

Health & Views

Dedicating to the Health & wellbeing of Sri Lankans' & others, globally

April 2016
3rd Issue

Holland's got talent - Amira Willighagen sings opera ...
<http://www.youtube.com/embed/ZWpLfncliu?rel=0>

Sri Lankan Newspapers

Reverse your diabetes - and you can stay diabetes-free long-term



How to Make EGG in BREAD Simple Quick Breakfast recipe

by Original Naked Chef

Insert half teaspoon of baking soda (Sodium-bicarb) into your drinking water, daily.

Baking soda reduces inflammation
Joint inflammation causes pain and conditions such as gout (where uric acid builds up in the urine, blood, and tissues) are especially alleviated with the addition of a baking soda toni
Baking soda is an antacid
Known as an antacid, sodium bicarbonate neutralizes acid in the stomach. If you suffer from acid reflux, you know just how annoying and painful it can be. Acid splashes from the stomach up into the esophagus and can even go up as far as the back of the throat. Drinking baking soda dissolved in water helps to neutralize the hydrochloric acid and eliminates the pain of heartburn. Also, the effervescence (bubbling) that happens when sodium bicarbonate is mixed with water promotes burping that can relieve gas and bloating.

Baking soda helps ease discomfort caused by urinary tract infection
In addition to drinking plenty of water and cranberry juice, sodium bicarbonate can help you overcome a urinary tract infection. It does so by reducing acid in the urine. If you are prone to these infections, try drinking baking soda and water.

From Natural Living Ideas



Improve Your Health with Purple and Mouth-watering Smoothies

https://www.youtube.com/watch?v=nxqTC_idieE&feature=em-subst_digest

Rudyard Kipling

“OH, East is East, and West is West, and never the twain shall meet,
Till Earth and Sky stand presently at God’s great Judgment Seat;
But there is neither East nor West, Border, nor Breed, nor Birth,
When two strong men stand face to face, tho’ they come from the ends of the earth!”



Duchess Kate wore a long-sleeved patterned maxi dress sold by Glamorous that allowed her to easily, and modestly legged on the floor to play board games with children and draw pictures with them.
Today.com

Judge in China Rules Gay Couple Cannot Marry

By EDWARD WONG and VANESSA PIAO

The pair, Sun Wenlin and Hu Mingliang, had sued a civil affairs bureau in Changsha after the office refused to grant them the right to marry.

Probiotics may have a particular application in elderly populations, especially in terms of protection against infections and perhaps also in the prevention of several age-related diseases.

Eat unsweetened low fat Yoghurt daily



Medical Marijuana May Reduce Frequency of Migraines

Medical marijuana might help migraine sufferers reduce the frequency of their headaches, a new study suggests.

'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



Appam, Kerala Appam Recipe by Tarla Dalal

by Tarla Dalal

163,581 views



Faster No Knead Bread

by Jenny Can Cook

533,882 views

Relax, Read, Share, & File

GOOD EGG Want your salad to pack a powerful punch? Top a mix of vegetables with whole eggs. A colorful salad gives you a good mix of carotenoids—nutrients that reduce inflammation and help the body detoxify—and cooked whole eggs may help the body absorb those nutrients. Researchers measured the carotenoids in the blood of a group of healthy young men after they ate a raw mixed vegetable salad. The men whose salad included three scrambled eggs had up to eight times more carotenoids in their bloodstream than the men who didn't have eggs. Researchers say the fat in egg yolks brings the added benefit. Source: The American Journal of Clinical Nutrition

Eating More 'Healthy Fats' May Lower Diabetes Risk



For people with prediabetes, swapping out some of the meat and cheese in your diet for some vegetable oils or nuts could help prevent diabetes from developing, according to a small new study. [Read More »](#)

Couples' Caffeine Use Linked to Higher Risk of Miscarriage



Couples interested in having a baby may want to cut back on caffeinated beverages. [Read More »](#)

Cat Poop Germ May Trigger Rage Disorder in Humans



Bouts of rage may be due to toxoplasmosis, an illness caused by a parasite found in cat feces.

There are no benefits to heavy drinking. It causes you to put on weight, lessens your mental focus, and makes you more likely to get cancer. It also boosts your odds of injury by accident or violence. One way or another, it plays a part in some 88,000 deaths a year in the U.S.



SLIDESHOW Visual Guide to Ovarian Cancer

It's been called a silent killer, but this disease can have symptoms. Learn what they are, how it's treated, and ways to lower your risk.

Colon cancer: Studies show that people with it have a different gut microbiota, including higher levels of disease-causing bacteria, than healthy people.

Too much gut bacteria can make you turn fiber into fatty acids. This may cause fat deposits in your **liver**, which can lead to something called “**metabolic syndrome**” -- a condition that often leads to **type 2 diabetes, heart disease, and obesity.** [Read More »](#)

Inflammatory bowel diseases, including Crohn's disease and ulcerative colitis: People with these conditions are believed to have lower levels of certain anti-inflammatory gut bacteria. The exact connection is still unclear. But it's thought that some bacteria may make your body attack your intestines and set the stage for these diseases. WebMD



What Your Gut Bacteria Say About You

The bacteria that live in your gut may have a major impact on your well-being.

Climate change could put eucalypts at risk of death from air bubbles

Extreme droughts could lead to widespread death of eucalypts from embolisms because the trees cannot quickly adjust the size of their water transport vessels to cope with variability in water supply.



Bouillabaisse with Garlic Croutons

This easy tomato-based bouillabaisse is full of scallops, shrimp, clams and mussels.

[Read More](#)

Use Wine to clean your fruit and veg



Some of us use water to rinse fruit and veg, whereas others choose to use disinfectants. It turns out that wine-lovers don't need to buy the latter anymore - wine can act as a disinfectant itself, due to its fantastic antimicrobial properties. When compared to that hydrogen peroxide by the microbiologist Mark Daeschel (Oregon State University), the wine was found to be just as capable as an antimicrobial substance.



VIDEO: Kale-Romaine Caesar Salad

Kale gives this tangy Caesar salad staying power



What's the Difference Between Rabbits and Hares?



If a rabbit or a hare were to hop across your path this Easter, would you be able to tell the difference?

[Read More »](#)

Exercise and High Blood Pressure

Exercise is one of the keys to lower your blood pressure. Working out also boosts the effectiveness of blood pressure medication if you're already being treated for hypertension. You don't have to be an athlete, either.

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

[Fake Australia Post emails are holding computers up for ransom](#)



Spotted an email in your inbox asking you to pick up an Australia Post parcel? Don't open it. The virus-ridden attachments could cost you money.



[Unnecessary antibiotics, tests, may do more harm than good, medical group warns](#)



[I'll Drink To That: Beer Hops May Soon Be A Key Ingredient In Antibacterial Medications](#)

Beer hops may contain medicinal qualities, and researchers are now working on developing synthetic hops compounds in the lab - Medical Daily

[Read More](#)



[How to fight bad breath naturally](#)



The embarrassment of bad breath can entice us to use sugar and chemical laden breath

[Does the president of the US pay for all of his food?](#)



Dan Holliday, I read.
354 votes

Brian Dunlap hit it right on the head.

So, I'll just enhance that information.

The president of the US receives \$400,000 per year (which is low, considering the inflation-adjusted pay for Taft was \$1.8 million and for most presidents, it hovered around \$1 million per year, which I think is fair). The president also receives a \$100,000 travel allowance for non-official travel and a \$50,000 ... [Read More](#) »



[Hand Pollinate Pumpkins](#)



[Irregular heartbeat](#)

For some people, the irregular heartbeat of atrial fibrillation (AFib) never causes a problem. For others, it can lead to strokes and heart attacks or heart failure. Symptoms of AFib may include dizziness, fatigue, weakness, shortness of breath, and chest pain, especially when you have heart disease. If any of these concern you, or you feel your heart "skipping a beat" often, see your doctor. WebMD

[Control Diabetes and Blood Pressure](#)

People who have AFib are about five times more likely to have a stroke. Diabetes and high blood pressure raise that risk even more.

Eat foods low in sugar and salt and watch your weight to lower your blood sugar and blood pressure -- and your risk of AFib complications.

WebMD



[Burn calories to protect your brain? Here's how to lower Alzheimer's risk](#)

Want to protect your brain and lower your risk of developing dementia? Amp up your activity.

[Read More](#)

[People who drank extra water consumed fewer calories:](#)

Drinking one extra cup of water a day is associated with eating 68 fewer calories.

Drinking three extra cups of water a day is associated with consuming 205 fewer calories. Cutting 205 calories a day can contribute to losing a half pound a week.

[www.today.com](#)



[Assessing the Fitness of Wearable Tech](#)



By JANE E. BRODY

Older adults are among those who could benefit most from fitness trackers, but some experts caution that the devices may have a dark side.



[Ever popular Master Chef Siva Kumaran of Blue Elephant, Pennant Hills Sydney extends his catering services to a Sri Lankan Wedding reception in Albert Hall, Canberra](#)

[Brain Stimulation Could Speed Stroke Recovery](#)



Stimulating the brain with a mild electrical current could speed up people's recovery after a stroke, a new study finds.

