

[http://www.youtube.com/watch?v=i8KW-\\_IXduM&sns=em](http://www.youtube.com/watch?v=i8KW-_IXduM&sns=em)



This film was released in Canberra. To start with it shows my brother Dr.Pararajasegaram performing the eye operation in Alice Springs in 1977  
Fred Hollows Foundation has gone a long way since this first operation was performed by Para  
Best regards,  
Bala

Dad and I went to the " Remembering Fred Hollows" 40 th commemoration of the Trachoma Eye Program in Canberra. It was 40 years since a small group of determined people made an incredible contribution to aboriginal eye health in remote Australia. Uncle Para and Auntie Ruby were part of that team. A film of that time was rereleased yesterday and Uncle Para is in the first few minutes performing an operation. Sumithra

**Doctor Ramachandra Pararajasegaram, Aravind Eye Care System ...**



One of our great Eye Specialists of our times,  
Editor

## ASK WELL



## The Best Exercises to Improve Balance

By GRETCHEN REYNOLDS  
Tai chi, dancing, even brushing your teeth on one leg can work your balance pretty well.

## Avoid Lipid Profile Tests

Lipid Profile test checks various parameters of blood, such as cholesterol (good or high density lipoprotein as well as bad or low density lipoprotein) and triglyceride levels. Several scientific papers have proven that people with high so-called "bad" LDL cholesterol live the longest and there is noow a large number of findings that contradict the lipid hypothesis that cholesterol has to be lowered at all.

WELL -Fasting Diets Are Gaining Acceptance  
By ANAHAD O'CONNOR

The health benefits of skipping meals are growing more apparent, though critics argue that the idea is still impractical for most people.



I wrote - to myself - after hearing about the disaster at home

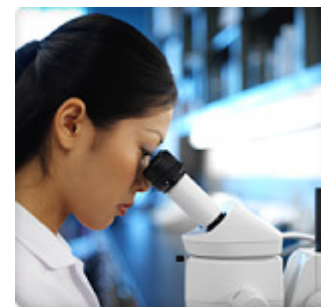
"If you are looking to find heroes, you may search the areas recently devastated by the violence of flooding and mudslide but you won't be able to find them. You won't be able to identify them by what they wear or the language they speak and they will not be among the men and women who talk aloud or into the mouths of microphones. Their little acts of rescue and kindness will remain mostly the minds of grateful Villages and spoken now and again when people have returned to some level of ordinary life. And you won't hear the words they whisper in the places where they worship or when they return to the place where they once lived and where in quietude can be reminded that it was in that sacred ground where the spirit of their dearly beloved finally took leave of their physical bodies."

Dr David Ratnavale

Chairman  
Presidential Task Force of Human  
Disaster Management

David Ratnavale is a psychiatrist and personal advisor to the President of Sri Lanka.

'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



ARTICLE  
**Are We Closer to a Cancer Cure?**

A type of immunotherapy is showing promise. Read about one young man's experience with the treatment.



**How to make Crispy Dosa**

by BANANA LEAF

Do you use glyphosate to kill your weeds? You might know it as "Roundup". Well the World Health Organisation says it is "probably carcinogenic to humans". Australian local councils are [now facing pressure from residents, insurers and lawyers](#) to stop using the pesticide



## Guinness confirms 116-year-old Italian woman as oldest person in the world

Eun Kyung Kim  
TODAY



Could raw food and the single life be fueling the longevity of the only known person who has lived through parts of three centuries?

Emma Morano of Italy certainly thinks so. The 116-year-old, who last week became the oldest living woman in the world, credits her long life to being single for most of it. Following the death of an infant son and an unhappy marriage that ended in 1938, Morano decided against remarrying, despite plenty of suitors.

Despite Morano's claims otherwise, genetics likely have played a large role in her longevity. One of her sisters lived to 102, while another died just shy of the century mark.

**RELATED: Genes can protect centenarians despite bad habits**

Born on Nov. 29, 1899, Morano supported herself working in a factory making jute bags, then in a hotel, working well past retirement age.

She credits her relatively good health to a long-standing diet that includes two raw eggs and 100 grams of raw steak each day. A doctor recommended the regimen decades ago to help counter anemia. Morano also enjoys homemade applesauce brought by her nieces.

Arrived in Sydney in the early nineteen seventies  
Celebrated their Wedding Anniversary recently

Congrats



Percy & Aja

Percy writes about his wife-Thank you my darling Aja for giving me the reason to live my life to fullest. You are the best wife, best mother, best friend, best Aunty on this world. Thank you for not giving up on me. I love ❤️👤 u so much. 27 years of our memories! Happy Anniversary darling! ❤️

## Add Zing to Your Meals



Onions and garlic are your allies in the kitchen *and* in the bedroom. They help you make more and better sperm. Both raise levels of a hormone that triggers your body to make testosterone. And both have high levels of natural plant chemical called flavonoids, which safeguard your li'l swimmers against damage.

### Pile on the Protein

Lean beef, chicken, fish, and eggs are some of your options. Tofu, nuts, and seeds have protein, too. Try to get about 5 to 6 ounces per day, although the ideal amount for you depends on your age, sex, and how active you are. When you don't eat enough of these foods, your body makes more of a substance that binds with testosterone, leaving you with less T available to do its job. [WEBMD](#)

## Heart Drug Linked to Dementia Risk

People with atrial fibrillation may have a higher risk of getting dementia -- especially if they take this widely-used drug.

## Packed with Nutritional Goodness



Just one cup of strawberries contains:

- 0 grams of fat
- 7 grams of sugar
- 3 grams of fiber
- 1 gram of protein
- 4 mg Vitamin C (149%)\*
- 2 IU Vitamin A (89%)\*
- .6 mg Manganese (29%)\*
- (9%)\*Folate 36 mcg
- 233 mg Potassium (7%)\*
- 8 mg Magnesium (5%)\*
- 3 mcg Vitamin K (4%)\*

\*% from RDA (Recommended Daily Allowance)  
[BabaMail](#)

## Potato-Heavy Diet Linked to High Blood Pressure

By Sara G. Miller, Staff



Credit: [Dmitriy Gutkovskiy / Shutterstock.com](#)

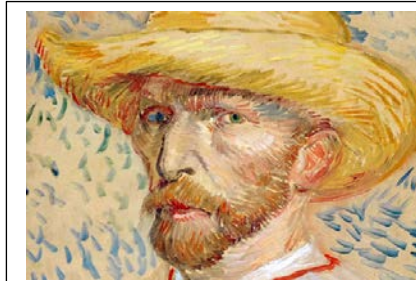
Packing potatoes into your diet may put you at higher risk for having high blood pressure, a [new](#) study finds, although the researchers acknowledged that the study presents an interesting paradox.

People who reported eating four or more servings of potatoes per week were 11 percent more likely to have hypertension, compared with people who ate less than one serving of potatoes per month, according to the study.

Moreover, the researchers found that replacing one daily serving of baked, boiled or mashed potatoes with one serving of nonstarchy vegetables was associated with a 7 percent decreased risk of hypertension. [\[Beyond Vegetables and Exercise: 5 Ways to Be Heart Healthy\]](#)

- See more at: <http://www.livescience.com/54775-potatoes-high-blood-pressure.html#sthash.2s03iLWs.dpuf>

## Vincent van Gogh



Today he's one of the world's most celebrated painters, but van Gogh struggled with mental illness throughout his life. Different stories of his behavior make some scholars think he had schizophrenia. According to one account, van Gogh, during an argument with fellow painter Paul Gauguin, heard someone in his ear say, "Kill him." Instead, he took a knife and cut part of his own ear off. Other psychiatrists think he might have had depression or bipolar disorder instead. [WebMD](#)

## Hypertension is common but grossly neglected, say experts

Hypertension is a very common but a grossly neglected disease. Untreated hypertension can lead to serious complications like brain stroke, kidney failure, and congestive heart failure and retinal problems.



ENGLISH AND EDUCATION:  
IN SEARCH OF  
EQUITY AND EXCELLENCE

RAJIVA WIJESINHA

GODAGE & BROTHERS (PVT) LTD.

