

[Life of displaced people in Vanni Jungle in Sri Lanka ...](#)

<https://www.facebook.com/nqma.takova.ne6to/videos/974886219235925/>

Barack Obama dances the tango at Argentine state dinner



PHOTO: Barack Obama turned heads sashaying across the floor with a professional dancer. (Reuters: Carlos Barria)

MAP: Argentina

President Barack Obama has made headlines for unexpectedly crooning a song or two in public since coming to the White House.

Now he can add dancing the tango to his list of hidden talents.

At the end of a state dinner in Buenos Aires with Argentine President Mauricio Macri on Wednesday, Mr Obama and his wife Michelle watched with rapt attention as a male and female pair glided and turned in graceful precision across a small patch of open floor in front of their table

Thank you to my good friend Don Chandra Liyanage for sharing this...



UYAMU: Konda Kavum

What's Avurudu without Konda Kavum? Here's how to make some for the new year.

Full Recipe: <https://...>

VIDEO: Forgotten Victims

Before Brussels, a wave of terror attacks whipped through Turkey, the Ivory Coast, Yemen and elsewhere. But these events appeared to garner less international attention. We went there, and asked why.

Artificial Sweeteners: A Wolf in Sheep's Clothing?

Muslims have gone on the rampage in Manchester, killing anyone who's English. Police fear the death toll could be as high as 8 or 9.

'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



Osteoporosis in Sri Lanka-Overview

Despite the predictions of high fracture incidence in the future, the efforts to face the health and socioeconomic burden associated with increased number of fractures are unapparent in Sri Lanka. The current burden of communicable diseases caused by new and reemerging infections, some of which reach epidemic proportions, probably has diverted the attention of all concerned.

There are two major areas of concern regarding osteoporosis in Sri Lanka. Patchy data on the prevalence of osteoporosis and the incidence of fragility fractures is restrictive us when planning and implementing preventive strategies in high risk populations. The restricted availability of central-type DXA; only four machines for the entire country, is a major limitation. Although it was hoped that the recently introduced FRAX® model would partly fill this void, the applicability of FRAX® in clinical practice is still limited.

Lack of a coordinated program to meet the demands of osteoporotic patients has paved the way for many unacceptable practices in the country. Indiscriminate screening not based on clinical risk profile and using therapies which are expensive and not evidence-based are the end results.

The medical community in Sri Lanka has a huge responsibility to generate reliable data to depict the correct picture of osteoporosis in the country and practice evidence-based guidelines in screening and managing those who are affected with the disease. The White Paper on Osteoporosis could be a stepping stone in this direction.





[Buying a new mattress? Here's what you need to know](#)

[Read More](#)

Body Parts Grown in the Lab



Re-growing lost organs or body parts is beyond the scope of human biology. But in recent years, scientists have successfully cultivated a range of miniature organs and human body parts in laboratories.

[Read More »](#)

What Is Bipolar Disorder?

Bipolar disorder is a physical illness that affects the brain. A bipolar diagnosis requires at least one episode of *mania* (wired thinking and behaviors that negatively affect one's ability to function) or *hypomania* (a less severe form of mania), and the disorder typically includes episodes of depression that alternate with the mania or hypomania. Your specific diagnosis depends on your symptoms. [More](#)

Moms' Beneficial Vaginal Microbes Given to C-Section Babies by New Method



Doctors wiped down the skin of newborns delivered by cesarean section with a gauze carrying their mothers' vaginal fluid. Here's what they found.

[Read More »](#)

<http://www.hirutv.lk/music/video-details-786-pulun-rodak-se-madhani-jayasena.html>

Fatty liver poses risk of heart dysfunction in obese



Adding more support to the importance of dietary interventions in obese patients, a research said fatty liver is independently associated with heart failure in such people.

Women With Sleep Trouble Have High Type 2 Diabetes Risk

Marcia Frellick

Women who have problems sleeping have an increased risk for type 2 diabetes that ranges from 47% higher for those who have one sleep disorder to four times the risk for four disorders combined, according to new data. The results have implications for clinicians in that they emphasize the need for more discussions with patients about their sleeping habits to help identify those who may benefit greatly from diabetes-prevention programs, according to lead author Yanping Li, MD, PhD, with the Harvard TH Chan School of Public Health in Boston, Massachusetts.

"Patients and physicians don't take this seriously enough," she told *Medscape Medical News*.

High-Fiber Diet May Help Lower Breast Cancer Risk



Eating lots of fiber during the teen and early adulthood years may play a role in lowering breast cancer risk later in life, a new study suggests.

[Read More »](#)

World Obesity problem

There are now more adults in the world classified as obese than underweight, a major study has suggested.

The research, led by scientists from Imperial College London and published in *The Lancet*, compared body mass index (BMI) among almost 20 million adult men and women from 1975 to 2014. It found obesity in men has tripled and more than doubled in women. Lead author Prof Majid Ezzat said it was an "epidemic of severe obesity" and urged governments to act.

The study, which pooled data from adults in 186 countries, found that the number of obese people worldwide had risen from 105 million in 1975 to 641 million in 2014.

Meanwhile the number of underweight people had risen from 330 million to 462 million over the same period. BBCNews

A refreshing truth

by [skatingtomato](#)

It may be the last thing you feel like doing when you jump in the shower, but did you know that washing under cold water can provide a plethora of health benefits?



courtesy of Pixabay

From boosting your immune system to encouraging weight loss, increasing alertness to stimulating anti-depression hormones, the advantages are certainly worth taking note of.

Try gradually decreasing the temperature of your water over the course of a month and you will hardly notice any difference. Alternatively, have two cold showers a week and reap the best of both worlds!

- See more at:

<http://healthyhints.com.au/quick-tip-89-a-refreshing-truth/#sthash.odh1lW1.dpuf>

Killing cancer cells: Get them addicted to drugs



Scientists in the UK have found a new way to combat cancer by getting tumour cells addicted to drugs that will kill them in minutes.

No matter how beautiful/handsome you are, just remember that baboons and gorillas also attract tourists

Liver functions

The liver is the largest solid organ and the largest gland in the human body. Your liver is located just below the diaphragm on the upper-right side of the body and carries out a plethora of essential tasks.

Classed as part of the digestive system, the liver's roles include detoxification, protein synthesis and the production of chemicals necessary for digestion.¹

The liver is classed as a gland

The liver carries out more than 500 roles in the human body

It is the only organ that can regenerate

The liver is the largest solid organ in the body

Carbohydrates are broken down and stored as glycogen in the liver

One of the liver's tasks is to remove toxins from the body

Alcohol abuse is one of the major causes of liver problems in the industrialized world

Both yellow fever and malaria affect the liver

Albumin is produced in the liver and helps prevent blood vessels from becoming "leaky."

MNT

TERRORISM.

Terrorism is not an act that is a new founded phrase

It has existed since man wanted to dominate and have what was not his or hers

But then it was done on a face to face basis

Using coercion and strong-arm tactics to satisfy his desires

In these modern days "Terrorism" has become an enemy with no face

It has no respect whatsoever for property and human lives

And bereft of the carnage; the maiming; and misery they cause

It is just inhumane, senseless and savage to say the least

Do these perpetrators even give thought that they are targeting the innocents?

Just ordinary folks going around harmlessly; doing their daily routines

Until their lives are snatched away by the coward and his explosive device

Leaving a trail of sorrow and haunting among the survivors and dependents

"As innocent as a new born baby" was the good old tale

But how does one differentiate a terrorist from the innocence?

Being alert and observant is just an advice

How can you differentiate between people with mental aberration bent on revenge?

Noor Rahim

24 March 2016.

Bacteria from a dog's fur and paws is easily transferred to the skin of humans living in the same space.

A 2013 study based at the University of Colorado showed that adults share more microbes with their own dogs than they do with dogs owned by other people.

Perhaps more unexpectedly, the same study showed that simply owning a dog has an impact on the sharing of microbes between one person and another living in the same place.

Cohabiting couples who owned dogs had more bacteria in common with each other than couples who didn't have dogs.

The researchers concluded it was because couples with dogs had more ways to transfer microorganisms from one to the other.

One person strokes the dog, leaving their bacteria behind, then the other picks it up when they also pet the pet.

Humans have lived alongside dogs for a heck of a time. It's widely believed that dogs evolved from a group of wolves which came into contact with European hunter-gatherers somewhere between 18,000 and 32,000 years ago.

What are some of the health benefits of dog ownership?

Well there's pretty good evidence that people who own dogs are happier, less-stressed, and even less likely to die of heart disease.

But could it be possible that dogs might even act as a source of healthy bacteria?

Could a dog in fact be a kind of probiotic?

Actually, two intriguing studies do seem to point in this direction.

UCSF scientists who conducted a study in 2013 suggested that living with a dog in infancy may lower a child's risk of developing asthma and allergies, largely as a result of exposure to what they call "dog-associated house-dust".

The researchers' hypothesis was that babies and small children need to be exposed to harmless bacteria in order to "train" their developing immune systems.

Just as fascinating, and perhaps already a candidate for one of the year's most heart-warming ideas, is a current Arizona study that's exploring whether dogs can directly improve the health of older people.

They've adopted unwanted dogs from the Humane Society, then given them to people over 50 who've either never owned a dog, or who haven't had one for a while. They're then monitoring the physical and mental health of both owner and dog.

Their theory is that good bacteria from the dogs may be transferred to their new owners, along with other health-boosting benefits.

In fact, compared to humans, dogs have relatively simple gut microbiota.

Posted by
Dixie/ worldhealth.net/

Having Friends Is Good for You, Starting in Your Teens



By NICHOLAS BAKALAR

A social network benefits physical health, and the benefits start early in life, according to a new study.



AKURESSA HOSPITAL

Akuressa Hospital is a 95 bed hospital located in the Matara district. AuSLMAT had a request for support of this hospital from MP Buddhika Pathirana and Dr. Nimali Munasinghe. We have responded by sending nine boxes of medical equipment and two wheelchairs - donations we have received from Monash, Dr. Stanley Rajapakse, Bryan and Una Jones and the Peter Mac through Anne Franzi-Ford. The surgical instruments included specialised neuro-surgical gear that will be picked up by the neurosurgeon from Badulla Hospital - a unit to which we have previously given a Leica Operating Microscope.

The hospital has six MBBS doctors and four AMP doctors. It has ninety five beds and looks after 40-50 in-patients at any time. Two Consultant Physicians and one Paediatrician visit the hospital on a weekly basis. The medical clinic is conducted twice a week and has 2500 registered patients. The mental health clinic has 850 registered patients and is conducted once a week.

AuSLMAT has supported peripheral hospitals at Valaichennai, Hambantota and Matara and have done free general medical clinics at Beralihela, Mirissa and Weligama. We look forward to visiting the Akuressa Hospital and welcome anyone who can assist us.

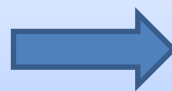
AuSLMAT have visited Sri Lanka more than twenty five times since the tsunami. We also work at teaching hospital at Batticaloa and Galle.

Sent by Dr Quintus de Zylva

Floss First or Brush First?

Flossing first helps make brushing your teeth more effective by removing food that gets trapped between teeth. If handling floss flusters you, look for floss holders at the drugstore. When it's time to brush, be sure to angle bristles 45-degree at the gum line, then brush gently, moving the brush back and forth.

Cardiac Arrest Deadlier in a High Rise, Study Says



People are more likely to survive cardiac arrest if they live below the third floor, a new study finds.

[Read More »](#)

On Paper, Italy Allows Abortions, but Few Doctors Will Perform Them

By GAIA PIANIGIANJAN.

ASCOLI PICENO, Italy — After Benedetta, 35, found out 11 weeks into her pregnancy that the baby she wanted "with all myself" had extremely serious genetic problems, she made a painful decision, and asked her longtime gynecologist for an [abortion](#).

