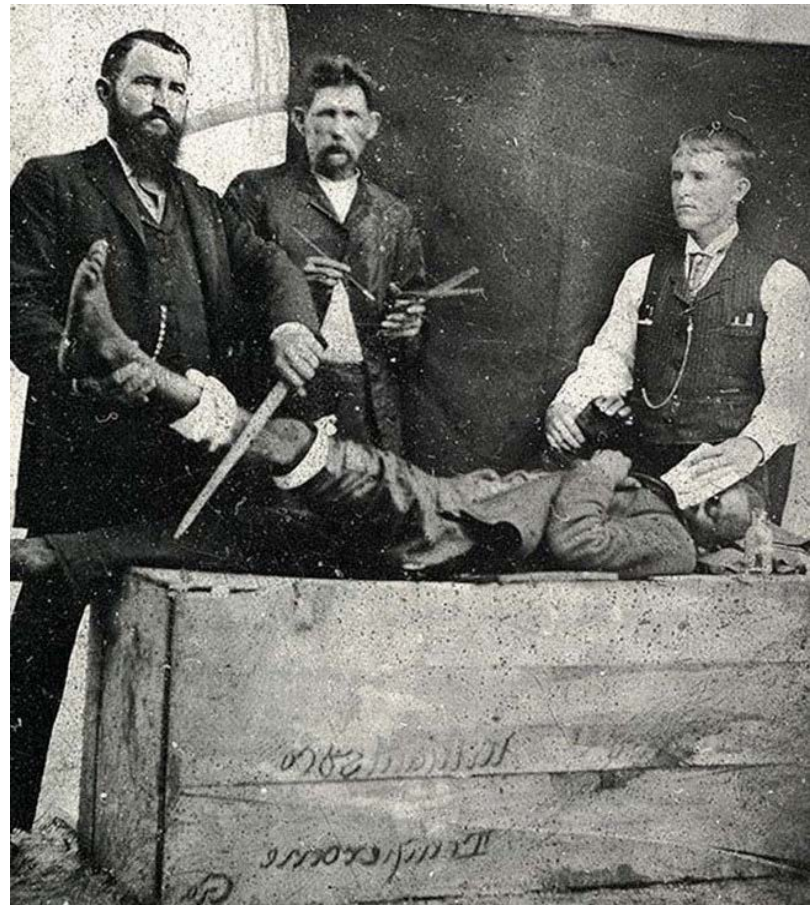




Health newsletter for the health of Sri Lankans & others

VIDEO: A Weekend in Chicago

Over Memorial Day weekend, 64 people were shot in Chicago, six fatally. Our team of journalists tracked the violence that has engulfed families and neighborhoods. Note: This video contains profanity



Before anesthetics, all you got for surgery was a little ether.
Sent by Chitran Duraisamy

Our Purpose

'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 health & longevity
Health editor



The Nutritional Value of Soba Noodles

Are you searching for a healthier alternative to pasta and ramen? See how soba noodles could lead the way to better nutrition. [More >](#)



How Do You Die From Alzheimer's?

By **RONI CARYN RABIN**
Alzheimer's affects the brain, and ultimately impairs the ability to swallow, cough and breathe.

Heart disease risk may be increased with air 25

Come fly with me Must watch



British Airways: Fueled by Love

by British Airways



Lalitha Brodie -Toronto, Canada, receiving *The Inspirational Mother Award from Mother 2Mothers*, at a Fund raising Event in May this year, from Sister Victoria James. Sister Victoria is the Head of the College of Nursing in Jaffna, and was the chief guest at the function.
The Fund raising Event was attended by over 900 people. The function was organised at The Scarborough Convention Centre, where \$ 51,000 was collected to help widows in Wann in Sri Lanka



Best medicine for your heart- Just Relax & swing Eat in a relaxed state

Ayurveda considers **how** you eat to be just as important as **what** you eat. Your body is far more likely to absorb and break down nutrients when you eat in a **relaxed, comfortable and focussed manner**, so avoid eating on the go or while reading, watching TV or completing work, as stress constricts our internal passages.

Yoga may help reduce the risk of heart disease by decreasing cholesterol levels, lowering blood pressure, and by reducing stress and anxiety.



Angeliki Jackson / TODAY

In one study, researchers in India followed people with heart disease. At the end of one year, people who practiced a yoga-based lifestyle, including dietary changes and stress management, found an overall drop in their total cholesterol of 23 percent and a decreased LDL cholesterol of 26 percent, and an improvement of their heart disease overall between 43 and 70 percent.

www.today



Anoja- one of the best dressed ladies spotted at the Sri Lankan Association Dance in Sydney, held on Friday 3rd June at the "Candle Light and Orchids" Winter Ball, Le Montage, Lilyfield .

Fad diets and three ways you can spot them



Fearing Drugs' Rare Side Effects, Millions Take Their Chances With Osteoporosis

By GINA KOLATA

Use of the most commonly prescribed osteoporosis drugs fell 50 percent from 2008 to 2012 after reports of rotting jaws and snapped thighbones.



'How you doin'?': Watch Matt LeBlanc deliver 'Friends' line in hilarious clip

The "Game of Thrones" star and LeBlanc were both guests on "The Graham Norton Show."

[Read More](#)



Are you eating too much salt? Probably, but the FDA's new guidelines should help

[Read More](#)

New FDA Salt Targets: Which Foods Would Change Most?

If the new FDA sodium targets are reached over the next 10 years, some of the biggest sodium drops could be in certain sauces and frozen breakfast foods.

[Read More](#)

VIDEO: GoPro Captures Jets in Action

The Breitling Jet Group is the largest civilian airshow group in Europe. The reporter Alex Williams took a ride into the danger zone with them over Long Island Sound.