No. 661, 665, 675, P. de S. Kularatne Mawatha,  
Colombo 10, Sri Lanka.  
Tel.: (011) 2685369, 2686925; Fax: 2674187  
www.godage.com godagem@sltl.lk

## Diabetes drug pioglitazone could get personal: Neither panacea, nor peril



### Analysis: James Gallagher, health editor, BBC news website Is talc safe?

There have been concerns for years that using talcum powder, particularly on the genitals, may increase the risk of ovarian cancer.

But the evidence is not conclusive. The International Agency for Research on Cancer classifies talc used on the genitals as "**possibly carcinogenic**" because of the mixed evidence.



#### Why is there any debate?

The mineral talc in its natural form does contain asbestos and does cause cancer. However, asbestos-free talc has been used in baby powder and other cosmetics since the 1970s. But the studies on asbestos-free talc give contradictory results.

It has been linked to a cancer risk in **some studies**, but there are concerns that the research may be biased as the studies often rely on people remembering how much talc they used years ago. Other studies have argued there is **no link at all** and **there is no link** between talc in contraceptives such as diaphragms and condoms (which would be close to the ovaries) and cancer.

Also, there does not seem to be a "dose-response" for talc, unlike with known carcinogens like tobacco where the more you smoke, the greater the risk of lung cancer.

#### What should women do?

The charity **Ovacome** says there is no definitive evidence and that the worst-case scenario is that using talc increases the risk of cancer by a third.

But it adds: "Ovarian cancer is a rare disease, and increasing a small risk by a third still gives a small risk. So even if talc does increase the risk slightly, very few women who use talc will ever get ovarian cancer."



Your target heart rate tells you if you're exercising too hard or not hard enough. Everyone's target is different, but in general, during moderate or vigorous exercise, you want it to be between 50% and 85% of your maximum heart rate, which is the hardest your heart can work safely.

Wearable electronic heart monitors, and exercise machines with built-in heart sensors, can give you up-to-the-minute information on how hard your heart is working. That can tell you how hard you're exercising. It can help you pace yourself, too. It may even help keep you motivated.

They aren't a necessity unless your doctor says so, but they can help you get the most out of exercise.

WebMD

### Maximum heart rate-220 minus your age

This is the fastest your heart can beat during physical activity. Like your target heart rate, your maximum heart rate is an estimate. If you feel like you can't breathe or talk, or you get dizzy while exercising, that's a sign you're overdoing it. Slow down. You may be at risk of hurting your heart. WebMD

### Black Americans See Gains in Life Expectancy

By **SABRINA TAVERNISE**

A decrease in death rates from suicide, homicide and cancer has contributed to the smallest gap in life expectancy between blacks and whites in history.

## Medical errors 3rd largest killer in US: Study



A new study published in the BMJ (formerly the British Medical Journal) said that if medical error was a disease, it would be the third largest killer in the US. About 2.51 lakh people die from medical errors annually as against 6.11 lakh deaths due to heart attack and 5.85 lakh due to cancer.

### A Root Canal

A root canal will be necessary when you have a tooth that has become infected or seriously decayed. The procedure involves removing the pulp in the tooth, as well as the nerve, and then cleaning and sealing it. Although symptoms as to when a root canal is needed are not always present, a good indicator is when you see a pimple on your gums near the tooth with swelling, or when a tooth becomes discoloured. -

See more at: <http://healthyhints.com.au/dental-emergency-tips-what-to-do-first/?sb=1&uid=70415&ap=lisema80#sthash.9qWXJt2W.dpuf>

## Pompeii - Eruption of Mt. Vesuvius



### Red Lentil Dhal

*There is something so holistically nourishing about a warm **\*\*dhal\*\****



### Fibre optics

*A healthy diet requires a balance of all food groups and types, and **\*\*fibre\*\*** is an important, **h i f s***

### Insomnia

While the most common cause behind the tens of millions of insomnia cases is stress, it can also be caused by a magnesium deficiency. If you find yourself having difficulty falling asleep or you're waking up during the night, it's best to have your magnesium levels checked out. -BabaMail



Happy generation- Facebook

## A Pair of Benefits of Pears

Compounds in pears exert antioxidant effects and balance gut bacteria.



Pears - image from Shutterstock

A fruit of the Rosaceae family of trees, the pear is abundant in antioxidants, flavonoids and dietary fiber while being fat- and cholesterol-free and low in calories. Dipayan Sarkar, from the University of Massachusetts (Massachusetts, USA), and colleagues analyzed the pulp and skin of the Bartlett and Starkrimson varieties of pear to ascertain the probiotic potential of the compounds present in the fruit. The researchers found that the peel (as compared to pulp) of the pear exhibited a high phenolic content; whereas the pulp was high in antioxidant activity. As well, the team observed that fermented whole pear juice exerted an inhibitory effect on the stomach ulcer bacterium, *Helicobacter pylori*. Observing that: "Pear has potential for phenolic-linked management of type 2 diabetes associated hyperglycemia and hypertension," the study authors submit that: "This in vitro study provides conceptual foundation for animal and clinical studies involving pear to combat type 2 diabetes."

[VIEW NEWS SOURCE...](#)



ARTICLE

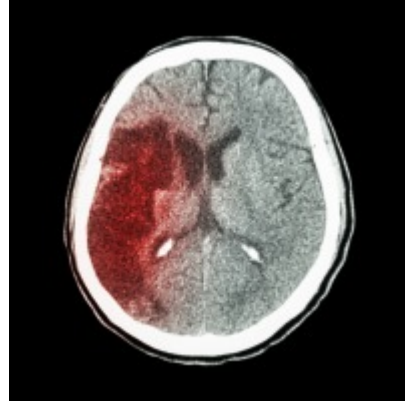
### Eat More Mind-Friendly Foods

Following this diet has been shown to lower the risk of Alzheimer's by as much as 54%.

[Sugar: Its many disguises](#)

## Gut Bacteria May Help Decrease Stroke

According to a new study, certain types of bacteria in the gut can leverage the immune system to decrease the severity of stroke.



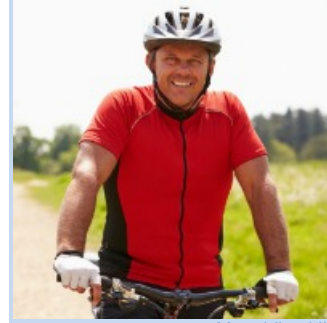
Stroke - image from Shutterstock

Stroke is currently the second leading cause of death worldwide. The most common type is ischemic stroke, during which a blocked blood vessel prevents blood from reaching the brain. Researchers at Memorial Sloan Kettering Cancer Center induced ischemic stroke in mice two weeks after administering a combination of antibiotics. The mice treated with antibiotics had a stroke that was approximately 60 percent smaller than the mice that did not receive antibiotics. The microbial environment in the gut instructed the immune cells present there to protect the brain, shielding it from the stroke's full force. "Our experiment shows a new relationship between the brain and the intestine," stated Dr. Josef Anrather, the Finbar and Marianne Kenny Research Scholar in Neurology and an associate professor of neuroscience in the Feil Family Brain and Mind Research Institute at Weill Cornell Medicine. "The intestinal microbiota shape stroke outcome, which will impact how the medical community views stroke and defines stroke risk." These findings open up the possibility that altering the macrobiotic makeup of the gut could become a new method of preventing stroke. For high-risk patients, such as those who are having cardiac surgery or those who have multiple obstructed blood vessels in the brain, this could be particularly beneficial. Further exploration is required to figure out exactly which bacterial components generated their protective message. The researchers do know, however, that the bacteria did not interact with the brain chemically, but instead influenced neural survival by changing the behavior of the immune cells. The gut's immune cells traveled up into the outer coverings of the brain, which are called the meninges. Here they organized and directed a response to the stroke. "One of the most surprising findings was that the immune system made strokes smaller by orchestrating the response from outside the brain, like a conductor who doesn't play an instrument himself but instructs the others, which ultimately creates music," said Dr. Costantino Iadecola, director of the Feil Family Brain and Mind Research Institute and the Anne Parrish Titzell Professor of Neurology at Weill Cornell Medicine. This new gut-brain connection holds promise for preventing stroke in the future, which the researchers say may be achieved by changing at-risk patients' nutrition.

[VIEW NEWS SOURCE](#)

## Cancer Protective Effects of Exercise

Men in their 50s with a high fitness level may be at reduced risks of lung and colorectal cancers.



