirti Gupta and Captain Amrit Namdhari applaud during the celebrations a day before the...

<http://www.sbs.com.au/yourlanguage/sinhalese/si/content/vaeddihittiy-n-vittmin-b12-lbaa-gt-yuttee->

## Beets Help Lower Blood Pressure

Beetroot juice can lower blood pressure. In fact, when you consume the juice, you will find your blood pressure drop instantly and stay lowered for up to twenty-four hours. Researchers believe that this impact on blood pressure is due to naturally occurring nitrates found in beets. All vegetables contain nitrates, but an average-sized beet contains 20 times more dietary nitrates than any others. In fact, beets are top-rated for Nitric Oxide production. Keep in mind naturally occurring nitrates are healthy but the ones found in processed food like hot dogs and lunch meet are not. In one study, researchers found that drinking just one glass of beet juice lowered systolic pressure by 4 to 5 points. In another study, participants who consumed beet juice for a month had a reduction in blood pressure, improvements in endothelial function, and reduced arterial stiffness.

Naturallivingideas.com

<https://www.youtube.com/watch?v=c1BQeO19IHQ>

According to the International Diabetes Federation, India is home to over 65.1 million diabetics, and this number is set to touch 100 million in less than two decades.



*Wishing all our readers a very Happy Sinhala & Hindu New Year- April 14th*

*scary as heck !*

It certainly is a strong warning!!!

Alarming!!

<https://www.youtube.com/watch?v=a-hPCnel0qc>

## Seniors' Celebrations-Sri Lanka Association of NSW News

<https://youtu.be/tmzSVjRRou8>

### Overview

One of the greatest achievements deserving credit to the Sri Lanka Association of NSW, is the pioneer organisation to care for our elderly citizens of Sri Lankan origin, irrespective of their ethnic background, and of course needs reminding the grand popular Ball organised in a 5 star hotel, annually..

The seniors at the Seniors Day, with over 200 men and women enjoyed meeting each other, have a sumptuous meal, and afternoon Tea with plenty of entertaining programs to keep them happy, planned by the organising committee. Special thank was given to Chaminda Hingurangoda by the President, for the hard work put in to make this year's event a great success.

Sumptuous food is part of the successful function and credits go to the caterer Siva of 'Blue Elephant' taking special personal care of the food given to the elders. Watch the youtu.be to share this year's event, just spare and share 15 minutes of your time.

'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 people, and we expect reciprocation by reading, for their health & longevity  
Health editor



## Omega-3 helps ward off rheumatoid arthritis

Written by Yvette Brazier

If people at risk of rheumatoid arthritis consume more omega-3 fatty acids, found in fish and fish-oil supplements, they can probably decrease their chance of developing the disease, according to research published in *Rheumatology*.



*Rheumatoid arthritis causes pain, damage and, ultimately, disability.*

According to the Centers for Disease Control and Prevention (CDC), "RA causes premature death, disability and a lower quality of life in the industrialized and developing world." It can begin at any age, and it causes **fatigue** and prolonged stiffness after rest.

**Rheumatoid arthritis** (RA) is a systemic inflammatory disease affecting multiple joints in the body. It usually presents in the lining of the joints (synovial membrane) but can impact other organs. A higher prevalence of cardiovascular disease (CVD) has been observed among patients with RA.

Pain, swelling and redness are common joint symptoms, and as the lining of the joint become inflamed, cartilage and even bone become eroded, sometimes causing joint deformity.

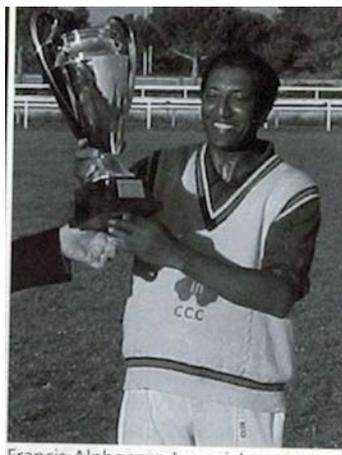
The exact causes are unknown, but it is thought to be due to a faulty immune response, in which the body's immune system causes **inflammation** in the tissue that helps joints move. Autoantibodies, or immune proteins, are believed to target the body's tissues and organs mistakenly.

Family history can help predict whether a person is likely to have the autoantibodies that precede the disease's development.

There is no cure for RA, but specific exercise techniques can help to manage it. There is also some evidence that dietary factors may help.

## Do fitness trackers really work?

# Italian Cricketer Francis Alphonsus Jayarajah-Vavuniya Boy



Francis Alphonsus Jayarajah  
by Agnes Thambynayagam

( April 3, 2016, Texas, Sri Lanka Guardian) Francis Alphonsus Jayarajah simply followed his passion for life and sports—*The Vavuniya, Sri Lanka born Francis Alphonsus Jayaraja was indeed chosen by Italy to lead it's national team long before England chose the Chennai, India born Nasser Hussain to lead the MCC in 1999.*

Francis Alphonsus Jayarajah, an all round athlete from St. Patrick's College, Jaffna, Sri Lanka, simply followed his passion for life and sports. He left Sri Lanka in 1968 and became a pioneer in his own right: he became the first Sri Lankan, if not, the first man ever from the Indian subcontinent, to captain the national cricket team of a European country. In 1984, Jayarajah was selected to Captain the Italian national cricket team. The Vavuniya, Sri Lanka born Francis Alphonsus Jayarajah was indeed chosen by Italy to lead its national team long before England chose the Chennai, India born Nasser Hussain to lead the MCC in 1999.

Jayarajah, who studied at the University of Rome and then worked for the Food and Agriculture Organization of the United Nations, played for the Commonwealth War Graves Commission Cricket Club against British and Australian Embassies winning the Rome Ashes in 1975. In 1978, Jayarajah founded his own Cricket Club along with his then girl friend Franca Beranger and some of his friends. They named it 'Commonwealth Wandering Giants Cricket Club'.

In 1980, Jayarajah co-founded the Associazione Italiana Cricket (Italian Cricket Association) with the help of his good friend Simone Gambino and with his cricket club players Massimo Da Costa, Desmond O'Grady, Sam Kahale and others. At this time, they changed the club name to Doria Pamphij Cricket Club. The Roma Villa lawn of Princess Orietta Doria Pamphij and her British cricket fan husband Admiral Frank Pogson was used to play Cricket in the sixties and seventies in Rome. The club won the first Championship organized by the Italian Cricket Association.

In 1983, Rome's Capannelle Hippodrome granted a large ground on lease in the center of the racecourse in Southern Rome. At this time the club changed its name to Roma Capannelle Cricket Club. It is in this new large ground, the Roma Capannelle Cricket Club, under the shepherd ship of Jayarajah and Da Costa rose to prominence in the international stage. Jayarajah and Da Costa who alternated as the Captain of their team, Roma Capannelle Cricket Club, had nurtured many home grown Italian players. In 1988, Jayarajah's wife Franca Maria Beranger became the President of Roma Capannelle Cricket Club.

Extract only

<http://www.confluence.mobi/uncategorized/italian-cricketer-francis-alphonsus-jayarajah-his-passion-for-life-and-sports/>



## 7 reasons to eat quinoa

*Superfood or not, quinoa (pronounced keen-wah) has a number of indisputable nutritional and health b...*

## World is facing 'unrelenting march' of diabetes: WHO

The number of adults living with diabetes has nearly quadrupled to 422 million over 35 years, the WHO warned on Wednesday, adding the world is facing an "unrelenting march" of the disease which now affects nearly one in 11 people.

## One Question Could Help Spot Drinking Problems in Teens



One simple question may reveal a lot about a teen's risk for alcohol problems, a new study finds.

[Read More »](#)



## What do you see in the red dot? This optical illusion has people going dotty!

[Read More](#)

## How can red wine help the gut microbiome to prevent heart disease?

Written by [Yvette Brazier](#)

Red wine contains a compound called resveratrol, which could reduce the risk of heart disease by changing the gut microbiome, according to research published in *mBio*.

*Atherosclerosis can lead to a number of serious conditions.*

Cardiovascular disease is the number one cause of death in the US and other industrialized countries, and it is fast becoming a major health problem in developing countries, too.

Recent research into the gut microbiome suggests that it holds the key to many health issues, and now it appears that it could have an impact on the development of [atherosclerosis](#).

According to the University of Maryland Medical Center, atherosclerosis affects 80-90% of Americans over the age of 30.

Atherosclerosis occurs when plaque, which consists of fat, [cholesterol](#), [calcium](#) and other substances, accumulates in the arteries. In time, the plaque hardens, restricting the arteries and limiting the flow of oxygen-rich blood. This can lead to [heart attack](#), [stroke](#), vascular [dementia](#) and even death.

Atherosclerosis can also affect the arms and legs, the pelvis and the kidneys, and it can lead to a range of diseases involving the arteries.

Resveratrol is a plant compound that occurs naturally in peanuts, grapes, red wine and some berries. It is a polyphenol, believed to have [antioxidant](#) properties that may protect against conditions such as [heart disease](#), [cancer](#) and neurodegenerative diseases.