Her doctor's refusal — she said she was a conscientious objector to [Italy's](#) law that makes abortion legal up to 90 days — set off a desperate scramble to find a doctor who would help her.

At one hospital, doctors advised her to get a psychiatrist's note saying she had threatened to kill herself, so that she could extend the legal time limit. At another, a doctor suggested that she just wait.

"The fetus is incompatible with life; you will very likely lose it anyway past the 20th week" — that's what this doctor told me," Benedetta said, still angry and incredulous. She asked that her last name not be used to protect her privacy. "To expect a woman to see her belly growing, to raise a doomed life, is inhumane."

"I felt like a container, not a human being," she added.

After a fight that feminists

in [Italy](#) still consider a signal achievement, abortion within 90 days of pregnancy — and later for women in mental or physical danger, or in cases of serious fetal pathologies — has been legal in this country for over three decades.

But that does not mean that finding a doctor to perform one is easy. Seventy percent of gynecologists — up to 83 percent in some conservative southern regions — are conscientious objectors to the law, and do not perform abortions for religious or personal reasons in a country that remains, culturally at least, overwhelmingly Catholic. It is a circumstance that has alarmed some women's health experts, who say that the challenges will grow only more severe in the years ahead.

"Most of the non-objectors like me are about to retire, so we will soon have troubles helping these women," said Silvana Agatone, a 62-year-old gynecologist at a hospital in Rome and the founder of [a website](#) that provides information on how and where to get an abortion.

Task Force Recommends Statins for Adults Under 75 With Risk Factors, Questions Child Screenings

Deborah Brauser

ROCKVILLE, MD — Low- to moderate-dose statins should be used by patients at risk for CVD who are between the ages of 40 and 75 years, according to draft recommendation statements by the United States Preventive Services Task Force (USPSTF)^[1]. However, current clinical evidence is not strong enough to recommend statin use in these patients who are 76 and older, it says.

The USPSTF adds that it is recommending an "I" grade for this older group, which means that patients should understand that questions remain about the potential harms and benefits of a service before it's offered by a clinician. Lack of evidence also kept the task force from recommending that children and adolescents under the age of 20 should or should not be screened for lipid disorders, resulting in another "I" grade^[2].

USPSTF vice chair Dr David Grossman (Group Health Research Institute, Seattle, WA) stressed to *heartwire* from Medscape that the "I" grades are not meant to discourage use or practice. If that were the case, the group would have issued "D" grades. Instead, the agency is just noting that evidence is lacking.

Ed: Check with your doctor whether you should continue your statins, as there are so many email articles with negative feeding.

Bitter truth about fruits in the market

By Dr. Dinithi Peiris
Dept. of Zoology, University
of Sri Jayewardenepura



Fruits are widely consumed in Sri Lanka. Therefore, to meet the demand of consumers, and to increase the shelf life of fruits and vegetables, vendors commonly use ripening agents which can produce serious health problems. In early 2000, though vendors widely used carbide as a fruit-ripening agent later it was replaced by ethereal, which contains ethephon. Ethereal is an organophosphate plant growth regulator. It is the most widely used plant growth regulator because of its broad spectrum of activity.

Ethereal is currently registered in the U.S. as a pre-harvesting ripening of fruits, vegetables and cereals. But in Asian countries including Sri Lanka it is being used extensively to accelerate post-harvest ripening of tomatoes and fruits including bananas, papayas etc. The most hazardous scenario in Sri Lanka is that vendors use high dosages of ethereal than specified in the labels given in ethereal bottles. Usually they empty the bottle in to a basin of water and dip the entire fruit in it or directly spray the content of the bottle, resulting in fruits exposing to high dosages. This increases the health risks of consumers.

To study the health effects of ethereal on humans, we conducted series of laboratory experiments using rats as an animal model. We fed rats continuously with 3 doses of ethereal (even the highest doses lower than what vendors used to accelerate ripening) for 90 days and studied its effects on muscle strength, muscle coordination. We also looked at its effects on liver damage, blood counts and blood acetylcholine esterase levels. Acetylcholine esterase is vital for muscle contractions. Our study revealed that ethereal reduced blood acetylcholine esterase levels in all groups indicating possible defects in muscle contractions. To monitor the recovery effects of ethereal, we discontinued feeding of rats with ethereal after 90 days and kept animals for another 28 days without feeding ethereal. When we measured the acetylcholine esterase levels, it was discovered that even after 28 days, the acetylcholine esterase levels were still low. Ethereal also induced liver damage, and the damages were detected even 28 days after withdrawal of ethereal treatment. What we discovered is important to increase the awareness of consumers.

Another important fact is that when fruits are naturally ripened, after a two or three days fruits develop black spots randomly without an orderly manner. To replicate this natural phenomenon, vendors place their palms on top of fruits and spray ethereal to trick the consumers. When vendors spray ethereal after placing their palms on top of fruits will develop black spots exactly similar to naturally ripened fruits and this easily can mislead the consumers. Recently the Consumer Affairs Authority of Sri Lanka destroyed about 75,000 kg of fruits valued over Rs. 100,000 in the Manning market while the vendors were directly spraying ethereal on to fruits. Moreover, a shipment of organic fruits was destroyed by authorities in USA due slight detection of ethereal in the skin of fruits. Above stories indicate loss of large amount of both local and foreign revenues to Sri Lanka. Consumer Affairs Authority pointed that exposure of ethylene gas on fruit is permissible but not directs contamination with ethephon. Vendors in Sri Lanka do not follow those instructions given by the CAA and this could affect human health.

When we consider results of our study it is clear that long term consumption of ethereal sprayed fruits could lead to reduction in blood acetylcholine levels and liver damages. Fruits are highly consumed in Sri Lanka and ethereal is widely used as the ripening agent and consumers are not aware of consequences they have to face. Therefore, it is vital to use the specified doses of ethereal and it is extremely important to formulate regulations on heavy usage of ethereal. It is the time to conduct mass media educations to the target audience.

Don't leave Sri Lanka without eating Lamprais

Originating from a Dutch word that translates as 'a packet of food', this is a dish usually made by the Burgher community, who are descendants of colonial Europeans.

It consists of boiled eggs, eggplant, frikkadels (Dutch-style beef balls), mixed meats (soya for vegetarians) and sambol. Infused with cardamom, cloves, cinnamon and rice the mix is then wrapped in a banana leaf and baked in the oven at a low temperature for several hours.

(Available in Colombo at the DBU)



What goes into the price of a cup of coffee? ←

The price a consumer is willing to pay for a cup of coffee depends on several factors far beyond the taste.



Apple Cider Vinegar for Diabetes ←

Could this natural remedy hold the key to more stable blood sugar, or are the claims too good to be true? We explain.



6 AMAZING FOOD TRICKS

6 Amazing Cooking Tricks

by How To Make Sushi



"By 2030, diabetes will be the world's seventh largest killer unless intense and focused efforts are made by governments, communities and individuals," said Dr Poonam Khetrapal Singh, regional director, WHO, South-East Asia.

This year's World Health Day, marked every April 7, will focus on diabetes, which is increasingly hitting the low and middle income countries.

Diabetes will be world's seventh largest killer unless efforts are made to curb it: WHO



Ahead of World Health Day, the World Health Organisation has urged countries to take concerted steps towards controlling diabetes, a disease which has reached "epidemic proportions."



Ven Weganthale Seewalee Thero

receiving from Shyamalu Greshika 12 beds- adding new beds to Maharagama Cancer Hospital, Sri Lanka.

Does Vasectomy kill your Sex Drive? No, no- buy a Sports Car- Porche recommended

Successful aging: 10 tips for better sleep

Living Longer, But Not Healthier

Global life expectancy has risen by more than six years since 1990 as healthy life expectancy grows; ischemic heart disease, lower respiratory infections, and stroke cause the most health loss around the world. An international consortium of researchers working on the Global Burden of Disease study and led by the Institute for Health Metrics and Evaluation (IHME) at the University of Washington (Washington, USA), reports that thanks to marked declines in death and illness caused by HIV/AIDS and malaria in the past decade and significant advances made in addressing communicable, maternal, neonatal, and nutritional disorders, health has improved significantly around the world. Global life expectancy at birth for both sexes rose by 6.2 years (from 65.3 in 1990 to 71.5 in 2013), while healthy life expectancy (HALE) – which accounts for mortality as well as the impact of nonfatal conditions – at birth rose by 5.4 years (from 56.9 in 1990 to 62.3 in 2013). "The world has made great progress in health, but now the challenge is to invest in finding more effective ways of preventing or treating the major causes of illness and disability," observes Theo Vos, the study's lead author.

[VIEW NEWS SOURCE...](#)

Preservative may help treat cancer

WASHINGTON: A naturally occurring food preservative that grows on dairy products may be used to treat cancer and antibiotic-resistant bacteria, a study has claimed.

Researchers in US found that feeding rats 'nisin milkshake' killed 70-80% of head and neck tumour cells after nine weeks and extended survival. Moreover, the highly purified nisin ZP nearly doubled its effectiveness.

Nisin, a colourless, tasteless powder, is typically added to food at the rate of .25 to 37.5 mg/kg. Many foods contain nisin, but nowhere near the 800 mg/kg needed to kill cancer cells. Nisin also fights deadly bacteria such as ethicillin-resistant Staphylococcus aureus. Nisin is lethal to bacteria because it binds to a static area of bacteria, which gives nisin the opportunity to work before bacteria changes into an antibiotic-resistant superbug.

Mothers2Mothers 2016

We are so excited to begin announcing some of our amazing Mother Models for 2016! Today, meet a few models who are really incredible. Three generations of this family makes for one beautiful runway!

(Far Left) Hi my name is Rigitha (Pathmanathan), I was born and raised in Canada. I recently graduated as a Social Service Worker.

(Middle) Hi my name is Komathy Pathmanathan, I was born in Sri Lanka, in Thavady. I am a loving mother of three beautiful girls.

(Far Right) Hi my name is Maheswary Rajaratnam, I was born in Sri Lanka, in Thavady. I am 88 years old, and a mother of nine children and a total of 23 grand children. Stay tuned to learn about more of our Mother Models, and for updates about the Mothers2Mothers 2016 Show, sponsored by OHM Developments.

#Mothers #MothersDay #Love #Mothers2Mother



3 GENERATIONS OF MODELS

Rigitha, Komathy & Maheswaramma



The 4-minute beauty routine that will save your morning

is proud to share a quick and easy morning makeup routine that will have you looking fabulous in less than four minutes flat!

[Read More](#)

10 Things You Need to Know About Coffee



If coffee good for you? Can it be dangerous? How is decaf made? Scientific answers to these questions and more.

[Read More »](#)

<http://www.youtube.com/watch?v=zQXpCLMz9VA&sns=em>

Friends may extend your life

People who have strong social relationships are less likely to die prematurely than people who are isolated. In fact, according to a 2010 review of research, the effect of social ties on life span is twice as strong as that of exercising, and equivalent to that of quitting smoking.



Three guys hang out together, eating pizza

In the review, researchers examined 148 previous studies on social links and mortality, which together included more than 300,000 participants. These studies found that measures of the strength of people's social relationships, from their number of friends to their integration into the community, were all linked to decreased mortality.

Researchers think that friendships and health are linked through the body's processing of stress, Yang said. In the short term, stress is a good thing. If you're being chased by a lion, you want your body to respond with heightened alertness, a pounding heart and a flood of get-up-and-go hormones like norepinephrine. Likewise, if you've got a virus, you want your immune system to kick into gear and attack the intruder with specialized cells and inflammation. But the chronic stress that can come with isolation can switch on these processes for long periods of time, causing physical wear and tear on the body, Yang said. Livescience

A 2014 review of dozens of studies published in the journal *Social and Personality Psychology Compass* suggests that loneliness can get in the way of mental functioning, sleep, and well-being, which in turn increases the risk of illness and death.