[Read More](#) »

[Denmark Is the World's Happiest Country](#)



The happiest country in the world is famous for its butter cookies, Lego bricks and fairy-tale writer Hans Christian Andersen — it's Denmark, according to the 2016 World Happiness Report.

[Read More](#) »

[Go Easy With Toothpicks](#)

If you don't have floss, a toothpick will work to remove food stuck between teeth, but be gentle. It's easy to press too hard and damage your gums, or even worse, break off a toothpick below the gum line. Floss helps remove food from between teeth better than a toothpick and fights plaque buildup by getting rid of bacteria that form there. Regularly using a toothpick to remove food trapped in a single area may indicate a bigger problem that requires a dentist's attention.

Why the BMI May Be a Flawed Measure of Health

Your body mass index, or BMI, may not be an accurate indicator of your risk of heart disease or diabetes, new research finds.

[Read More](#)

Promising results for a targeted drug in advanced prostate cancer

Charlie Schmidt, Editor, Harvard Medical School Annual Report on Prostate Disease



It's well known that defective BRCA genes can increase a woman's chances of developing breast, ovarian, and other cancers. But these same gene changes can also increase a man's risk of dying from prostate cancer.

Now, a new [study](#) published in *The New England Journal of Medicine* has shown that men with prostate cancer who test positive for BRCA mutations can benefit from an ovarian cancer drug developed for BRCA-positive women. On the basis of this finding, the U.S. Food and Drug Administration is accelerating its review of the drug, called olaparib, as a possible new prostate cancer treatment.

During the study, 50 men with advanced metastatic prostate cancer took olaparib tablets twice a day. Sixteen of them responded: their prostate-specific antigen levels fell by at least 50%, the number of tumor cells in their blood dropped sharply, and several had their tumors shrink by a third or more in size. Moreover, olaparib improved pain control and quality of life, with responses among some men lasting more than a year. "What was impressive was not just the magnitude of the response, but also its duration," said Dr. Joaquin Mateo, an oncologist at the London-based Institute of Cancer Research and the study's lead author.



Meet the cancer survivor with one lung who conquered the world's tallest peaks

Sean Swarner scales the world's highest mountains to help inspire cancer survivors like himself.

[Read More](#)

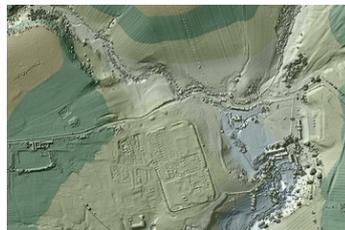
[More Vitamin D Equals Less Cancer?](#)



New-age drugs can prevent strokes

There is evidence to show that popping right dosages of new-age blood thinners can reduce risks of strokes in thousands of Indian patients with irregular heartbeats, said doctors during a discussion at the ongoing heart convention at the India Society of Cardiology in Chennai.

'Lost' Roads of Ancient Rome Discovered with 3D Laser Scanners



Laser scans of Britain's terrain may reveal weathered Roman roads that have been hidden for centuries across the countryside of northern England.

[Read More »](#)

Report Claiming Pesticide Behind Microcephaly in Brazil Lacks Evidence



A group of physicians in Argentina suggest that a pesticide is causing Brazil's microcephaly cases, but evidence is lacking.

[Read More »](#)

Japanese scientists have discovered a new species of bacteria that could hold the key to safely degrading **millions of tonnes of plastic dumped each year**.



Friday Fact:

Research shows that at least 160 minutes per week of moderate physical activity packs a powerful punch for stroke prevention.



How Much Sleep Do US Adults Get? List of States



How many people in your state get 7 hours of sleep a night?

[Read More](#)



Diabetes Herbal Bitter melon

by Healthy-ojas

What are Prebiotics?



Prebiotics are carbohydrates that cannot be digested by the human body, which are essentially **food for probiotics**. Jerusalem artichokes, asparagus, bananas, legumes, and leeks are all rich in prebiotics.

How Meditation Changes the Brain and Body



By **GRETCHEN REYNOLDS**

A new study suggests there's some science behind the claims made for mindfulness meditation.

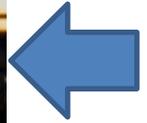


Which Type of Exercise Is Best for the Brain?



By **GRETCHEN REYNOLDS**

For the first time, scientists compared the neurological impacts of different types of exercise in rats: running, weight training and high-intensity interval training.



Testosterone Gel Has Modest Benefits for Men, Study Says

By **GINA KOLATA**

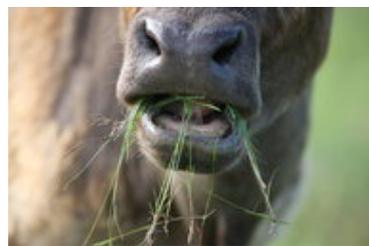
Using the gel seemed to improve sexual functioning, but little else, in landmark research published Wednesday in The New England Journal of Medicine.

Artificial Sweeteners and Weight Gain



By **RONI CARYN RABIN**

Does long-term use of artificial sweeteners cause weight gain or contribute to metabolic syndrome?



Organic Meat and Milk Higher in Healthful Fatty Acids

By **KENNETH CHANG**

The question of whether differences in some nutrients compared with conventionally produced food are likely to translate to better health is disputed

Antiperspirant May Boost Variety of 'Bugs' Living on Your Armpits



Antiperspirant wipes out much of the bacteria under your arms. But the survivors are a diverse bunch.

[Read More »](#)

The Intricacies of Inflammation

in Inflammation Cardio-Vascular Immune System

How does the process of inflammation play a role in cardiovascular and autoimmune diseases?



Rheumatoid Arthritis - image from Shutterstock

As the body's response to damaging events, inflammation is marked by Interleukin-1, which plays a central role in regulating the body's inflammatory response by initiating a series of signals. Whereas acute inflammation is often necessary as a protective defense against infection and other insults, unchecked, chronic inflammation is implicated in autoimmune diseases. To study the genetic variants that produce inhibition of Interleukin-1, the Interleukin-1 Genetics Consortium developed a genetic score to combine the effects of variants, assessing the effect of this score on key biological indicators of inflammation. The researchers found that individuals who carried the genetic variants (displaying naturally-occurring interleukin-1 inhibition) showed a decreased risk of developing rheumatoid arthritis (an autoimmune disease). Blocking interleukin-1 increased an individual's risk of developing coronary heart disease: the risk of a heart attack was 15% higher in people who inherited a greater tendency to block interleukin-1. Further, blocking interleukin-1 also increased an individual's risk of developing abdominal aortic aneurysm. The study authors submit that: "Human genetic data suggest that long-term dual [interleukin-1 alpha/beta] inhibition could increase cardiovascular risk and, conversely, reduce the risk of development of rheumatoid arthritis."

[VIEW NEWS SOURCE...](#)

Unexpected Stop for Marijuana Tourists? The Emergency Room



If you're traveling to a state where marijuana is legal, make sure you know the side effects.

[Read More »](#)

Cold Feet, Many Culprits

If your toes are always cold, one reason could be poor blood flow -- a circulatory problem sometimes linked to smoking, high blood pressure, or heart disease. The nerve damage of uncontrolled diabetes can also make your feet feel cold. Other possible causes include hypothyroidism and anemia. A doctor can look for any underlying problems -- or let you know that you simply have cold feet.

WebMD

Peas are a good source of vitamins and folic acid, providing overall cardiovascular support, making them a perfect food to prevent high blood pressure.



BabaMail

Although potatoes are known to be high in starch, more evidence is pointing to their beneficial properties when consumed in reasonable amounts. UK scientists believe that a compound found in potatoes, known as kukoamine, may potentially lower blood pressure.

BabaMail

Stay Slimmer With Water

Trying to lose weight? Water revs up metabolism and helps you feel full.

Replace calorie-filled beverages with water, and drink a glass before meals to help you feel fuller.

Drinking more water helps amp up metabolism - especially if your glass is icy cold. Your body must work to warm the water up, burning a few extra calories in the process. WebMD

When you eat like Mediterranean people do, you're not roaming the frozen food aisle or hitting a fast-food drive-thru. The focus is on fresh, seasonal food prepared in simple, mouth-watering ways.

Nutritional breakdown of acai berries



Acai berries are rich in fatty acids and contain more antioxidants than other popular berries.

According to a study analyzing acai composition in 2006, 100 grams of freeze-dried acai (fruit and skin) powder contains 534 **calories**, 52 grams of **carbohydrate**, 33 grams of total fat (74% of which is unsaturated fat) and 8 grams of protein.

Acai berries are rich in fatty acids, especially oleic, palmitic and linoleic acids. Acai berries contain 19 amino acids, as well as several sterols, including campesterol, stigmasterol and beta-sitosterol. The phytochemicals in acai berries include mainly anthocyanins and proanthocyanidins.

Acai berries contain more **antioxidants** than other commonly eaten berries. They also are high in fiber and heart-healthy fats. The antioxidant effects of acai berries have largely been attributed to phenolic compounds.