## Daily coffee, even decaf, may protect against colorectal cancer

Written by [Honor Whiteman](#)

You probably don't need an excuse for your morning coffee fix, but a new study offers one. Researchers from the US and Israel found that drinking coffee every day - even decaffeinated coffee - may lower the risk of colorectal cancer.

*Drinking more than 2.5 servings of coffee daily reduced the risk of colorectal cancer by up to 50% in the new study.*

Senior study author Dr. Stephen Gruber, of the University of Southern California (USC) Norris Comprehensive Cancer Center, and colleagues publish their findings in the journal *Cancer Epidemiology, Biomarkers & Prevention*.

In the US, [colorectal cancer](#) is the second most common [cancer](#) among men and women combined, excluding [skin cancer](#), with more than 95,000 new cases of [colon cancer](#) and 39,000 new cases of rectal cancer expected to be diagnosed this year.

The American Cancer Society state that the lifetime risk of developing colorectal cancer is 1 in 21 for men and 1 in 23 for women.

But according to this latest research, one of America's favorite beverages - [coffee](#) - could have a protective effect against the disease.

## Is there a "best" pain reliever for osteoarthritis?



**Recently, at the Seniors Celebrations function organised by the Sri Lankan Association of NSW, the guest speaker an interventional cardiologist condemned the use of coconut oil and its products, being a saturated fat.**

**He confused the audience when there is world-wide publicity to the health benefits of using coconut oil in your daily cooking.**

**All Thai's would die of coronary disease if what the cardiologist said was true. The coconut consumption in their daily food is very high.**

**Believe what we have said right along- it's the best cooking oil for Asian culinary, just as Olive oil is the best for the Mediterranean's.**

**If coconut oil is good to reduce obesity, it is good for the heart, too**

**Editor H&V**

## Coconut Oil can lead to weight loss

Coconut oil has been pretty controversial in its application thanks to the prevailing myth that all saturated fats are bad for you. In fact, that isn't quite the case with coconut oil. Coconut oil contains a special type of saturated fat called MCT or medium chain triglycerides. Obesity is one of the biggest health issues in the world and any way that can help people fight against it is a good way. MCT's are easily digested and sent straight to your liver, which causes your body to consume them and expend their energy almost immediately. This increase in energy leads to expended calories which produces weight loss and a trimmer waist. As it turns out, a calorie is not simply a calorie. A study once found that consuming 15 to 30 grams of MCT's per day will help burn about 120 extra calories. Not bad at all, is it?

<http://www.interesticle.com/fitness-and-health>

Eating one serving of pulses each day could contribute to modest weight loss, according to a new study.

Canadian researchers say that because beans, peas, chickpeas and lentils take longer to digest than many other foods, they can keep hunger pangs away by making you feel fuller for longer.



Courtesy: Interesticle  
Girls can lose weight by consuming a teaspoon of virgin coconut cream or oil every morning.  
Coconut oil comes in a yogurt package, good too.  
Editor H&V



### How to make Quick Puran

by madhurasrecipe  
149,988 views



## Posture Pointers: 7 Tips for Breaking Bad Habits



There are many health benefits to having good posture. Here's a look at tips from experts for improving your form.

[Read More »](#)

## Sit Up Straight! How Good Posture Benefits Your Health



Posture is more than just a function of the way you stand or sit. Bad posture can cause neck or back pain, whereas good posture can help prevent pain and even affect your mental outlook.

[Read More »](#)

## A Positive Boost for Coconut Oil

By Health writer –Dr Harold Gunatillake

Coconut oil is being again given damaging reports as an unhealthy oil for daily use, due for its misguided association with saturated fat. Dietary guidelines inevitably fail to distinguish between different kinds of saturated fats and insist that saturated fats (meaning all saturated fats) are harmful.

This is not only misleading but bad science and vested interested propaganda.

There are good fats and bad fats. Fatty acids in coconut oil about 60% are mainly monoglycerides like lauric acid, myristic acid and capric acid, are not used as raw products to manufacture cholesterol in the liver, instead they have anti-microbial properties, which no other cooking oil has, in addition to many healthy properties, as Mary Enig, President of the Pacific Basin coconut Association states in her book. (*For further reading: Mary G. Enig, Coconut: In Support of Good Health in the 21st Century*). Also the Center for Research on Lauric Oils, Inc

Marisa Moore, a spokeswoman for the American Dietetic Association, a nonprofit association of nutritionists, said, "Different types of saturated fats behave differently."

The main saturated fat in coconut oil is lauric acid, a medium-chain fatty acid. Lauric acid increases levels of good HDL, or high-density lipoprotein, and bad LDL, or low-density lipoprotein, in the blood, but is not thought to negatively affect the overall ratio of the two. She went on to say that while it is still uncertain whether coconut oil is actively beneficial the way olive oil is, small amounts probably are not harmful.

But the best reason to use coconut oil is the taste it adds to food. "Virgin coconut oil has a deep coconut flavor that persists even after cooking," writes Ms. Clark.

Read the full article, "Once a Villain, Coconut Oil Charms the Health Food World," to learn more about coconut oil. And then check out these four new ways Ms. Clark suggests to cook with coconut oil.

The author of this article, has written many references on the benefits of coconut oil and the nut being a functional fruit for the people in most developing countries. Bad publicity comes from those affluent western countries where coconut trees do not dwell, and other oils being manufactured from vegetable seeds, like soy, canola, corn, among others.



Nearly 3. million children under five die 1 every year due to poor nutrition, according to the World Food Programme, the world's largest humanitarian agency fighting hunger. One in six infants (roughly 100 million) is underweight...

**Breast milk sugars stimulate the activity of gut bacteria, promoting healthy infant growth**



### Pulses have low GI

It found that those who ate 130g of pulses each day for 6 weeks lost an average of 0.34kg (0.75lbs) without making a particular effort to reduce their intake of other foods.

The researchers note that pulses have a low glycemic index, which they explain means they break down slowly.

# Decaying Rome 'overwhelmed ith rats and garbage'

Heartbroken Romans mourn the degradation of their beloved city, as streets and landmarks overflow with rubbish and graffiti and a major rat infestation causes temporary building closures.



If you carry more weight around your waist than your hips you are even more at risk. To calculate your waist to hip ratio, divide your waist measurement by your hip measurement. A high ratio (over 0.85 for women or 1 for men) means increased risk of health problems such as heart attacks, high blood pressure or diabetes, even if you aren't that overweight.

Read more: [@MailOnline on Twitter](#) | [DailyMail on Facebook](#)

# Chronic Kidney Disease of unknown cause in Sri Lanka

Chronic Kidney Disease (CKD) commonly occurs due to hypertension and/or diabetes. It affects middle aged or older people of both sexes and affects the glomerulus of the nephron.

Chronic Kidney Disease of unknown origin (CKDu), on the other hand, is a distinct entity where relatively younger people – mainly males – are affected independent of diabetes or hypertension and it affects the tubules of the nephron.

Presently an estimated 400,000 people in the North Central, Northern, Eastern and Uva Provinces of Sri Lanka have been affected and 25,000 have already died from CKDu.

Since the first reported case was detected in 1992 in Siripura village in Padaviya, the prevalence of CKDu has doubled every eight years and is estimated to affect nearly 40% of the population of Sri Lanka by year 2032.

The causes of CKDu are still being investigated, but several studies done up to now by the WHO and academia indicate that heavy metals such as cadmium and other agro chemicals, glyphosate, heat stress, and hard water in the endemic areas may be individual or combined contributing factors.

## ASK WELL



### Can Vinegar Aid Weight Loss?

By **RONI CARYN RABIN**

Japanese adults who consumed a beverage containing one or two tablespoons of vinegar every day lost two to four pounds after 12 weeks,



### The dangers of supplement use

Australia has seen a substantial spike in the sales of dietary supplements and workout enhancers...

by **Jessica Pantalleresco**

## Easy Ways To Get More Magnesium For An Instant Health Boost

Magnesium is a crucial mineral within our bodies and is responsible for many functions. (It supports and regulates over 300 enzymes and reactions in the body). Here's how to get more of it.

## Give your libido a boost with these tips

According to the **American Cancer Society**, prostate cancer is the most common cancer among men. It afflicts 1 in 7 men in the United States. It's believed that the high-fat, high-sugar Western diet may contribute to increased rates of prostate cancer.

## Tomatoes

Lycopene is a powerful antioxidant found in tomatoes. It may help prevent prostate cancer as well as reduce tumor growth among men with prostate cancer. In a review of 11 studies published in the **Journal of Nutritional Science and Vitaminology**, researchers found that men who ate more tomatoes and tomato-based products, both raw and cooked, were less likely to develop prostate cancer.

But because lycopene is tightly bound to cell walls, our bodies have a difficult time extracting it from raw tomatoes. Cooked or pureed tomato products may be better options. Look to products like these:

- tomato paste
- spaghetti sauce
- sun-dried tomatoes
- tomato juice
- ketchup
- Health-line

## Seniors Day- organised by the Sri Lankan Association of NSW

<https://youtu.be/tmzSVjRRou8>

Overview

One of the greatest achievements deserving credit to the Sri Lanka Association of NSW, is the pioneer organisation to care for our elderly citizens of Sri Lankan origin, irrespective of their ethnic background, and of course needs reminding the grand popular Ball organised in a 5 star hotel, annually..