Man riding bike - image from Shutterstock

Reflecting the ability of the body's circulatory and respiratory systems to supply oxygen to the skeletal muscles during sustained physical activity, cardiorespiratory fitness (CRF) can be improved by regular exercise. Susan G. Lakoski, from the University of Vermont (Vermont, USA), and colleagues assessed 13,949 men, who were diagnosed with and survived cancer at age 65 or older. Subjects underwent a fitness exam at the study's start, with CRF assessed via treadmill test. The team followed the participants' fitness levels and surveilled for incidences of cancer diagnosis. The researchers found that high CRF in midlife associated with a 55% lower risk of lung cancer, and a 44% lower risk of colorectal cancer, as compared to men with low CRF. Further, the team observed that high CRF in midlife associated with a 32% lower risk for cancer death among men who developed lung, colorectal or prostate cancer at age 65, as compared with men with low CRF. Finally, a high CRF in midlife linked to a 68% reduction in cardiovascular death, as compared with low CRF among men who developed cancer. Observing that: "There is an inverse association between midlife [cardiorespiratory fitness] and incident lung and colorectal cancer but not prostate cancer.," the study authors conclude that: "High midlife [cardiorespiratory fitness] is associated with lower risk of cause-specific mortality in those diagnosed as having cancer at [age 6

[VIEW NEWS SOURCE...](#)

## Proton pump inhibitor (PPI) use

Main action is a pronounced and long-lasting reduction of [gastric acid](#) production. They are the most potent inhibitors of acid secretion available. <sup>[1]</sup> This group of drugs followed and largely superseded another group of [medications](#) with similar effects, but a different mode of action, called [H<sub>2</sub>-receptor antagonists](#). PPIs are among the most widely sold drugs in the world, and the first one, [omeprazole](#), is on the [World Health Organization's List of Essential Me](#)  
**Acute kidney injury.** PPIs have been associated with acute kidney injury. In a population-based cohort study<sup>[2]</sup> of adults over the age of 65 years conducted in Canada and published in April 2015, the incidence of hospital admission with acute kidney injury within 120 days of starting a PPI was examined.  
**Dementia.** Another study that has received much attention in the news media raised concerns about a potential link between chronic PPI use and the development of dementia.

<https://www.facebook.com/BeautifulVietnameseWomen/videos/1255901827757484/>

Vietnamese Beauty | Facebook  
www.facebook.com  
America's Youngest Talent: Evan Le,  
4 year old Vietnamese boy from  
Torrance, California USA.

Sent by Ken Sellayah



**Flatbread Fritters**  
by Spiceup



## Meditation Plus Running as a Treatment for Depression

By GRETCHEN REYNOLDS  
Meditating before running could change the brain in ways that are more beneficial for mental health than practicing either of those activities alone.

## You Can Have Bread in a Mediterranean diet

Choose whole grains, a Mediterranean diet staple. Bread (and pasta) made with whole grains has more protein and minerals and is generally healthier than the white flour kind, which means it won't give you a sugar rush and then a crash. Try whole-grain pita bread dipped in olive oil, hummus, or tahini (a protein-rich paste made from ground sesame seeds). WebMD

**Plant-Derived Bacterium Shows Antiobesity Effect**



Feel healthier! The 9 tasty spring vegetables to get on your plate

Rather than worry about what you should eliminate from your diet this spring, focus on the seasonal produce you should be eating more.

[Read More](#)

### Drink Lemon Water

Get in the routine of drinking warm lemon water every morning. Lemon water helps your body eliminate waste products while aiding in the body's digestive system. It detoxes your body, rejuvenates your skin, boosts your mood, cleanses your liver and helps relieve heart burn.

#### Lemons contain:

**Vitamin C:** Helps work against the common cold.

**Copper:** reduces arthritis symptoms

**Magnesium:** Essential for energy and helps regulate body temperature

**Potassium:** Helps with disorders including, stress and anxiety. Also increases muscle strength and electrolytic functions.

Nicole Dossantos

## Is 'Cat Litter' Parasite Making You a Rageaholic?

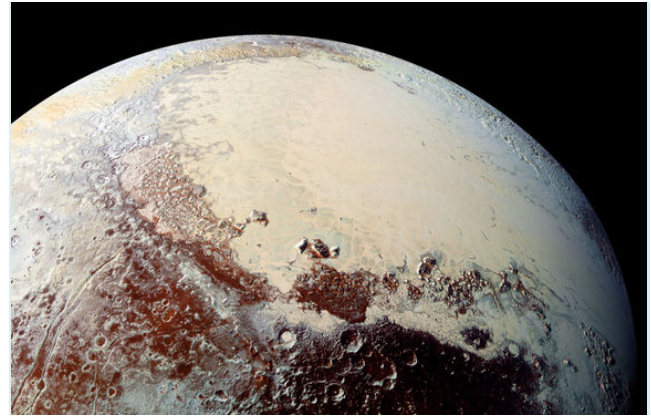


People who are infected with a common parasite found in cat litter may face a higher risk of having uncontrollable bouts of rage.

[Read More »](#)

## Beautiful, Bewitching Pluto Poses in New Images from New Horizons Probe

by Calla Cofield, Staff Writer |



This snapshot captured by NASA's New Horizons spacecraft shows the western region of the heart-shaped area informally known as Sputnik Planum, which has been found to be rich in nitrogen, carbon monoxide and methane ices. The image combines blue, red and infrared images taken by the Ralph/Multispectral Visual Imaging Camera (MVIC). Credit: NASA/JHUAPL/SwRI

[View full size image](#)

And the hits just keep on coming. Another batch of Pluto photos from NASA's New Horizons probe reveals the majesty and mystery of this icy world.

The images are the latest releases from the treasure trove of data and snapshots captured by during New Horizon's [close flyby of Pluto](#) on July 14, 2015. One of the new images gives a close-up view of the unofficially titled Sputnik Planum, a heart-shaped region on Pluto's surface that is suspiciously crater-free.

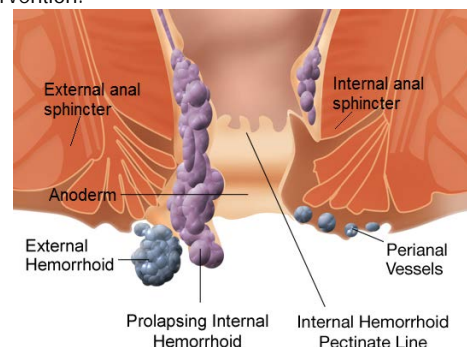
This week, [five new research papers](#) appeared in the journal Science, discussing new discoveries about Pluto that have been revealed thanks to the data collected by New Horizons. Check below to see three more jaw-dropping snapshots of Pluto. [Destination Pluto: NASA's New Horizons Mission in Pictures](#)

## What are piles?

Piles can be of various sizes and may be internal (inside the anus) or external ones (outside the anus). Typically, internal piles occur from 2 to 4cm above the opening of the anus. External piles (perianal hematoma) occur on the outside edge of the anus. The internal ones are much more common.<sup>3</sup>

According to the US National Institutes of Health (NIH), symptomatic hemorrhoids affect at least half the American population at some time in their lives before the age of 50.<sup>4</sup>

In the majority of cases, piles are effectively treated with over-the-counter medications, a good fluid intake, and by following a diet high in fiber. In severe cases, the piles may have to be surgically removed. About 10% of patients who go and see their doctor about piles eventually require surgical intervention.<sup>2</sup>



## Which foods don't belong in a healthy diet?

Harvard nutrition scientists have compiled the following list of foods you should keep to a minimum. Research suggests that eating these foods regularly (and to the exclusion of healthier choices) can set the stage for life-threatening illnesses such as heart disease, high blood pressure, diabetes, and even some cancers.

**Added sugar.** Whether it's white granulated sugar, brown sugar, high-fructose corn syrup, corn sugar, or honey, sugar contains almost no nutrients and is pure carbohydrate. When you eat a lot of sugar you are filling up on empty calories, causing your blood sugar to rise and fall like a roller coaster, and can keep you from eating foods that with important nutrients and fiber.