Possible benefits of consuming acai berries

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 acai berries decreases the risk of **obesity, diabetes, heart disease** and overall mortality while promoting a healthy complexion and hair, increased energy and an overall lower weight.

Cognitive function

Although age-related brain diseases such as **Alzheimer's disease** and **Parkinson's disease** have no cure, research suggests that diets rich in antioxidants and anti-inflammatory polyphenolic compounds may lower the risk of these diseases.¹

Specifically, the antioxidant **anthocyanin**, abundant in acai berries, may lower **oxidative stress** and **inflammation**, promoting brain health.

Anthocyanins also have been shown to enhance and improve memory.

Anthocyanins are thought to work by **inhibiting neuroinflammation**, **activating synaptic signaling** and **improving blood flow** to the brain.²

MNT

Lead Poisoning

Claire McCarthy, MD, Faculty Editor, Harvard Health Publication

Lead is a chemical that used to be commonly found in paint, gasoline, and factory emissions. It also was used to make pipes, as well as the solder that holds them together. But once the toxicity of lead was fully understood, there were laws and regulations put in place to limit its use, and to limit the exposure of children and pregnant women to lead. The problem is, there's still a whole lot of lead out there, especially in older, poorer communities.

The reason we really don't want children and pregnant women to be exposed to lead is that it can affect the developing brain. Exposure to lead can lead to a lower IQ, as well as learning and behavior problems that can last a lifetime. Slowly and silently, it can change a child's life forever. That's what's so hard about lead: it can be invisible, and do its damage without being noticed. If children eat something with a lot of lead — like a bunch of lead paint chips — and therefore have a high level of lead in their blood, they may have noticeable symptoms such as headache, constipation, vomiting, or confusion. But those kinds of exposures are (thankfully) uncommon. The more common kinds of exposure are from dust in houses with lead paint, from water contaminated with lead (by passing through old pipes, which is what happened in Flint), or from toys, jewelry, tableware, or home remedies that may be contaminated with lead. These kinds of exposures don't usually cause symptoms before they cause damage.

In the USA, is it rude to address a person in his fifties as uncle or grandpa?

JD Davidson, American teenager

DO NOT CALL SOMEONE UNCLE IF THEY ARE NOT YOUR UNCLE IN THE USA.

Don't do it to anyone and *never* in particular call a self-identified African-American "Uncle."

Referring to African-American men as "uncle" is associated with slavery and times in the past when blacks were further subjugated.

See: [Uncle Tom](#)

See: [Why do black conservatives get called 'Uncle Tom'?](#)

"Uncle" also carries the connotation of an elder.

Believe it or not, that's not a desired trait. Nobody wants to seem "old."

It's too familiar. The perhaps more formal alternative "Sir" is in a completely different zone.

Most people will be very taken back and not appreciate being called this.

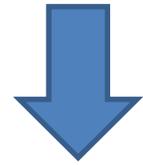
Quora Digest <digest-noreply@quora.com>

Baked Beans:

If you're getting your dinner from a tin, you can do a lot worse than a can of baked beans. But Australia's most popular brand of beans probably contains a good deal more sugar than you may realise.

Some Fats Are Good for You: Monounsaturated fats: Substituted for saturated fats in your diet, they help lower bad LDL cholesterol and don't reduce good HDL cholesterol. Found in canola oil, olive oil, olives, avocados, nuts, and nut butters.
Polyunsaturated fats: Help lower cholesterol. Found in fatty fish, vegetable oils, and nuts and sunflower seeds.-WebMD

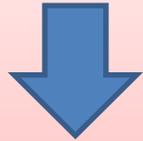
ASK WELL



What Causes Eye Floaters?

By **RONI CARYN RABIN**

Floaters, those small dots or cobweb-shaped patches that move or "float" through the field of vision, can be alarming and may require immediate medical attention.



Using a Mother's Microbes to Protect Cesarean Babies

By **SANDRA BLAKESLEE**

A new study shows that a mother's beneficial microbes can be transferred, at least partially, from her vagina to her baby after a C-section.

New Diabetes Cases, at Long Last, Begin to Fall in the United States

By **SABRINA TAVERNISE**

The rate of new cases fell by about a fifth from 2008 to 2014, according to researchers at the [Centers for Disease Control and Prevention](#), the first sustained decline since the disease started to explode in this country about 25 years ago.

The drop has been gradual and for a number of years was not big enough to be statistically meaningful. But [new data for 2014 released on Tuesday](#) serves as a robust confirmation that the decline is real, officials said. There were 1.4 million new cases of [diabetes](#) in 2014, down from 1.7 million in 2008.

"It seems pretty clear that incidence rates have now actually started to drop," said Edward Gregg, one of the C.D.C.'s top diabetes researchers. "Initially it was a little surprising because I had become so used to seeing increases everywhere we looked."

[Continue reading the main story](#)



Food that lowers cholesterol

1. **Oats.** An easy way to start lowering cholesterol is to choose oatmeal or a cold oat-based cereal like Cheerios for breakfast. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram.
2. **Beans.** Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight. With so many choices — from navy and kidney beans to lentils, garbanzos, black-eyed peas, and beyond — and so many ways to prepare them, beans are a very versatile food.
3. **Nuts.** A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways.
4. **Foods fortified with sterols and stanols.** Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.
5. **Fatty fish.** Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3s reduce triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms.

Harvard Medical School



How much exercise does your heart need to be healthy? Most aren't getting it

Only one in five Americans realizes how much exercise is needed weekly for a healthy heart, a new survey finds.

[Read More](#)



Artificial Sweeteners

Despite all the talk -- and chain emails -- there's no proof that these sugar stand-ins raise your risk of cancer. Saccharine did cause cancer in rats, but their bodies react to it differently than ours, researchers say. There hasn't been a cancer warning label on it since 2000. A study of aspartame in people found no link either. WebMD

Myth: Spicy Foods Cause Ulcers

Hot sauce lovers, rejoice! People used to think that too much spicy food would give you an ulcer. But we now know that most of these sores in your stomach lining happen because of an infection with bacteria called *Helicobacter pylori* (*H. pylori*) or because of pain medications such as aspirin, ibuprofen, or naproxen. Foods with a lot of heat may make ulcers worse for some people, but they don't cause them. -WebMD

Myth: Nuts Lead to Diverticulitis

In the past, doctors told people with this condition, in which pouches in the wall of the colon get inflamed and infected, to avoid nuts, corn, popcorn, and food with small seeds, like strawberries. The fear was that pieces of these foods would lodge in the pouches and cause pain. But new studies suggest the opposite -- that people who eat a high-fiber diet have a lower risk of the disease.

Fish oil may restore nerve damage in Diabetic neuropathy patients

WASHINGTON: In a new study, scientists have found that omega-3 fatty acids found in fish oil may restore nerve damage in patients suffering from Diabetic neuropathy.

Study's lead investigator, Mark Yorek of the VA Medical Center in Iowa City said that diabetic neuropathy is a very costly and debilitating complication of diabetes and is the leading cause of foot ulcers and nontrauma-related amputations. The Fish oil is an attractive treatment approach because supplements are considered very safe and could be easily translated into everyday care. Its easy to take and should have few side effects when combined with other medications, he explained.

3 Foods, 1 Disease-Fighting Compound

Mechanism by which polyphenols present in green tea, apples and cocoa may ward off chronic diseases, is revealed



Apple and tea - image from Shutterstock

An abundance of published studies suggest a correlation between increased fruit and vegetable consumption and a reduced risk of developing chronic conditions such as heart disease and cancer. Researchers have elucidated the mechanism by which polyphenols – compounds abundantly in foods such as green tea, apples, and cocoa – may provide protective health benefits. Employing cells derived from human blood vessels, Paul Kroon, from the Institute of Food Research (United Kingdom), and colleagues found that low concentrations of the polyphenols epigallocatechin gallate (EGCG) from green tea and procyanidin from apples stopped a crucial signalling function of VEGF – a signaling molecule involved in atherosclerosis and some cancers. Observing that: "These data demonstrate for the first time that VEGF is a key molecular target for specific polyphenols found in tea, apples and cocoa which potently inhibit VEGF signalling and angiogenesis at physiological concentrations," the study authors submit that: "These data provide a plausible mechanism which links bioactive compounds in food with their beneficial effects."