Make India's Version of a Big Mac

Dark radiation may be causing universe to expand faster than expected

The universe is expanding 5 to 9 per cent faster than expected and scientists speculate the finding may be explained by a mysterious force called dark radiation.



Don't over-eat tomatoes and oranges

Both fruits are jam-packed full of vitamin C, and are often recommended because of their health benefits. While they are indeed good for your health, over-eating them can become a serious problem. Tomatoes and oranges are highly acidic, and increased consumption of them can lead to acid reflux. On its own, reflux is relatively harmless, but repeated bouts will damage your esophagus and cause Barrett's Esophagus, which is a state where the esophagus is covered in precancerous abrasions.

BabaMail

Reading this newsletter makes your Health healthier



Muhammad Ali's Death: Can Head Injuries Cause Parkinson's?

Boxing champion Muhammad Ali lived with Parkinson's disease for three decades before his death. Was the neurological disorder caused by boxing?

[Read More](#)



Obesity Rate in US Women Climbs to 40%

The obesity rate among U.S. women continues to tick upward, with the latest study showing that about 40 percent of American women are obese.

[Read More](#)

The Japanese must be doing something right, given that they live longer, on average, than people from any other nation.

For a rich nation, Japan has remarkably little obesity. Figures from 2013 suggested that just 3.3% of Japanese women were obese, compared with 20.9% of women in Poland, 33.9% of women in the United States, and 48.4% of women in Egypt.

Your blood pressure: How low can you go?



While 140/90 continues to be the blood pressure cutoff, a study published recently in the *The New England Journal of Medicine* shows that lowering pressure to around 120/80 may reap greater benefits. This study supports observational studies that have found that lower blood pressure reduces cardiovascular risk. Moreover, the study found that the benefits in reducing heart attacks, strokes, and death were found equally in those older or younger than age 75. But should you focus on going lower?

Find out what the experts have to say

»



Sri Lanka warning on beverages

Crystal clear warnings, as obvious as the traffic-light systems ingrained into ones brains, will be mandatory on beverages labels from June 1. Red will indicate an excess level of sugar, amber a high level and green a moderate level, giving the consumer the option to make an informed choice. The labels will also indicate that in red if the product has 11g of sugar per kilo, in amber if it has between 2-11g of sugar per kilo, and in green if it has less than 2g of sugar per kilo. (Sunday Times 1.5.2016)



Come Get Some Juicy, Meaty, Spicy Goodness

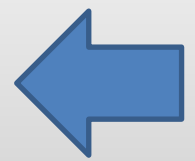
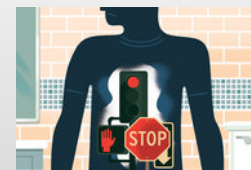
Could these be the perfect dumplings?



These Women Start Walking In A Straight Line, But Keep Your Eyes On The One At The End...



There are free fatty acid absorbing bacteria in your large bowel, which may have the potential to develop into a therapeutic for obesity.



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.

What Causes Atherosclerosis?

First, an Anatomy 101 review: Arteries are blood vessels that carry blood from the heart throughout the body. They're lined by a thin layer of cells called the endothelium. The endothelium works to keep the inside of arteries toned and smooth, which keeps blood flowing.

According to experts, atherosclerosis begins with damage to the endothelium caused by high blood pressure, smoking, or high cholesterol. That damage leads to the formation of plaque.

When bad cholesterol, or LDL, crosses the damaged endothelium, the cholesterol enters the wall of the artery. That causes your white blood cells to stream in to digest the LDL. Over years, the accumulating mess of cholesterol and cells becomes a plaque in the wall of the artery.

Plaque is a jumble of cholesterol, cells, and debris that creates a bump on the artery wall. As atherosclerosis progresses, that bump gets bigger. And when it gets big enough, it can create a blockage. That process goes on throughout your entire body. As a result, not only is your heart at risk but you are also at risk for stroke and other kinds of health problems.

Atherosclerosis usually causes no symptoms until middle or older age. But as narrowings become severe, they choke off blood flow and can cause pain.

Blockages can also suddenly rupture, causing blood to clot inside an artery at the site of the rupture. WebMD



AuSLMAT Committee 2016-in Melbourne

AuSLMAT granted DGR Status by The Australian Charities and Not-for Profit Commission (ACNC)

The Australia Sri Lanka Medical Aid Team has been granted Deductible Gift Register Status by the Australian Charities and Not for Profit Commission with immediate effect.

AuSLMAT has worked in Sri Lanka from the time of the tsunami in December 2004. We have made twenty eight visits to Sri Lanka since then and have been involved in capacity building at the Karapitiya Teaching Hospital and the Batticaloa Teaching Hospital. We were instrumental in promoting the building of the Accident and Emergency Centre at Galle by the Victorian Government when Professor Ariyananda was Head of the Department of Medicine. AuSLMAT also assisted in building the new Cardiac Catheterisation Laboratory at Karapitiya and have had several interventional cardiologists visit the hospital. Dr. Rohan Bhagwandeem from Newcastle is currently in Sri Lanka as the guest speaker at the Cardiac Society Meeting in Colombo.

AuSLMAT will visit Sri Lanka again in June 2017. In addition to capacity building we have conducted general medical clinics at Dickoya, Valaichennai, Beralihela Mirissa and Matara.

We have received a donation of sixty hospital beds from the Peter Mac hospital and will send it to the Ministry of Health shortly. We have also donated wheel chairs and medical/surgical equipment to the Akuressa Hospital

Sent by Dr Quintus de Zylva



3 Men Sing This Girly Pop Song. But Wait Until You Hear Their Spin On It...

Note: Any medical information published on this website is not intended as a substitute for informed medical advice and you should not take any action before consulting with a health care professional.