Research cites soft drinks and other sugar-sweetened beverages as the primary source of added sugar in the American diet and a major contributor to weight gain. In fact, just one extra 12-ounce can of a typical sweetened beverage a day can add on 15 pounds in a year. That's not only because the drinks themselves add calories, but also because those liquid calories aren't as satisfying as solid food.

**Dairy fat.** Ice cream, whole milk, and cheese are full of saturated fat and some naturally occurring trans fat and therefore can increase the risk of the health problems, notably heart disease. The healthiest milk and milk products are low-fat versions, such as skim milk, milk with 1% fat, and reduced-fat cheeses.

**Baked sweets.** Cookies, snack cakes, doughnuts, pastries, and many other treats are hard to pass up, but these commercially prepared versions are packed with processed carbohydrates, added sugar, unhealthy fats, and often salt.

**White carbohydrates.** Bread, pasta, potatoes, rice, cookies, cake, or pancakes — if you enjoy these foods, opt for whole-grain versions. Yes, you can find or make whole-grain pancake mix. Whole-wheat pastas and breads are luckily easy to find. And you can always make your own homemade cookies or bars using grains such as oatmeal, and less sugar and unhealthy fats.

**Processed and high-fat meats.** Shun the cold cuts and "pigs in a blanket." Despite some conflicting reports, the balance of the evidence confirms that processed meats like bacon, ham, pepperoni, hot dogs, and many lunch meats are less healthy than protein from fish, skinless chicken, nuts, beans, soy, and whole grains. Fresh red meat should be eaten sparingly and the leanest cuts selected.

**Salt.** Current dietary guidelines and the American Heart Association recommend reducing sodium to 1,500 mg per day and not exceeding 2,300 mg per day. But most of us get 1½ teaspoons (or 8,500 mg) of salt daily. That translates to about 3,400 mg of daily sodium. Your body needs a certain amount of sodium, but too much can increase blood pressure and the risk of heart disease and stroke.

If you want to learn more about the health benefits of a good diet and how to eat more nutritiously buy [Healthy Eating](#), a Special Health Report from Harvard Medical School.

Share this story:



## Eat carbs last

Want to keep blood sugar under control after meals? Eat your carbs last. In a small study, adults with type 2 diabetes ate the same meal of chicken, vegetables, bread, and orange juice on two different days. One day they had the bread and juice 15 minutes before the rest of the meal. The other day, they ate the chicken and veggies first. When those in the study started their meal with meat and veggies, their blood sugar was 28% lower 30 minutes after the meal than when they started with carbs. Their blood sugar levels remained lower for up to two hours after the meal. Source: Diabetes Care

## Male Birth Control: More Options Soon?

By [Kathleen Doheny](#)

WebMD Health News

Reviewed by [Michael W. Smith, MD](#)

March 25, 2016 -- There's an old joke among contraceptive researchers: "Twenty years ago, the male contraceptive pill was just 10 years away."

Despite many attempts over the years at developing a contraceptive for men, [condoms](#) -- or permanent vasectomy -- remain the only choices. But that may be changing, as researchers are studying a number of options for male birth control. Although none will be on the market right away, one or two might be available by 2018, some experts think.

**What's Taking So Long?**

Making a male contraceptive is challenging, experts agree.

Men's anatomy is complicated. Women ovulate once a month, but guy's [sperm](#) production is constant. "Men produce 1,000 sperm [or more] a second," says Mara Roth, MD, an endocrinologist and assistant professor of medicine at the University of Washington, Seattle, who researches male birth control.

And preventing the sperm from meeting an egg isn't easy. But "you don't need zero [sperm] to be effective," Roth says of male contraceptives. They only need to reduce a man's sperm count low enough to prevent pregnancy.

Another challenge: They need to be reversible, just like women's.

Side effects are another concern.

Researchers in 2011 halted a test of hormonal contraceptive shots for men when side effects, including [depression](#) and other mood changes and increased [libido](#), were higher than expected.

Funding is another obstacle. That's true for many drugs.

## Can you reverse type 2 diabetes? It depends on lifestyle and genes

BY SONYA COLLINS

Can you reverse type 2 diabetes? With diet, exercise, and weight loss, some people can restore their blood sugar and insulin to normal levels so they no longer need medication. Not everyone can achieve this—it depends on how long you've had diabetes, how severe it is, and your genes. Many people who have type 2 diabetes are overweight. The more you weigh, the harder it is for your pancreas to make the amount of insulin your body needs to control blood sugar, says Yehuda Handelsman, MD, an endocrinologist in Tarzana, Calif. That's why, when you're newly diagnosed with type 2 diabetes, doctors typically recommend that you lose 5% to 10% of your body weight and try to build up to 150 minutes of physical activity per week. "Five to 10 percent should be sufficient to control your diabetes. But how to reverse it? This may require losing, say, 25% of your body weight," Handelsman says. Exactly how much weight a person must lose to bring insulin and blood sugar back to nondiabetic levels varies by the individual, and getting there requires radical change. In a study in the U.K., researchers supervised 11 people with type 2 diabetes who cut their calories to just 600 per day for two months. In that time, they each lost about 33 pounds and their diabetes went into remission. Three months later, seven of the 11 were still diabetes-free. To stay that way, you have to keep the weight off. "People use the term 'reversal' when they can go off medication, but you must still engage in a lifestyle program to stay off the medication," says Ann Albright, PhD, RD, director of the division of diabetes translation at the CDC. This lifestyle may require more exercise and a more restrictive diet than you would need to simply control diabetes. Lifestyle alone doesn't cause diabetes. "Not everybody who is overweight or obese gets diabetes. The ones who do get it have a genetic predisposition," Handelsman says. If you reverse diabetes through aggressive life changes, you will still have a greater risk of developing the condition again than someone who has never had it. Also, the longer you've had diabetes, the less likely it is you can reverse it because diabetes damages your insulin-producing cells. "If you have diabetes for 20 years and then you lose weight, you may not have any cells that produce insulin left," Handelsman says.



"When you drink plain water it gives you satisfaction so you tend to eat less food," says An, assistant professor in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign. And, "when people consume plain water they tend to substitute it for sugar-sweetened beverages."

The researchers looked at a large population and found the effect works for everyone—different races, classes, genders, and ethnicities.  
[www.today.com](http://www.today.com)



If you don't like plain water, infuse it with lemon or mint, ginger, cucumbers, basil or any other flavorful herb.

## What Are Steroids?

The word has different meanings. Steroids are chemicals, often hormones, that your body makes naturally. They help your organs, tissues, and cells do their jobs. You need a healthy balance of them to grow and even to make babies. "Steroids" can also refer to man-made medicines. The two main types are corticosteroids and anabolic-androgenic steroids (or anabolics for short).

### What Are Corticosteroids?

They're medicines that quickly fight inflammation in your body. These lab-made steroids work like the hormone cortisol, which your adrenal glands make. Cortisol keeps your immune system from making substances that cause inflammation. Corticosteroid drugs, like prednisone, work in a similar way. They slow or stop the immune system processes that trigger inflammation.

### What Do Corticosteroids Treat?

They help treat conditions that cause irritation and swelling. They can ease symptoms of:

Rheumatoid arthritis

Asthma

Chronic obstructive pulmonary disorder (COPD)

Lupus and other autoimmune disorders

Multiple sclerosis

Rashes and skin conditions like eczema

Your doctor may also suggest you take them for a short time to treat allergic reactions, like a severe poison ivy rash. WebMD

## Harvard researchers: Fight glaucoma with leafy green vegetables



Think about this the next time you fill your plate with kale or spinach: a study published recently in *JAMA Ophthalmology*, found that boosting leafy green vegetable intake is associated with a reduced risk of developing glaucoma, a leading cause of blindness.

Harvard researchers analyzed the dietary information reported by more than 100,000 men and women in two long-term studies, each lasting more than 25 years. Those who ate the most leafy greens had a risk of developing glaucoma that was 20% to 30% lower than that of those who ate the least. What's the link? Glaucoma causes damage to the optic nerve, through increased pressure from fluid in the eye or impaired blood flow to the optic nerve. Leafy greens are loaded with nitrate, which the body converts to nitric oxide. "Nitric oxide is important for maintaining optimal blood flow, and possibly for keeping eye pressure low" speculates Dr. Jae Hee Kang, the lead author of the study and a Harvard Medical School assistant professor. The study doesn't prove that leafy greens reduce glaucoma risk; it only shows an association between the two. Eating leafy greens is also linked to lower rates of inflammation, cancer, heart disease, and even macular degeneration.