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Sumptuous food is part of the successful function and credits go to the caterer Siva of 'Blue Elephant' taking special personal care of the food given to the elders.

Watch the [youtu.be](#) to share this year's event, just spare and share 15 minutes of your time.

Thank you,  
Harold Gunatillake

Many vegetarians struggle to get enough iron, vitamin D, vitamin B12 and calcium which are essential for health. One study found that vegetarians had approximately five percent lower bone-mineral density (BMD) than non-vegetarians.

**The Telegraph**



### Could the study of gut microbiota lead to a non-surgical treatment for morbid obesity?

The health of individuals with a body mass index (BMI) of 30 or higher is severely at risk, yet the therapeutic options for addressing obesity are limited. Bariatric surgery, though invasive, is a very, some...

## Pig hearts may save human lives: Researchers

One day, cardiac patients may enjoy a new lease on life with pig hearts beating in their chests, said researchers reporting a major advance Tuesday in cross-species organ transplantation. Their method uses a combination of gene modification and targeted immune-suppressing drugs.

## Working over 8 hrs a day raises stroke risk by 33%

[Kounteya](#)

[Sinha, TNN](#) | LONDON: It's now official - working over 8 hours a day increases the risk of stroke by 33%.

Scientists have for the first time quantified the number of hours of work that could cause serious harm. Working 55 hours or more per week is linked to a 33% greater risk of stroke and a more modest (13%) increased risk of developing coronary heart disease compared with working a standard 35 to 40 hour week. The largest study till date on the issue, involving over 6,00,000 individuals will be published in The Lancet on Thursday .

### ASK WELL



### Does Skipping Breakfast Cause Weight Gain?

By [ANAHAD O'CONNOR](#)

The long-promoted idea that a hearty breakfast is good for your health is not backed by scientific evidence.

## Take Care With Blood Thinners

After you've been diagnosed with AFib, your doctor may prescribe blood thinners to lower your risk of stroke. These anticoagulant drugs can interact with some foods, supplements, or even other medications. Be sure to ask your doctor what's safe to eat, and what foods to avoid, while taking your medications.

WebMD

### Garlic

- Highly nutritious as it is rich in of vitamins-B6, C, manganese, selenium
- Helps decrease blood pressure
- Reduces cholesterol level
- Anti oxidant property, hence prevents certain types of cancers and delays ageing.
- Improves bone health and prevents osteoporosis.



### Top 10 Benefits Of Apple Cider Vinegar - EbestProducts

by [HomeYog](#)

80,240 views

### Can Chocolate Be Linked with Constipation?

Many people say that chocolate makes them constipated. Is it true? Could this beloved sweet treat cause such an unpleasant side effect? Or does the perception differ from the reality? [More »](#)

## Brain-Boosting Sleep Position

As compared to sleeping on your back or stomach, sleeping on your side may help to clear brain waste.



Woman sleeping - image from Shutterstock

The brain's glymphatic pathway is responsible for clearing harmful wastes – particularly amyloid-beta plaques that characterize Alzheimer's Disease, during sleep. Employing an animal model, Helen Benveniste, from Stony Brook University (New York, USA), and colleagues studied the cerebrospinal fluid (CSF) - interstitial fluid (ISF) exchange efficiency – a marker of the clearance capacity of the glymphatic pathway. The team found that sleeping in the lateral position (on one's side) may more effectively remove brain wastes including amyloid-beta, as compared to sleeping on the back or stomach. The study authors submit that: "We propose that the most popular sleep posture (lateral) has evolved to optimize waste removal during sleep."

[VIEW NEWS SOURCE](#)

## Living with Your Partner? No Problem, More Americans Say



Are Americans growing more liberal in their attitudes toward cohabitation?

[Read More »](#)

## New Theory on Why Men Love Breasts



Straight men are programmed to love breasts so that they'll play with them during sex, which triggers the woman's maternal bonding circuitry.

[Read More »](#)

## Recharging home devices from mouldy bread could be the future

Scientists say they have found a rare bread mould that could be capable of breathing life back into rechargeable batteries.



## Harvard Health Blog

### Can a heartburn drug cause cognitive problems?

[Matthew Solan](#), Executive Editor, Harvard Men's Health Watch



A new study has shed light on one of the long-term effects of proton pump inhibitors (PPIs). These drugs are commonly used to treat gastroesophageal reflux disease (GERD), heartburn, and peptic ulcers. PPIs help reduce the amount of stomach acid made by glands in the lining of the stomach. Research published recently online in *JAMA Neurology* showed that there may be an association between chronic use of PPIs and an increased risk of dementia.

<https://www.youtube.com/watch?v=wVvUcKetNc8&feature=youtu.be>

Subject: FW: LIFT WITHOUT BUTTONS.....

With sound.....

<http://dotsub.com/view/6c5d7514-5656-476a-9504-07dd4e2f6509>



## Second stage of the Elder's Home at Maggona, Sri Lanka

More details from- Fr. Dilan Perera OMI Director/ Superior St. Vincent's Home

Maggona,

Sri Lanka.

0094 718445009

Dilan Perera <perera.dilan72@gmail.com>

[What's new in nutritional guidelines?](#)

[Which foods don't belong in a healthy diet?](#)



### [Fold a Towel Elephant](#)

Towel elephants are a cute addition to a guest bedroom, bathroom, or as a surprise for someone retur...

by [Charlotte Jain](#)



### [Flatbread Fritters](#)

Once you have eaten this amazing flatbread, you are guaranteed to make it again and again

by [Spiceup](#)

No single food can prevent cancer, but the right combination of foods may help make a difference. At mealtimes, strike a balance of at least two-thirds plant-based foods and no more than one-third animal protein. This "New American Plate" is an important cancer fighting tool, according to the American Institute for Cancer Research. Check out better and worse choices for your plate.



### [Homemade Filo Pastry with Two Cheeses and Spinach Filling](#)

by [Finy](#)

- See more at:  
<http://recipeyum.com.au/kimchi-fried-rice/#sthash.EHHS61RG.dpuf>

### [Treating Incontinence in Women with Osteoporosis](#)

By [RONI CARYN RABIN](#)

Incontinence can prevent women with osteoporosis from exercising. Now new research shows simple muscle exercises can significantly reduce leakage.



### [Rethink Your Drink](#)

Alcohol is the most widely used drug in Australia



### [Organic Mediterranean Style Lasagne](#)

This delicious lasagne is meaty and packed full of healthy veggies with an extra serving of yummy ho

*If you haven't already seen this, you must!*

< <http://www.youtube.com/embed/nbrTOcUnjNY> >

### [Turmeric for digestive disorders](#)

Curcumin may help improve digestion by stimulating the gallbladder to produce bile. A double-blind, placebo-controlled study showed that turmeric reduced bloating and gas in people suffering from [indigestion](#). The German Commission E, a group that determines which herbs can safely be prescribed in Germany, has approved the use of turmeric for digestive problems.<sup>2</sup>

#### [Curcumin is Inflammatory](#)

Curcumin lowers the levels of two enzymes in the body that cause [inflammation](#), which may indicate that consuming turmeric would be helpful in treating many inflammatory conditions.<sup>2</sup>

[Inflammation is a common thread that links the following conditions:](#)

- [Heart disease](#)
- [Type 2 diabetes](#)
- [Stroke](#)
- [Arthritis](#)
- inflammatory bowel diseases such as [Crohn's disease](#) and [irritable bowel syndrome](#) (IBS)
- [Cancer](#)
- [Alzheimer's disease](#).

Curcumin shows promise as a natural anti-inflammatory treatment and is currently being tested in phase 2 and 3 clinical trials.<sup>3</sup>

In a clinical study on curcumin's effects on arthritis, 50 patients were given curcumin daily for 3 months. An increase in walking performance and distance was observed, as well as decreased inflammation levels.<sup>3</sup>



### [Kefir: A probiotic powerhouse](#)

Probiotics are helpful bacteria found naturally in the body and are good for digestive health

by [Aleigha](#)

### ['Unbelievable Event': Uterus Transplanted in a First for US](#)



A new procedure gives hope to women with uterine factor infertility. [Read More »](#)



Molasses or other things can give bread a brown color. Read the ingredient list.

The word "whole" should always appear before the name of the grain, such as whole wheat, whole oats, or whole rye. And it should be the first thing on the ingredient list.

Don't be misled by labels that say "multi-grain," "stone-ground," "100% wheat," "cracked wheat," or "seven-grain." These usually aren't whole grain.

WebMD

### [Beware Herbal Meds: Understudied Drugs Pose Risks, Docs Say](#)



Herbal medications are marketed as natural, but aren't necessarily safe, experts warn.

[Read More »](#)

### [If you have IBS please read:](#)

There is a group of foods made of gassy carbohydrates called FODMAPs. This stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols- and these contribute to IBS. Avoiding these reduces the symptoms of IBS, and includes apples, mushrooms, beans, milk, and onions.

### [Spicy foods: The health effects of adding heat to your meal](#)

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

[Read More](#)

### [A longevity boost:](#)

a [study in 2015](#) that included over half a million Chinese found that people who consumed spicy — that is, scorching — foods six times a week reduced their risk of death by 14 percent during the course of the seven-year study. Consuming fiery foods just two days a week lowered the risk by 10 percent, compared to people who ate milder fare.