[VIEW NEWS SOURCE...](#)



Vietnamese Noodle Salad with Stir Fried Beef

Simple and delicious are what most people say about this dish by [annep](#)

[Call for Activity Icons on Food Labels](#)

Bitter melon for diabetes

Also known as bitter gourd, karela, or balsam pear, bitter melon is a relative of honeydew and cantaloupe melons. In one study, a pulpy extract of the fruit lowered glucose levels in people with diabetes; another study using an injectable preparation improved glucose levels in people with type 1 but not type 2 diabetes. Active ingredients include charantin, momordin, and insulin-like peptide (also known as plant insulin), which are thought to lower blood sugar. **Dose:** Varies; 50–100 milliliters of fresh juice, 3–15 grams of dry powder, or 100–200 mg encapsulated extract (but this latter form has not been tested and should be used with caution). **Side effects and cautions:** Gastrointestinal discomfort and hypoglycemic coma can occur, especially if bitter melon is taken with sulfonylureas. It may induce miscarriage, so women of childbearing age should avoid it, as should people of Mediterranean or Middle Eastern descent with known G6PDH deficiency, an inherited condition that can lead to severe forms of anemia. Harvard Health

Sodium and potassium

Sodium is one essential nutrient that most Americans consume more of each day than they need (mostly in the form of salt). Excess sodium interferes with the natural ability of blood vessels to relax and expand, increasing blood pressure—and increasing the chances of having a stroke or heart attack. But potassium encourages the kidneys to excrete sodium. Many studies have shown a connection between high potassium intake and lower, healthier blood pressure. According to the current guidelines, adults are supposed to get 4,700 mg of potassium and 1,200 mg to 1,500 mg of sodium daily. To meet these criteria, you need to follow general healthy eating guidelines. To increase potassium intake, load up on fruits and vegetables. To decrease sodium intake, cut back on cookies, salty snacks, fast foods, and ready-made lunches and dinners. Harvard Medical School

Black rice



Aptly called longevity rice, it is a powerful antioxidant food that offers many health benefits. The grains get their dark color from their extremely high **anthocyanin** content, one of the highest among all edibles including blueberries. It is rich in amino acids, iron, zinc, and other minerals and B-complex group of vitamins. That makes black rice superior to brown rice, but their limited availability, from only a few Southeast Asian countries and Northeastern parts of India, stand in the way of their deserved popularity. www.naturallivingideas.com

Cholesterol levels

Forget the 'U' turn story about cholesterol in diabetic situation -Ed.

Your blood cholesterol level reflects the amount of one of the circulating lipids (fats) in your blood. This material travels in the bloodstream within spherical particles called lipoproteins. About two-thirds of blood cholesterol is in the form of low-density lipoprotein (LDL). This is sometimes referred to as "bad" cholesterol, because the higher the level of LDL cholesterol, the greater the risk for heart disease and stroke. High-density lipoprotein (HDL), on the other hand, counteracts the harmful effects of LDL. For that reason, HDL is sometimes referred to as "good" cholesterol. Another aspect of your lipid profile is the triglyceride level. Triglycerides are the main form of stored fat in the body and are carried by another type of lipoprotein. High triglyceride levels also increase the risk for heart disease, although not as much as LDL cholesterol.

Blood tests for cholesterol, which are measured after a fast of eight hours or more, provide information on total cholesterol as well as LDL, HDL, and triglyceride levels. These measurements provide another indicator of whether the changes you have made in your diet and activity levels and any medications you take have reduced your risk for heart disease, and whether you need to make any further adjustments.

The goals for LDL cholesterol in people with diabetes are quite stringent, as diabetes, in and of itself, places people at high risk for heart disease. The National Heart, Lung, and Blood Institute (NHLBI) recommends that everyone with diabetes keep LDL levels below 100 mg/dL. For people with diabetes whose cardiovascular risk is particularly high because they have a history of previous heart disease or other poorly managed risk factors (such as smoking cigarettes), the NHLBI suggests lowering LDL levels even further, to less than 70 mg/dL. Although dietary approaches are an important first step, medications are often required to reduce LDL cholesterol to ideal levels. Harvard Medical School

People aged 65 to 79 'happiest of all', study suggests - BBC

Sixty-five to 79 is the happiest age group for adults, while middle-aged people have the lowest levels of well-being, a UK study suggests.

[Read More](#)



PATRIOTISM - IS IT FACT OR FICTION?

What a Wonderful World we live in!
What Wonderful Lands we lived in!
What Wonderful Principles built therein
What Wonderful Indoctrinations that are driven in

Patriotism is just a Double-Edged Principle
Politically Complicated & Confusing; though a word so Simple
In bringing out the Best in a person; to Kindle Love & set an Example
Placing Country before self and reaching the Pinnacle

A Tool in the hands of the Politicians & Powers that wish to Remain in
At the Cost of Misled Pawns that lie therein
At the Mercy of those adapt at Manipulating
Often Indulging in Misdeed ; and oft Misleading

Patriotism has many an Obstacle
Primarily it is a Tool for the Majority who Rule
Using the Minority; with their Patriotic Rhetoric as a mere Tool
Just to made use of and Rid of; looking a mere Fool

Politicians thrive therein
Incurring & currying the Favour of the Majority wherein
Implementing an Objective of Divide & Reign
In their Quest to Cling on to Power and Remain

You be the Judge if Patriotism is for the Wise or the Fool
Or it be a Political Tool
Or it be a Tool of the Old School
Bringing Glory to a Person with
a Gilt Edged Moral

Noor Rahim
1998.



Walking may be one of the most powerful "medicines" available.

It can help lower your risk of heart disease, cancer, and diabetes, lower blood pressure and cholesterol levels, and even keep your memory sharp.

The simple activity of walking has so many powerful health benefits, the experts at Harvard Medical School created [Walking for Health](#).

Green beans are a good source of vitamin C, fiber and potassium - all of which can lower your blood pressure.

Germiest thing in the kitchen: Wiping down counters and washing dishes is supposed to get things clean, right? That's true as long as you don't let that rag or sponge get too nasty. You'll end up spreading more ick that way.

Sponges pick up bacteria if they're not cleaned right. Zap a wet one in the microwave for 2 minutes every day and replace it every 2 weeks. Better yet, use cloths, towels, and rags that you can toss in the washer or clean with bleach.

[Thyroid disease and breast cancer: Is there a link?](#) ←

[FDA warns parents about arsenic in rice cereal](#) ←

Young Women's Cancer Risk Linked to Tanning Beds



Young women who use tanning beds or booths have up to a sixfold increase in their likelihood of developing melanoma, a new study found.

[Read More »](#)

What Do Probiotics Have to Do with Your Mood?

"Ninety-five percent of **serotonin** is **produced inside your digestive tract** in something called gut-associated lymphatic tissue or GALT – not your brain," explains Dr. Gabrielle Francis, a holistic medicine practitioner whose clients have included Bruce Springsteen and Aerosmith. "Serotonin regulates your hormones, your digestive system, your immune system, and your nervous system. In other words, it's not just a happy molecule. There is a direct connection between the health of our gut and our emotions ('gut feelings')." DailyMail.com

"D"isease Prevention

Importance of Vitamin D in the prevention and treatment of aging-related diseases reaffirmed.

Reviewing evidence that suggests an association between vitamin D deficiency and chronic diseases associated with aging such as cognitive decline, depression, osteoporosis, cardiovascular disease, high blood pressure, Type 2 diabetes and cancer, researchers from Loyola University (Illinois, USA) reaffirm the pivotal role of Vitamin D to prevent and treat aging-related diseases. Sue Penckofer and colleagues write that: "current evidence regarding the role that vitamin D may play in diseases associated with aging and addresses the need for well-designed randomized trials to examine its benefit on health outcomes in the older adult."

[VIEW NEWS SOURCE...](#)

Microglia link to Alzheimer's disease

Study shows inflammation-reducing chemical prevents memory and behavioural problems in diseased mice, raising hopes for human treatment

Scientists have fresh hopes for an Alzheimer's treatment after experiments to reduce inflammation in diseased mouse brains prevented memory and behavioural problems in the animals.

Alzheimer's disease has long been linked to disruption in the brain's immune system, but the latest research adds to evidence that [inflammation in the brain](#) is not so much caused by the disease, but is a driver of the disorder.

Researchers at Southampton University studied tissues from healthy human brains and others affected by Alzheimer's disease. They found that Alzheimer's brains had more immune cells, known as microglia, than healthy brains.

The scientists next looked at microglia in mice that had been bred to develop a condition that resembles Alzheimer's disease. In a series of experiments reported in the journal [Brain](#), the team injected mice with a chemical that stops microglia numbers from growing too high.

What About Putting Apple Cider Vinegar on Your Face?

Apple cider vinegar is equally as effective when taken internally as when it is applied to the skin externally. In fact, many people use apple cider vinegar as part of their daily beauty regime. It is a cost effective, 100% natural and organic way to keep your skin feeling fresh and supple.

- **Apple cider vinegar fights wrinkles:** Diluted apple cider vinegar face wash can help minimize the appearance of fine lines and wrinkles. You can soak a cotton pad or cotton cloth in diluted apple cider vinegar and dab on your skin. Rinse with warm water and pat dry.
- **Apple cider vinegar can help reduce age spots:** When you wash your face daily with apple cider vinegar you will notice a substantial difference in age spots. Apple cider vinegar contains alpha hydroxy acids that will remove dead skin and reveal healthy and vibrant new skin. In addition to washing with a splash of apple cider vinegar, dab a little on a cotton ball and apply directly to age spots. Wait about thirty minutes and rinse your face with cool water and pat dry. Do this twice daily for six weeks and you will see a difference.

www.naturallivingideas.com

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.

What Is Irritable Bowel Syndrome?

Irritable bowel syndrome (IBS), also known as "spastic colon," is a common disorder. While most people experience digestive troubles once in a while, what sets IBS apart is belly pain and diarrhea or constipation that comes back again and again. IBS affects 10% to 15% of people in North America.