# One Drink Might Temporarily Bump Up Heart Risk

But within 24 hours, that same beverage can be generally protective, study suggests

WebMD News from HealthDay

By Steven Reinberg

HealthDay Reporter

-- In as little as an hour after sipping a glass of wine or enjoying a cocktail, your risk of [heart](#) trouble and [stroke](#) may go up, new research suggests.

The good news is that within 24 hours, that same alcoholic beverage may protect against heart problems and [stroke](#), the Harvard University researchers said. But, heavy drinkers don't seem to get those protective effects.

"Heavy drinking increases risk both in the short term and the long term, but drinking smaller amounts has different effects in the subsequent hours than it does in the subsequent days and weeks," said lead researcher Elizabeth Mostofsky. She's an instructor at the Harvard School of Public Health and a postdoctoral fellow at Beth Israel Deaconess Medical Center in Boston.

It's possible that the higher risk that occurs in the hours after drinking small amounts of alcohol may be outweighed by the long-term health benefits of moderate drinking, she said.

"If you drink, do so in moderation," Mostofsky said. "There is consistent evidence that heavy drinking raises the risk of [heart attack](#) and stroke both in the long and short term."

It's important to note, however, that this study did not prove a cause-and-effect relationship. It only showed an association between drinking [alcohol and heart disease](#) and [stroke](#) risk.

The study was published March 2 in the journal *Circulation*. The findings were also to be presented Wednesday at an American Heart Association meeting in Phoenix.

Moderate drinking is defined as up to one drink a day for women and up to two drinks a day for men, according to the 2015 Dietary Guidelines for Americans. The guidelines define heavy drinking as more than four drinks a day for women (or more than eight drinks a week). For men, heavy drinking is more than five drinks in a day or 15 or more in a week.

The guidelines define one drink as a 12-ounce beer, 5 ounces of wine or 1.5 ounces of distilled spirits.

After having a drink, [blood pressure](#) rises and blood platelets, which are essential for clotting, become stickier, increasing the risk of [heart attack](#) and stroke, Mostofsky said.

## The Nutritional Benefits of Eating Broccoli

While broccoli isn't much to look at, it certainly packs a major nutritional punch. Here are 11 ways these little trees can help boost your health. [More »](#)



## Happiest in the world? Poll names the countries having the most fun

Despite war, natural disasters and poverty, the world is an overwhelmingly happy place, the latest Gallup poll shows.

[Read More](#)



**Easy Pan Pizza - Foolproof Crust - Healthier, Low-Fat P...**  
by Jenny Can Cook  
1,063,326 views



**Instant Rice Flour Idlis Video Recipe - Steamed Rice ...**



### Salt in Bread you eat

If you eat toast in the morning, a sandwich at lunch, and a roll with dinner, you're not just loading up on carbohydrates. You're also eating a lot of salt.

Most Americans get too much salt. When it comes to food sources, bread and rolls are the No. 1 source, beating out chips and other junk food.

A single slice of bread isn't high in salt. A slice of wheat bread has about 147mg sodium. Eating bread several times a day adds up. Too much salt raises blood pressure. It can put you at risk of heart attack or stroke.

WebMD



**Oba Giya Kiya Official Video - Madu Roxz**

2 days ago • 882 views

### What Causes Hair Loss?

Almost all hair loss in guys results from male-pattern baldness, a genetic trait that comes from one of your parents. Other causes include certain medications, too much vitamin A, or not enough protein. Illness or stress can lead to sudden, heavy shedding called telogen effluvium. Good news, though: Hair loss that isn't from male-pattern baldness often reverses itself.

WebMD

### Simple Carbs

Your body breaks these down fast, and that leads to a quick spike in blood sugar levels. Simple carbs are found in table sugar, the added sugars in processed foods, and the natural kinds in fruits and milk.

### Complex Carbs

Your body has to work harder to break these down. They're better for you, because they take longer for your body to digest. They give you steady energy and fiber. Examples include the fiber in spinach, watercress, buckwheat, barley, wild or brown rice, beans, and some fruits.

WebMD

### Could yogurt help lower high blood pressure?

Written by [Catharine Paddock PhD](#)

*The study shows that women who consumed five or more servings of yogurt a week - especially as part of a healthy diet - had a lower risk of developing high blood pressure.*

This was the conclusion of a study recently presented at the American Heart Association's (AHA's) Epidemiology/Lifestyle 2016 Scientific Sessions in Phoenix, AZ.

The researchers found that women who consumed five or more servings of yogurt a week had a lower risk of developing **high blood pressure** than similar women who hardly ever ate yogurt.

According to the AHA, high blood pressure - defined as higher than 140/90 mm/Hg - is potentially dangerous because it strains the heart, hardens arteries and raises the risk of brain hemorrhage and kidney problems.

**If not controlled, high blood pressure can result in heart and kidney disease, stroke and blindness.**

Previous studies have already shown that dairy products can reduce the risk of high blood pressure in at-risk adults, say the researchers, but few long-term studies have looked at the independent effect of yogurt alone.

...the first batch of medical students to graduate in Ceylon were the pupils of Dr. Samuel Fiske Green of the American Mission in Jaffna. The Green hospital in Minipay and the FINS hospital in Jaffna were the pioneer medical training institutions in Ceylon 1847 - 1873.....

### Nutritional breakdown of pumpkin



*Pumpkin is an extremely nutrient dense food, meaning it is high in vitamins and minerals but low in calories.*

According to the USDA National Nutrient database, one cup of pumpkin, cooked, boiled, drained and without salt contains 49 calories, 1.76 grams of protein, 0.17 grams of fat, 0 grams of [cholesterol](#) and 12 grams of [carbohydrate](#) (including 2.7 grams of fiber and 5.1 grams of sugar).

Consuming one cup of cooked, canned pumpkin would provide well over 100% of your daily needs for vitamin A, 20% of the daily value for vitamin C, 10% or more for vitamin E, riboflavin, potassium, copper and manganese at least 5% for thiamin, B-6, folate, pantothenic acid, niacin, iron, magnesium, and phosphorus. Of course, using fresh pumpkin and preparing it yourself will give you the most health benefits, but canned pumpkin is also a great choice. Be sure to steer clear of canned pumpkin pie mix, which is usually right next to the canned pumpkin in grocery stores and in a similar can but has added sugars, syrups, etc. Canned pumpkin should have only one ingredient: pumpkin.

MNT



This Western Corella cockatoo bird, abundant in the Sutherland-shire NSW, Australia, sat on our balcony wall to attack one of my ripe lemons.

I got close to him with the camera, he did not barge an inch. Got closer a foot away - did not move a feather. I took a few shots with the flash on, adjusted his position for further shots.

How friendly they could be but never feed them. Editor

### Fast facts on pumpkin

Here are some key points about pumpkin. More detail and supporting information is in the main article.

- Pumpkin is a rich source of vitamin A.
- Pumpkin is one of the best-known sources of the antioxidant [beta-carotene](#).
- The [potassium](#) contained within pumpkins can have a positive effect on [blood pressure](#).
- The antioxidants and vitamins contained within pumpkins could prevent degenerative damage to the eyes.
- Canned pumpkin pie mix typically contains added sugars and syrups.
- Conversely, canned pumpkin should just contain pumpkin and no other ingredients.
- Uncut pumpkins should be stored in a cool, dark place for up to 2 months.
- Pumpkin puree or canned pumpkin can be used as a replacement for butter or oil in baking recipes **MNT**





Breast Cancer



Lung Cancer



Prostate Cancer



Colorectal Cancer



Pineapple Fried Rice



**Cancer breakthrough: T-cell therapy offers prospect of lasting cure, say scientists**

Patients with advanced blood cancers who were not expected to live beyond five months show complete remission after 18 months. Scientists find ways of commandeering the natural killing capacity of T-cells to identify, memorise and attack tumour cells.