Ginger

- Reduces pain and inflammation
- Gives relief in heart burn
- Prevents and treats cold and flu.
- It is said to prevent diabetes naturally.
- Daily intake keeps away colon cancer.

Most recent weight-management guidelines from the American Heart Association and other professional organizations advise that people who are overweight — but who do not have any additional risk factors for heart disease — should try and maintain their weight, rather than lose weight.

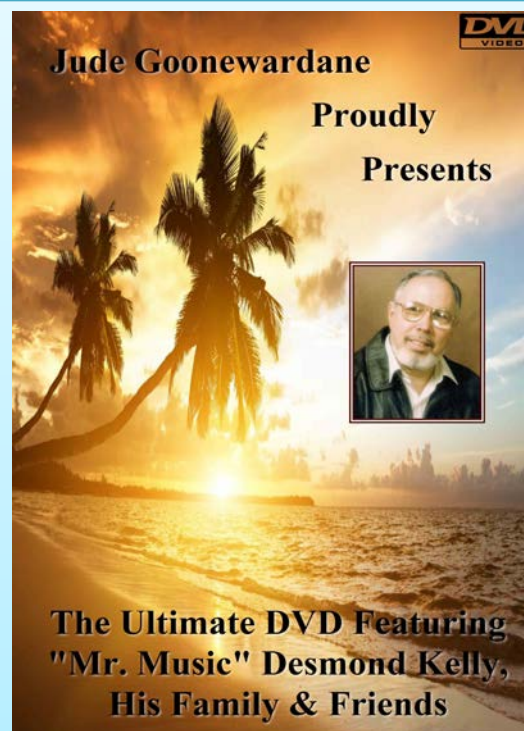
Curbing brain swelling could halt Alzheimer's

Steve Connor, *The Independent* | Jan 10, 2016, 02.06 AM IST

The memory loss and progressive dementia caused by Alzheimer's disease can be halted by drugs that curb inflammation in the brain, according to a new approach to treating the most common form of dementia.

A study found that inflammation seen in the brains of Alzheimer's patients is not merely the result of the disease — it also drives its progression. Blocking the brain's immune cells with drugs to prevent inflammation could stop the dementia getting worse. Studies on the brains of deceased patients and on mice reveal the role played by a certain kind of immune cell, known as **microglia**, in causing the inflammation associated with Alzheimer's.

The scientists showed that blocking a protein 'receptor' that regulates the activity of the microglia can prevent the progression of the incurable condition in mice with a form of Alzheimer's. "These findings are as close to evidence as we can get to show that this particular pathway is active in the development of Alzheimer's. The next step is to work with our partners to find a suitable drug that can be tested to see if it works in humans," said Diego Gomez-Nicola, lead author of the study at the University of Southampton.



Jude Goonewardane
Proudly Presents
The Ultimate DVD Featuring "Mr. Music" Desmond Kelly, His Family & Friends

"THE ULTIMATE" (DVD)

BY DESMOND KELLY.

THERE IS "NOTHING" LIKE THIS "DVD" THE FIRST, BY NEAR OR FAR TO "FEATURE" ENTERTAINMENT PLUS "PURE NOSTALGIA" IF YOU'RE SRI LANKAN, LIKE ME SING, OR PLAY AN OLD GUITAR AND ENJOY REAL GOOD MUSI I'LL JUST SAY "HERE YOU ARE"!!

GET "THE ULTIMATE" (DVD) SIMPLY PASS-ON THE "GOOD WORD"

IF YOU'VE ENJOYED IT, JUST SAY SO IT'S THE "BEST AD.", AS I'VE HEARD JUST PLAY IT AT A "PARTY OR AT ANY "GATHERING" CONGRATULATE YOURSELF, MY FRIEND,

FOR NOSTALGIA, IT WILL BRING THINK OF ALL THE NEEDY CHILDREN IN THE LAND OF SRI LANKA TO THE ORPHANS IN "THEIR DARKNESS" DONATE A "SHINING STAR" IF YOUR FRIENDS GET JUST ONE COPY FOR OUR PART, WE'LL THEN MAKE SURE THE ONES WHO NEED IT MOST, WILL HAVE LESS TROUBLE TO ENDURE.

THANKING YOU, MY FRIENDS, IN ANTICIPATION, D.K. PROUDLY PRODUCED & PRESENTED BY :-

JUDE GOONEWARDANE & PAUL OLIVER IN LONDON ALSO PROUDLY SPONSORED BY "THE LANKA TIMES" DONATION \$20.00 + POSTAGE (IF NECESSARY)

ALSO PROUDLY SPONSORED BY "THE LANKA TIMES" DONATION \$20.00 + POSTAGE (IF NECESSARY)

CONTACT

"THE LANKA TIMES" ON 03-9-512-6561 (Office hours) or e'mail :-

info@lankatimes.com



Chaat Masala Recipe How to make Chaat Masala ?

by Nisha Madhulika



Rava Dosa (Quick Version) - By VahChef @ VahRehVah.com

by VahChef



Naan without Tandoor - How to make naan on Tawa ?

by Nisha Madhulika



Volunteers to Assist Children with Disabilities Ltd (VACD) extends its footprint to other townships in the Uva Province to help those in need.

Volunteers to Assist Children with Disabilities Ltd (VACD) is a non-government, not-for-profit charity founded in December 2011 in Bandarawela, Sri Lanka and Sydney, Australia to assist children with disabilities in the Uva Province overcome their physical, intellectual, social and economic adversities while also taking steps to eventually eliminate the ignorance, discrimination, social stigma and social isolation they face within local communities. VACD focuses its activities on providing assistance to children with physical, intellectual and developmental impairments mainly due to conditions such as autism and Down syndrome.

The VACD centre in Bandarawela provides training in special life skills, vocational skills, music and dance for disabled children, and craft instruction for parents.

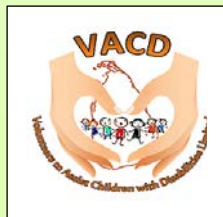
VACD now has 350+ registered children across all communities, races and religions. A majority of the parents of these children are subsistence farmers or low skilled and low income earning labourers.

Yasmin Stephen
Administration & Communications Secretary
Volunteers to Assist Children with Disabilities Limited,

ACN: 605 017 016/ ABN: 80 605 017 016 & ACNC Registered
Cherrybrook, NSW 2126, Australia
Phone: +612 9484 5128

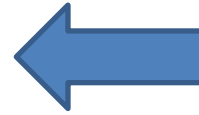
E-mail: vacd@vacd.org.au

Web: <http://www.vacd.org.au/>



'And it's goodnight from me': British comedian Ronnie Corbett dies aged 85

British comedian Ronnie Corbett — best known as the smaller half of the hit television double act The Two Ronnies — dies aged 85, surrounded by his family, his publicist says.



The proud family man David Beckham is famous for his many sentimental tattoos honoring his wife, fashion icon and former Spice Girl Victoria Beckham, and their four kids, sons Brooklyn, 17, Romeo, 13, Cruz, 11, and daughter Harper, 4.

Just last August, Beckham debuted a neck tattoo of the word "Buster," his nickname for Brooklyn, with a tiny heart next to it, on Instagram.

Here are four steps for using your diet to lower your cholesterol.

Stick with unsaturated fats and avoid saturated and trans fats. Most vegetable fats (oils) are made up of unsaturated fats that are healthy for your heart. Foods that contain healthy fats include oily fish, nuts, seeds, and some vegetables. At the same time, limit your intake of foods high in saturated fat, which is found in many meat and dairy products, and stay away from trans fats. These include any foods made with "partially hydrogenated vegetable oils."

Get more soluble fiber. Eat more soluble fiber, such as that found in oatmeal and fruits. This type of fiber can lower blood cholesterol levels when eaten as part of a healthy-fat diet.

Include plant sterols and stanols in your diet. These naturally occurring plant compounds are similar in structure to cholesterol. When you eat them, they help limit the amount of cholesterol your body can absorb. Plant sterols and stanols are found in an increasing number of food products such as spreads, juices, and yogurts.

Find a diet that works for you. When a friend or relative tells you how much his or her cholesterol level dropped after trying a particular diet, you may be tempted to try it yourself. If you do, and after a few months you discover that you're not getting the same benefits, you may need to chalk it up to genetic and physiological differences. There is no one-size-fits-all diet for cholesterol control. You may need to try several approaches to find one that works for you.



MAGAZINE | EAT A Korean Noodle Dish for Lonely Hearts

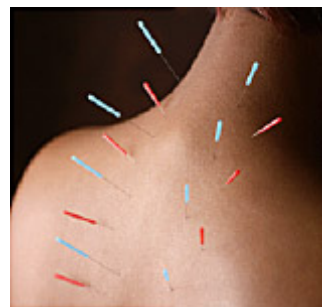
By SAM SIFTON

Jajangmyeon is comfort food of the first order, as pleasing as takeout pizza or kung pao chicken.



Although diet can be a simple and powerful way to improve cholesterol levels, it plays a bigger role for some people than for others. Don't be discouraged if you have followed a diet but not reached your goal blood level. Keep it up. Even if you do end up needing medication to keep your cholesterol in check, you likely will need less than if you didn't make any dietary changes.

For more on lowering cholesterol, buy [Managing Your Cholesterol](#), a Special Health Report from Harvard Medical School.



SLIDESHOW

Needling Pain

When traditional meds don't dull the pain, acupuncture may help. Here's what you need to know.



SLIDESHOW

What Is Dupytren's Contracture?

Symptoms often include knots under the skin of your palm that might become painful.



Japanese Diet for longevity

The researchers conclude: "Our findings suggest that balanced consumption of energy, grains, vegetables, fruits, meat, fish, eggs, soy products, dairy products, confectionaries, and alcoholic beverages can contribute to longevity, by decreasing the risk of death, predominantly from cardiovascular disease, in the Japanese population."

http://www.eurekalert.org/pub_releases/2016-03/b-atj031816.php

No matter how big and strong you are, you shall not carry yourself to the grave

Some mushrooms glow, and here's why



Did you know that there are mushrooms that actually glow? Aristotle was aware of this intriguing fact more than 2,000 years ago. He also was the first person to ask a simple question in print: Why? Now, researchers reporting in the Cell Press journal *Current Biology* finally have a good answer. The light emitted from those fungi attracts the attention of insects, including beetles, flies, wasps, and ants. Those insect visitors are apparently good for the fungi because they spread the fungal spores around.

The new study also shows that the mushrooms' bioluminescence is under the control of the circadian clock. In fact, it was that discovery that led the researchers to suspect that the mushrooms' light must serve some useful purpose.

"Regulation implies an adaptive function for bioluminescence," explains Jay Dunlap of Dartmouth's Geisel School of Medicine.

"It appears that fungi make light so they are noticed by insects who can help the fungus colonize new habitats," says Cassius Stevani of Brazil's Instituto de Química-Universidade de São Paulo. The circadian control of bioluminescence makes the process more efficient.

There are many examples of living things that generate light in various ways. Among bioluminescent organisms, fungi are the most rare and least well understood. Only 71 of more than 100,000 described fungal species produce green light in a biochemical process that requires oxygen and energy. Researchers had believed in most cases that fungi produce light around the clock, suggesting that perhaps it was a simple, if expensive, metabolic byproduct.

N. gardneri mushrooms growing on the base of a young babassu palm in Gilbués, PI, Brazil.

Credit: Michele P. Verderane/IP-USP-2008

The new work led by Dunlap and Stevani suggests that just isn't so, at least not in the case of *Neonothopanus gardneri*, one of the biggest and brightest of bioluminescent mushrooms. *N. gardneri* is also called "flor de coco," meaning coconut flower, by locals in Brazil, where the mushroom can be found attached to leaves at the base of young palm trees in coconut forests.