"Workers Lay-Off" & "The Sword of Damocles".

Gone are the days when jobs were secure and deep-rooted
It involved hard work; dedication; and sense of pride
It was the foothold for building a Career that was launched
Leading to a build-up for the future and onset of old age

Unfortunately for the worker most employers are only profit motivated
Cutting costs to attain high profits is the hidden tout
For cheap labour; industry as well as employment being outsourced
At damaging cost of jobs and industries being lost to the country and its populace

In their avaricious greed for higher profits to be garnered
Lay-off of senior staff, to cut payroll, is how they manipulate
Notwithstanding the loyal and efficient services that have been rendered
Leaving the poor staff (in the lurch) to face the consequence

In a non-unionized organization; the seniors are the first to be eliminated
In a unionized organization the juniors feel the dreaded taste
One must ask oneself – How can this happen in a land so democratically ruled
If so who is to be blamed for this gut wrenching debacle?

As the Sword of Damocles hangs over jobs & industries – How is one destined?
The three levels of "governance" go on junkets to solicit investments and trade
But no one addresses the dangers that lurk over the employed
Especially the "seniors" who are vulnerable and may get destitute

Their work experience will not be assessed or accounted
For they will no doubt, encounter "age discrimination" in their job seeking venture
Such is the fate of the soon to be unemployed
We cannot depend on governance to safeguard our jobs and will remain desperate

So much hype and negativity on a neighbours Presidential quest is heaped
But one must be able to take a cue from his announce
Industries and jobs must return to where it originated
Perhaps our "governance" too should take serious note of this stake

Noor Rahim

Beetroots: The health fix for your body

[Zeenia Baria](#), TNN |



Beetroots: The health fix for your body (Getty Images)

The innocuous beet root may not enjoy the pride of place on your vegetable shelves but is packed with a host of health benefits that you most definitely need. Gone are the days when this vegetable was relegated to just salads.

Today, an increasing number of nutritionists are encouraging people to use beetroot as a prominent part of their meals -and do it regularly. So, what is it about beetroot that makes it so essential to consume? Here are its health benefits... Beetroots comprise generous amounts of nitrates, which are changed into a compound known as nitric oxide. This compound is then said to amplify your blood vessels, which makes sure that your blood circulation remains topnotch. The result? Improved blood pressure levels. Don't enjoy eating boiled beetroot?

Have it as a juice or smoothie at least thrice a week.

The vegetable is also said to keep your heart healthy thanks to the B-vitamin folate and betaine it contains. Betaine is a plant alkaloid and along with Bvitamin folate, can decrease homocysteine, an amino acid that can cause heart disease, if it is present in large levels.



Tandoori Roti - Indian Food Recipes

by [ShowMeTheCurry.com](#)

TILAKURAKOT JOURNAL

India and Nepal in Not-Very-Enlightened Spat Over Buddha's Childhood Home

By ELLEN BARRY

What Would Happen If Donald Trump's Healthcare Plan Were Actually Implemented?

The Republican presidential candidate says his seven-point plan would provide more choice at more affordable rates, but critics say it would create chaos. [More »](#)

You can't beat a Scott -

Jock went to a dentist for tooth extraction and first inquired about cost. Dentist said Euro 1200, the Scott thought it as too much. After some thought, he asked about cheaper methods. The dentist said Yes, it can be done without anesthesia and will cost only Euro .300, but it would be very very painful. Jock said 'ok Dr, do it without anesthesia.'

The dentist removed the tooth without anesthesia and during the entire procedure the Jock sat quietly, even smiling a little. The dentist was not only surprised but was quite impressed and said "I have never seen such a brave patient like you. I don't even want my fees, here, instead take this Euro 100. as a reward, you've taught me such a powerful lesson today about mastering one's pain and feelings!!" In the evening the doctor met his fellow dentists. Related to everyone about Jock and the tooth extraction. One doctor jumped up and shouted 'That bloody Scott first came to me, I gave him anesthesia and asked him to wait outside for half an hour ! After half an hour when I called him he had left!!!!'



Russell Peters : Why I don't do any Arab jokes ?? ^.^



by Samir Ali



Russell Peters: Indian Names



by mikizzlefoshizzle



Rich Chicken Coconut Curry with Spicy Cashew Rice



This curry is extra tasty, and I have made the actual curry paste myself, instead of using a bough...

by Finy

Too Much Vitamin A Supplements

Your body needs vitamin A, and it's fine to get it from plants such as fresh fruits and vegetables, especially those that are red, orange, and yellow. But if you take supplements that have high doses of vitamin A, that can be a problem for your liver. Check with your doctor before you take any extra vitamin A because you probably don't need it. WebMD

Could Alzheimer's Stem From Infections? It Makes Sense, Experts Say



By GINA KOLATA

Provocative new research leads to the hypothesis that infections may produce a fierce reaction that leaves debris in the brain, causing Alzheimer's.

Narrow Leg Arteries

Study found the cholesterol-lowering drugs associated with reduced risk of amputation, death

WebMD News from HealthDay
By Mary Elizabeth Dallas
HealthDay Reporter

Cholesterol-lowering statins may spare people with narrowed leg **arteries** from the possibility of **amputation** and even death, a new study suggests.

The higher the dose of these **drugs**, the lower the risk of both outcomes, the researchers found.

"PAD, a narrowing of the peripheral arteries to the legs, **stomach**, arms and head, is the next cardiovascular epidemic," said study author Dr. Shipra Arya. She is an assistant professor in the division of vascular surgery at Emory University School of Medicine in Atlanta.

For the study, the researchers analyzed health information on more than 200,000 veterans with **peripheral artery disease** (PAD) from the Veterans Affairs' database.