# Raw Milk vs Pasteurized Milk: Which is Healthier?

by [Sierra Bright](#)



Sponsored Links

Milk, be it from cows, goats, sheep, camels, or buffaloes, has had a place in the human diet since antiquity. It is accessible, it is available all year round, and if breastmilk is the best food for babies, animal milk is the next best thing, because both are nutritionally similar. However, the pasteurized milk we get today is a far cry from the real stuff. That's because milk undergoes harsh processing before it gets to us. We can't seem to leave any food in its normal, natural state. That's all too true in the case of milk. Natural raw milk is not a homogenous liquid. The lighter milk fat stays at the top as cream while the heavier solids remain in the lower liquid portion. The pasteurized milk we get is homogenized to give it a uniform texture and smooth feel. As part of homogenization, the milk fat is skimmed off the top even in the case of full fat milk. The chilled milk is then churned with specific amounts of milk fats to get different types of milk such as full-fat, 2%, and low-fat. It is then fortified with certain nutrients, including Vitamins A and D.

Pasteurization kills off the microbes in the milk, keeping the milk from spoiling, but does it make the milk healthier? The Center for Disease Control and Prevention would have us believe that pasteurized milk is not only healthy but that it is the only safe milk to have.

However, what you may not know is that pasteurization involves heating the milk to a high temperature to destroy most of the bacteria and viruses and then rapidly cooling it to retard their growth and proliferation. Developed by Louis Pasteur during mid 19th century, this process was originally meant for preventing wines from becoming sour as they matured. He advocated heating them up to 140 F for 30 minutes, a technique known as LTLT or Low Temperature-Long Time. But today's pasteurization processes such as HTST (High Temperature-Short Time) and UHT (Ultra High Temperature) involve much higher temperatures.

We are assured by the government agencies that no significant nutritional changes take place during pasteurization. But advocates of raw milk disagree. The truth is that pasteurized and homogenized milk usually requires fortification with vitamins and minerals to bring it on par with natural milk. Doesn't this indirectly prove that there's nutrient depletion happening during the processing of milk?

## Start Your Day With Whole Grains

Fiber can help lower cholesterol, prevent constipation, and improve digestion. And Americans don't eat enough of it. On average, we get less than half of what we need. Most whole grains are a great source of fiber. Start with breakfast: Look for whole-grain cereal or oatmeal with 3 or more grams of fiber per serving. Add fruit and you'll be on your way to the daily goal of 38 grams for men under 50 and 25 grams for women under 50.

### Fresh Fruit

Any fresh fruit is a healthy snack. But when it comes to fiber, all fruits are not created equal. One large Asian pear has a whopping 9.9 grams of it. Other high-fiber fruits include raspberries (4 grams per 1/2 cup), blackberries (3.8 grams per 1/2 cup), bananas (3.1 for one medium sized), and blueberries (2 grams per 1/2 cup). Pears and apples -- with the skin on -- are also good choices.

### Whole-Grain Bread and Crackers

Keep the grains coming. For lunch, eat a sandwich on whole-grain bread. Or dip whole-grain crackers into your favorite healthy spread. Whole grain means it includes all parts of the grain -- and that gives you all the nutrients. Studies show that adding whole grains and other high-fiber foods to your diet may also reduce your risk of heart disease and type 2 diabetes.

WebMD

## The American diet: loaded with processed food

Maggie Fox  
NBC News

You knew the American diet was bad, but did you know it was this bad?

Nearly 60 percent of what Americans eat is junk — ultra-processed foods loaded with sugar, salt, fat and all the other stuff we are not supposed to snack on, a new study finds.

The data pretty clearly explain why two-thirds of Americans are obese or overweight, and why rates of diabetes and heart disease are soaring, the team of Brazilian and U.S. researchers said.

"The most common ultra-processed foods in terms of energy contribution were breads; soft drinks, fruit drinks and milk-based drinks; cakes, cookies and pies; salty snacks; frozen and shelf-stable plates; pizza and breakfast cereals," Dr. Carlos Augusto Monteiro of the University of São Paulo and colleagues there, and at Tufts University in Boston, [wrote in their report](#).

"Meat, fruit and milk provided the most calories among unprocessed or minimally processed foods," they added. Fresh fruits and vegetables [should make up most of what we eat](#), nutritionists and public health officials alike say. But the study found they contribute just under 650 calories a day in the average 2,000 calorie-a-day diet.

**In Sri Lanka 'Siddhalepaya' ointment is the first approach to Arthritic pains. Ingredients are mostly Western- call it a hybrid Ayurveda preparation  
It is a good mosquito repellent**

## Your Prostate Gland

When a man reaches about age 25, his prostate begins to grow. This natural growth is called benign prostatic hyperplasia (BPH) and it is the most common cause of prostate enlargement. BPH is a benign condition that does not lead to prostate cancer, though the two problems can coexist.

Although 50% to 60% of men with BPH may never develop any symptoms, others find that BPH can make life miserable. The symptoms of BPH include:

- a hesitant, interrupted, weak urine stream
- urgency, leaking, or dribbling
- a sense of incomplete emptying
- more frequent urination, especially at night.

As a result, many men seek treatment. The good news is that treatments are constantly being improved. Patients and their physicians now have more medications to choose from, so if one doesn't do the trick, another can be prescribed. And thanks to some refinements, surgical treatments are more effective and have fewer side effects than ever before. But there are some things men dealing with BPH can do on their own. When symptoms are not particularly bothersome, watchful waiting may be the best way to proceed. This involves regular monitoring to make sure complications aren't developing, but no treatment. For more troubling symptoms, most doctors begin by recommending a combination of lifestyle changes and medication. Often this will be enough to relieve the worst symptoms and prevent the need for surgery.

Tips for relieving BPH symptoms  
Four simple steps can help relieve some of the symptoms of BPH:

1. Some men who are nervous and tense urinate more frequently. Reduce stress by exercising regularly and practicing relaxation techniques such as meditation.
2. When you go to the bathroom, take the time to empty your bladder completely. This will reduce the need for subsequent trips to the toilet.
3. Talk with your doctor about all prescription and over-the-counter medications you're taking; some may contribute to the problem. Your doctor may be able to adjust dosages or change your schedule for taking these drugs, or he or she may prescribe different medications that cause fewer urinary problems.
4. Avoid drinking fluids in the evening, particularly caffeinated and alcoholic beverages. Both can affect the muscle tone of the bladder, and both stimulate the kidneys to produce urine, leading to nighttime urination. For more on advances in the diagnosis and treatment of prostate diseases, buy the Annual Report on Prostate Diseases from Harvard Medical School.

## It only takes 5 ingredients to make juicy, Thai-style chicken

Easy to make, yet packed with so much flavor!

[Read More](#)

## Harvard researchers: Fight glaucoma with leafy green vegetables

Think about this the next time you fill your plate with kale or spinach: a study published recently in *JAMA Ophthalmology*, found that boosting leafy green vegetable intake is associated with a reduced risk of developing glaucoma, a leading cause of



## Sugar may be as damaging to the liver as alcohol

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

WebMD



## Dr Karl: How does the heart work?

## World Asthma Day: Affluent children more prone to Asthma, says study

## Can diet help fight prostate cancer?

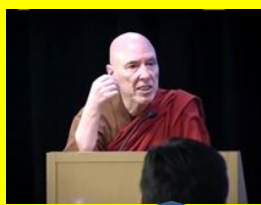
Can adopting a healthier diet help fight prostate cancer? That's a question men newly diagnosed with prostate cancer often ask their doctors.

## Good Foods (Mediterranean Diet) for longevity

An easy way to eat well is to follow a Mediterranean Diet, which is rich in heart-healthy fish like salmon, protein-packed nuts, and scores of vegetables. Research has shown over and over that sticking to this food regimen could make you live longer, along with providing you with health benefits like protection against heart disease and Alzheimer's.

Eating well doesn't have to mean eating bland, boring foods like raw vegetables. It can mean washing down whole grain pastas, seafood, bread and olive oil, and eggplant parmesan with glasses of wine. Europeans like the French and Greeks are notorious for eating well but staying skinny — and it's because they eat everything in moderation.

WHN



Ven. Bhikkhu Bodhi is an American Buddhist monk from New York City. Born in Brooklyn, New York, in 1...