The researchers found that the mushrooms' glow is under the control of a temperature-compensated circadian clock. They suggest that this level of control probably helps the mushrooms save energy by turning on the light only when it's easy to see.

MNT

Curd

- Fulfills Calcium and Vitamin D requirement of body.
- Make bone and teeth strong
- Maintains blood pressure
- Keeps digestive system healthy
- Lowers blood cholesterol level

Glutamate, an essential food for the brain

Glutamate is an amino acid with very different functions: in the pancreas, it modulates the activity of the pancreatic β -cells responsible for [insulin](#) production, whereas in the brain it is the main excitatory neurotransmitter. In recent years, it has been suspected to play an additional role in the functioning of the brain. By discovering how the brain uses glutamate to produce energy, researchers at the University of Geneva (UNIGE) confirm this hypothesis and highlight unexpected links with the rest of the body.

Unlike other organs, the brain cannot draw its energy from lipids, an energy resource widely present in the body. The blood-brain barrier, which protects it from the pathogens and toxins circulating in the blood, indeed limits the passage of these lipids. Moreover, while most of the organs in the human body have the ability to store glucose by increasing their mass, the brain, prisoner of the cranial bones, cannot count on these variations in volume. Unable to store its food, it depends on sugar supplied in real-time by the rest of the body. This distribution of energy is controlled by the liver. Pierre Maechler, professor at the Faculty of Medicine at UNIGE, and his team therefore decided to verify if glutamate was indeed an energy source for the brain. To do so, the researchers analyzed the role of the glutamate dehydrogenase enzyme in the brain. In mutant form, this enzyme, encoded by the *Glud1* gene, is responsible for a congenital hyperinsulinism syndrome, a severe disease affecting at the same time the endocrine pancreas, the liver and the brain. Individuals affected by this syndrome suffer from intellectual disability and have a high risk of [epilepsy](#).

"We have suppressed the *Glud1* gene in the brain of mice. In the absence of glutamate dehydrogenase, we observed that the brain was no longer able to convert glutamate into energy, even though the amino acid was present in the brain," explains Melis Karaca, first author of this study.

Priority to the brain

Devoid of the energy supplied by cerebral glutamate, the brain sends signals to the liver to requisition a compensatory proportion of glucose, at the expense of the rest of the body. This is why the transgenic mice also showed a growth deficit and muscle atrophy. "This clearly shows how the brain works in a just-in-time manner and that each percent of energy resources is essential for its proper functioning," highlights Professor Pierre Maechler. "If a part of this energy disappears, the brain serves itself first and the rest of the body suffers. The liver must then make more glucose by drawing upon muscle protein, resulting in loss of muscle mass. Knowing that the brain uses glutamate as an energy resource allows us to reflect on other ways to overcome a potential shortfall."

Can pomegranates reduce heart disease risk?

MARY ANN LIEBERT, INC./GENETIC ENGINEERING NEWS

New Rochelle, NY, Dec. 14, 2015 --

A new study assessing the antioxidant effects of pomegranate extract on cardiovascular risk factors and muscle function showed reductions in blood pressure and some atheroprotective benefits, but no effects on inflammation, oxidative strength, or muscle strength. The limited gains with pomegranate supplementation are detailed in an article published in *Journal of Medicinal Food*, a peer-reviewed journal from [Mary Ann Liebert, Inc., publishers](#). The article is available to download for free on the [Journal of Medicinal Food](#) website until Jan. 14, 2016.

The healthiest state: Hawaii

For the fourth year in a row, Hawaii is deemed the healthiest state. Since the report began in 1990, the state has consistently been toward the top of the charts.

Hawaii has a low rate of preventable hospitalizations, obesity and poor [mental health](#) days. One of the challenges for Hawaii last year was their low rate of infant immunizations. In the last 12 months, they have increased the rate by 11% to 73.7%. Although this is a marked increase, they are still below the national average.

Hawaii is also above average for excessive drinking and their incidence of *Salmonella*.



[Home Delivery | Short Film | By Esha Talukdar](#)

by [humaramovie](#)



Beer is brewed by malting, mashing, fermenting and aging grains (mainly barley). Flowers known as "hops" and other spices are added for flavor and balance. The alcohol content of beer averages 5%. One 12 oz beer is the equivalent of one "drink."

Philosophy of marriage

At the beginning, every wife treats her husband as GOD.. Later, somehow don't know why.. alphabets get reversed..

Lifestyle change could reduce risk of Alzheimer's

Heidelberg ageing researchers study connection between cholesterol level and cognitive decline in old age

Changes in lifestyle could reduce the risk of developing **Alzheimer's disease**. That was the conclusion of a study conducted by researchers of Heidelberg University's Network Aging Research (NAR), who examined the data from two independent epidemiological studies. Carriers of the ApoE4 genetic risk factor for Alzheimer's may be able to reduce their increased risk of cognitive decline by reducing their **cholesterol** level, especially if they also suffer from cardiovascular disease. In Germany, approximately 20 percent of the population carries the ApoE4 risk factor. The results of the research were published in *Dementia and Geriatric Cognitive Disorders*.

ApoE stands for apolipoprotein E, a protein that plays a critical role in the metabolism of blood lipids. Among other things, it transports cholesterol to nerve cells which the latter require for signal exchange. There are three different genetic variants, or alleles, of the ApoE gene, which contains the blueprint for the ApoE protein. Carriers of the E4 allele, i.e. the ApoE4 genetic variant, have an increased risk of developing Alzheimer's.

Cognitive deficits such as memory lapses can be harbingers of **dementia** and Alzheimer's but can also occur independently, according to Prof. Dr. Hermann Brenner, Deputy Director of the Network Aging Research (NAR). In the NAR study led by Prof. Brenner at the German Cancer Research Center (DKFZ), epidemiologists Dr. Laura Perna and Dr. Ute Mons investigated the extent to which carriers of the E4 allele have a higher risk of cognitive deficits as they age compared to carriers of the other genetic variants. The scientists were particularly interested in the interaction between ApoE4 and cholesterol levels. For their analyses they used blood samples and medical data from two DKFZ epidemiological studies on older adults who also took cognitive tests for memory and concentration capacity. The ESTHER Study included 1,434 individuals over the age of 70, and the KAROLA Study had 366 participants over 50.

The Heidelberg researchers found that the relationship between the ApoE4 risk factor and cognitive deficits, especially memory, was strongest in those with high cholesterol and **heart disease**. "One possible explanation for the results could be that the brain is especially sensitive to the effects of ApoE4 once it has already been affected by cardiovascular disease and high cholesterol," explains Laura Perna. It is most likely a complex interaction between the various factors. The ApoE4 allele not only increases the risk of Alzheimer's, but is also associated with an increased risk of arteriosclerosis. Arteriosclerosis, a narrowing of the arteries due to fatty deposits, can cause serious cardiac problems but also supports the development of dementia. It is assumed to be caused by a high level of "bad" LDL cholesterol in the blood, which often occurs in ApoE4 carriers. High cholesterol, in turn, is an independent risk factor for Alzheimer's.

In spite of the fact that the relationships are not completely understood, the researchers emphasise the clinical relevance of their findings. "Both high cholesterol and cardiovascular disease are potentially avoidable, and in many cases a healthy diet and lifestyle can reduce high cholesterol," explains Prof. Brenner. Regular exercise and a diet rich in vegetables and fruit and low in animal fat help keep cholesterol levels down. "What's good for the heart is also good for the brain and memory. This appears to be especially important for carriers of the ApoE4 risk factor."

Dr. Laura Perna and Dr. Ute Mons are research assistants in the Clinical Epidemiology and Aging Research Department led by Prof. Brenner at the DKFZ. Approximately 10,000 Saarlanders took part in the ESTHER Study, which began in 2000. The study was conducted by the DKFZ in cooperation with the Saarland Cancer Registry of the state Ministry of Social Affairs, Health, Women and Family Affairs. In the KAROLA Study, ongoing since 1999/2000, epidemiologists have been following approximately 1,200 patients undergoing clinical rehabilitation due to coronary syndrome.

MNT

Do Girls Have 'Protection' from Autism? (Op-Ed)



Why are girls less likely to be diagnosed with autism?

[Read More »](#)

Lead Poisoning Threatens Michigan Kids: What Are the Risks?



The mayor of Flint, Michigan, declared a state of emergency last week after elevated levels of lead were detected in the city's drinking water. Here's a look at what lead does to the body.

[Read More »](#)

What About Over-the-Counter Laxatives for constipation?

When diet, exercise, and fiber supplements don't work, your doctor may recommend another type of laxative.

The right one for you will depend on your symptoms and how uncomfortable you are.

You can get these medicines over the counter or by prescription.

There are 3 types of over-the-counter laxatives:

- Stool softeners
- Osmotic laxatives
- Stimulant laxatives

What Are Stool Softeners?

Stool softeners increase the amount of water in your stool when it's too hard and dry to move through your bowels.

The most common one is docusate (Colace, Correctol, Docu Soft, DOK).

You can also buy a product that has docusate and senna, a type of laxative (Peri-Colace, DOK Plus, Senokot-S).

You shouldn't use docusate medicines for a long period of time because they will stop working.

What Are Osmotic Laxatives?

Osmotic laxatives pull water into your intestines, which helps soften your stool so it can move through your system.

The most common ones are polyethylene glycol, lactulose, and magnesium salts (milk of magnesia).

But be careful: If you take too much of these medicines, you might have diarrhea.

What About Probiotics?

Probiotics are called "good" bacteria because they help keep your gut healthy. Everyone has them in their bodies naturally, and you can also get them from some foods and supplements. The U.S. government considers probiotics to be food supplements, so it doesn't regulate them.

Many doctors feel there is not enough scientific evidence to say that probiotics are a good treatment for chronic constipation.

Cough Medicine and Children

Never give cough medicine to children younger than 4 because it can have serious side effects. For children 4 to 6 years old, ask your doctor before giving any cough and cold medicines. They're safe after age 6. For children 1 and up, try 1/2 to 1 teaspoon of honey to help them cough up mucus up

WebMD

If u have 1 wife, She fights with u! If u have 2 wives, They will fight for u!
Feel the difference & decide



Is this the real face of Jesus?

Richard Neave a retired medical artist from the University of Manchester, came up with the portrait (shown) by using forensic techniques and comput...



Flip a toaster on its side to make grill cheese.
INGENIOUS!!

Yogurt has certainly earned its status as one of the darlings of the ingredient world: It's tasty, portable, rich in probiotics and packed with nutrients like calcium and vitamin D. But if you've been using it to make smoothies and parfaits only, you're missing out. Here are five other ways to weave yogurt into your daily diet—and to make that tub sitting in your fridge work even harder for you.

1. Pasta sauce

Boost the protein content of a basic tomato sauce and give it a creamier texture by adding a few spoonfuls of plain yogurt—an especially helpful tactic if you're trying to sneak nutrients into a picky kid's diet. If you're making an alfredo sauce, try using Greek yogurt. Even if you use the full-fat version, ounce for ounce it still only has about a quarter of the calories as heavy cream. www.today.com

Sweet Bell Peppers

Due to their high vitamin C content, it is a popular misconception that oranges and orange juice are the best foods to eat for boosting your immune system and warding off a cold. However, at an incredible 500 mg per fruit (give or take 50 mg), the average sweet red or yellow bell pepper contains **over three times as much vitamin C** as a similarly-sized orange – and at only around half the calories!

Gout and Plantar Fasciitis

Can Plantar Fasciitis be caused by Gout?