## DVT

*Clots in the lungs are twice as deadly as heart attacks.*

If you scrape your leg, blood clots come to the rescue to heal the wound. But if a blood clot forms deep inside a leg vein, it's a different story. Known as a venous thrombosis—a term meaning "blood clot in a vein"—this type of clot can cause pain, swelling, and redness in the affected limb. When one forms in a leg or arm, it's called deep-vein thrombosis (DVT). But the real threat happens if the clot breaks off and travels to the lungs, causing a pulmonary embolism.

### Treatment for clots

Treating a VTE typically includes injections of an anti-clotting drug such as heparin, followed by drugs such as rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran (Pradaxa), or edoxaban (Savaysa), which are taken in pill form. People with less serious cases may need only oral drugs, while more serious cases may require clot-dissolving medications given through an intravenous (IV) line or through a thin, flexible tube (catheter), which is done in a hospital. How long you stay on the anti-clotting drugs depends on your situation. When a clot develops after surgery, doctors often recommend staying on the drug for three to six months. But there's an increasing trend to keep people on the medications for longer time periods, in part because of the chronic nature of the problem, says Dr. Goldhaber. Three in 10 people who have a VTE will have another episode within 10 years. Harvard Medical School

## Leafy Green Vegetables



Dark green leafy vegetables such as kale, collard greens, spinach, collard greens and Swiss chard all contain a plethora of antioxidants, carotenoids, flavonoids and vitamin C. All of these properties help protect against cellular damage. Eat greens raw, lightly steamed or juice for best results.

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

## Cholesterol in seafood

Saturated fat has a bigger effect on our blood cholesterol levels than the cholesterol we eat. Still, some people are "cholesterol responders"—meaning the amount of cholesterol they eat greatly impacts their blood cholesterol levels. For them, a steady diet of shrimp (which has 166 mg of cholesterol per 3 ounces) and fried calamari (221 mg) might be a problem. But clams, crab, mussels, and oysters—they may lower cholesterol levels a little bit, partly because they contain compounds called sterols that interfere with the absorption of cholesterol. Harvard Medical School

## Homeopathic Treatments: Do They Help or Harm?



Although some people say homeopathy is safe and leads to better outcomes when used along with conventional medicine, others say it can be harmful, and it is unethical for doctors to recommend it.

## Myth: Beans Cause the Most Gas

Beans may not be the "magical fruit" you thought they were. Dairy products cause more gas than other foods, particularly as we age and our bodies are less able to absorb the sugar in milk (lactose). To ease the problem, look for lactose-free products or take the over-the-counter medicine lactase before you eat dairy foods

## Drink 8 Glasses of Water a Day

No need to count cups. Research shows people who gulp a glass of H<sub>2</sub>O when they're thirsty get enough to stay healthy and hydrated. Water-rich foods like soup, fruit, and vegetables and drinks like juice, tea, and coffee all help you get your fill. You might need to drink more water if your urine is dark yellow, you don't go regularly, you're very active, or you live in a hot climate.-WebMD

## Cannabis-based drug to be made available to NSW children



A small number of children with drug-resistant epilepsy will soon be able to access a new cannabis-based drug in New South Wales which is showing promise in relieving the symptoms.



## Hives (Urticaria)



Hives look like welts and can itch, sting or burn. They vary in size and sometimes join together. They may appear on any part of you and last anywhere from minutes to days. Causes include extreme temperatures, infections like strep throat, and allergies to medications, foods, and food additives. Antihistamines and skin creams can help. WebMD

## Psoriasis



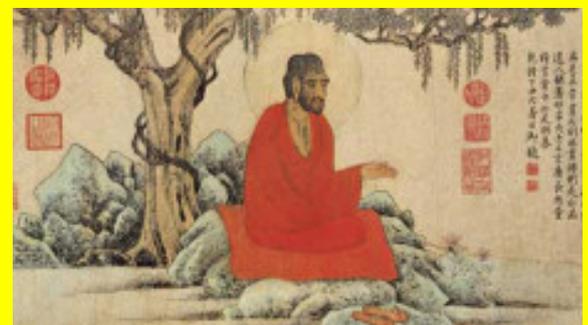
Thick, red patches of skin covered with white or silvery scales are signs of psoriasis. Doctors know how psoriasis works -- your immune system triggers new skin cells to grow too quickly -- but they don't now what causes it. The patches show up on your scalp, elbows, knees, and lower back. They can heal and come back throughout your life. Treatments include creams and ointments for your skin, light therapy, and medications taken by mouth, injection, or IV. WebMD

## Beets

Beets contain the antioxidant betalain that gives beets their rich color and anti-inflammatory properties. Beets fight inflammation at the cellular level and also repair damage using their high levels of potassium and magnesium. It has been found that magnesium deficiency is linked to inflammatory conditions. In addition, calcium is not processed well without magnesium. Consuming foods that contain magnesium such as beets helps the body process calcium found in other foods we eat. Eat beets fresh in salads, lightly steamed, sauteed or even fermented and enjoy all they have to offer.

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

**Mid-life people should walk, cycle, or use public transport to stay fit!**



## Can Buddhism Save the World?



Jan 18, 2016 on [culture](#). feature by [Sri Lanka Guardian](#)  
Most Buddhist traditions and lineages cultivate mindfulness—attending to our own impermanence, nature of our suffering, the emptiness of the "I" as well as attending to what is going on in the world. However, it does seem that the cultivation of "aspirational compassion or loving-kindness" could remain just that, an aspiration, inner experience that softens and...

# Interesting facts about vanilla

by Bryony Harrison



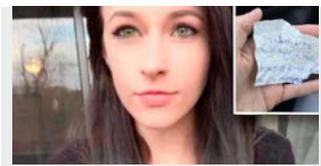
I'm a freelance writer & poet; if you would like to read my poetry, please check out my book, 'Poems on the Page' from [tinyurl.com/pgyyx76](http://tinyurl.com/pgyyx76)

Vanilla extract derives from an orchid plant and is the most commonly used flavouring in the Western world. It is full of anti-oxidants and studies have shown it has various other health benefits as well. For example, in 2011 the *European Journal of Pharmacology* discovered it helps protect the liver and acts as an anti-inflammatory. In 2013 the *Indian Journal of Experimental Biology* also said that vanilla could reduce cholesterol.



## Inflation explained in a nutshell !!!

Sent by Mike Silva



[Student Buys Homeless Man Breakfast. The He Hands Her A Note With A Shocking Confession](#)

## Celery: Health Benefits & Nutrition Facts'

by Jessie Szalay, Live Science Contributor

Celery is low in calories, but eating it does not result in "negative calories." Although celery contains a minuscule amount of calories, the number of calories spent digesting it is probably even smaller.

Crunchy, crispy celery is well known for being low in calories, but its health benefits go far beyond use as a diet food. Celery contains useful phytochemicals. It's a convenient on-the-go snack as well as a vegetable that can be incorporated into cooked dishes, stir-fries and salads.

Unlike some vegetables, celery retains most of its nutrients even if it is steamed. A study published in the journal *LWT – Food and Science Technology* compared celery that had been steamed, boiled and blanched and discovered that 10 minutes of steaming allowed the vegetable to maintain 83 to 99 percent of its antioxidants. On the other hand, boiling and blanching led to 38 to 41 percent antioxidant loss. Celery should be eaten within seven days of buying it, according to *World's Healthiest Foods*. After five to seven days, significant amounts of the antioxidants in celery disappear. Additionally, more healthy flavonoids stick around in freshly chopped celery than celery that is chopped and stored.

### Health benefits

#### Weight Loss

One stalk of celery contains only about 10 calories, while a cup of chopped celery contains about 16. It also contains dietary fiber (1.6 grams per cup), which helps curb cravings because it absorbs water in the digestive tract, making you feel fuller longer. A recent study published in [Annals of Internal Medicine](#) suggests that simply adding more fiber to one's diet can be a critical component of weight loss.

Unfortunately, it's not true that eating celery counts as "negative calories." In fact, Ware explained, "although celery contains a minuscule amount of calories, the number of calories spent digesting it is probably even smaller."

#### Anti-inflammatory

Celery is rich in phytonutrient antioxidants that contain anti-inflammatory properties. A study in the journal [Nutrition and Cancer](#) revealed that it is a significant source of flavonols and flavone antioxidants in Chinese adults. According to *World's Healthiest Foods*, celery's phytonutrients include: phenolic acids, flavones like luteolin, flavonols like quercetin and kaempferol, dihydrostilbenoids, phytosterols and furanocoumarins.

#### Heartburn

Celery is an old folk remedy for heartburn, and [AARP](#) recommends it because of its low acidity. A study published in [Annals of Otolaryngology, Rhinology & Laryngology](#) included celery in a "low acid" diet prescribed to patients suffering from acid reflux. While their diet was beneficial, further studies are needed to determine celery's specific role

#### Cholesterol and blood pressure

Celery's fiber may help lower cholesterol levels because it picks up excess [cholesterol](#) compounds in your gut and pushes them out in the elimination process.