They identified those who were taking **statins** around the time they were diagnosed with PAD. The researchers also recorded the veterans' dosage of these drugs.

Conserving and restoring the human gut microbiome by increasing consumption of dietary fibre

| Andreu Prados

- Diet, Fibers, Research & Practice

Modern lifestyle and Western diet have led to a substantial depletion of gut microbial diversity, which is linked to many non-communicable diseases (NCDs). In a recent commentary published in *Trends in Endocrinology & Metabolism* by researchers from the University of Alberta (Canada), it has been argued that we need to reconsider nutritional recommendations to focus on fibre in an attempt to restore proper composition and function of the 'disappearing' gut microbiome.

'Poop Transplant' Changes Play Out Over Several Months, Study Finds

May 23, 2016 | Article

Patients who undergo a "poop transplant" to treat severe diarrhea often see their symptoms get better within days, but their gut bacteria continue to undergo dramatic changes for months.

[Read More](#)

Why Processed Foods May Promote Gut Inflammation

Certain food additives may interfere with your gut bacteria, causing changes that boost inflammation in the intestines.

[Read More](#)

Herbal Supplements

Even if the label says "natural," it may not be OK for you. For instance, some people take an herb called kava kava for menopause symptoms or to help them relax. But studies show that it can keep the liver from working right. That can lead to 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.

Extra Pounds

The extra fat can build up in your liver cells and lead to non-alcoholic fatty liver disease (NAFLD). As a result, your liver may swell. Over time, it can harden and scar liver tissue (doctors call this cirrhosis). You are more likely to get NAFLD if you are overweight or obese, middle-aged, or have diabetes. You may be able to turn things around. Diet and exercise can stop the disease.

Silent heart attacks: Much more common than we thought in both men and women



HOMES FOR THE POOR IN SRI LANKA



News Letter April 2016



A project by Fr Dilan Perera OMI

Father Dilan Perera OMI Director /Superior at St Vincent's Home for Orphans in Maggona, has built 54 houses for the homeless, in various parts of the island, through donations received from well wishes Australia, and other countries.

It is your turn to help this father to build more, for the homeless.

Religious background is no criterion in the selection of the homeless. Choice could be yours.

His mobile # is 0094 718445009

His email address:

perera.dilan72@gmail.com

"There is a lot that happens around the world we cannot control. We cannot stop earthquakes, we cannot prevent droughts, and we cannot prevent all conflict, but when we know where the hungry, the homeless and the sick exist, then we can help."

Jan Schakowsky

Editor's commitment, please click <https://youtu.be/Dd7KJ5BWyc4>



Justin Timberlake Starts Dancing On The Streets. Now Watch Who Joins In...

Relax, Read, Share & File

Silent But Deadly: Half of All Heart Attacks Have No Symptoms

'Silent' heart attacks are nearly as common as heart attacks with symptoms — and almost as deadly as well.



QUIZ

How Well Do You Know Your Pancreas?

What does it do? Can you live without it? Which habit is the most common cause of chronic pancreatitis? We've got answers for you.

The Weird Way Your Latitude May Affect Your Blood Pressure

Researchers turned to Chile -- the longest country in the world - to investigate how latitude effects blood pressure.

[Read More](#)

Grapefruit: Health Benefits & Nutrition Facts

Grapefruit is a popular citrus fruit that is a terrific source of vitamins, fiber and other nutrients.

[Read More](#)

Diabetes Drug Metformin May Lower Glaucoma Risk

WebMD News from HealthDay
By Steven Reinberg
HealthDay Reporter
The [diabetes](#) drug [metformin](#) was linked to a lower risk of developing the eye condition [glaucoma](#) in a new study.

People who took the most metformin during the 10-year study period had a 25 percent reduced risk of glaucoma compared with people not taking the drug, researchers found.

"Glaucoma is a leading cause of blindness worldwide and classic open-angle glaucoma develops in late middle age or late age. So we hypothesized that a drug that mimics caloric restriction, such as metformin, might reduce the risk of glaucoma," said lead researcher Julia Richards, a professor of ophthalmology and visual sciences at the University of Michigan in Ann Arbor.

Exactly how metformin might reduce the risk of glaucoma isn't known, the researchers said. And, while this study found an association between metformin use and lower glaucoma risk, it wasn't designed to prove a

High blood pressure raises risk of developing vascular dementia

High blood pressure can significantly raise the risk of developing vascular dementia, a disease which affects around 7 lakh people in India, a new study found. High blood pressure was found to be associated with 62 per cent higher risk of vascular dementia between the ages of 30-50.

"Health Care professionals counseling inactive adults should promote physical activity as a component of a healthy lifestyle and cancer prevention."

Dr. Steven C. Moor

Potato-Heavy Diet Linked to High Blood Pressure

Are potatoes a blood pressure friend or foe? A new study settles the score.

[Read More](#)

Exercise should be key element of cancer prevention

The investigators say the findings bolster evidence that physical activity has a beneficial effect on cancer risk and support the idea that it should be a key element of public health efforts to prevent and control cancer. First author Dr. Steven C. Moore, an investigator with the NCI whose research interests include physical activity, [obesity](#) and cancer, explains we already have evidence that leisure-time physical activity reduces risks of [heart disease](#) and death from all causes. Now, the new study adds many types of cancer to this list, and he notes:

"Furthermore, our results support that these associations are broadly generalizable to different populations, including people who are overweight or obese, or those with a history of smoking."

While hundreds of studies have shown the benefit of exercise on lowering cancer risk, in the main - apart from links to colon, breast, and endometrial cancers - the evidence for most cancer types has been somewhat inconclusive. The main reason for this is because the studies have not included enough people.