## Prostate cancer targeted with ultrasound 'could transform treatment'

Written by [Catharine Paddock PhD](#)

An ultrasound technique for killing cancer tumors without harming healthy tissue could transform the treatment of prostate cancer. Research presented at a meeting suggest the treatment is as effective as surgery or radiotherapy, but with fewer side effects.

*There is a need for more focused treatments for prostate cancer that reduce the risk of damaging nerves that supply the penis, urine control muscles and the rectum.*

The study - on the effectiveness of high-intensity focused [ultrasound](#) (HIFU) to treat men with localized [prostate cancer](#) - featured at the European Association of Urology Congress (EAU16) in Munich, Germany, March 11-15, 2016. Led by University College Hospital (UCH) in London, UK, the study followed 625 men between 2004-2015, who were treated in the UK and who had localized, non-metastatic tumors; the tumors were in one part of the prostate and had not spread beyond the gland. Hashim Ahmed, a consultant urological surgeon at UCH, told the meeting that **93% of patients who underwent HIFU alone to remove their prostate tumor were still cancer-free and did not need any surgery or radiotherapy 5 years after treatment.** The results follow those of an earlier study by Ahmed and colleagues published in *The Lancet Oncology* in 2012, where, of [41 men who underwent HIFU](#), 95% were free of [cancer](#) after 12 months. Not one of the patients developed [incontinence](#), and only 1 in 10 suffered [erectile dysfunction](#). In the new, larger study, which reports medium-term results, only 1-2% of the HIFU patients experienced long-term incontinence, and just 15% suffered erectile dysfunction. These figures compare favorably with men who have surgery, where around 30-60% experience these distressing side effects.

MNT

## Walnuts May Slow Cancer

Walnuts contain compounds that trigger changes in the expression profile of micro-ribonucleic acids (miRNA).



Walnuts - image from Shutterstock

Results of a study in mice suggest that adding walnuts to the diet may help to slow the growth of colon cancer. Researchers from Beth Israel Deaconess Medical Center and Harvard Medical School conducted the study of mice to determine whether walnuts would have any impact on specific micro-ribonucleic acids (miRNA), nucleotides that are involved in altering gene expression. The mice were injected with HT-29 colon cancer cells, and 7-days later were randomized to either control or walnut diets (equivalent to 2 ounces of walnuts per day in humans) for 25-days. At the end of the diet period results showed that key miRNA that may affect cancer cell inflammation, vascularization (blood supply) and proliferation were positively engaged in the walnut-fed mice. Further investigations revealed that the tumors of mice fed walnuts contained 10 times the amount of total omega-3 fatty acids, including plant-based alpha-linolenic acid (ALA), compared to the mice fed the control diet. In addition, tumors that contained a greater percentage of omega-3s were smaller, suggesting that ALA may provide a protective benefit. Tumor growth rate was also significantly slower in the walnut group compared to the control group. "Our research demonstrates that a walnut diet causes significant changes in the expression profile of miRNAs in localized colorectal cancer tissue, and that a walnut diet incorporates protective fatty acids in the colonic tumor either through its direct effects or through additive or synergistic effects of multiple other compounds present in walnuts," said study leader Dr Christos Mantzoros. "While future studies are needed, we're optimistic of the role of miRNAs as biomarkers of disease and prognosis, and may demonstrate a potential therapeutic target for colorectal cancer treatment."

[VIEW NEWS SOURCE...](#)

## Cheat CVD with Cheese

People who consume cheese have higher levels of a gut bacteria that is linked to reduced cholesterol.



- image from Shutterstock

Despite a diet high in saturated fats, the French tend to have low rates of cardiovascular disease (CVD), a phenomenon known as the "French Paradox." A number of published studies suggest a role of wine (resveratrol) and lifestyle. Hanne Bertram, from Aarhus University (Denmark), and colleagues compared urine and fecal samples from 15 healthy men whose diets either contained cheese or milk, or who ate a control diet with butter but no other dairy products. The team found that those who consumed cheese had higher fecal levels of butyrate, a compound produced by gut bacteria. Elevated butyrate levels were linked to a reduction in cholesterol, suggesting a role for gut microbes in cardiovascular disease. Observing that: "Compared with milk intake, cheese consumption significantly reduced urinary citrate, creatine, and creatinine levels and significantly increased the microbiota-related metabolites butyrate, hippurate, and malonate," the study authors write that: "Correlation analyses indicated that microbial and lipid metabolism could be involved in the dairy-induced effects on blood cholesterol level."

[VIEW NEWS SOURCE...](#)

### Frequent green tea consumption may hamper fertility: Study

Are you a green tea lover? Read this carefully as the cup packed with anti-oxidants and other health benefits may adversely affect your fertility and development in case of frequent use, warn researchers.



### Jew vs Indian, Why Chinese can't do business with India...

by peacewisher09

7,139,562 views

## Common mistakes hurting our kidney

So what makes our kidney prone to diseases? Dr. Krishna Mohan Sahu, Director, Nephrology & Kidney Transplant, Nayati Multi Super Specialty Hospital, Mathura elaborates the common mistakes we commit unknowingly:

**Drinking insufficient amount of water:** It causes dehydration, lowering of blood pressure, and increased viscosity (thickness) of blood. All these lead to compromised blood supply to kidneys resulting into kidney dysfunction.

**Holding urine for long hours:** It increases the risk of urinary tract infection, and causes backward pressure on kidneys which in the long run adversely affect kidney function. Taking voveran or brufen type of pain killers for long term: These pain killers directly damage the kidneys.

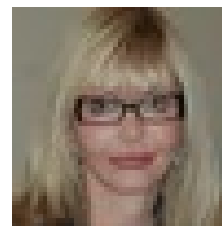
**Long term use of tobacco and alcohol:** We all know how much tobacco and alcohol impact our health. It's wise to stay away from tobacco and drink in moderation.

**Taking too much of salt, processed food, and soft drinks:** High salt intake increases blood pressure and blood pressure directly harms kidneys. That is not it. High salt intake increases the amount of protein loss by kidneys, which is a strongly linked to the development of kidney disease. It increases stone formation in kidneys. Kidney stones, by causing obstruction to urine flow and urine infection, adversely affect kidney function. It also accelerates the decline of kidney function in patients who already have kidney disease.

**Ignoring diabetes or high blood pressure:** It is very important to keep your diabetes and blood pressure in control.

Not many people pay heed to it but intake of too much protein supplements also leads to kidney issues, warns Dr M. M. Bahadur, Consultant, Nephrologist & Transplants, Wockhardt Hospitals, Mumbai Central.  
TOI

## How can I get over the fact I am going to die?



Lesli Messinger, Candidate for Congress GA-01 2012, Developer of Savannah Harm Reduction  
6.1k votes

True story- About 20 years ago I found myself in a hospital room with a Neurosurgeon looking down on me. He said, " You are going to die." I said, "I know. So are you."  
Long story, short, the brain tumor stopped growing (obviously!) and I am living until I die, just like everyone else. It always puzzles me when people act like dying is an option. Dying is absolutely inevitable. Hav... [Read More »](#)

Walking just two hours a week can cut your chances of dying early from cardiovascular disease by up to 53%-Harvard School of medicine

## How to Avoid Low

### Back Pain: Exercise and Education

by Cari Nierenberg, Live Science Contributor



Shoe inserts, back-support belts and other gadgets aimed at preventing low back pain may be a waste of money. Instead, exercise is the best way to ward off this common problem, a new review of studies suggests.

The researchers found evidence that an exercise program alone, or exercise along with education about how to prevent back pain, was effective in averting an episode of low back pain and reducing people's use of sick time at work. Education may include receiving training in proper lifting techniques, learning about correct posture or attending back school, which is a comprehensive program on back health.

About 80 percent of U.S. adults will experience an episode of low back pain at some point in their lives, according to the National Institute of Neurological Disorders and Stroke. [Lower Back Pain: Causes, Relief and Treatment]

#### The exercise effect

The trials that the researchers evaluated in their review tested a variety of exercise programs that were designed to improve people's flexibility, [posture](#), aerobic fitness and the strength of their back and core muscles, Steffens said. The programs did not just focus on the back, but included the upper and lower limbs as well, he said.