Plantar fasciitis or "heel pain" as they call it, is a foot condition caused by inflammation of the plantar aponeurosis and usually a common cause of heel pain but can be caused by gout and rheumatoid arthritis. Plantar fasciitis is one of the most common causes of heel pain and unfortunately can prevent you from playing your favorite sports and even taking a walk. If the pain becomes chronic, it can severely reduce your quality of life. Typically, plantar fasciitis is caused by running too much or overuse of your feet from sports activities. Having flat feet or high arches may also make you more prone to suffering from this condition. Wearing uncomfortable footwear can also cause inflammation in the plantar fascia. Actually, wearing uncomfortable shoes is the most common cause of foot pain in general!

The plantar fascia has a number of roles, which include holding parts of your foot together, protecting the plantar surface of your foot from trauma and helping to support your foot's longitudinal arch. Usually, with either gout or rheumatoid arthritis there will be what we call *edema enlargement* adjacent to the plantar fascia which is swelling caused by excess fluid trapped in your body's tissues, making every step you take quite painful. Gout sufferers can even feel pain when no pressure is placed on the foot! Think of plantar fasciitis as another gout complication that can occur over time if your gout is not properly treated.

"Heel gout" as some call it could occur in any heel even in both simultaneously which sometimes can make diagnosing gout correctly very difficult. Your doctor will know if it's gout by either seeing needle-shaped crystals under the microscope or by removing synovial fluid out from the affected joint in order to examine the presence of gout crystals. It's also important to note that you can also get fever or the chills with plantar fasciitis.

Posted by Spiro Koulouris

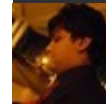
- See more at: <http://goutandyou.com/gout-and-plantar-fasciitis/#sthash.SZqQ9TM9.dpuf>

Can You Prevent Colorectal Cancer?

We explain when to start screening tests and ways to lower your risks. Plus, learn why this common disease is highly curable - if you're diagnosed early.

Long-term hormonal therapy benefits men with locally advanced prostate cancer

Do Sri Lankans consider Ravana a God and Rama as evil? Is the mythology being told differently in both countries?



Darshana Senaviratne, A proud Sri Lankan Well in Sri Lanka, there are both sides. When it comes to the Hinduism believers the majority of them might think Ravana is evil , but when it comes to Sinhalese , I've seen majority of them respect Ravana - and not (mostly) as a God but as a great King . There are various locations in Sri Lanka, especially in Southern and Central part where the names were originated from Ravana-related stories.

And when it comes to Rama though he is being worshiped in some (hindu) temples, majority of Sri Lankans believe Rama is insignificant character in front of Ravana and has not much respect towards him.

In most of Indian stories it is believed Ravana to be evil and Rama as a god and even they show a greater hatred towards Ravana if I am not mistaken. But when it comes to Sri Lankans rather than they 'consider Rama as Evil' they are quite amazed about Ravana and his story. For instance let us forget about who is right and who is wrong, but in these stories there are flying machines which can run from the power of Sunlight and Mercury . There are indications in these stories that these ancestors have travelled to the moon. Furthermore there are indications about a comprehensive knowledge in Medicine and elements such as Mercury , Iron etc.

So in nutshell, I would say for your question the answer would be more or less yes when it comes to **majority** of people .

Last , but not least I have attached a picture of a book I have read which praised ravana in large. The name of Book is "Sri Ravanna Puwatha"(Story of Sri Ravanna(Ravana))



Make a Massager In Under a Minute

Bacon link to Cancer

Perhaps no two words together are more likely to set the internet aflame than BACON and CANCER. So when the World Health Organization classified processed meat as a group 1 carcinogen, the same category as tobacco—

Hold on. Let me stop right here. Eating bacon is not as bad as smoking when it comes to cancer. Just no.

The way WHO classifies cancer-causing substances, on the other hand? Maybe a little dangerous to your mental health. Because it is really confusing.

Here's the deal: The WHO's International Agency for Research on Cancer weighs the strength of the scientific evidence that some food, drink, pesticide, smokable plant, whatever is a carcinogen. What it does not do is consider how much that substance actually increases your risk for actually getting cancer—even if it differs by magnitudes of 100.

The scientific evidence linking both processed meat and tobacco to certain types of cancer is strong. In that sense, both are carcinogens. But smoking increases your relative risk of lung cancer **by 2,500 percent**; eating two slices of bacon a day increases your relative risk for colorectal cancer by 18 percent. Given the frequency of colorectal cancer, that means your risk of getting colorectal cancer over your life goes from about 5 percent to 6 percent and, well, YBMMV. (Your bacon mileage may vary.) "If this is the level of risk you're running your life on, then you don't really have much to worry about," says Alfred Neugut, an oncologist and cancer epidemiologist at Columbia.

The link, though tiny, may start with an iron-based chemical called heme, found in red meat. Heme breaks down into carcinogenic N-nitroso compounds in the digestive tract. Partially on this basis, the IARC also classified unprocessed red a "probable carcinogen." But processed meat takes it a step further: The nitrates and nitrites used to cure meat—which is to say, preserve it—also turn into N-nitroso compounds. Grilling, frying, or otherwise cooking the meat at high-temperatures may create yet other cancer-causing compounds.

So it makes sense that cutting down on bacon, hot dogs, salami, and ham reduce cancer risk a little. But it's hardly the big deal that quitting tobacco would be. Connecting the two, as [The Guardian](#) does in its headline, "Processed meats rank alongside smoking as cancer causes—WHO," misrepresents the IARC's conclusions.

The IARC is an organization of scientists, not policy makers. It publishes monographs to identify hazards and sift them into five piles: group 1 (carcinogenic), group 2A (probably carcinogenic), group 2B (possibly carcinogenic), group 3 (not classifiable), and group 4 (probably not carcinogenic.) Group 1 includes processed meat, and also asbestos. Also alcohol (boo!) and sunlight (yup!). Identifying hazards involves looking at existing data—lots and lots of it—to do essentially a meta-analysis of studies already out there. And it's relatively objective. "Hazard identification is the process that is the closest to the generation of scientific data," say Paolo Boffetta, a cancer epidemiologist at Mount Sinai who has served on similar WHO panels. In other words, IARC studies the studies and generates numbers.

What the IARC doesn't do—and where things get a lot fuzzier—is risk assessment, or figuring out the danger to humans in the real world. Risk assessment involves looking at different scenarios, finding out real-world exposure levels, and weighing possible benefits. (Useful drugs like Tamoxifen—used to treat breast cancer—are also carcinogens, for example.) Those factors can vary from person to person, country to country. "The issue of whether the monograph program should be amended to also include risk assessment has been raised several times, and each time," says Boffetta, "the conclusion was it should not. It should let national regulatory agencies do the research." And after 50 years of doing things one way, it's not like the IARC can just change its mind.

In a way, the IARC's commitment to, as Boffetta calls it, "an independent list that was not subject to additional pressures," makes a kind of sense. But science doesn't happen in a vacuum—just look at the wave of traffic that crashed the IARC's website after the meat announcement. The agency can maintain that it's a dispassionate resource for policymakers, but the public is knocking at its door.

In recent years, says Boffetta, the agency has gotten a lot of attention each time it classified something, and those actions often get "overinterpreted." "X causes cancer" does not mean that X will definitely give you cancer; it just means that X increases your risk of cancer by some amount, and it can vary wildly from a tiny tiny percentage to 25 fold. Does bacon cause cancer? Sure. A little. Will bacon cause cancer in you? Probably not.

<http://www.wired.com/2015/10/who-does-bacon-cause-cancer-sort-of-but-not-really/>

Jamaican minorities in the UK have complained that there are not enough television shows with minorities in mind, so Crimewatch is being shown 5 times a week now.

Controlling Your Blood Pressure

An alarming one in three American adults has high blood pressure. Known medically as hypertension, many people don't even know they have it, because high blood pressure has no symptoms or warning signs. But when elevated blood pressure is accompanied by abnormal cholesterol and blood sugar levels, the damage to your arteries, kidneys, and heart accelerates exponentially. Fortunately, high blood pressure is easy to detect and treat. Sometimes people can keep blood pressure in a healthy range simply by making lifestyle changes, such as losing weight, increasing activity, and eating more healthfully.

Harvard medical School

Treat blood pressure, prevent dementia?

The damage and disability done by dementia cannot be reversed. That makes prevention doubly important. Can treating high blood pressure help prevent dementia?

Yes. Here's some of the evidence:

- European scientists reported that long-term therapy for high blood pressure reduced the risk of dementia by 55%.
- One American study linked therapy to a 38% lower risk.
- Another reported that each year of therapy was associated with a 6% decline in the risk of dementia.
- A study of American men and women linked therapy to a 36% reduction in the risk of Alzheimer's disease. In that study, a type of medication called diuretics appeared to be the most beneficial medication.
- A team of investigators from Harvard and Boston University reported that six months of high blood pressure treatment actually improved blood flow to the brain.

Never too late

It's good to know that blood pressure control can reduce the risk of cognitive dysfunction. But what about people who already have mild memory loss? Can treating high blood pressure help stave off further damage?

Perhaps. Italian scientists studied 80 patients with mild cognitive dysfunction. Over a two-year period, people who were given medications to treat high blood pressure were 80% less likely to progress to full-blown Alzheimer's than untreated patients. It's only one study, and a small one at that, but hopefully additional research will back up that finding.

Harvard Medical School



[Nasal spray pain relief trialled for use during childbirth](#)

Women could soon have the option of using a nasal spray for pain relief during childbirth following recent trials by an Adelaide-based midwifery researcher.

Tea and Coffee protects against breast Cancer

Coffee and tea are the most popular beverages consumed worldwide, rendering them as relevant dietary exposures.^[1] Coffee and tea consumption may protect against breast cancer through anticarcinogenic properties of their biochemical compounds such as

caffeine, polyphenols and diterpenes^[2-4] or through favourably altering the levels of hormones implicated in breast cancer.^[5-9] While polyphenols, including flavonoids, may

mimic estradiol structure and, hence, antagonize estrogen action, paradoxically, they may also bind weakly to estrogen receptors and promote estrogen-dependent transcription.^[10]

A major systematic review by the World Cancer Research Fund and American Institute for Cancer Research had concluded that for the association between coffee and tea intake and pre- and postmenopausal breast cancer, evidence did not allow for definite conclusions.^[11] A minority of studies that distinguished between types of coffee consumed showed contradictory results for decaffeinated coffee.^[12] Nevertheless, it is conceivable that different types of coffee are associated with opposing effects on cancer risk owing to differences in their constituents. For instance, decaffeinated coffee may contain very low levels of caffeine (up to 0.1%).^[13] Therefore, it is pertinent to further explore the effects arising from differing caffeine levels in caffeinated and decaffeinated coffee.

Medscape

Alzheimer's Disease-new drug:

Solanezumab is one form of treatment being studied as a potential therapy for patients with mild forms of Alzheimer's disease. It works by binding to proteins called amyloid-beta, allowing them to be cleared before they build up and form plaques in the brain.

The results come from the secondary analysis of data produced by three studies. EXPEDITION and EXPEDITION2 were identical phase 3 randomized, double-blind placebo-controlled trials lasting for 18 months. EXPEDITION-EXT was the name given to the delayed-start period, in which the placebo groups began treatment with solanezumab.

MNT

Can a single food prevent Cancer?

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.

Why Are High Triglycerides Bad?

Very high levels of triglycerides are associated

with [liver](#) and [pancreas](#) problems.

But studies show conflicting results on the role of high triglycerides and the risk of [heart disease](#). Not all experts agree that triglycerides play a significant role in [heart](#) problems.

High triglycerides tend to show up along with other problems, like [high blood pressure](#), [diabetes](#), [obesity](#), high levels of "bad" [LDL cholesterol](#), and low levels of "good" [HDL cholesterol](#). So it's hard to know for sure which problems are caused by high triglycerides alone.

For instance, some people have a genetic condition that seems to cause high triglyceride levels. But they don't have an increased risk of [heart disease](#). Still, there is some evidence that high triglycerides, on their own, increase the risk of disease.