Symptoms of IBS

The main symptoms of IBS are abdominal pain accompanied by a change in bowel habits. This can include constipation, diarrhea, or both. Gas and a visibly bloated belly are also common. The condition does not damage the digestive system, but persistent pain and frequent trips to the bathroom can interfere with everyday life.

Causes of IBS

Doctors don't know the exact cause of IBS. One theory is that abnormal intestinal muscle contractions (seen on the right) result in cramping, pain, and fluctuations in the speed of digestion. Some people get IBS after a severe GI infection but it's not clear why. Food intolerance is another area being studied, whether it's a food sensitivity or a food allergy. IBS like symptoms can be seen when eating certain foods like dairy (lactose), beans, broccoli, cauliflower and cabbage.

IBS Triggers

The first step toward managing IBS is to identify what makes your symptoms worse. Besides stress, common triggers include eating a meal, hormonal changes, and certain medications. It's important to note that no specific foods have been universally linked to IBS symptoms. But keeping a food diary may help you pinpoint which foods are a problem for you.

Treating IBS: Diet Changes

Your treatment strategy will depend on your specific symptoms and triggers, but many people start with diet changes. You may find it helpful to avoid caffeine, alcohol, and fatty foods. Getting more fiber or water may also improve symptoms. Suspicious foods can be eliminated one at a time. It may take some trial and error to discover which changes provide the most relief.

Treating IBS: Probiotics

Probiotics are friendly bacteria that help reduce the growth of harmful organisms in the digestive tract. There are many kinds of probiotics, but the best known is the type found in yogurt -- look for a label that says "active cultures." Some studies suggest probiotics may improve the symptoms of IBS, but more research is needed.

Treating IBS: Drugs for Diarrhea

If diet changes do not provide enough relief, your doctor may recommend prescription or over-the-counter medications that target your specific symptoms. For diarrhea, the options include common antidiarrheals (such as Imodium or Lomotil), which slow the motion in the intestines. This type of medicine can also cause constipation, so keeping in close contact with your doctor is important.

Treating IBS: Drugs for Constipation

Occasionally, your doctor may prescribe medication to boost the amount of fluid in the intestines. You can also ask your doctor about over-the-counter laxatives, such as Milk of Magnesia or Miralax, which make the stool softer and easier to pass. Stimulant laxatives such as Correctol and Senokot speed up the motion of stool through the intestines, but should not be used regularly. WebMD

Australia is sweet enough for a sugar tax: health body

Cocoa for Cardiovascular Health

Cocoa flavanols help to lower blood pressure and increase blood vessel function, among healthy adults.

European Union Consortium researchers report two studies that suggest that consuming cocoa flavanols – plant-derived bioactives from the cacao bean – may help to improve cardiovascular function and lessen the burden on the heart that comes with the aging and stiffening of arteries. In the first study, Christian Heiss, from the University Duesseldorf (Germany), and colleagues enrolled two groups of 22 young (under 35 years) and 20 older (50-80 years) healthy men, to consume either a flavanol-containing drink, or a flavanol-free control drink, twice a day for two weeks. The researchers then measured the effect of flavanols on hallmarks of cardiovascular aging, such as arterial stiffness (as measured by pulse wave velocity), blood pressure and flow-mediated vasodilation (the extent to which blood vessels dilate in response to nitric oxide). The team observed that vasodilation was significantly improved in both age groups that consumed flavanols over the course of the study (by 33% in the younger age group and 32% in the older age group over the control intervention). As well, among the older age group, a statistically and clinically significant decrease in systolic blood pressure of 4 mmHg over control was also seen. In the second study, Roberto Sansone, from the University Duesseldorf (Germany), and colleagues, enrolled 100 healthy middle-aged men and women (ages 35 to 60 years) with low risk of cardiovascular disease. The participants were randomly and blindly assigned into groups that consumed either a flavanol-containing drink or a flavanol-free control drink, twice a day for four weeks. The researchers also measured cholesterol levels in the study groups, in addition to vasodilation, arterial stiffness and blood pressure. The team observed that cocoa flavanols increased flow-mediated vasodilation by 21%.; as well as decreased blood pressure (systolic by 4.4 mmHg, diastolic by 3.9 mmHg), and decreased total cholesterol (by 0.2 mmol/L), LDL cholesterol (by 0.17 mmol/L), and raised HDL cholesterol (by 0.1 mmol/L). Taken collectively, the Consortium submits that flavanols are effective at mitigating age-related changes in blood vessels, and could thereby reduce the risk of cardiovascular disease in healthy individuals.

[VIEW NEWS SOURCE...](#)

What Is Prediabetes? New Quiz Reveals Your Risk



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

[Read More »](#)

More People Under 50 Getting Colon Cancer

By Steven Reinberg
HealthDay Reporter

Colon cancer rates are rising among men and women under 50, the age at which guidelines recommend screenings start, a new analysis shows. One in seven colon cancer patients is under 50. Younger patients are more likely to have advanced stage cancer, but they live slightly longer without a cancer recurrence because they are treated aggressively, the researchers reported.

"Colon cancer has traditionally been thought of as a disease of the elderly," said study lead author Dr. Samantha Hendren, an associate professor of surgery at the University of Michigan in Ann Arbor. "This study is really a wake-up call to the medical community that a relatively large number of colon cancers are occurring in people under 50," she added.

However, Hendren said it's too soon to say whether colon cancer screening guidelines should be altered to reflect that trend.

In the analysis, colon cancer among younger patients was often found at an advanced stage, meaning the disease has spread to lymph nodes or other organs. "Part of the reason for this is that these young patients are often diagnosed only after their cancers start to cause symptoms, such as anemia, bowel bleeding or a blockage in the colon," Hendren explained.

Doctors should be on the lookout for these warning signs of colon cancer, she added.

Not all bowel bleeding is caused by cancer, she said. "Bright red bleeding with a bowel movement is usually due to hemorrhoids or fissures, but dark blood or blood mixed with the stool is a warning sign," Hendren said.

People with a family history of colon cancer and others who are at higher risk should begin screening earlier than the age of 50, she said. "This is already recommended, but we don't think this is happening consistently, and this is something we need to optimize," she added.

The report was published online Jan. 25 in the journal *Cancer*.

Dr. Andrew Chan, an associate professor of medicine at Harvard Medical School in Boston, said the reasons for the increase in colon cancer among younger adults isn't known.

Patient regains guitar skills while undergoing brain surgery

Eun Kyung Kim
TODAY

A Chinese musician who lost the ability to play the guitar because of a neurological condition regained the use of his fingers this week, demonstrating his old strumming skills for doctors as they operated on his brain.

Splash News

A patient plays the guitar while undergoing brain surgery Monday at Shenzhen Second People's Hospital in Guangdong, China.

The patient is a guitarist who lost the use of the muscles in his fingers about 20 years ago, according to a report in [People's Daily Online](#). The musician was only identified by the pseudonym "Li Xiaong," a resident of China's northern Jilin province.

Li's muscle loss was attributed to a rare neurological disease that worsened over time. He decided to undergo brain surgery after meeting with a doctor who ultimately treated him with a procedure using deep brain stimulation.

During Monday's surgery, doctors surgically implanted medical electrodes into parts of Li's brain to help stimulate neurons controlling muscles in the man's fingers.



Splash News

Li needed to remain conscious through the surgery to help doctors with their placement. He was able to test the success of the implants during the procedure by playing the guitar. Li's doctor was quoted in the article saying the surgery returned about 80 percent of his patient's ability to use his finger muscles. The remainder will return through physical therapy.

Best breakfast for children is eggs, claim scientists

[Emma Henderson](#),

The study carried out at the University of Pennsylvania School of Nursing found eating eggs for breakfast, instead of cereal or porridge, will keep them fuller throughout the morning.

They also said eating a protein-rich breakfast also leads to [children](#) eating fewer calories at lunch-time, which can help contain obesity.

Published in the *Eating Behaviours* journal, the study looked at 40 eight-10 year olds who ate a 350-calorie breakfast of eggs, porridge or cereal and then played physical games before eating lunch. TOI

(Getty Images)



Water Boosts Your Energy

If you're feeling drained and depleted, get a pick-me-up with water. Dehydration makes you feel tired. The right amount of water will help your heart pump your blood more effectively. And water can help your blood transport oxygen and other essential nutrients to your cells.

DASH Diet Ranks Best for Sixth Time

By [Kathleen Doheny](#), Reviewed by [Brunilda Nazario, MD](#) on January 04, 2016
Jan. 5, 2016 -- **The DASH diet took the top spot overall for the sixth straight year in the U.S. News & World Report annual diet rankings, released Tuesday.**

This year, the publication rated 38 diet plans in all -- three more than in 2015 -- with rankings based on reviews from a panel of experts. Two of the new additions ranked highly: the MIND diet, which focuses on boosting brain health, and the Fertility diet, which aims to help women conceive faster but has been shown to benefit others as well.