The length of the exercise sessions varied, but participants typically did two to three group sessions per week with supervised instruction, and they also agreed to practice the techniques at home, Steffens said. The exercise programs lasted anywhere from eight weeks to 18 months

Although the reduced risk of back pain lasted for up to a year, beyond this time period, the preventative effect of exercise in combination with education was reduced, and the effect of exercise alone disappeared altogether, the analysis found. To have a lasting impact on preventing back pain, an [ongoing exercise program](#) is required, the researchers suggest.

## Protect Your DNA

As you age, the ends of your chromosomes – called telomeres – become shorter. This makes you more likely to get sick. But lifestyle changes can boost an enzyme that increases their length. Plus, studies show diet and exercise can protect them. The bottom line: Healthy habits may slow aging at the cellular level.



WebMD



#### Simple Margarita: 170 Calories

Skip the syrupy mixes in crazy colors and you'll trim hundreds of calories from this Mexican cocktail. Measure out the basics: one shot of tequila, lime juice to taste, and a splash of triple sec. Shake with ice and serve. Staying within the limits of moderate drinking -- one for women and up to two drinks per day for men -- is another way to watch your calories and your waistline.

WebMD

## Fruit juices and smoothies have 'unacceptably high' sugar content

Written by [Yvette Brazier](#)

The next time you offer your children a healthy smoothie instead of a soda, you may want to remember that it could contain as much as 13 g/100 ml, equivalent to around 2.5 tsps in a 3.5-oz serving, or approximately two thirds to a half of a child's recommended daily sugar intake.



*Smoothies can have a surprisingly high sugar content.*

New research, published in the online journal *BMJ Open*, describes the sugar content of fruit drinks, natural juices and smoothies, in particular, as "unacceptably high."

According to Yale Health, the average American consumes around 22 tsps of added sugar every day; for teens, the figure is closer to 34. One 12-oz can of soda contains 10 tsps of sugar.

The American Heart Association (AHA) recommend no more than 3-4 tsps of sugar a day for children, and 5 tsps for teens.

In the UK, guidelines recommend a maximum of 19 g, or just under 4 tsps for children aged 4-6 years, and 24 g at age 7-10 years, or just under 5 tsps, according to the UK's National Health Service (NHS).

As awareness spreads about the impact of sweetened drinks on weight gain and tooth decay, many people are turning to fruit juices and smoothies as healthy alternatives to sodas, iced tea and other favorites.

## Watermelon Mojito: 100 Calories

A whole day of eating right can go down in the swirl of cocktail – with crazy-high calories and weakened willpower. So we've put a few drinks on a diet, starting with the Cuban mojito. Instead of using sugar, use a wooden pestle or a big spoon to gently crush cubes of watermelon with fresh mint leaves. Add rum and sparkling water for a sweet mojito with half the usual calories.



WebMD



#### Super fried rice

*I love fried rice, but since finding out I have coeliac disease the take-away kind is off the menu*

by [lizzi](#)



**There are 7.7 million obese women in the UK, the study indicated-BBC News**

## The Science of Hunger: How to Control It and Fight Cravings



The ins and outs of hunger — and how to control it best.

[Read More »](#)



#### Isla Grant - Childhood Memories

by [janvanetten](#)

# A 3-cent tooth whitener and 7 other surprising uses for hydrogen peroxide

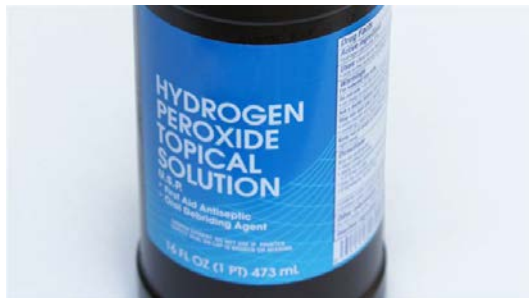
Bryce Gruber  
iVillage\_

by [Taboola](#)

[More from TODAY.com](#)

Here's the best time to clean your windows — and why

There's a good chance you have a little brown bottle of hydrogen peroxide in your bathroom right now — but you probably don't use it for much other than the occasional disinfection of minor cuts and scrapes. Behold all the affordable (and ingenious) uses you've been missing out on.



Lenfert / Shutterstock

Chris

## Whiten teeth

Instead of unloading serious cash at the drugstore for whitening mouthwash, try three-percent hydrogen peroxide, which you'll find on drugstore shelves for around a dollar a bottle. "Rinsing with [it] can result in whitening benefits such as less bacteria buildup, less inflamed gums, and fresher breath," says [Dr. Sivan Finkel](#), of NYC's Dental Parlour.

## Fight foot fungus

If you've ever been plagued with athlete's foot, there's a good chance all the over-the-counter creams and powders haven't given you a permanent solution. Instead, put hydrogen peroxide in a spray bottle and spritz your feet all over two to three times per day until the symptoms disappear.

## Revive beauty tools

"In small quantities peroxide can be useful to clean artificial makeup brushes weekly," says [Dr. Debra Luftman](#), dermatologist with the Simple Advisory Board. Dilute peroxide with 50-percent water in a cup or mason jar, stick your best brushes in for five minutes, and then rinse.

## Prevent pimples

One cause of acne is the build-up of bacteria inside pores. Combat germs by swiping a hydrogen peroxide-soaked cotton swab over particularly acne-prone areas and give your existing routine a zit-fighting boost.

## Brighten nails

If red polish has left your nails stained, try soaking fingertips in peroxide for three to four minutes. If that doesn't do the trick, keep swabbing peroxide over the nail beds until the yellow has been fully removed.

## Freshen breath

Bad breath is more often than not the result of nasty bacterial overgrowth (not that garlic spinach pizza you had for dinner last night). Try brushing your teeth, then your tongue before gargling with a tablespoon of peroxide for 30 to 60 seconds.

## Whiten fabrics

Instead of harsh bleach, add two full cups of hydrogen peroxide to your load of whites.

## D.I.Y deodorant

Wipe hydrogen peroxide under your arms to kill the odor-causing bacteria that's behind body odor.

# Exercise for Bone Health

Weight-bearing exercise includes any activity that pits you against gravity: not just lifting weights, but walking, climbing stairs, even dancing. It's tremendously important to bone health and preventing fractures. Your muscles get stronger and more coordinated, which helps prevent falls. There's also a direct effect on bone. Working muscle stimulates bone into becoming stronger. If you want to lower your risk of osteoporosis, a short, brisk walk every day might better serve the purpose than a big calcium pill.

# Popularity of Probiotics

An increasingly popular probiotic, the best type you can buy is organic and from a local health shop, or you can easily make your own. The benefits of sauerkraut lie in the positive effects it plays on your digestion and gut bacteria. Increasing the balance of good bacteria in the gut can also lead to less inflammation, which is also a byproduct of depression and anxiety. Food plays a major role in how we feel, act and think; research recently revealed how the gut microbiome influences the brain. - See more at: <http://healthyhints.com.au/5-foods-to-help-you-relax/#sthash.x5PMo2UR.dpuf>



By Gandydancer via Wikimedia Commons

# Heart Attacks Striking Younger, Fatter Americans

The average age of people getting heart attacks fell from 64 to 60 over the past 2 decades.



[Man Hands A Monkey An Egg, But Watch What He Gets In Return...Incredible!](#)



[Raw refreshing cucumber juice](#)

*There's nothing better than a raw juice in the morning to wake up your insides, and give your digest...*

by [JamieOliversgirl](#)

# Leukemia drug holds promise for patients with type 2 diabetes.

The [cancer](#) treatment drug Imatinib, otherwise known as Gleevec is approved to treat various forms of cancer, mostly notably chronic myeloid [leukemia](#) (CML). However, researchers have stumbled onto another possible use for it, curing [type 2 diabetes](#).

The team--made up of scientists from the Scripps Research Institute in United States, South Korea-based company Hyndai Pharm Co., Ltd., the Seoul National University, and Ulsan National Institute of Science and Technology (UNIST)--has identified for the first time that, through control of PPAR $\gamma$ , Gleevec lowers the level of [insulin resistance](#), thereby reducing the risk of both hyperglycemia and [obesity](#).

MNT

Compiled, edited & published by

**Dr Harold Gunatillake**

To unsubscribe email:[gunatillakeharold@gmail.com](mailto: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, Batchelor of Medicine & Surgery (Cey)

Enjoy reading this newsletter it's all about your Health