Written by Catharine Paddock PhD

Phthalates Raise BP

New-generation phthalates may pose as great a health risk as the original compounds, especially in children and teens.



Plastic-covered grapes - image from Shutterstock

Chemicals present in household cleaners, food packaging and personal care products, and utilized to soften plastics and vinyl, phthalates have recently been suggested to contribute to a range of health concerns – including asthma, attention-deficit hyperactivity disorder, breast cancer, obesity and type II diabetes, low IQ, neurodevelopmental issues, behavioral issues, autism spectrum disorders, altered reproductive development and male fertility issues. Leonardo Trasandem from New York University School of Medicine (New York, USA), and colleagues report that di-isononyl phthalate (DINP) and di-isodecyl phthalate (DIDP) – intended as ‘safer’ replacements to older-generation phthalates – may associate with a rise in risk of high blood pressure and diabetes in children and adolescents. The team reviewed blood samples of a diverse group of 356 children and adolescents ages 12 to 19, enrolled in the National Health and Nutrition Examination Survey, assessing for phthalates and glucose based on their urinary levels of the substances. Blood and urine samples were collected once between 2008 and 2012, and the study volunteers' blood pressure was similarly measured. Diet, physical activity, gender, race/ethnicity, income, and other factors independently associated with insulin resistance and hypertension were also factored into the analysis. The researchers found that DINP and DIDP both associated with higher age-, sex- and height-standardized blood pressure. For each log unit increase in DIDP metabolites, the investigators observed a 0.105 standard deviation unit increase in systolic blood pressure z score; for DINP, a 0.113 standard deviation unit increment was identified. The study authors warn that: “Metabolites of low molecular weight phthalates commonly found in cosmetics and personal care products showed an association with blood pressure (≥ 90 th percentile).”

[VIEW NEWS SOURCE...](#)

Trasande L, Attina TM. “Association of Exposure to Di-2-Ethylhexylphthalate Replacements With Increased Blood Pressure in

Get Smart About Bread

Does your loaf have the complex carbs that are good for you? It depends on the grain used to make it.

Look for bread made with whole grains. Barley, rye, oats, and whole wheat are some top choices. WebMD

Cranberry Juice Confers Cardiac Benefits

A glass of cranberry juice every day helps to improve blood pressure, triglycerides, C-reactive protein, and glucose.



Cranberry juice - image from Shutterstock

Abundant in proanthocyanidins – a potent antioxidant compound, cranberries are also a good source of vitamins C and E. Janet A Novotny, from the US Agricultural Research Service of the Department of Agriculture (Maryland, USA), and colleagues enrolled 30 women and 26 men, average age 50 years, who were at-risk for cardiometabolic diseases, in an 8-week long study in which the subjects consumed a low-calorie cranberry juice (containing 172 mg of phenolic compounds), or placebo beverage. Cranberry juice lowered fasting serum triglyceride levels, C-reactive protein, diastolic blood pressure, and fasting plasma glucose. As well, those who received cranberry juice showed improvements in insulin resistance. The study authors submit that: “[Low-calorie cranberry juice] can improve several risk factors of [cardiovascular disease] in adults.”

[VIEW NEWS SOURCE...](#)

One Drink Too Many

For most people, moderate drinking (one a day for women, up to two daily for men) is OK. A daily drink may even have some benefits for the heart. But more than that can raise levels of certain fats in the blood and blood pressure, too. That's especially true if you have several drinks at a time. So stick to your daily limit. WebMD



Can Stomach Botox Injections Help People Lose Weight?

[Read Article](#)



Pressed coffee is going mainstream – but should you drink it?

Heidi Godman, Faculty Editor, Harvard Health Publications



The coffee aficionados in my life seem a little smug these days. They feel vindicated now that the brew they've long touted as superior – European pressed coffee – has finally gained mainstream acceptance. No longer the domain of trendy coffee houses and upscale restaurants, pressed coffee is now fashionable in the United States and the device to make this kind of coffee – known as a French press – has begun popping up on all kinds of store shelves. But this hot trend has a cold hard fact you should know about.

[Continue reading the article »](#)

Happy Ramadan! (Wait, can we even say that?): Common questions on Islam's holy month answered

by Jessica Haynes



PHOTO: [Members of Australia's Muslim community celebrate the end of Ramadan.](#) (ABC TV, file photo)

With the month of Ramadan now underway, we asked some of the burning questions you might have about the holy month.

What is Ramadan?

Ramadan is the fasting month for Muslims. It falls in the ninth month of the Islamic calendar and is one of the five pillars of Islam.

Participants fast during daylight, and generally eat a meal before sunrise and after sunset, called *suhor* and *iftar*.

The end of Ramadan *Eid ul Fitr* is marked with a large celebration.

Can we wish people a Happy Ramadan?

Well-wishes are always welcome according to Ali Kadri, president of Queensland's oldest mosque, Holland Park Mosque.

"Yes, of course," Mr Kadri said. "It's just a good greeting to give to people who are going through the self sacrifice for their faith.

"It won't make up for the food and drink, but it will go a long way."

And if you want to be really clever, you can say *Ramadan Mubarak*, which essentially means Happy Ramadan, or Congratulations, it's Ramadan.

A good guide to good carbs: The glycemic index

Picking good sources of carbs can help you control your blood sugar and your weight. Eating healthier carbohydrate-rich foods can also help ward off a host of chronic conditions, from heart disease to various cancers, and diabetes.

One way to choose healthy carbs is with the glycemic index (GI). This tool measures how much a food boosts blood sugar. Using the glycemic index is easy: choose foods in the low GI category instead of those in the high GI category, and go easy on those in between.