The research on the relationship between celery and cholesterol in humans is limited, but animal studies show promising results. A University of Chicago study described by [The New York Times](#) found that a chemical in celery called phthalide reduced bad cholesterol levels by 7 percent and blood pressure by 14 percent. Phthalide can lower stress hormones in the blood, allowing blood vessels to expand and relax and let more blood flow through the body. Another study, published in [Pharmacognosy Magazine](#), looked at celery seed extract in rats. It concluded that the celery was helpful in lowering LDL (bad) cholesterol, triglycerides, and increasing HDL (good cholesterol). One study done on humans, published in [Natural Medicine Journal](#), looked at celery seed extract given to mild-to-moderate hypertensive patients for six weeks and saw reduced blood pressure.



## Stressed? Climb the Stairs



## Stressed? Climb the Stairs

When you're angry or stressed, it's easy to grab a candy bar, smoke a cigarette, or gulp another cup of coffee to cope. The ideal antidote? Exercise. Next time you're stressed out or riled up, climb a flight of stairs (or two) or go for a quick stroll -- studies show even 10 minutes of exercise can provide a mental boost.

## Walk Around the Block

You don't have to spend hours at the gym -- even a little movement can get you in touch with your body and help you regain energy. A simple walk around the block can clear your head, and exercises that involve a bit of meditation -- such as yoga or tai chi -- can help recharge both body and mind. WebMD

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

# THE MOUSE MODEL THAT COULD REVEAL THE GUT MICROBIOTA'S ROLE IN MALNUTRITION

By [Kristina Campbell](#)  
in [Gut microbiota](#)



Few world problems are as urgent as childhood malnutrition. Contributing to persistent malnutrition in many areas of the world is a subclinical condition called environmental enteropathy (EE), which is characterized by chronic intestinal inflammation, blunting of jejunal villi, and increased intestinal permeability. Although EE may be the reason many malnourished children fail to get better after receiving therapeutic food intervention, the condition is poorly understood.

Dr. Brett Finlay of the University of British Columbia (Canada) started to get curious about EE and the microbiota when he read a study showing that treating severely malnourished children with antibiotics improved their responses to therapeutic foods. His lab began trying to manipulate the gut microbiota of mice to develop an animal model of EE that would allow further investigation of the mechanisms involved in persistent malnutrition.

In a 2015 Nature Communications article, researchers from the Finlay lab (Brown, et al.) described not only the impact of malnutrition on the gut microbiota of mice, but also the successful development of a murine model of EE. The researchers found mice that consumed a moderately poor diet early in life, with simultaneous exposure to commensal Bacteroidales species and Escherichia coli, exhibited the main features of EE in humans. "If we just gave [mice] an altered diet where there were more carbohydrates and less proteins and fats, like you see in developing countries, we saw a few minor symptoms," says Finlay in an interview with GMFH editors. "But when [we started] gavaging in certain microbes -- E. coli and Bacteroides -- that's when it [filled out] beautifully, the whole model."

"This finally, for the first time, is the chance to probe mechanistically what happens in malnutrition, because it's really a 'black box' right now."



## [Turmeric - the ultimate healing root, and a turmeric health tonic](#)

*Turmeric has recently been dubbed as the wonder herb, but it's ½ a root, like ginger*

by [JamieOliversgirl](#)

Current research indicates that a low-fat vegetarian diet can be a powerful tool for preventing diabetes.

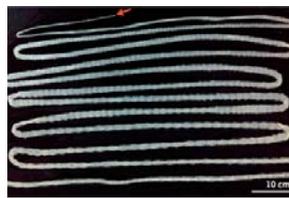
## Weed out the worst fats

There is so much evidence implicating trans fats in heart disease that the FDA has proposed removing the "generally recognized as safe" designation from them. "The first thing we do when I'm counseling patients is to go over all the sources of trans fats in their diet and make substitutions," McManus says.

Trans fats are created by adding hydrogen to a liquid fat to help it solidify. Food manufacturers started using trans fats because they extend the shelf life of packaged baked goods. Fast-food purveyors took to them because they can be reused again and again. Although public pressure has forced the food industry to phase out trans fats, they haven't disappeared entirely. To avoid eating them inadvertently, scrutinize the labels on food packages before you put them in your shopping cart. If you see "partially hydrogenated" in the list of ingredients, pass that product by. If trans fats aren't banned from restaurants in your area, ask if the cook uses partially hydrogenated oil before you order.

Saturated fats and dietary cholesterol, which are derived primarily from animal products, aren't exactly heart-healthy, but it's all right to eat them in small amounts. McManus says that because eggs are such a good source of nutrients, it's okay to have as many as four yolks a week and whites as often as you like. She also gives a nod to red meat, shrimp, lobster, high-fat cheeses, butter and organ meats — but only to small portions of each one every couple of weeks or so.  
Harvard Medical School

## Man Gets 20-Foot Tapeworm from Eating Raw Meat



The worm lurked in the man's intestines for two years.

[Read More »](#)

## Even Centenarians Are Living Longer



The oldest of old are living even longer, a new report shows.

[Read More »](#)

## With back pain, getting out of bed can help

If you have back pain, bed rest can be useful, especially if you are in severe pain while sitting and standing. But it's best to limit bed rest during the day to a few hours at a time, for no more than a couple of days. That's because too much time in bed can do more harm than good.

If you need to be horizontal, lie down on a bed or sofa, in any comfortable position. To ease the strain on your back, try putting pillows under your head and between your knees when lying on your side, under your knees when lying on your back, or under your hips when lying on your stomach. These positions reduce the forces that sitting or standing impose on the back — especially on the disks, ligaments, and muscles  
Harvard Medical School

## Eating Healthy Fats May Reduce Deaths from Heart Disease



To prevent heart disease deaths, people may want to focus more on eating more unsaturated fat, rather than eating less saturated fat, a new study suggests.

[Read More »](#)

## [Ideal number of sex partners to have: 10](#)



Ten is the ideal number of lovers to have had for both men and women, researchers have claimed. More than 1,000 people took part in the online survey for Britain's biggest extra-marital dating site IllicitEncounters.com, being asked how many lovers they would want a new partner to have had.



## [Man Films A Horse Rolling In The Sand, But Watch What Follows When He Approaches...](#)





**The Best Exercise to Reduce Blood Pressure**  
 By **GRETCHEN REYNOLDS**  
 Exercise lowers blood pressure in large part by altering blood vessel stiffness so blood flows more freely. Here's what works best.



**A Myth About Refreezing Foods**

By **RONI CARYN RABIN**  
 A Department of Agriculture dietitian takes on the notion that, once thawed, foods cannot be frozen again. But they must be thawed properly.

**Is there a difference between sea salt and regular salt?**

Whether in terms of nutrition, health or taste? If so, when should sea salt be used? (My guess: no difference -- except in price and hype.)

Asked by David Chowes • 200 votes

A

Texture is the most significant difference between table salt and sea salt. In terms of nutrition, the two are largely the same, although table salt has added iodine, an essential element for human nutrition, and iodine deficiency is a [problem in some parts of the world](#). While sea salt proponents claim the trace minerals found in sea salts confer added health benefits, nutritionists say the amounts of added minerals are too small to offer a meaningful benefit

Ask Wells

**Spirits** are a product of both fermentation and distillation. This results in a much higher alcohol content of between 20% and 40%. A 1.5 oz measure of 80-proof spirits - a shot - is the equivalent of one "drink." Examples of spirits include vodka, gin, whiskey and rum. Within minutes of ingesting alcohol, it is absorbed into the bloodstream by blood vessels in the stomach lining and small intestine. The alcohol then travels to the brain where it quickly produces its effects. Drinking with a meal slows the rate of this absorption, resulting in fewer side effects and less intoxication. Approximately 20% of alcohol is absorbed through the stomach; most of the remaining 80% is absorbed through the small intestine. Approximately 5% of the alcohol taken into the body leaves through the lungs, kidneys and the skin; the rest is removed by the liver.

*A man and his wife received a letter from their daughter who went to study overseas:*

*"My beloved Parents, I miss you so much. I don't know when I'm coming home, but it seems not any time soon. It breaks my heart to think that by the time I get back you'll be too old. So enclosed you will find a bottle of a potion I have invented. It will make you young, so when I return you'll be the same age as I left you.*

*NOTE: "Please take only one drop"  
 NOTE: "Please take only one drop"  
 So they opened the envelope and in it is a bottle with a red potion.. The husband looks at the wife and says:  
 "You go first." So the wife opens the bottle and takes a drop, there after the husband follows. Indeed they did get 5 years younger.*

*A year passed and the daughter returned home to find her mother young and beautiful, carrying a baby on her back. The mother proceeds to tell her daughter how the potion worked and made her look young. The daughter was delighted and asked about her father.  
 "Your father, my child, got so jealous that I was young and beautiful so he drank the whole bottle."  
 "So where is he?"  
 "Oh, that's him I have on my back"*

Sent By Francis GNANI

**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. 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%.

Harvard Medical School



**The Indian tribal gut microbiota unravelled**

The latest revelation in human gut microbiome research is the gut bacterial profiles of fifteen tribal populations representing four geographic regions (Assam, Telangana, Manipur and Sikkim) from India. The study by Dehingia, *et al.* (2015), 'Gut bacterial diversity of the tribes of India and comparison with the worldwide data', is a good addition to the knowledge base of gut microbiome profiles across various human populations.