Other studies show that high triglycerides may only play a minor role when other [heart disease](#) risks are taken into account.

With ongoing studies, scientists hope to find out whether drugs that lower triglycerides also reduce the risks of heart disease.

Overall, it's important to remember that improving diet and lifestyle will lower triglycerides and lower the overall risk of heart and blood vessel problems.

WebMD

What's good in Beans?

Beans are consumed by many cultures in varied cuisines. Peanut is a bean (legume), and the Jaffna man roasts the dried pods cracks the shells and enjoy daily as a munching food. Americans also consume a substantial amount of peanuts and are also there is a rapid rising allergy, especially among children. Americans also consume lot of soy and soy products, obtained from soy beans, like the Orientals. Peanut butter trials have been tried to cure malnutrition among the poorly nourished children in most tribes in Africa, and has been a success.

Beans reduce your cholesterol in the blood by its high soluble fibre content, has proteins, and the vegetarians takes the advantage of eating lot of beans for its high protein content. Beans also have low carbohydrate amounts and hence have a low glycaemic index ideal for those having diabetes to consume. Beans also are rich in folate and iron. They also contain Lectins, like other grains. Lectins seem to protect the bean plant and defend themselves from predators.

If you do not eat meat legumes are a good substitute for proteins. Canadians eat lot of beans. They have included the top five picks for healthy legumes to include in their daily meals.

Black Beans- these have high protein content and fibre and low on fats and carbs. Canned black beans tend to give much gas and discomfort in the tummy. It is best that the beans are thoroughly washed after removing from the can. The sugar and the salt seems to cause the gas in your tummy. Dried beans are very popular and added to most cuisines, including soups.



[They Told This Man To Sing. Now Watch When He Takes A Breath...](#)



[How to Make an Omelet -- Easy](#)

by Larry Richardson



[how to make Potato Roti](#)

by zorinaspice

[Brain Stimulation After Stroke Aids Recovery](#)

Erectile Dysfunction

Many patients with ED also have cardiovascular disease; thus, treatment of ED in these patients must take cardiovascular risks into account.

According to American Urological Association (AUA) guidelines, oral phosphodiesterase type 5 (PDE5) inhibitors are first-line therapy unless contraindicated.^[1] Agents include the following:

- Sildenafil
- Vardenafil
- Tadalafil
- Avanafil

In patients with ED refractory to oral PDE5 inhibitors, one of these agents can be combined with an injection of PGE1.^[2]

In a prospective, multicenter, single-armed study of ED patients who exhibited a suboptimal response to PDE5 inhibitors, the investigators found that percutaneous implantation of zotarolimus-eluting stents in focal atherosclerotic lesions was both safe and feasible and was associated with clinically meaningful improvement on subjective and objective measures of erectile function.^[3]

Hormone replacement may benefit men with severe hypogonadism and may possibly be useful as adjunctive therapy when other treatments are unsuccessful. Replacement androgens are available in oral (rarely used), injectable, gel, and transdermal preparations.

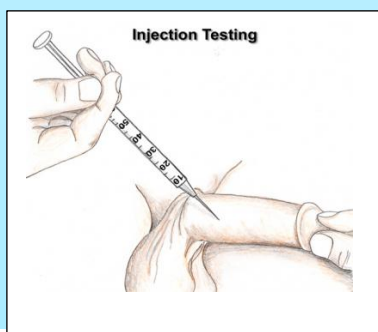
Intracavernosal injection therapy may be considered and is almost always effective if the vasculature within the corpora cavernosa is healthy. Agents used include the following:

- Alprostadil (most common)
- Phentolamine
- Papaverine

The Medicated Urethral System for Erections (MUSE) involves the formulation of alprostadil (PGE1) into a small intraurethral suppository that can be inserted into the urethra. This may be useful for men who do not want to use self-injections or those in whom oral medications have failed.

External devices that may be used include the following:

- Vacuum devices to draw blood into the penis
- Constriction devices placed at the base of the penis to maintain erection



Ultimate remedy for Erectile Dysfunction

Direct injection of prostaglandin E1 (PGE1; alprostadil) into the corpora cavernosa (see the image below)

A vasodilator such as prostaglandin E1 can be injected into one of the corpora cavernosa. If the blood vessels are capable of dilating, a strong erection should develop within 5 minutes. Medscape

Can you avoid hangovers with organic wine?

Vogue.com.au Wellbeing Vogue Australia



True or false: can you avoid

hangovers with organic wine?

Technically, yes you can.

While many may write organic or preservative-free wine off as a gimmick designed to attract those caught up in a health kick, the truth is organic wine is not only better for the environment but it also offers some hangover reducing benefits — everybody wins.

So what is organic wine?

This is wine created using grapes that have been cultivated without the interference of artificial and synthetic chemicals, such as herbicides and pesticides. Rather than rely on harmful chemicals, farmers use nature to their advantage by improving their vineyard's biodiversity. In simple terms, certain plant and insect species are introduced into the ecosystem, which help to regulate the vineyard naturally.

Is organic wine better for you?

Though we're inclined to think we're allowed a little extra when a product is organic the truth is organic doesn't always mean healthy. And when it comes to organic wine, just like with any alcohol, excessive amounts are harmful.

Daily Telegraph

Lower systolic blood pressure reduces risk of hypertension complication

Lowering systolic **blood pressure** below the currently recommended target can reduce the risk of left ventricular hypertrophy (LVH), the most common complication of **high blood pressure**, according to new research.

The study, led by Elsayed Z. Soliman, M.D., director of the Epidemiological Cardiology Research Center at Wake Forest Baptist Medical Center, is published in the early online edition of *Hypertension*.

LVH, the enlargement and thickening of the walls of the left ventricle, the heart's main pumping chamber, is associated with an increased risk of **heart failure, stroke** and even sudden cardiac death. Although doctors have known that reversal of LVH can be achieved by sustained lowering of systolic blood pressure - the upper number on a blood pressure reading - it wasn't known if a strategy aimed at lowering blood pressure beyond the recommended level would reduce the risk.

MNT

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

Leading Causes of Death in the US: What's Changed Since 1969?



Five of the six top causes of death in America — including stroke, cancer and diabetes — now have lower death rates than they have in past years, according to a new report.

[Read More »](#)

Bacon, burgers and sausages were this week deemed to be as big a cancer threat as cigarettes, according to global health chiefs.

The warning saw processed meat added to the list of items classified as carcinogenic to humans by the World Health Organization. But, in light of the news, which has attracted widespread reaction, the IARC has revealed its list of 116 things that can cause cancer. The list features the known obvious culprits, tobacco smoke, secondhand smoke, alcohol, asbestos and arsenic, to name a few. But, there are also a number of everyday activities and items that feature that are almost impossible to avoid, including the air we breathe.

Stroke in marijuana users linked to arterial stenosis

Marijuana is known to be linked with stroke. A new study published in the *Journal of the American College of Cardiology* suggests that it causes a different kind of stroke than in non-marijuana users.



Marijuana users are at risk of stroke caused by arterial stenosis.

The new study, the first to investigate differences in **stroke** between marijuana users and non-users, found that ischemic strokes in young adults who use marijuana are more likely to result from stenosis, or narrowing of the arteries in the skull, than strokes in non-users.

Marijuana is the most commonly used illicit drug in the US. It consists of dried leaves, flowers, stems and seeds from the hemp plant, *Cannabis sativa*. These contain the mind-altering chemical delta-9-tetrahydrocannabinol (THC) and other related compounds.

Use is widespread among young people, growing numbers of whom believe that it is not dangerous. With four US states and DC having legalized marijuana for recreational use, and 19 other states legalizing marijuana in some form, the National Institute on Drug Abuse (NIDA) state that it is "particularly important for people to understand what is known about both the adverse health effects and the potential therapeutic benefits linked to marijuana." [Fast facts about marijuana](#)

22.2 million people reported using marijuana in the past month in 2014

2.6 million used it for the first time during the past month

Average age of first use was 18.5 years, among users aged 12-49.

[Learn more about marijuana](#)

As a medication, clinical trials are currently taking place to investigate the use of cannabinoids to treat conditions such as multiple sclerosis; and there are already two preparations approved by the Food and Drug Administration (FDA) involving THC.

MNT

Lung Cancer: The Big Picture

Lung cancer is the top cause of cancer deaths in both men and women. But this wasn't always the case. Before the widespread use of mechanical cigarette rollers, lung cancer was rare. Today, smoking causes nearly 9 out of 10 lung cancer deaths, while radon gas, pollution, and other chemicals play a smaller role. Newly developed drugs can offer hope for people diagnosed today.

Red Wine to lose weight?

It's no secret that some people enjoy a nice glass of wine in the evening. We've all heard that drinking wine on a regular basis (albeit in moderation) provides you with many health benefits, but several new studies suggest it may be a way to prevent obesity and even help you slim down.



Like

May also interest you:

[Scientific Tips for Losing Weight!](#)

[11 Unexpected Health Benefits of Drinking Whisky](#)

[8 Myths About Diabetes Everyone Believes to Be True](#)



The average glass of red wine contains around 125 calories, and a bottle would usually hold five glasses - or around 600 calories. A 13-year Harvard University study that followed some 20,000 women found that the ones who drank half a bottle of wine on a daily basis were 70% less likely to develop obesity. These two pieces of information seem to clash, as adding another 300 calories to your diet on a regular basis should cause you to gain weight, not lose it, but the results seem to speak for themselves.

The University College Medical School of London held an eight-year study with 43,500 female participants and found that those who drank a couple of glasses on a daily basis were 24% less likely to put on weight compared to those who abstained from alcohol. -BabaMail

Chili Peppers Cheat Death

People who eat spicy foods daily may reduce their risk of death by as much as 14%.



Chili peppers - image from Shutterstock

Chili peppers are abundant in capsaicin, a compound that is associated with antioxidant and anti-inflammatory properties. Emerging evidence also suggests that it exerts beneficial effects on the gut microbiota. Researchers from the Chinese Academy of Medicine (China) analyzed data collected on 500,000 adults enrolled in the China Kadoone Biobank, finding that People who eat spicy foods 1 or 2 times a week may reduce their risk of death by as much as 10%. Those who consumed spicy food daily were 14% less likely to die. Fresh chilis appeared to exert a stronger effect, as compared to non-fresh chili products. The study authors conclude that: "Our analyses showed significant inverse associations between spicy food consumption and total and certain cause specific mortality (cancer, ischemic heart diseases, and respiratory diseases)."

[VIEW NEWS SOURCE...](#)

Beef contains sufficient iron



If you're a meat lover, beef is a great way to get some iron. Grill 6 ounces of sirloin steak for a meal that serves up 3.2 grams of this important mineral. How much iron do you need each day? It depends on your age and sex. Men need 8 milligrams (mg). Women should get 18 mg up to age 50, but only 8 after that. If you're pregnant, you need as much as 27.

WebMD

Just two rashers of bacon a day raises your risk of cancer: Health chiefs put processed meat at same level as cigarettes



A new World Health Organisation report has classified processed meat as carcinogenic alongside arsenic and asbestos. Officials said less than one sausage a day increases the risk by almost a fifth.

Ask Well: Blood Pressure, the Top and Bottom Numbers

By
NICHOLAS BAKALAR



Credit: Brendan Smialowski for The New York Times

What is the significance of elevated diastolic blood pressure if the systolic is normal?

Both elevated systolic blood pressure (the top number) and diastolic (the bottom number), together or alone, increase the risk for cardiovascular disease. The systolic reading indicates the pressure in the arteries produced when the heart beats; the diastolic is the arterial pressure between beats, when the heart is at rest. Readings below 120/80 are considered healthy. Though high systolic and diastolic readings are both associated with increased risk, they may present different risks for different diseases. In 2014, [researchers published a study](#) of more than 1.25 million people 30 and older who were initially free of cardiovascular disease. They recorded their blood pressures, and followed them for an average of 5.2 years, during which 83,098 developed cardiovascular disease.