- Low glycemic index (GI of 55 or less): Most fruits and vegetables, beans, minimally processed grains, pasta, low-fat dairy foods, and nuts.
- Moderate glycemic index (GI 56 to 69): White and sweet potatoes, corn, white rice, couscous, breakfast cereals such as Cream of Wheat and Mini Wheats.
- High glycemic index (GI of 70 or higher): White bread, rice cakes, most crackers, bagels, cakes, doughnuts, croissants, most packaged breakfast cereals.

Harvard Medical School

Cooking vegetables in water robs them of some of their nutritional value because the nutrients leach out into the cooking water. For example, boiled broccoli loses glucosinolate, the sulfur-containing compound that may give the vegetable its cancer-fighting properties (as well as the taste that many find distinctive and some find disgusting). Is steaming vegetables better? In some respects, yes. For example, steamed broccoli holds on to more glucosinolate than boiled or fried broccoli. WebMD

Whole grains good for Your Weight

Why do people who eat more whole grains, like oatmeal, gain less weight than those who fill up on refined grains, like white rice? Whole grains keep food in your stomach longer, so you're less likely to fill up on junk foods. But a slender shape isn't the only reason to eat whole grains. Their texture and flavor can also wake up taste buds tired from a white-bread diet. WebMD

Fitbit Helps Doctors in Man's ER Visit



For one New Jersey man, wearing a fitness tracker paid off in a big way: Doctors in the emergency room used the gadget to help determine the best way to treat his heart problem.

[Read More »](#)

The Parking Ticket



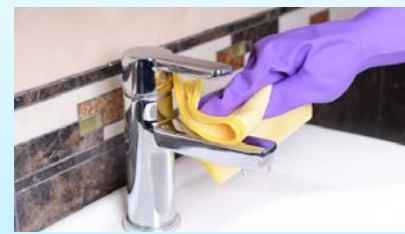
Does not matterif you don't understand the words, at the end, it is self explanatory !

No language needed.

<http://safeshare.tv/w/ZXQqOdKCMp>

Cooking in Microwave oven is safe

The cooking method that best retains nutrients is one that cooks quickly, heats food for the shortest amount of time, and uses as little liquid as possible. Microwaving meets those criteria. Using the microwave with a small amount of water essentially steams food from the inside out. That keeps more vitamins and minerals than almost any other cooking method. WebMD



This secret cleaning item is sitting in your kitchen cupboard

If you only use this ingredient for cooking, prepare to be dazzled!

[Read More](#)

Diabetics should Consume More Dairy Products Why?

The protein and fat in dairy products help blood sugar levels improve, and if the products are low in fat, it has been shown that they can also decrease the chances for developing insulin resistance.



Maximize the Magnesium

Magnesium is a mineral known to help prevent the onset of Type II diabetes and should be consumed as much as possible. It is best to consume natural sources of magnesium such as spinach, fish, nuts, leafy greens and avocados. All of these foods have been proven to lower the risk of diabetes and can even aid in weight loss. BabaMail

Less Than 3 Percent of Americans Have a Healthy Lifestyle

Researchers say 97 percent of Americans are failing to meet ideal "healthy lifestyle" criteria that can protect their hearts.

Here's why. [More »](#)

A Juicy Burger

Researchers at Vanderbilt University noticed that thousands of people in the Southeastern U.S. were having severe allergic reactions to meat, including rashes, vomiting, diarrhea, and trouble breathing. The bite of a lone star tick seemed to kick-start it. With this allergy, you'll need to think like a vegetarian: Avoid red meat and possibly dairy. Carry an emergency epinephrine pen, too, just in case. WebMD



Microwaving food in plastic: Dangerous or not?

Chances are good that you've at some point received an urgent "PLEASE READ THIS!" email about the dangers of microwaving food in plastic containers or plastic wrap, or run across an article about it on a website. The message is that chemicals leaching out of the plastic and into the food will cause cancer, reproductive problems, and other ills. Is there any truth to this, or is it just another Internet-fueled urban legend? As is often the case with such warnings, this one contains a small kernel of truth — but a lot of misinformation.

[Continue reading »](#)

<https://www.youtube-nocookie.com/embed/I318NZ4oOhs?rel=0>

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.

Password

Always choose a memorable password!



A lady helps her husband install a new computer.

Once it is completed, she tells him to select a password, Selecting a word that he'll always remember.

As the computer asks him to enter it, he looks at his wife

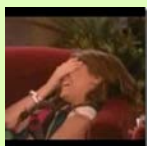
And with a macho gesture and a wink in his eye,

He selects a word:

Mypenis.

As he hits "enter", to validate the selection, his wife

Collapses with laughter and rolls on the floor in hysteria!!



The computer had replied:

TOO SHORT- ACCESS DENIED!

Sent by Francis Gnani



What's the secret to Al Roker's perfect toasted chicken? Crispy, salty skin!

AL Roker shares his recipe for a perfect roasted chicken with crispy salty skin, a dish inspired by San Francisco's Zuni Cafe.

[Read More](#)

Bellini

Bellini is prepared with champagne orange or peach juice. Champagne is rich in antioxidants which is beneficial for your skin. When you add orange or peach to champagne you are adding vitamin A, B and C to your drink. The juices are good sources for calcium, riboflavin, phosphorus, potassium, magnesium, niacin and thiamine.

Ask Well: Health Benefits of Red Wine vs. Grape Juice

By **KAREN WEINTRAUB**

Red wine is probably better for you than grape juice because the fermentation process involved in making wine changes the makeup of the juice, and the skin of the grape, which is loaded with healthful antioxidants, is more likely to be used in the winemaking process, said Dr. Antonia Trichopoulou, a professor and director of the World Health Organization Collaborating Center for Nutrition at the University of Athens School of Medicine in Greece.