[Read more](#)

Written by S. Shetty

[5 great health foods](#)



## Simple shell of plant virus sparks immune response against cancer

The shells of a common plant virus, inhaled into a lung [tumor](#) or injected into ovarian, colon or breast tumors, not only triggered the immune system in mice to wipe out the tumors, but provided systemic protection against metastases, researchers from Case Western Reserve University and Dartmouth University report.

The scientists tested a 100-year-old idea called in-situ vaccination. The idea is to put something inside a tumor and disrupt the environment that suppresses the immune system, thus allowing the natural defense system to attack the malignancy.

That something--the hard coating of cowpea mosaic virus--caused no detectable side effects, which are a common problem with traditional therapies and some immunotherapies.

The team's research is published in the journal *Nature Nanotechnology*.

"The cowpea virus-based nanoparticles act like a switch that turns on the immune system to recognize and fight against the tumor - as well as to remember it," said Nicole Steinmetz, an assistant professor of biomedical engineering at Case Western Reserve, appointed by the Case Western Reserve School of Medicine.

"The particles are shockingly potent," said Steven Fiering, professor of microbiology and immunology at Dartmouth's Geisel School of Medicine. "They're easy to make and don't need to carry antigens, drugs or other immunostimulatory agents on their surface or inside."

The professors studied the nanoparticles with Dartmouth's Pat Lizotte, a molecular and cellular biology PhD student; Mee Rie Sheen, a postdoctoral fellow; and Pakdee Rojasasopondist, an undergraduate student; and Case Western Reserve's Amy Wen, a biomedical engineering PhD student.

MNT



[Adele's 'Carpool Karaoke' Ride Will Make You Love Her Even More](#)



## Possible benefits of consuming limes



*Limes are rich in vitamin C and have antibacterial and antifungal properties.*

Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions.

Many studies have suggested that increasing consumption of plant foods like limes decreases the risk of [obesity](#), [diabetes](#), [heart disease](#) and overall mortality while promoting a healthy complexion and hair, increased energy and overall lower weight.

Vitamin C has been shown to reduce all-cause mortality.<sup>2</sup> Limes are a very concentrated source of vitamin C, a well-known [antioxidant](#).

### Heart health

In a study published by the *ARYA Atherosclerosis* journal, lime juice and peel was shown to decrease fatty streaks found in coronary arteries, which are indicators of plaque buildup and subsequently cardiovascular disease.<sup>3</sup> A different study showed that low vitamin C levels are associated with increased risk of [stroke](#).<sup>4</sup>

### Antimicrobial activity

Lime juice has antibacterial and antifungal properties.<sup>5</sup> A study published by *Tropical Medicine & International Health* showed that lime juice inhibited the growth of *Vibrio cholerae* specifically.<sup>6</sup>

### Asthma prevention

The risks for developing [asthma](#) are lower in people who consume a high amount of certain nutrients. One of these nutrients is vitamin C, found in many fruits and vegetables including limes.

### Increasing iron absorption

Iron deficiency is one of the most common nutrient deficiencies in developed countries and a leading cause of [anemia](#). Pairing foods that are high in vitamin C with foods that are iron-rich will maximize the body's ability to absorb iron. For example, squeeze fresh lime juice onto a salad with spinach and chickpeas (both a good source of iron).

### Boosting the immune system

Foods that are high in vitamin C and other antioxidants can help the immune system battle germs that cause a cold or [flu](#). Maintaining a healthy diet high in fruits and vegetables is especially important during the winter months when physical activity levels tend to drop.

### Healthy skin

Vitamin C, when eaten in its natural form (in fresh produce as opposed to supplement form), can help to fight skin damage caused by the sun and pollution, reduce wrinkles and improve overall skin texture.

Adequate intake of vitamin C (the juice of one lime provides 22% of daily needs) is also needed for the building and maintenance of [collagen](#) that provides structure to skin and hair.

### Lowering risk of stroke

According to the American Heart Association, eating higher amounts of citrus fruits may lower ischemic stroke risk for women. In one study, participants who ate the highest amounts of citrus had a 19% lower risk of ischemic stroke than those who consumed the least.<sup>7</sup>  
MNTWritten by Megan Ware RDN LD

## How to incorporate more limes into your diet



*Make a quick, refreshing drink by adding some limes to water.*

### Quick tips:

- Top any white fish with thinly sliced limes
- Combine lime juice with oil and any seasoning for a quick dressing
- Squeeze lime juice into water or tea
- Top entrees with lime zest or use zest in marinades. Start with [this citrus rub](#).

Or, try these healthy and delicious recipes developed by registered dietitians:

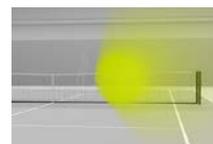
## Eye floaters

[Eye floaters](#) are small moving spots that appear in your field of [vision](#). They may be especially noticeable when you look at something bright, such as white paper or a blue sky.

[Eye floaters](#) can be annoying, but they generally don't interfere with your sight. Occasionally a particularly large eye floater may cast a subtle shadow over your [vision](#). But this tends to occur only in certain types of light. Most of the time people learn to live with eye floaters and ignore them. And they often become less noticeable over months to years. Only rarely do benign eye floaters become bothersome enough to consider treatment.

But sometimes [eye floaters](#) are a sign of a more serious condition. You should seek immediate medical attention if you notice a sudden increase in the number of [eye floaters](#). Immediate medical attention is especially important if the floaters are accompanied by flashes of light or a loss of side [vision](#). If you have these symptoms, see an eye doctor right away. If available, choose an ophthalmologist with retinal expertise. Without immediate treatment, you can have permanent [vision loss](#).

WebMD



### VIDEO

What It's Like to Face a 150 M.P.H. Tennis Serve

By GRAHAM ROBERTS, JOE WARD and JEREMY WHITE

Watch this video and see how it feels to stand across the court from the fastest **serve** in tennis



# Bacteria can be both good and bad for you

You're probably aware that while some germs can make you sick, others are important for keeping you healthy and fending off infections. Sometimes, the same bacteria can do both. Consider *Helicobacter pylori*, the bacteria responsible for causing stomach ulcers. The bacteria were once found in the majority of the population, but their prevalence has steadily been decreasing, and today only about half of the world's population has it. Most of them do not have symptoms, but a small number develop painful ulcers in an acidic part of the digestive tract (a finding that earned a Nobel Prize in Medicine in 2005). *Helicobacter* infections are treatable with antibiotics, but there's a twist: Blaser and colleagues have found the absence of *Helicobacter* appears to be associated with diseases of the esophagus, such as reflux esophagitis and certain cancers of the esophagus. In other words, *Helicobacter* may be bad for our stomachs, but good for our throats. Though not all scientists agree, "There's a big body of evidence that *Helicobacter* has both biological costs and biological benefits," Blaser told LiveScience.

## Statins slash risk of death by cancer: They slow tumour growth by up to 50% reveal major studies

Experts say there is 'overwhelming' evidence that statins can treat cancer. Study showed they cut death rates for bone cancer patients by 55 per cent. GPs should make patients aware of pills' new benefits, researchers say. By Sophie Borland, Health Correspondent for the Daily Mail. Taking statins can cut your risk of dying from cancer by up to 50 per cent, two major studies have shown.

While the drugs do not seem to prevent cancer in the first place, it is believed they boost survival rates by slowing the rate at which tumours grow.

Experts say the evidence is overwhelming that, as well as preventing heart attacks and strokes, statins can be as effective at fighting cancer as conventional treatment

If you get a stomach ulcer the cause is due to bacteria called *Helicobacter*. Though this bacteria causes stomach ulcers they are beneficial in the sense they prevent acid reflux and oesophageal cancer. *Helicobacter* can be killed with antibiotics

## Diet for Diabetes

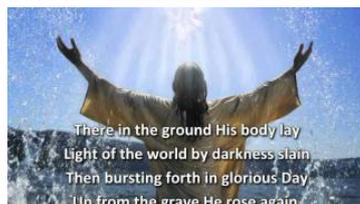
However, you'll want to pay special attention to your carbohydrate intake. Vegetables, fruits, and whole grains provide more nutrition per calorie than refined carbohydrates and tend to be rich in fiber. Your body digests high-fiber foods more slowly — which means a more moderate rise in blood sugar.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

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

Harvard Health

Gluten is a protein found in wheat, barley, and rye. These grains are processed and used as starches and binders in many processed foods. You can also find gluten in medicines, lip balms, and vitamins.

Common symptoms of a gluten intolerance include diarrhea, cramping, bloating, gas, constipation, and anemia. Celiac disease, which is due to gluten intolerance and is an autoimmune disease, has many of the same symptoms. A unique rash called dermatitis herpetiformis affects 15% to 25% of people with celiac disease. The intensely itchy rash may show up on your elbows, knees, and buttocks. If you have these symptoms, talk to your doctor.