Over all, those with a reading above 140/90 had a higher risk for cardiovascular disease than those with lower blood pressure — an unsurprising finding.

But the researchers also found that the risk of some diseases could be predicted by a high systolic reading, and others by a high diastolic reading. For example, the risk for heart attack is more strongly associated with an elevated systolic pressure. But the risk for abdominal aortic aneurysm, a swelling or rupture in the large artery that goes from the heart to the chest and abdomen, is higher when the diastolic pressure is elevated.

"It's reasonable to say that the systolic effect over all is slightly stronger than the diastolic," said the senior author of the study, Dr. Harry Hemingway, a professor of clinical epidemiology at University College London and director of the Farr Institute.

"But if you have isolated diastolic hypertension," he added, "you still have hypertension, and you should take measures to lower it."

<https://www.youtube.com/watch?v=GmAyAZ3RwtY>

Being Happy Doesn't Really Increase Your Life Span



How happy you are doesn't seem to affect your risk of an early death, a new study from the United Kingdom suggests.

[Read More »](#)

Coke Spends Lavishly on Pediatricians and Dietitians

By ANAHAD O'CONNOR



A soft-drink company's philanthropy wins it praise despite its sugary contribution to obesity in America. [READ MORE...](#)

Grapefruit Juice Curbs Weight Gain

Mice fed a high-fat diet and given grapefruit juice to drink gained 18% less weight than those given water to drink.

Eating grapefruit or drinking grapefruit juice may help to prevent weight gain and increase insulin sensitivity. Andreas Stahl and Joseph Napoli of the University of California Berkeley and colleagues randomly assigned mice to receive drinking water alone (control) or drinking water containing either 50% grapefruit juice, 25% grapefruit juice, naringin (a bioactive compound in grapefruit juice that has been identified as a key agent in weight loss), the glucose-lowering drug metformin, or a combination of metformin and grapefruit juice. Saccharin mixture to counteract grapefruit's bitterness. The researchers added artificial sweeteners to the control group's water so that it would match the calorie and saccharin content of the grapefruit juice. The mice were fed a diet that was either 60% fat or 10% fat for 100-days, and their metabolic health was monitored throughout the study. Results showed that mice that ate the high-fat diet and drank diluted grapefruit juice not only gained less weight than their control counterparts, but also exhibited a 13-17% decrease in blood glucose levels and a threefold decrease in insulin levels, thus suggesting that grapefruit boosts insulin sensitivity. The results of the mice fed naringin or metformin were especially promising. "The grapefruit juice lowered blood glucose to the same degree as metformin," said Dr Napoli, professor and chair of nutritional sciences and toxicology. "That means a natural fruit drink lowered glucose levels as effectively as a prescription drug." Although naringin had a significant effect upon blood glucose levels it had no effect on weight, suggesting that some other ingredient in grapefruit juice is also beneficial.

[VIEW NEWS SOURCE...](#)



image from Shutterstock

Anti-Aging Superfoods Blueberries

Blueberries are one of the healthiest fruits you can eat to fight aging. With the highest concentration of antioxidants of all berries, blueberries help combat both the physical and mental effects of aging.

They contain anthocyanins, which research has shown to help improve memory, even slowing the onset of Alzheimer's disease.

Blueberries are also a great food to help fight inflammation, which leads to a number of diseases and contributes to skin aging. Blueberries are great to eat as a snack. You can also add them to cereal, oatmeal, or yogurt. Try incorporating half a cup of blueberries into your diet a few times a week.

www.happydieter.com



The power of compassion

Most of us learn from a very young age that kindness is a wonderful virtue

Tai Chi: A combination of relaxation, deep breathing and gentle movements, studies have shown it to reduce stress, improve balance and increase muscle strength. It's also an accessible physical activity for the elderly, overweight, or those recovering from injury. - See more at: <http://healthhints.com.au/quick-tip-101-understanding-tai-chi/#sthash.n4CAWTVv.dpuf>

[World's First Nationwide Diabetes Prevention Program to Run in UK](#)

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.

Introducing Your Child to Yoga

by [Jade Nichols](#) (follow)

For anyone practicing yoga with a baby, it can be a challenge to combine the practice properly with tending to your baby at the same time. It is best to try and integrate and teach your child yoga from an early age, as they will adjust to it being a 'normal' practice in life.

I have a 10 month old baby. I have been practicing yoga on and off around her for all of her life, but only in the past 5 months have I been making it a routine and incorporating it properly into her life. 'Yoga time' I say, as I unfold the mat at around the same two different times in the day.

She likes to crawl on top of me and under me as I move through the asanas. I then give her own personal yoga time where we sing 'the hokie pokie' and I help her do poses such as 'happy baby'. Of course being a 10 month old, there are times when she isn't in the mood to join in and would rather do her own thing. Babies and children benefit tremendously from yoga, not just the physical benefits from the asanas such as good circulation, range of motion and neuromuscular development, but also emotionally such as learning to have trust in their bodies and their parents, learning about relationships and being able to enjoy that loving contact with you where they know they have your full attention.

Tea and Coffee protects against breast Cancer

Coffee and tea are the most popular beverages consumed worldwide, rendering them as relevant dietary exposures.^[1] Coffee and tea consumption may protect against breast cancer through anticarcinogenic properties of their biochemical compounds such as caffeine, polyphenols and diterpenes^[2-4] or through favourably altering the levels of hormones implicated in breast cancer.^[5-9] While polyphenols, including flavonoids, may mimic estradiol structure and, hence, antagonize estrogen action, paradoxically, they may also bind weakly to estrogen receptors and promote estrogen-dependent transcription.^[10]

A major systematic review by the World Cancer Research Fund and American Institute for Cancer Research had concluded that for the association between coffee and tea intake and pre- and postmenopausal breast cancer, evidence did not allow for definite conclusions.^[11] A minority of studies that distinguished between types of coffee consumed showed contradictory results for decaffeinated coffee.^[12] Nevertheless, it is conceivable that different types of coffee are associated with opposing effects on cancer risk owing to differences in their constituents. For instance, decaffeinated coffee may contain very low levels of caffeine (up to 0.1%).^[13] Therefore, it is pertinent to further explore the effects arising from differing caffeine levels in caffeinated and decaffeinated coffee.

Medscape



Did you know that pomegranate has been studied for its' potential role in 105 different diseases and has at least 39 associated pharmacological actions? Pomegranates cut your risk of developing [heart disease](#) by improving blood circulation and slowing the growth of plaque formation in arteries. It helps improve mood and fight [depression](#). Pomegranates help reduce cancer risk since they are very high in antioxidants and have a protective effect as well. It helps to boost memory and lowers your risk of developing [Alzheimer's disease](#) down the road. It can even fight bacterial and fungal infections.

Of most interest to gout sufferers is that pomegranates can treat bone loss associated with [osteoporosis](#). Pomegranate's antioxidant and anti-inflammatory effects reduce oxidative stress and have a positive effect on your bone health. In fact, a systematic review of [8 studies](#) revealed the positive effects of pomegranate juice or extract on not only osteoporosis but [osteoarthritis](#) and even [rheumatoid arthritis](#), diseases that are very similar in ways to gout. One study even found that pomegranate extract decreased joint tenderness in [RA patients by 62 percent!](#)

The health benefits of pomegranate don't even end there! Studies have shown them to reduce [joint pain and inflammation](#) in arthritis sufferers. Basically, the antioxidants in pomegranates help to reduce inflammation that contributes to the deterioration of cartilage in your joints. So common sense would dictate that this would also be beneficial for gout sufferers as well and not only arthritis sufferers. Besides gout is part of the arthritis family of diseases. Heck, one [study](#) even found that pomegranate extract blocked the production of a cartilage-destroying enzyme! You know you want to add pomegranate in your gout diet! Another important fact about pomegranates is that their content carries acids like citric and malic acid. Citric acid helps eliminate uric acid and its salts through the urine helping gout sufferers. If you ask me, it looks like pomegranate should be considered a superfood for gout sufferers. Pomegranates are in season in the fall here in North America and don't worry about the seeds, they are edible and high in [fibre](#). You can also consume pomegranate extract and is available in powder, pill or capsule form.

Posted by [Spiro Koulouris](#)

Magnesium May Lower Metabolic Syndrome

Increased magnesium intake may help to reduce a person's risks of developing Metabolic Syndrome.



Spinach - image from Shutterstock

Abundant in green leafy vegetables, legumes, and tofu, magnesium is involved in hundreds of enzyme reactions in the human body. DT Dibaba, from Indiana University (Indiana, USA), and colleagues reviewed six published studies involving a total of 24,473 participants and 6,311 cases of Metabolic Syndrome. The average magnesium intakes ranged from 117 to 423 mg per day. Data analysis revealed that those subjects with the highest average dietary intakes of magnesium were at 31% lower risk of developing Metabolic Syndrome, as compared to those with the lowest intakes. Further, every 100 mg per day increase in magnesium intake reduced the overall risk of having Metabolic Syndrome by 17%. The study authors report that: "Findings from the present meta-analysis suggest that dietary magnesium intake is inversely associated with the prevalence of metabolic syndrome." [VIEW NEWS SOURCE...](#)

Herbal Supplements:

Just because the label says "natural" doesn't mean it's safe. One serious danger is kava kava, an herb that can relieve menopause symptoms and help you relax. Studies show it can keep the liver from working, causing hepatitis and liver failure. Some countries have banned or restricted the herb, but it's still available in the U.S. You should always talk to your doctor before you take any herbs to make sure they're safe.

Wine is made by first fermenting and then aging different varieties of grapes. The alcohol content of wine varies from around 9% to 20%. A 5 oz serving of a 12% alcohol-content wine is the equivalent of one "drink."

An Emergency Call Centre worker has been fired in Toronto much to the dismay of her colleagues, who were unhappy with her dismissal. It seems that a caller dialed 911 from a cell phone stating, "I am depressed and lying on a railway line so that when the train comes I can finally meet Allah." To which the call centre employee replied, "Remain calm and stay on the line."

Balance Predicts Brain Health

The ability to balance on one leg for 20 seconds or more may correlate to better cognitive function and reduced stroke risk.



Balancing on one leg - image from Shutterstock

A condition that commonly increases with age, small vessel disease occurs due to microangiopathy of arterioles in the brain, making these arteries less flexible, thereby potentially interfering with blood flow. As a result, loss of motor coordination, including balance, as well as cognitive impairment may occur. Yasuharu Tabara, from Kyoto University Graduate School of Medicine (Japan), and colleagues assessed 841 women and 546 men, average age of 67 years, for the ability to stand on one leg (eyes open). Subjects performed this examination twice and the better of the two times was used in the study analysis. Cerebral small vessel disease - small infarctions without symptoms such as lacunar infarction and microbleeds, was evaluated using brain magnetic resonance imaging. Researchers found that the inability to balance on one leg for longer than 20 seconds was associated with cerebral small vessel disease. As well, the team observed that 34.5% of those with more than two lacunar infarction lesions had trouble balancing; 16% of those with one lacunar infarction lesion had trouble balancing; 30% of those with more than two microbleed lesions had trouble balancing; and 15.3% with one microbleed lesion had trouble balancing. The study authors conclude that: "Postural instability was found to be associated with early pathological changes in the brain and functional decline, even in apparently healthy subjects."

[VIEW NEWS SOURCE...](#)

Researcher finds key clues about 'betel nut' addiction that plagues millions worldwide

For hundreds of millions of people around the world, chewing betel nut produces a cheap, quick high but also raises the risk of [addiction](#) and [oral cancer](#). Now, new findings by a University of Florida Health researcher reveal how the nut's psychoactive chemical works in the brain and suggest that an addiction treatment may already exist.