The rankings also added a new category, Best Diets for Fast Weight Loss. "We recognize dieters may have short-term [weight](#) goals and need options to accomplish that in a healthy way," says Angela Haupt, a senior health editor at *U.S. News*.

DASH (dietary approaches to stop hypertension) was developed by the National Heart, Lung, and Blood Institute to help people prevent [high blood pressure](#). The plan focuses on eating plenty of fruits, vegetables, and [whole grains](#) while lowering salt. Besides being named Best Diet Overall, DASH also got first place in the category of Best Diets for Healthy Eating.

Weight Watchers won first place in the Best Weight Loss Diets category. The Weight Watchers and Mayo Clinic plans tied for first place in the Best Commercial Weight Loss Diet category, with Jenny Craig coming in next.

The report and its experts take into account that "people diet for different reasons," Haupt says. Some are looking for short-term weight loss, others long term. One of the new contenders, as the name implies, aims to boost a woman's odds of [getting pregnant](#). Other people diet to improve their [heart health](#), [diabetes](#), or to lower their risks for those conditions.



Why a lucky few may be immune to food poisoning

Scientists believe they've discovered genes that may protect some people from *E. coli*.

[Read More](#)

Surprise! No Calorie Counting in Mediterranean diet

With the Mediterranean diet, you won't be counting calories or cutting out major food groups. Instead, you'll be swapping out bad fats for heart-healthy ones (olive oil instead of butter; fish or poultry instead of red meat); enjoying fresh fruit instead of sugary, fancy desserts; and eating your fill of flavorful veggies and beans. Nuts are a mainstay, too, but keep them to no more than a handful a day. And you can have whole-grain bread and wine in moderation. WebMD

Scientists use protein-blocker to stop the spread of leukaemia

This is awesome.

DAVID NIELD

Acute myeloid leukaemia (AML) is one of the most aggressive and damaging types of cancer there is: it appears without much warning and the five-year survival rate for sufferers is just 24 percent. However, improved treatments could soon be on the way, as researchers from the Walter and Eliza Hall Institute in Melbourne, Australia have identified a protein that's crucial to the spread of the blood cancer.

The protein in question is called the [Hhex protein](#), and by cutting off its production, the team has shown the cancer can be stopped in its tracks - in laboratory conditions, at least. The next step is to see whether the same 'handbrake' mechanism would work in humans, but the initial signs are promising.

The researchers found that when the Hhex supply was cut off, the leukaemia stopped spreading uncontrollably. What's more, the protein isn't required in healthy blood cells, which opens the door for treatments that target Hhex specifically without the unwanted and typically very damaging side-effects that come with existing AML treatments.

"Most existing treatments for AML are not cancer cell-specific, and unfortunately kill off healthy cells in the process," **said one of the researchers, Matt McCormack**. "Hhex is only essential for the leukaemic cells, meaning we could target and treat leukaemia without toxic effects on normal cells, avoiding many of the serious side-effects that come with standard cancer treatments."

High-cholesterol diet, eating eggs do not increase risk of heart attack, not even in persons genetically predisposed

A new study from the University of Eastern Finland shows that a relatively high intake of dietary [cholesterol](#), or eating one egg every day, are not associated with an elevated risk of incident [coronary heart disease](#). Furthermore, no association was found among those with the APOE4 phenotype, which affects cholesterol metabolism and is common among the Finnish population. The findings were published in the *American Journal of Clinical Nutrition*.

Pumpkin seed oil

This is the new must-have for health-conscious celebs like Gwyneth Paltrow, and it's easy to see why. Rich in unsaturated fats, vitamins and minerals, the oil is claimed to have a wide range of health benefits including improved mood, skin and menopausal symptoms. With a relatively low smoke point, pumpkin oil is best used raw as it spoils when heated, so add it to dressings, drizzle over risotto or veg, or use as a dip for bread - it boasts a distinctive green colour and a robust flavour. The most prized versions come from Styria, Austria. Widely available online, including from [Merchant Gourmet](#).

www.telgraph.com.uk

Parkinson's disease relates to Gout

What's interesting about Parkinson's and how it relates to gout is a [recent study published January 13, 2016](#) in the online issue of *Neurology*, the medical journal of the **American Academy of Neurology**, stated that men with high levels of uric acid may be less likely to develop Parkinson's disease! Men who had the highest levels of uric acid in the blood were nearly 40% less likely to develop Parkinson's compared to those with the lowest levels of uric acid. Kinda a similar conclusion as to when I wrote about [Alzheimer's disease](#) and how gout sufferers are less likely to develop Alzheimer's due to us producing more uric acid in our bodies. The sample size of the study was about 400 people in ongoing studies who had developed Parkinson's disease and more than 1200 people who were never diagnosed with the disease. One of the authors of the study, Dr. Xiang Gao of Pennsylvania State University said: "These results suggest that urate could protect against Parkinson's or slow the progression of the disease in its very early stages before symptoms are seen." He added: "The findings support more research on whether raising the level of urate in people with early Parkinson's may slow the disease down."

Sent by Spiro Koulouris
- See more at: http://goutandyou.com/gout-and-parkinsons-disease/?utm_source=Subscribers&utm_campaign=8f8032429c-December_17th_2015_12_6_2015&utm_medium=email&utm_term=0_82bcc8dffa-8f8032429c-204012397#sthash.UVloRWWR.dpuf

Eating your greens might stave off glaucoma

Written by [Tim Newman](#)

An estimated 3 million Americans have glaucoma, and 120,000 are blind because of the disease. A study published this week in *JAMA Ophthalmology* shows that a diet rich in green, leafy vegetables might reduce the risk of this debilitating disease. It is time to break out the spinach.



Could nitrates in leafy greens prevent glaucoma?

Glaucoma is a leading cause of blindness; even if treatment is received, 10% of people with the condition will eventually lose their sight. Unfortunately, as it stands, there is no cure; to make matters worse, there are no early symptoms that might assist in catching the disease in its developmental stage. This most recent investigation shows that an increase in dietary nitrate and green vegetables significantly reduces the risk of primary open-angle glaucoma (POAG). POAG is the most common form of glaucoma and is characterized by an increase in eye pressure and a gradual loss of vision. Researcher Jae H. Kang led the investigative team based at Brigham & Women's Hospital and Harvard Medical School in Boston, MA. MNT



Middle Eastern Rice & Lentils

The typical Middle Eastern combination of rice and lentils proves just

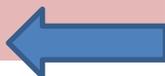


'Supplements and Safety' Explores What's in Your Supplements

By [ANAHAD O'CONNOR](#)

A new documentary pulls back the curtain on some of America's most popular over-the-counter dietary supplements.

ASK WELL



Eye Redness

By [KAREN WEINTRAUB](#)

A reader asks: Is chronic eye redness due to dilated blood vessels reversible or treatable?

PERSONAL HEALTH



What's New in the Dietary Guidelines

By [JANE E. BRODY](#)

There's welcome news for lovers of shrimp, eggs and coffee, but some confusion on fat and conflicting information over meat.

Coffee lovers rejoice: regular caffeine does not cause extra heartbeats

Written by [Marie Ellis](#)

Previous studies have linked regular caffeine intake to extra heartbeats - a common occurrence that can nevertheless lead to heart problems, stroke and death in rare cases. Now, in the first study to date that looks at long-term caffeine consumption, researchers conclude that regular caffeine consumption is not linked to extra heartbeats.

A new study demonstrates that, contrary to popular belief, moderate caffeine consumption does not increase heartbeats.

According to the University of California-San Francisco (UCSF) researchers, whose work is published in the *Journal of the American Heart Association*, theirs is the largest study to assess the relation between dietary patterns and extra heartbeats.

They note that excessive premature atrial contractions (PACs) - which feel like the heart has skipped a beat and start in the upper chambers of the heart - have been shown to result in [atrial fibrillation](#), [stroke](#) and death. Likewise, excessive premature ventricular contractions (PVCs) - which start in the lower chambers of the heart - can result in increased [heart failure](#), [coronary artery disease](#) and death.

Although previous studies have linked both types of premature contractions to caffeine consumption, the researchers say such studies were conducted several decades ago and did not use PACs or PVCs as a primary outcome.

This Sugar May Be New Weapon Against Fructose



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

[Read More »](#)

Start your morning off with a healthy bowl of oatmeal - a fantastic option to keep your blood pressure in check. Be sure to stay away from flavored types that contain sugar, as it will only raise your blood glucose levels and negate some of the effect.

Lower Stress With Water

About 70% to 80% of your brain tissue is water. If you're dehydrated, your body and your mind are stressed. If you're feeling thirsty, you're already a little dehydrated.

To keep stress levels down, keep a glass of water at your desk or carry a sports bottle and sip regularly. WebMD

[New 'Eatwell Guide' Served Up to the Public](#)

[Artificial Sweeteners: A Wolf in Sheep's Clothing?](#)

[Avoiding Sun as Dangerous as Smoking](#)

Layers of defence Your immune system

When you come into contact with a bug, your first layer of defence aims to stop the 'invader' from entering your body in the first place. It might help to think of this as a little like a moat around a castle. Your outer layer of defence includes a physical barrier (your skin) and bodily fluids designed to kill or wash away infections (your tears or mucus found in parts of the body lined with mucus glands, your nose and respiratory tract). [Have you thanked your T-cells today?](#) In the last 24 hours your body has killed countless viruses, bacteria and probably the odd tumour - and chances are your glands aren't even swollen.