**In Christ Alone - Travis Cottrell**

by imlivn4jesus

## About Hot Dogs

No one buys hot dogs because they're a gourmet food, but buy them we do. In 2014, Americans spent more than \$2.5 billion on hot dogs in grocery stores alone. But what is it we're actually putting in our mouths? A recent report from Clear Food made waves when it found — among other things — human DNA in American hot dogs. Not pig, not cow...human. Their genomic analysis included 345 samples of 75 hot dog brands, with human DNA found in 2 percent of samples. But while human DNA is by far the most disturbing find, it's sadly not the only hot dog ingredient you should be worried about.

### 1. Pork in Your Turkey Dog

Many people abstain from pork, whether for religious or dietary reasons. But reaching for a turkey or beef frank might not save you from the pig. In Clear Food's analysis of 75 different hot dog brands, researchers found unlabeled pork substitution in 3 percent of the 345 samples — mostly in chicken and turkey dogs.

### Meat in Your Veggie Dog

The Clear Food analysis found that 10 percent of "vegetarian" products contained...er, meat. For instance, they identified chicken in a vegetarian sausage, and pork in a vegetarian hot dog. For whatever reason, these meat ingredients were not identified on the labels of these supposedly meat-free foods

### High Fructose Corn Syrup

You might not have expected to find sweeteners in your hot dog, but there's a good chance it has corn syrup (like this one from Kraft) or high fructose corn syrup in it. Both sweeteners are cheap, corn-derived, and controversial. You'll find them in many highly processed foods.

### High Fructose Corn Syrup: As Addictive as Cocaine?

### 4. Nitrates

Sodium nitrate is a preservative found in most hot dogs. The dangers of this food additive are under debate. Some believe it can lead to increased heart disease risk by damaging blood vessels. Further, the Mayo Clinic says nitrates can affect how your body handles sugar in the blood, putting you at a greater risk of diabetes. Others say that it can have a cardioprotective effect, and point to the fact that most of the nitrates consumed by humans come from vegetables. Whichever the case may be, highly processed foods like hot dogs have many additives that can be detrimental to your health.

### 6. Lots and Lots of Salt

A traditional Oscar Mayer wiener contains 410 mg of sodium, and a Ball Park frank has 480 mg. This amounts to about 20 percent of your daily recommended sodium intake. If you eat more than one, you've reached nearly half your sodium limit for the day.

## The Takeaway

Hot dogs are a classic staple of American living, but they're definitely a staple we should be eating less and less of. If knowing that there is human DNA, high fructose corn syrup, and unexpected meat in them doesn't dissuade you, you might be interested to know that the World Health Organization recently classified them as carcinogenic — or cancer-causing [http://www.healthline.com/health/food-nutrition/gross-things-in-hot-dogs?utm\\_source=Benchmark%20Email&utm\\_medium=Email&utm\\_campaign=generalhealth#3](http://www.healthline.com/health/food-nutrition/gross-things-in-hot-dogs?utm_source=Benchmark%20Email&utm_medium=Email&utm_campaign=generalhealth#3)

## Osteoporosis: What is osteoporosis?

Before we get started, let's understand what is osteoporosis. Eileen explains, "Osteoporosis is a condition that leads to fragile bones. If you have osteoporosis, you have an increased risk for fractured bones (broken bones). Normal bone is composed of protein, collagen, and calcium, all of which give bone its strength. Bones that are affected by osteoporosis can break (fracture) with relatively minor injury that normally would not cause a bone to fracture."

### Osteoporosis: Misconceptions about osteoporosis

The most common misconception among women, the dietician says, is to do with the age of the sufferers. She clears the air: "Osteoporosis has often been thought to be a condition that frail elderly women develop. The osteoporosis condition can be present without any symptoms for decades. Therefore, patients may not be aware of their osteoporosis."

### Osteoporosis: Truth about osteoporosis

According to Ms. Amita Grover, Nutritionist and Dietician, "Osteoporosis is most common amongst post-menopausal women. Osteoporosis is on the rise in India, also impacting men. Osteoporosis known as the silent killer occurs due to porous bones, which in turn is caused by a lack of calcium and vitamin D intake."

If you thought frail bones is a woman's problem, then you have to re-think your health care program.

### Osteoporosis: What is bone density?

Osteoporosis is closely linked to bone density, dietician Eileen breaks it down for us, "Bone mass (bone density) is the amount of bone present in the skeletal structure. Generally, the higher the bone density, the stronger the bones. Bone density is greatly influenced by genetic factors and can be affected by environmental factors and medications."

### Osteoporosis: Estrogen and osteoporosis

"Estrogen is important in maintaining bone density in women." Eileen goes straight to the point, "When estrogen levels drop after menopause, bone loss accelerates. Post - menopausal women have risk factors for osteoporosis also all women aged 65 and older."

The situation further deteriorates with age, "Women affected with one of the many medical conditions associated with osteoporosis in the first five to 10 years after menopause, can suffer up to 2%-4% loss of bone density per year! This can result in the loss of up to 25%-30% of their bone density during that time period."

She lays out the truth, "The damage from osteoporosis begins much earlier in life. Because peak bone density is reached at approximately 25 years of age, it is important to build strong bones by that age, so that the bones will remain strong later in life. Certain medications can cause osteoporosis such as long-term use of heparin (a blood thinner), antiseizure medications phenytoin (Dilantin) and phenobarbital, and long-term use of oral corticosteroids."

Osteoporosis: Truth about supplements There are some truths about supplements and Eileen Canday explains it, "Most calcium supplements, including calcium carbonate are best absorbed when taken with food, but calcium citrate and calcium citrate malate are also well-absorbed on an empty stomach. The recommended daily amount of calcium is 1000mg for the average adult. You can usually meet your needs by having a diet balanced with high-calcium foods."

.. Trina Remedios | Health Me Up

## Mysterious Cancers of 'Unknown' Origin in Men Traced Back to HPV

by Christopher Wanjek

Some cancers are mysterious, in that doctors cannot determine where they originate and how they will spread. These cancers often are given the unwieldy name "unknown primary squamous cell carcinoma" (UPSCC).

About 4 percent of head and neck cancers are of the UPSCC variety. They may appear in this area of the body, having metastasized or spread from elsewhere, but the specific origin of the cancer cells is not clear. And this lack of knowledge of the cancer type tends to make the cancer harder to treat.

Now, researchers at Johns Hopkins School of Medicine in Baltimore have found that the human papillomavirus (HPV) is strongly associated with UPSCCs in the head and neck area and, more specifically, cancer of the oropharynx, the middle part of the throat that includes the tonsils and the base of the tongue.

The study appears today (Jan. 14) in the journal *JAMA Otolaryngology-Head & Neck Surgery*.

HPV is primarily a sexually transmitted virus. Most infections will cause no harm.

However, HPV is the main [cause of cervical cancer](#) and is responsible for nearly 300,000 deaths worldwide annually, according to the World Health Organization.

HPV — along with heavy [tobacco](#) and alcohol use — is also a major cause of throat cancer, particularly in men. This fact went mainstream in 2013, when actor Michael Douglas implied his throat cancer was caused by HPV. (Douglas has since described the cancer as being on his tongue, but the cause is not known; he also was a heavy drinker.)

About 75 percent of the estimated 12,500 yearly cases of throat cancer in the United States are caused by HPV, according to the Centers for Disease Control and Prevention. [\[Top 10 Cancer-Fighting Foods\]](#)

HPV also causes cancers of the anus, penis, vulva and vagina. The reason appears to be that the virus resides in both the genital and oropharyngeal areas, and can be spread through anal, vaginal or oral sex. Doctors recommend that teenagers, both female and male, receive the [HPV vaccine](#) before they become sexually active.

## Risk-Based Tops 'Trial-Based' Primary Statin Therapy in Study

Marlene Busko

AARHUS, DENMARK — The decision to prescribe statins for primary prevention of atherosclerotic cardiovascular disease (CVD) should be founded on the risk-based 2013 American College of Cardiology/ American Heart Association (ACC/AHA) [cholesterol treatment guidelines](#) rather than on a clinical-trial-based approach or a hybrid approach, concludes a study published in the December 22, 2015 issue of the *Journal of the American College of Cardiology*<sup>1</sup>. However, it is still not clear how best to identify patients who would benefit from statin therapy, and moreover, clinicians should not forget other risk factors, experts say.

**Ed: Popularity of statins will diminish, but the big cats have made their bucks**



### Go crazy with color

Fruits and vegetables have scads of ingredients that lower cholesterol — including fiber, cholesterol-blocking molecules called sterols and stanols, and eye-appealing pigments. The heart-healthy list spans the color spectrum — leafy greens, yellow squashes, carrots, tomatoes, strawberries, plums, blueberries. As a rule, the richer the hue, the better the food is for you. Harvard Health

### Lemon Juice

There is no significant research out there that proves that lemon juice is effective at getting rid of your acne scars.

However, [anecdotal evidence](#) is ample. Many say they've found great success in applying lemon juice to acne scars. Advocates say it helps reduce discoloration and even out your skin tone. Because lemon juice is highly acidic, apply just a few drops directly to scars

### Frogs 'Talk' Using Complex Signals



A tiny frog species that inhabits streams and rivers in Brazil surprised scientists with its broad repertoire of visual and vocal communication signals.