The color of the wine indicates how many healthful nutrients known as polyphenols the drink contains. "Red has more than white, and white more than beer," said Dr. Miguel Ángel Martínez González of the University of Navarra in Spain. Red wine also contains alcohol, and many observational studies have shown that drinking alcoholic beverages in moderation reduces the risk of coronary heart disease, he said, by increasing levels of healthy HDL cholesterol and reducing the clumping of platelets that can lead to clots inside blood vessels. A compound that may be responsible in part for wine's health benefits, called resveratrol, is also present in grape juice. But it's almost impossible to tell how much there is in a particular glass of wine or grape juice, and naturally occurring levels of resveratrol may be too low to have a pronounced effect on health, said Leonard Guarente, who studies the biology of aging at M.I.T. "There's a tremendous variability in the amount of resveratrol even from one wine type and one batch to another," said Dr. Guarente, who started a company that sells supplements that contain a resveratrol cousin.

Grape juice is also high in sugar, and people tend to drink a lot of it, which could be unhealthy, said Sara Baer-Sinnott, president of Oldways, a nutrition organization that advocates eating the Mediterranean diet.

"Grape juice is a good thing in moderation," she said, remembering that when she was a child she used to drink it in tiny Dixie cups.

The bottom line, Dr. Guarente said, is that there is plenty of scientific research linking red wine to health benefits, but no similar studies in grape juice. "There may be some synergy between resveratrol and something else present in the wine and not in the grape juice," he said.

LATEST NEWS

The secret weapon that will boost your health ahead of the summer months

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20pc tax on sugary drinks will save 1,600 lives over 25 years: study

The tax would reduce the burden of diabetes, heart disease and stroke, say tax advocates following the release of a study and the introduction of similar measures in the UK.



Shitake Mushrooms May Boost Immunity



Shitake mushrooms - image from Shutterstock

Mushrooms are widely touted for their medicinal qualities, yet very few human intervention studies have been conducted using present-day guidelines. Professor Sue Percival of the University of Florida's department of Food Science and Human Nutrition, decided to address this issue by conducting a study of 52 healthy adults aged 21 to 41 in order to investigate the effect of mushroom consumption on the immune system. Participants were given a 4-week supply of dry shiitake (*Lentinula edodes*) mushrooms and were asked to consume either 5 or 10 g of mushrooms daily. Each subject had blood drawn before and after 4-weeks of daily mushroom consumption. Saliva and serum were also collected. Results showed that mushroom consumption led to significantly increased numbers of gamma delta T-cells ($\gamma\delta$ -T) and natural killer T-cells (NK-T). Furthermore, both cell types also demonstrated a greater ability to express activation receptors, suggesting that consuming mushrooms improved cell effector function. Mushroom consumption also led to a drop in levels of the inflammatory proteins c-reactive protein (CRP) and macrophage inflammatory protein-1 α /chemokine C-C ligand 3 (MIP-1 α /CCL3). "If you eat a shiitake mushroom every day, you could see changes in the immune system that are beneficial", Professor Percival concluded. "We're enhancing the immune system, but we're also reducing the inflammation that the immune system produces."

[VIEW NEWS SOURCE...](#)

Potatoes May Raise Hypertension Risk, Especially in Women

Baked, boiled, or mashed, new research indicates potatoes raise the risk of high blood pressure, suggesting they be removed from school lunch and food stamp programs. [More »](#)



These Salads In Jars Are Perfect For A Healthy Lunch To Go. 

Shitake Mushrooms May Boost Immunity

Daily consumption of shitake mushrooms over a 4-week period may improve immunity and reduce inflammatory proteins.



Shitake mushrooms - image from Shutterstock

Mushrooms are widely touted for their medicinal qualities, yet very few human intervention studies have been conducted using present-day guidelines. Professor Sue Percival of the University of Florida's department of Food Science and Human Nutrition, decided to address this issue by conducting a study of 52 healthy adults aged 21 to 41 in order to investigate the effect of mushroom consumption on the immune system. Participants were given a 4-week supply of dry shiitake (*Lentinula edodes*) mushrooms and were asked to consume either 5 or 10 g of mushrooms daily. Each subject had blood drawn before and after 4-weeks of daily mushroom consumption. Saliva and serum were also collected. Results showed that mushroom consumption led to significantly increased numbers of gamma delta T-cells ($\gamma\delta$ -T) and natural killer T-cells (NK-T). Furthermore, both cell types also demonstrated a greater ability to express activation receptors, suggesting that consuming mushrooms improved cell effector function. Mushroom consumption also led to a drop in levels of the inflammatory proteins c-reactive protein (CRP) and macrophage inflammatory protein-1 α /chemokine C-C ligand 3 (MIP-1 α /CCL3). "If you eat a shiitake mushroom every day, you could see changes in the immune system that are beneficial", Professor Percival concluded. "We're enhancing the immune system, but we're also reducing the inflammation that the immune system produces."

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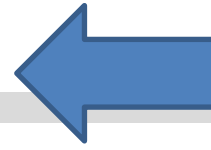
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Preview by Yahoo



Insights on Oxidative Stress

Mechanism of aging also plays role in weakening the immune system.

UV radiation - image from Shutterstock


Oxidative stress is a biological process that is emerging as a major factor in both diseases and aging itself. Environmental influences such as air pollution, smoking, and UV radiation can release free radicals into the body, submitting it to oxidative stress that can in-turn weaken the immune system. Mai Matsushita, from ETH Zurich's Institute of Molecular Health Sciences (Switzerland), and colleagues have revealed that the immune response fails to work if significant oxidative stress is damaging T-cell immune cells. The investigators employed a mouse model in which they deactivated selenoenzyme glutathione peroxidase 4 (Gpx4) – a major free radical scavenger, to observe that the lack (or defective) Gpx4 caused T cells to die off as they divided, rendering them unable to eliminate the pathogen and permitting infection to become chronic. Observing that: "Ex vivo, Gpx4-deficient T cells rapidly accumulated membrane lipid peroxides and concomitantly underwent cell death driven by ferroptosis but not necroptosis," the study authors submit that: "These studies unveil an essential role of Gpx4 for T cell immunity."