ABC Science's Bernie Hobbs looks at the key players in your immune system. It acts the same way every time, regardless of the invader/bug that it encounters and it's a very effective way of protecting us from infections. But some infections manage to get past this front line (making their way across the moat and kicking through the draw bridge). At this point, your body activates a complex system designed to seek out and rid your body of the infection. This adaptive immune system, which helps your body adapt to the infection and create immunity, is somewhat like the castle guards who run from room to room seeking out the marauding invaders. ABC News



Danish researchers found that regular consumption of ginger could reduce chronic muscle and joint pain, as well as swelling and stiffness within just a couple of months. The credit goes to the main ingredient in ginger – Gingerol, which inhibits the production of pain-inducing hormones. A teaspoon of dried ginger or 2 teaspoons of fresh ginger every day will do the trick.

BabaMail

How is Apple Cider Vinegar Different From White Vinegar?

Regular white or brown vinegar does not contain any of the health-promoting properties that are found in apple cider vinegar. This type of vinegar has been put through rigorous distilling and processing and in the process all of its nutrients are stripped away. Raw organic apple cider vinegar is made up of living bacteria that is beneficial to health. If you don't see the cobweb like substance in the bottle, don't expect the vinegar to provide any therapeutic value. www.natural living ideas.com

Quiz: What does six teaspoons of sugar look like? ←

Are cholesterol-lowering statins for everyone?

New guidelines are still controversial for older adults who don't appear to have heart disease. The debate is still raging over last November's guidelines that changed who should take statins, the drugs that help lower cholesterol. For seemingly healthy adults, the guidelines take the focus off LDL or "bad" cholesterol as a marker for statin use, and place the focus on a person's risk factors for developing heart disease or stroke — such as older age, high blood pressure, diabetes, smoking, other family members with heart disease, tests that show calcium in the heart's arteries, or blood levels of C-reactive protein (CRP). "That's a huge change," says cardiologist Dr. Christopher Cannon, a Harvard Medical School professor.

How it works

The new guidelines came from the American Heart Association and the American College of Cardiology. They were prompted by research, much of it from Harvard Medical School, that has reported additional heart benefits from statins besides lowering LDL cholesterol levels in the blood. For healthy adults ages 40 to 75, doctors are now asked to determine risk using an equation that takes into account the person's age, gender, race, total cholesterol, blood pressure, diabetes, and smoking history. Statins are advised for people with a 7.5% risk for heart attack or stroke in the next 10 years. "Just one problem," says Dr. Cannon. "Once you hit age 64, everyone meets the criteria based on age, not cholesterol. And it's not known if an otherwise healthy older adult with normal cholesterol would avoid heart attack with a statin, because no trial has studied that."

Who gets a statin?: Some doctors worry that the threshold for statin use is too low. A study published March 19, 2014, in *The New England Journal of Medicine* estimates that almost 13 million people will now be eligible for statins, most of them older adults without cardiovascular disease. But Dr. Cannon says that, for him, a 7.5% risk is not automatic grounds for a prescription. "Personally I will still look at that risk and add high cholesterol. So if the LDL is above 100, that's high, and a statin has been shown to help," explains Dr. Cannon.

Dr. Cannon stresses that the new risk calculator applies only to seemingly healthy adults. Statins are still recommended and prescribed routinely for all people with known heart disease, for people with very high LDL cholesterol (190 mg/dL or higher), and for middle-aged adults with type 2 diabetes. Harvard School of Medicine

Seeking a 'Happy Gut' for Better Health

By
ANAHAD O'CONNOR

Dr. Vincent Pedre Credit Alvaro Montagna

For much of his life, Dr. Vincent Pedre, an internist in New York City, suffered from digestive problems that left him feeling weak and sick to his stomach. As an adult he learned he had irritable bowel syndrome, or I.B.S., a chronic gut disorder that affects up to 10 percent of Americans. Through the process of elimination, Dr. Pedre discovered that his diet was the problem. Cutting out dairy and gluten reversed many of his symptoms. Replacing with organic meats, fresh vegetables and fermented foods gave him more energy and a sensitive stomach.

Dr. Pedre, a clinical instructor in medicine at the Mount Sinai School of Medicine, began to encourage many of his patients who were struggling with digestive disorders to do the same, helping them to identify food allergens and food sensitivities that could act as triggers. He also urged his patients to try yoga and meditation to alleviate chronic stress, which can worsen digestive problems.

Dr. Pedre now has a medical practice specializing in gastrointestinal disorders and is the author of a new book called "[Happy Gut.](#)" In the book, Dr. Pedre argues that chronic health problems can in some cases be traced to a dysfunctional digestive system, which can be quelled through a variety of lifestyle behaviors that nurture the microbiota, the internal garden of microbes that resides in the gut.



Low-Fiber Diet May Change Gut Microbes for Generations

Low-fiber diets could be permanently reducing the diversity of gut microbes in Westerners, though poop transplants could reverse the trend.

[Read More](#)



Recharging home devices from mouldy bread could be the future ←

Healthy eating for blood sugar control

Healthbeat

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

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

Vegetables, fruits, and whole grains provide more nutrition per calorie than refined carbohydrates and tend to be rich in fiber. Your body digests high-fiber foods more slowly — which means a more moderate rise in blood sugar.

For most people with diabetes, carbohydrates should account for about 45% to 55% of the total calories you eat each day. Choose your carbohydrates wisely — ideally, from vegetables, whole grains, and fruits. Avoid highly refined carbohydrates such as white bread, pasta, and rice, as well as candy, sugary soft drinks, and sweets. Refined carbohydrates tend to cause sharp spikes in blood sugar, and can even boost triglycerides and lower helpful HDL cholesterol.

Wine May Help With Diabetes

By
NICHOLAS BAKALAR

People with Type 2 diabetes may benefit from a daily glass of wine, a study says. Israeli researchers randomly assigned 224 patients, all alcohol abstainers with well-controlled Type 2 diabetes, to drink 5 ounces of either mineral water, white wine or red wine with dinner. All followed a Mediterranean diet without calorie restrictions.

After two years, compared with the water-drinkers, those who drank red wine had increased their HDL (or "good") cholesterol by about 10 percent, and significantly decreased their ratio of total cholesterol to HDL. These positive changes did not happen in white wine drinkers. There were two beneficial effects in all the wine drinkers: Triglycerides and fasting plasma glucose levels decreased significantly in both groups compared with the water-drinkers.

The study, published Monday in *Annals of Internal Medicine*, found no adverse effects of the wine, and wine drinkers tended to sleep better. Still, the lead author, Iris Shai, a professor of nutrition and epidemiology at Ben-Gurion University of the Negev, was cautious. "These people were over 40, they were not drinkers before, and most important, they followed a healthy lifestyle — the Mediterranean diet plus the wine," she said. "So if you consider a healthy diet with red wine in moderation, you should do it carefully, with specific follow-up with your practitioner."

Well:NYT



Stephen Hawking Warns of Planetary Doom (Again)

Genetically engineered viruses or global warming could wipe humans out before they have a chance to colonize space, Stephen Hawking said.



Sugary soft drinks have been removed from the new guide and foods that are high in fat, salt and sugar have been moved off the plate to a corner of the image, reflecting advice that they are not an essential part of a healthy and balanced diet.

Potatoes and Pregnancy

By
NICHOLAS BAKALAR

Credit: Karsten Moran for The New York Times

A new study suggests that the more potatoes in a woman's typical diet, the more likely she is to develop gestational diabetes, a serious complication of pregnancy.



In a 10-year study, researchers found 854 cases of gestational diabetes in 21,693 pregnancies among women participating in a larger health study. The women completed food questionnaires every four years, which gave the researchers a picture of their long-term habitual diet. After adjusting for other diet and health characteristics, they found that compared with those who ate no potatoes, women who ate one serving a week had a 20 percent increased risk, two to four servings a 27 percent increased risk and five or more servings a 50 percent increased risk of developing gestational diabetes. The study is in *BMJ*.

Acid reflux medications may increase kidney disease risk

Highlights

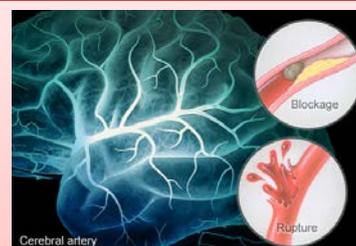
- Proton pump inhibitors (PPIs), a class of drugs used to treat [acid reflux](#) and other acid-related gastrointestinal conditions, may increase the risk for developing [chronic kidney disease](#) (CKD).
- Two new studies that reached similar conclusions on the increased CKD risk associated with PPI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

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

The prevalence of chronic kidney disease (CKD) is on the rise, with more than 20 million Americans burdened by the disease. [Diabetes](#) and [hypertension](#) are common risk factors for CKD; however, certain medications can also play a role.