## Slaws Create a Fun Twist on Salad



Looking for a new way to enjoy fresh fruits and vegetables? Slaws are perfect, easy-to-prepare dishes. The varieties are many and the ingredients are plentiful, making them a brilliant twist on salads. And they are good for you, too.

While there are countless slaw variations, two traditional coleslaw ingredients are cabbage and carrots—both of which boast healthy nutrition profiles.

One cup of raw chopped cabbage offers a mere 22 calories and provides 2.2 grams of fiber. It is an excellent source of vitamin C and provides folate, vitamin B6, phytonutrients, lutein and zeaxanthin. Carrots are also low in calories and packed with nutritional benefits: ½ cup of grated carrot has 23 calories, provides 1.5 grams of fiber, is an excellent source of vitamin A, and also contains lutein and zeaxanthin. You can further boost the nutrition profile of your slaw by incorporating other nontraditional ingredients. Cut thin ribbons of broccoli, bok choy, Swiss chard, kale, beets, green papaya, apples, jicama or mango. Use a traditional mayonnaise dressing with fresh herbs, or change it up with a light rice vinaigrette or sesame-soy tahini combination.

Need some slaw inspiration? Here are some variations certain to please any palate:

- **Sweet/tart slaws:** Made with sweet dressings and flavorful vinegars, these slaws often include sweet fruits such as pineapple, apple or raisins. Dried cranberries, toasted almonds or thinly sliced fennel are other flavor enhancers.
- **Creamy slaws:** These mayonnaise-based slaws can be deliciously spicy when made with mustards and horseradish. Substitute low-fat versions of mayo, sour cream or yogurt and add broccoli, broccolini, chilies or red pepper flakes for more crunch and heat.
- **Asian-inspired slaws:** With no creamy ingredients and less added sugar than its traditional counterparts, common ingredients include ginger, peanut butter, lime juice, soy sauce, sesame oil, sesame seeds, green onions, dry noodles and peanuts.
- **Exotic slaws:** Exotic slaws may or may not include cabbage, but these varieties are considered slaws because of the way the vegetables, fruits or other ingredients are finely chopped and tossed together.

The fall harvest also brings colorful sweet peppers, radicchio and squashes that make for exciting autumn slaws. So be creative the next time you are browsing your grocers produce section. Your slaw recipe could be a big hit at the next family meal

<http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/slaws-create-a-fun-twist-on-salad>

## Colombia legalizes use of medical marijuana



The new legislation passed by the Colombian Congress and signed by President Santos in a televised address on Tuesday. The research in

"Our goal is for patients to be able to access medications made in Colombia that are safe, high-quality and accessible," the president added.

Colombians are already allowed to possess small quantities of any narcotic for personal use, with the Constitutional Court guaranteeing the "free development of one's personality." However, the nation's congress and government have been hesitant to support the court's perspective on recreational use.

Treatment for epilepsy

The use of medical marijuana fell into a legal gray area after the authorities technically legalized it in 1986, but failed to provide a legal framework for its production and use.

"The manufacture, export, sale, and medical and scientific use of this and other substances have been permitted for several decades in Colombia. However, they were never regulated. That is what we are doing today," Santos said.

The proponents of medical marijuana claim that up to 400,000 Colombian citizens can use cannabis products to treat symptoms of epilepsy and other illnesses.

The Tuesday decree does not apply to recreational marijuana use, according to the Colombian President.

## The Cardiac-Cognitive Connection

*A healthier heart may reduce a person's risks of Alzheimer's Disease.*



Cardiac - image from Shutterstock

Reflecting cardiac output – the amount of blood that leaves the heart and is pumped through the body taking into consideration a person's body size, cardiac index is a measure of heart health. . Angela Jefferson, from Vanderbilt University (Tennessee, USA), and colleagues analyzed data collected on 1,039 participants enrolled in the Framingham Heart Study's Offspring Cohort, who were followed for up to 11 years. Over the study period, 32 participants developed dementia, including 26 cases of Alzheimer's disease. Compared to normal cardiac index, the researchers found that those individuals with clinically low cardiac index had a higher relative risk of dementia. The study authors conclude that: "Lower cardiac index is associated with an increased risk for the development of dementia and [Alzheimer's Disease]."

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**Minimise your salt intake. When you visit Sri Lanka on a holiday be aware of the extra salt you could take from those spicy foods you enjoy in homes and restaurants. Keep a check on your BP on such visits. Medical expenses are unaffordable, so take precautions -Editor**

A recent overview of multiple studies found no evidence that restricting saturated fat and increasing polyunsaturated fat consumption lowered the risk of developing heart disease.

## Lesson 2:

A priest offered a Nun a lift. She got in and crossed her legs, forcing her gown to reveal a leg. The priest nearly had an accident. After controlling the car, he stealthily slid his hand up her leg.

The nun said, "Father, remember Psalm 129?"

The priest removed his hand. But, changing gears, he let his hand slide up her leg again. The nun once again said, "Father, remember Psalm 129?" The priest apologized "Sorry sister but the flesh is weak."

Arriving at the convent, the nun sighed heavily and went on her way.

On his arrival at the church, the priest rushed to look up Psalm 129. It said, "Go forth and seek, further up, you will find glory."

### Moral of the story:

**If you are not well informed in your job, opportunities for advancement will pass right by you.**

Sent by Francois Prins

## Garlic Assists Blood Pressure Management

*Daily dietary supplementation of garlic (Allium sativum) helps to reduce both systolic and diastolic blood pressures.*



Garlic - image from Shutterstock

Numerous published studies link consumption of garlic (*Allium sativum*) with cardiovascular and immune health. Xiang-Jun Yang, from The First Affiliated Hospital of Soochow University (China), and colleagues completed a meta-analysis of 17 randomized controlled trials that studied the effects of garlic powder, aged garlic extract, and garlic oil on blood pressure. The investigators revealed that the garlic supplements studied, ranging in dosages of 300-900 mg/day, reduced systolic blood pressure by 3.75 mmHg and diastolic blood pressure by 3.39 mmHg, among those people with hypertension (elevated blood pressure). The study authors submit that: "This meta-analysis suggests that garlic supplements are superior to controls (placebo in most trials) in reducing [blood pressure], especially in hypertensive patients."

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## The Avocado Advantage

*Adding just one-half of a fresh avocado to a lunch can promote feelings of satiety, among healthy but overweight men and women.*



Avocados - image from Shutterstock

Fresh Hass avocados have 3 grams of total carbohydrate, less than 1 gram of natural sugar per one ounce serving (the least amount of sugar per serving than any other fresh fruit) and contribute 8% of the daily value (DV) for fiber. Each serving of nutrient dense fresh avocado is also a source of naturally good fats. Previously, a number of studies have suggested that avocado consumption may reduce a person's risk factors for heart disease and diabetes, while supporting weight management goals. Joan Sabate, from Loma Linda University (California, USA), and colleagues asked 26 healthy but overweight adults to incorporate fresh avocado into a lunch – either by replacing other foods or by simply adding it to the meal. The team found that those subjects who added half of a fresh avocado to their lunch reported a significantly decreased desire to eat by 40% over a three-hour period, and by 20% over a five-hour period after the meal, as compared to their desired CE after a standard lunch without avocado. Additionally, the subject reported increased feelings of satisfaction by 26% over the three hours following the meal. The study authors write that: "The addition of approximately one half of a Hass avocado to a lunch meal can influence post-ingestive satiety over a subsequent 3 and 5 hour period in overweight adults."

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## A 'smart' umbrella that predicts rain too



A company in France has developed a new smart umbrella that, when paired with a smartphone app, can not only predict the weather but also send you a notification if you leave it behind

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## The Importance of Nutrition in Mental Health

*Mounting evidence suggests that ensuring diet quality and addressing nutritional deficits have a role in the treatment of psychiatric disorders.*



Food for thought - image from Shutterstock

With pharmacological approaches both costly in developed nations and largely inaccessible in developing countries, scientists and public health experts are looking at nutritional approaches to address mental health issues. Jerome Sarris, from the University of Melbourne (Australia), and colleagues submit that: "Evidence is steadily growing for the relation between dietary quality (and potential nutritional deficiencies) and mental health, and for the select use of nutrient-based supplements to address deficiencies, or as monotherapies or augmentation therapies." The team submits that in addition to addressing diet quality, there is sufficient evidence to support the notion of nutrient-based therapies to assist in the management of psychiatric disorders. Studies show that a number of nutrients associate with brain health, including omega-3s, B vitamins (particularly folate and B12), choline, iron, zinc, magnesium, S-adenosyl methionine (SAME), vitamin D, and amino acids. The study authors urge that: "We advocate recognition of diet and nutrition as central determinants of both physical and mental health."

Additionally, studies have shown that probiotics can improve anxiety levels, perception of stress, and mental outlook. Researchers have found that the risk of depression is 25% to 35% lower in Mediterranean and Japanese diets than the typical "Western" diet. Researchers believe that this is a result of the high number of vegetables, fruits, unprocessed grains, seafood and limited amounts of lean meats and dairy in the traditional diets. Traditional diets also do not normally contain processed and refined foods and sugars - which are plentiful in the "Western" diet. In addition, many of the unprocessed foods in the traditional diets are fermented, and therefore act as natural probiotics.

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