[VIEW NEWS SOURCE...](#)

If you suffer from kidney stones avoid spinach

This leafy green is rich in vitamins, minerals, iron, protein, and fiber, making it an amazing addition to your diet. Spinach is also a good source of lutein, which helps prevent macular degeneration. "So what's the problem?" you may be asking. The answer is that spinach also contains high levels of oxalate, which triggers the formation of kidney stones. If you've got a history of kidney stones, you'll want to avoid spinach. BabaMail



Amazing People
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8 Reasons You Should Add Cinnamon To Your Morning Coffee



Too much of water can kill you

Water is the source of life. We need it to survive and can't go longer than three days without it or we'll die. The average person requires around three liters of water per day to remain healthy and energetic. But what happens when you consume too much water? Drinking six liters of water within a 3-hour period can lead to water intoxication, a state where your body's electrolyte balance is disturbed.

"At the onset of this condition, fluid outside the cells has an excessively low amount of sodium and other electrolytes. This causes the cells to swell. In the brain, this swelling increases intracranial pressure (ICP), which leads to headaches, personality changes, changes in behavior, confusion, irritability, and drowsiness.

These are sometimes followed by difficulty breathing during exertion, muscle weakness and pain, twitching, or cramping, nausea, vomiting, thirst, and a dulled ability to perceive and interpret sensory information. The cells in the brain may swell to the point where blood flow is interrupted resulting in cerebral edema, and may also apply pressure to the brain stem causing central nervous system dysfunction. Both cerebral edema and interference with the central nervous system are dangerous and could result in seizures, brain damage, coma or death."(source)

[h/t: stylecraze.com](http://stylecraze.com)



TOP STORY

Could This Nerve Transform Medicine?

Vagus nerve stimulation is used to treat epilepsy, depression, and recently obesity. More uses are being explored. But the treatment isn't cheap.



The Bible Is Really Old, Handwriting Analysis Reveals

Key parts of the Old Testament may have been compiled earlier than some scholars thought.

It's Not Cancer: Doctors Reclassify a Thyroid Tumor

By **GINA KOLATA**

A noninvasive follicular thyroid neoplasm with papillary-like nuclear features, or Niftp, a type of tumor that was previously considered a kind of cancer, but has been downgraded by a panel of doctors. Credit Yuri Nikiforov

An international panel of doctors has decided that type of tumor that was classified as a [cancer](#) is not a cancer at all.

As a result, they have officially downgraded the condition, and thousands of patients will be spared removal of their thyroid, treatment with radioactive iodine and regular checkups for the rest of their lives, all to protect against a tumor that was never a threat.

Their conclusion, and the data that led to it, was reported Thursday in the [journal JAMA Oncology](#). The change is expected to affect about 10,000 of the nearly 65,000 [thyroid cancer patients a year in the United States](#). It may also offer grist to those who have been arguing for the reclassification of some other forms of cancer, including certain lesions in the breast and prostate.

The reclassified tumor is a small lump in the thyroid that is completely surrounded by a capsule of fibrous tissue. Its nucleus looks like a cancer but the cells have not broken out of their capsule, and surgery to remove the entire thyroid followed by treatment with radioactive iodine is unnecessary and harmful, the panel said. They have now renamed the tumor. Instead of calling it "encapsulated follicular variant of papillary thyroid carcinoma," they now call it "noninvasive follicular thyroid [neoplasm](#) with papillary-like nuclear features," or NIFTP. The word "carcinoma" is gone.

Many cancer experts said the reclassification was long overdue. For years there have been [calls to downgrade](#) small lesions in the breast, lung and prostate, among others, and to eliminate the term "cancer" from their name. But other than the renaming of an early stage urinary tract tumor in 1998, and early stage ovarian and cervical lesions more than two decades ago, no group other than the thyroid specialists has yet taken the plunge.

Kava

The kava plant is native to the South Pacific and its root has been used for anxiety, insomnia and other ills, according to reports from the National Institutes of Health.

However, it carries serious risks, including liver damage, even with short-term use and normal dosing. The supplement has been banned in Switzerland, Germany, and Canada, says Cimperman.

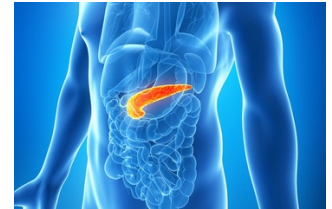
"There is absolutely no benefit to taking this supplement and it is really very dangerous," she says.

Skin Condition Linked to Risk of Aneurysm



Can a skin condition shed light on what's going on inside your blood vessels? [Read More »](#)

'Love Handles' Transformed into Insulin-Producing Cells



A new technique reprograms people's fat to become mature pancreatic beta cells, the cells that regulate how sugar from food is turned into fuel for cells.

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Make Earth Day Active with These 5 Volunteer Ideas



For some, Earth Day is a time to explore nature and reflect on the planet's health. For others, it's a time to take action.

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Listeria in Your Freezer: How Long the Bacteria Survive

[Read Article](#)



Loneliness May Be Bad for Your Heart

By **NICHOLAS BAKALAR**

Social isolation and feelings of loneliness increased the risk of having a heart attack, angina or a death from heart disease.

Compiled, edited & published by

Dr Harold Gunatillake

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