Two new studies show that increased use of proton pump inhibitors (PPIs), medications that treat reflux and stomach ulcers, may be contributing to the CKD epidemic.

MNT



What Is a Stroke?

Stroke is a medical emergency and a leading cause of death in the U.S. It occurs when a blood vessel in the brain bursts or, more commonly, when a blockage develops. Without treatment, cells in the brain quickly begin to die. The result can be serious disability or death. If a loved one is having stroke symptoms, seek emergency medical attention without delay.

WebMD

Stroke Symptoms

Signs of a stroke may include:
Sudden numbness or weakness of the body, especially on one side.
Sudden vision changes in one or both eyes, or difficulty swallowing.
Sudden, severe headache with unknown cause.
Sudden problems with dizziness, walking, or balance.
Sudden confusion, difficulty speaking or understanding others.
Call ambulance immediately if you notice any of these symptoms.

WebMD

Build Muscle Tone With Water: Drinking water helps prevent muscle cramping and lubricates joints in the body.

The best way to fold a shirt: Try this magazine hack



1. Lay the shirt flat with the front side facing the table.



2. Center a magazine on the backside of the shirt.



3. Fold one side of the shirt in a straight line over the magazine



5. Fold the other side of the shirt in a straight line over the magazine



6. Slide magazine out and flip shirt right side up.



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

How fatty foods could be damaging your brain

Written by [Honor Whiteman](#)

Chances are, you are feeling a bit hefty after the Thanksgiving period; the average American consumes an average of 4,500 calories and 229 g of fat during a typical holiday get-together. But this overindulgence take its toll not only on the waistline, it could also play havoc with the brain, according to a new study.



Researchers find weight gain induced by a high-fat diet may destroy synapses in the brain, impairing cognitive functioning.

Published in the journal *Brain, Behavior and Immunity*, the study suggests a high-fat diet destroys synapses - connections that aid communication between neurons, or brain cells - in the hippocampus of the brain, which may impair learning and memory.

But it is not all bad news; the research also suggests that switching to a low-fat diet for 2 months can counteract the brain-damaging effects of a high-fat diet.

High-fat diets are a main contributor to **obesity**, which has become a major public health concern in the US. More than a third of adults in the US are obese, meaning they are at greater risk of **heart disease, stroke, type 2 diabetes** and some types of **cancer**.

Aside from weight gain, however, there is increasing evidence that a high-fat diet can harm the brain. Dr. Alexis M. Stranahan - of the Department of Neuroscience and Regenerative Medicine at the Medical College of Georgia at Georgia Regents University - and colleagues decided to investigate this association further.

MNT

Do not prescribe antibiotics for common cold, doctors urge

Written by [Catharine Paddock PhD](#)

A patient with a common cold should not be prescribed antibiotics, so say two medical bodies in the US, who - in a bid to reduce inappropriate use of antibiotics - have joined forces to advise about appropriate prescribing of antibiotics for acute respiratory tract infections in adults.

Doctors should clearly explain that antibiotics are not necessary for treating a common cold and advise patients to come back if symptoms do not clear up in 2 weeks or get worse.

The American College of Physicians (ACP) and the Centers for Disease Control and Prevention (CDC) issue the new advice in a paper published in the *Annals of Internal Medicine*.

The purpose of the paper, described as "high-value care advice," is to amplify and update rather than replace messages from recent guidelines on appropriate **antibiotic** prescribing, note the authors. It is aimed at general practitioners and health care professionals who see patients with acute respiratory tract infections (ARTIs) in outpatient settings.

The authors note that ARTIs - such as the common cold, uncomplicated bronchitis, sore throat and sinus infection - are the most common reason for outpatient antibiotic prescriptions for adults in the US.

As a result, they note, inappropriate use of antibiotics for ARTIs contributes significantly to the spread of antibiotic-resistant infections - and the rise of so-called superbugs.

The CDC estimate that every year, at least 2 million people in the US become infected with - and at least 23,000 die as a result of - bacteria that are resistant to antibiotics.

MNT

Red Wine Counteracts Cavities

Abundant in polyphenols, red wine slows oral bacteria growth.

Burgundy - image from Shutterstock Cavities, periodontal disease and tooth loss affect an estimated 60 to 90 % of the global population. The problems arise when certain bacteria in the mouth get together and form biofilms, which are communities of bacteria that are difficult to kill. They form plaque and produce acid, which then starts damaging teeth. M. Victoria Moreno-Arribas, from the Instituto de Investigacion en Ciencias de la Alimentacion (CIAL), CSIC-UAM (Spain), and colleagues grew cultures of bacteria responsible for dental diseases as a biofilm. They dipped the biofilms for a couple of minutes in different liquids, including red wine, red wine without the alcohol, red wine spiked with grape seed extract, and water and 12 percent ethanol for comparison. Red wine with or without alcohol and wine with grape seed extract were the most effective at getting rid of the bacteria.

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"On the whole, cutting back on foods and drinks that are high in saturated fat, salt, sugar and calories would improve our diets, helping to reduce obesity and the risk of serious illnesses such as heart disease and some cancers.

Dyspepsia

If you suffer from functional dyspepsia, you're not alone. Roughly 25% of the population is affected, and it hits men and women equally. It's responsible for a significant percentage of visits to primary care doctors, in part because many people worry they might have an ulcer. While it's frustrating that the cause of functional dyspepsia is unknown, it's even more frustrating that there is no surefire cure.

The good news is that there are simple things you can try to help get some relief:

1. Avoid foods that trigger your symptoms.
2. Eat small portions and don't overeat; try eating smaller, more frequent meals throughout the day, and be sure to chew food slowly and completely.
3. Avoid activities that result in swallowing excess air, such as smoking, eating quickly, chewing gum, and drinking carbonated beverages.
4. Reduce your stress. Try relaxation therapies, cognitive behavioral therapy, or exercise. An aerobic workout 3-5 times per week can help, but don't exercise right after eating.
5. Get enough rest.
6. Don't lie down within two hours of eating.
7. Keep your weight under control.

For more on diagnosing and treating indigestion, buy *The Sensitive Gut*, a Special Health Report from Harvard Medical School.

What type of mattress is best for people with low back pain?

If you are like most people, you spend roughly one-third of your life in bed. So it's worth taking a few minutes to think about whether your mattress is giving you, and your back, the support you need.

There hasn't been a great deal of research on this topic, yet a few studies offer some guidance. In the past, doctors often recommended very firm mattresses. But in one study, in which 313 people slept on a medium-firm or firm mattress for three months, those with the medium-firm mattresses reported less pain when lying in bed as well as less pain-related disability compared with those with the firm mattresses. Another report, based on a waiting-room survey of 268 patients with low back pain, found that people who slept on orthopedic (very firm) mattresses had the poorest sleep quality, while there was no difference in sleep quality between medium and firm mattresses.

While a softer mattress that conforms to your body's natural curves may help your joints align favorably, you might also sink in so deeply that your joints twist and become painful during the night. One way to find your dream mattress is to try out different ones. If you spend a night at a hotel or in someone else's house, make note of how you feel after sleeping on the "new" bed. You can also try putting a plywood board under your current mattress (which will dampen any movement from bedsprings) or sleep for a few nights with your mattress on the floor (which simulates the feeling of a firm bed). For more on healing your aching back, buy *Back Pain*, a Special Health Report from Harvard Medical School.

Fiber. It's the part of plant foods that we can't digest. Eating foods high in fiber helps reduce total and LDL ("bad") cholesterol, improve blood sugar control, and prevent constipation. High-fiber foods also help with weight loss by making you feel full.

There are lots of high-fiber foods to choose from:

brown rice
bulgur (cracked wheat)
barley
oats
nuts
beans and lentils

apples

blueberries
carrots

Vitamins and minerals. Vitamins are organic substances found in plants and animals. Minerals are inorganic elements from the earth (soil and water). Both are essential for normal growth and optimal health.

Here's a list of vitamins and minerals that are crucial for good health, plus the best food sources of each:

iron — meat, poultry, fish, and beans
vitamin A — carrots, sweet potatoes, spinach, kale
vitamin B₁₂ — meat, poultry, fish
vitamin E — nuts, seeds, vegetable oils

Phytochemicals. Phytochemicals are chemicals made by plants. They are not essential to life, but they do have a positive effect on health. Diets rich in phytochemicals have been associated with a lower risk of chronic diseases, such as cancer and heart disease. They are found in fruits, vegetables, beans, and grains.

The following is a list of key phytochemicals, plus the best food sources of each.

flavonoids — blueberries, raspberries, strawberries, blackberries
carotenoids — orange vegetables such as carrots, sweet potatoes, and winter squash
lycopene — tomatoes
isoflavones — soy foods, such as soybeans (or edamame)
resveratrol — red grapes
catechins — teas

Harvard Medical School

Sit-Stand Desks

One option for office workers that has been growing in popularity is the sit-stand desk which, as the name suggests, allows you to either sit at your work station or stand.

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Papaya is a fantastic source of vitamin C. It also contains a large quantity of amino acids and is rich in potassium - all contributing to a healthy heart and lower blood pressure levels.