The betel nut, a seed of the areca palm, is grown and used throughout India, parts of China and much of Southeast Asia, including Indonesia and most of the Pacific islands. Chewing the betel quid -- a mixture of areca nut, spices and slaked lime wrapped in betel vine leaves -- has been a cultural tradition in those regions for centuries. In small doses, it creates a sense of euphoria and alertness. Prolonged use can create addiction and the World Health Organization classifies the betel nut as a carcinogen.

Findings published Oct. 21 in the journal *PLOS ONE* show that the nut's active ingredient, arecoline, acts on the same receptor proteins in the brain as nicotine. This raises the possibility that prescription drugs now used to break [nicotine dependence](#) could also be effective against betel nut addiction, said Roger L. Papke, Ph.D., a professor in the UF College of Medicine department of pharmacology and therapeutics. "Without knowing why people become dependent, there was no way to help them get over the dependence. This provides a new avenue toward treating the addiction," Papke said.

MNT

Antioxidants May Make Cancer Worse

New animal studies explain why supposedly healthy supplements like beta-carotene could exacerbate a dread disease

Antioxidants are supposed to keep your cells healthy. That is why millions of people gobble supplements like vitamin E and beta-carotene each year. Today, however, a new study adds to a growing body of research suggesting these supplements actually have a harmful effect in one serious disease: cancer.

The work, conducted in mice, shows that antioxidants can change cells in ways that fuel the spread of malignant melanoma—the most serious skin cancer—to different parts of the body. The progression makes the disease even more deadly. Earlier studies of antioxidant supplement use by people have also hinted at a cancer-promoting effect. A large trial reported in 1994 ([pdf](#)) that daily megadoses of the antioxidant beta-carotene increased the risk of lung cancer in male smokers by 18 percent and a 1996 trial was stopped early after researchers discovered that high-dose beta-carotene and retinol, another form of vitamin A, increased lung cancer risk by 28 percent in smokers and workers exposed to asbestos. More recently, a 2011 trial involving more than 35,500 men over 50 found that large doses of vitamin E increased the risk of prostate cancer by 17 percent. These findings had puzzled researchers because the conventional wisdom is that antioxidants should lower cancer risk by neutralizing cell-damaging, cancer-causing free radicals.

But scientists now think that antioxidants, at high enough levels, also protect cancer cells from these same free radicals. "There now exists a sizable quantity of data suggesting that antioxidants can help cancer cells much like they help normal cells," says Zachary Schafer, a biologist at the University of Notre Dame, who was not involved in the new study. Last year the scientists behind the melanoma study found that antioxidants fuel the growth of another type of malignancy, lung cancer

Scientific American

Use A Damp Tea Bag To 'Pull Out' Bee Sting

The tannins in tea leaves are a powerful anti-inflammatory remedy which can help to reduce swelling around a bee sting, thus making the stinger easier to remove. Simply apply a damp black tea bag over the bee sting and leave it there until the swelling goes down. Once it does, the stinger will slide out easily.

Further Reading: [18 Genius Things To Do With Your Used Tea Bags](#)

Lemon juice

Another way to neutralize excess uric acid in the blood stream, which can provide relief from pain caused by bouts of gout, is with lemon juice. The freshly squeezed juice of a lemon can alkalize the body. Another useful way to consume it is adding a lemon half to a glass of water, as this will be less strong than pure lemon juice. You can also mix the juice of a lemon with half a teaspoon of baking soda. When this mixture stops fizzing, add it to a glass of water and drink it immediately.

Meldonium -- The Drug That Brought Down Sharapova

Could moderate drinking reduce early-stage Alzheimer's death rates?

Written by [James McIntosh](#)

Researchers have found a link between moderate alcohol intake - consuming 2-3 units a day - and reduced risk of death in patients with early-stage dementia or Alzheimer's disease. Their findings are published online in *BMJ Open*.



Previous studies have linked moderate drinking with a reduced risk of cardiovascular disease and mortality.

Excessive alcohol consumption is widely known to have multiple negative health consequences, including **pancreatitis**, **heart disease**, some forms of **cancer** and brain damage.

Previous research has indicated, however, that moderate drinking might not carry these risks.

"In fact, moderate alcohol consumption seems to have beneficial effects on various parts of our health, decreasing the risk of cardiovascular disease and mortality," write the authors of the new study.

Alzheimer's disease is a leading cause of mortality in the US. The Alzheimer's Association state that an estimated 700,000 people in the US aged 65 and above will die from the disease by the end of 2015.

Deaths attributed to Alzheimer's have also increased over the last 15 years, rising by 71% between 2000 and 2013. As such, research into slowing the effects of this neurodegenerative disorder are becoming increasingly important.

The authors of the new study wanted to find out if the decreased risk of mortality potentially conferred by moderate drinking would apply to people with early-stage Alzheimer's disease, particularly in light of the fact that alcohol is known to damage brain cells.

To do this, the researchers analyzed data taken from the Danish Alzheimer's Intervention Study (DAISY) on 321 people with early-stage **dementia** or Alzheimer's disease and their primary carers. DAISY evaluated the impact of a year-long support program, tracking the progress of its participants for 3 years afterward.

Moderate drinking linked to a 77% lowered risk of death

Of the 321 participants with Alzheimer's disease, 17% drank 2-3 units of alcohol daily. Around 8% drank no alcohol, 71% drank 1 unit or fewer daily and 4% drank more than 3 units daily.

During the follow-up period, a total of 16.5% of the participants died. The researchers found that those who drank 2-3 units of alcohol daily had a 77% lower risk of death in comparison with those who drank 1 unit or fewer per day.

Even after adjusting for potentially confounding factors such as age, gender, quality of life and smoking status, the researchers found that this association remained.

Desk-ercise: Foot Pumps

Whenever you're stuck in your seat, try to regularly move your feet and calf muscles. For example: Put your feet flat on the floor. Raise your toes in the air while keeping your heels on the ground.

Hold for 3 seconds. Then reverse -- plant your toes, raise your heels, and hold for 3 seconds.

Risk factors for chronic kidney disease

A risk factor is a condition, situation or environment which raises the risk of developing a disease or condition. For example, obese people have a higher risk of developing Diabetes Type II. Therefore, **obesity** is a risk factor for Diabetes Type II.

The following conditions or situations are linked to a higher risk of developing kidney disease:

- A family history of kidney disease
- Age - chronic kidney disease is much more common among people over 60 years of age
- Atherosclerosis
- Bladder obstruction
- Chronic glomerulonephritis
- Congenital kidney disease (kidney disease which is present at birth)
- **Diabetes** - the most common risk factor in Europe, Japan, North America, and probably most other parts of the world.
- Hypertension (**high blood pressure**)
- **Lupus** erythematosus
- Overexposure to some toxins
- Sickle cell disease
- Some medications

Symptoms of chronic kidney disease

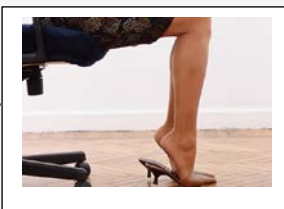
A symptom is something the patient feels and reports, while a sign is something other people, including a doctor or a nurse may detect. For example, pain may be a symptom while a rash may be a sign.

Chronic kidney failure, as opposed to acute kidney failure, is a slow and gradually progressive disease. Even if one kidney stops functioning, the other can carry out normal functions. It is not usually until the disease is fairly well advanced and the condition has become severe that signs and symptoms are noticeable; by which time most of the damage is irreversible.

It is important that people who are at high risk of developing kidney disease have their kidney functions regularly checked. Early detection can significantly help prevent serious kidney damage.

The most common signs and symptoms of chronic kidney disease include:

- Anemia
- Blood in urine
- Dark urine
- Decreased mental alertness
- Decreased urine output
- Edema - swollen feet, hands and ankles
- Fatigue (tiredness)
- Hypertension (high blood pressure)
- Insomnia
- Itchy skin, can become persistent
- Loss of appetite
- Male inability to get or maintain an erection (erectile dysfunction)
- More frequent urination, especially at night
- Muscle cramps
- Muscle twitches
- Nausea
- Pain on the side or mid to lower back
- Panting (shortness of breath)
- Protein in urine
- Sudden change in bodyweight
- Unexplained headaches
- MNT



Stay Alert in the Air

On a long flight, skip the alcohol and sleeping pills. You need to stay awake enough to keep your muscles moving for good blood circulation. Get up and walk around every hour or two. When you're sitting, change your position often. Don't cross your legs, since that can weaken blood flow.

WebMD

Alzheimer's disease

Alzheimer's disease is characterized by progressive damage to nerve cells and their connections. The result is devastating and includes memory loss, impaired thinking, difficulties with verbal communication, and even personality changes. A person with Alzheimer's disease may live anywhere from two to 20 years after diagnosis. Those years are spent in an increasingly dependent state that exacts a staggering emotional, physical, and economic toll on families. A number of factors influence the likelihood that you will develop Alzheimer's disease. Some of these you can't control, such as age, gender, and family history. But there are things you can do to help lower your risk. As it turns out, the mainstays of a healthy lifestyle — exercise, watching your weight, and eating right — appear to lower Alzheimer's risk.

Harvard medical School

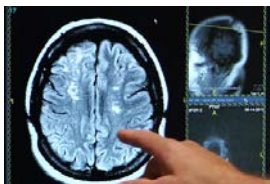
Good' Bacteria Lacking in City Homes



Got bacteria? If you live in a city, maybe not enough of the good kind.

[Read More »](#)

Young Adults Ignore Stroke Symptoms That Could Save Their Lives (Op-Ed)



Learn these stroke symptoms, they aren't what you expect and they could save your life.

[Read More »](#)

2 Things That May Lower Your Stroke Risk

The right amounts of sleep and exercise may help. How much shut-eye is too much, though?



PERSONAL HEALTH



Simple Remedies for Constipation

By JANE E. BRODY

Chronic constipation is an all-too-common problem rarely discussed in polite company and only reluctantly mentioned to doctors during checkups.

ASK WELL



The Sugar in Fruit

By SOPHIE EGAN

A reader asks: Does the sugar in fruit cause insulin to spike in the same way as regular sugar?

Coffee Pot: What Happens When You Mix Marijuana & Caffeine?



Some companies are offering a new way to "wake and bake."

[Read More »](#)

Social Group Activities May Help Retirees Live Longer



People who belong to social groups during retirement actually live longer, a new study finds.

[Read More »](#)

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*.

Dialysis may soon be a thing of the past



Dialysis may soon be a thing of the past (Getty Images)

A team of US nephrologists is developing first-of-its kind implantable artificial kidney with microchip filters and living kidney cells that will be powered by a patient's own heart to help kidney patients.

Dr William H. Fissell IV, nephrologist and associate professor of medicine from Tennessee-based Vanderbilt University, is making major progress on a first-of-its kind device to free kidney patients from dialysis.

"We are creating a bio-hybrid device that can mimic a kidney to remove enough waste products, salt and water to keep a patient off dialysis," Fissell said.

The goal is to make it small enough, roughly the size of a soda can, to be implanted inside a patient's body.

The key to the device is a microchip. "It's called silicon nanotechnology. It uses the same processes that were developed by the microelectronics industry for computers," Fissell explained.

The chips are affordable, precise and make ideal filters.

Fissell and his team are designing each pore in the filter one by one based on what they want that pore to do. Each device will hold roughly fifteen microchips layered on top of each other.

But the microchips have another essential role beyond filtering. "They're also the scaffold in which living kidney cells will rest," said Fissell.

Fissell and his team use live kidney cells that will grow on and around the microchip filters. The goal is for these cells to mimic the natural actions of the kidney.

TOI

Compiled, edited & published by

Dr Harold Gunatillake

To unsubscribe email:gunatillakeharold@gmail.com

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic Surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Bachelor of Medicine & Surgery (Cey)