

For better health of Sri Lankans & others

- [Colds and flus: When do you need to see a doctor?](#)

[Arsenic-Contaminated Well Water Boosts Bladder Cancer Risk](#)

Red Wine Compound Raises Neurogenesis

Resveratrol doubles the growth and development of neurons, in a lab animal model.



The hippocampus – the region of the brain responsible for memory, experiences structural changes that are thought to contribute to aging-related memory and mood impairments. Ashok K. Shetty, from the Texas A&M Health Science Center College of Medicine (Texas, USA), and colleagues employed a lab animal model to study the potential effects of resveratrol – an antioxidant that is found in the skin of red grapes, as well as in red wine, peanuts and some berries. Among rats given resveratrol, neurogenesis (the growth and development of neurons) approximately doubled (as compared to control rats); as well, the resveratrol-treated rats also had significantly improved microvasculature, indicating improved blood flow, and had a lower level of chronic inflammation in the hippocampus. Consequently, the team observed that spatial learning and memory improved in the resveratrol-treated rats, with the ability to make new spatial memories significantly declining among control rats at 22 to 25 months. Observing that: "These results provide novel evidence that resveratrol treatment in late middle age is efficacious for improving memory and mood function in old age," the study authors submit that: "Modulation of the hippocampus plasticity and suppression of chronic low-level inflammation appear to underlie the functional benefits mediated by resveratrol."

[VIEW NEWS SOURCE...](#)

[Malaria research shows drug-resistant parasites cannot spread](#)



Vivid Sydney at the Royal Botanic Garden 2016



Cathedral of Light

Vivid Sydney will be back with its eight edition this May for a whopping 23 days. The festival, held from May 27th to June 18th, will be the longest in its history. For the first time since the inauguration of the festival Vivid adds a touch of fantasy to its natural world. Garden of Light is part of the Royal Botanic Garden Sydney's 200th year birthday celebration which is held in conjunction with Vivid. The garden is one of the oldest public gardens in the Southern Hemisphere.

by J.D.Wen (subscribe)



Relax, Read, Share & file

'Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information. We do this by selecting health information from various sources relevant to issues applicable to our readers, and we expect reciprocation by reading, for health & longevity
Health editor



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



The Australian chapter of VACD is registered with the Australian Charities & Not-for-Profits Commission and the Australian Securities & Investments Commission, while the Sri Lankan chapter is incorporated as a private company under the Companies Act No.7 of 2007. The VACD centre in Bandarawela provides training in special life skills, vocational skills, music and dance for disabled children, and craft instruction for parents. VACD now have 350+ registered children across all communities, races and religions. A majority of the parents of these children are subsistence farmers or low skilled and low income earning labourers.

Children who attend the daily training sessions at the centre are now provided with nutritious meals twice a week since a health inspector who visited found that the meals the children brought from home had little or no nutritional value. We have formed a collaborative partnership with "Make Some Change", a crowd sourcing social enterprise group who assist us to generate funds to meet the cost of these meals, which ideally should be provided daily.

For more information or to extend a helping hand please visit: <http://www.vacd.org.au/> or contact Mr. Milton Anthony Perera – Chairman VACD Pty Ltd. Sri Lanka on: 057 222 3010 (VACD Bandarawela), 077 461 6899 (mobile), 081 238 9857 (Home) or E-Mail: vacdsrilanka@gmail.com

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



Grand Vesak Celebrations in Canberra High Commission's office



The High Commission was colourfully decorated and illuminated with Vesak lanterns and Buddhist flags.

The Sri Lanka High Commission in Australia celebrated the Vesak festival on Saturday 21st May with the participation of the Venerable Maha Sangha from the Sri Lanka Buddhist Temple and the Sri Lankan community. The event was also an occasion to encourage donations towards emergency flood relief assistance in Sri Lanka. The celebrations commenced with a Buddhist sermon and chanting of pirith by the Venerable Maha Sangha who also offered blessings to the people affected by the floods and landslides in Sri Lanka.

The High Commission staff presented Vesak bhakthi gee to the accompaniment of music by the Nada Roo Music Group from Canberra, which was the highlight of the event.



High Commissioner Skandakumar in his welcome address thanked the Maha Sangha for their prayers on behalf of all those who had suffered extensively on account of the recent devastating events in Sri Lanka. He observed that the floods and landslides had affected people from all walks of life and not by caste, creed or ethnicity. He appealed to all to abide by the profound teachings of Lord Buddha, and to come together as the United Sri Lankan Diaspora of Australia to serve our motherland as one. He added that on such an auspicious day there could not be a finer tribute to Lord Buddha's teachings than our sincere commitment to his pronouncement "Loka Samastah Sukhino Bavantu" - May All Beings Be Happy - reminding those present that we were without exception children of a common Mother Sri Lanka as reflected in our National Anthem.

[Financial crisis may have caused 500,000 cancer deaths worldwide: studv](#)



Can you spot the Girls?



From the album collection of Sandy (Sondra) Austin now in NZ, of her school days at Bishop's College, Colombo

President Maithripala Sirisena meets President Barack Obama at the G7 Summit in Japan



President Maithripala Sirisena attended the Group of Seven leaders meeting in Japan where he received a warm welcome by all the leaders alike. The Head of State was greeted by Japanese Prime Minister Shinzo Abe, US President Barack Obama, UK Premier David Cameron, Canadian Prime Minister Justin Trudeau, Prime Minister of Italy Matteo Renzi, German Chancellor Angela Merkel, International Monetary Fund Chief Christine Lagarde among others.

The G7 leaders also pledged to support Sri Lanka in every possible way going forward. The 42nd Group of Seven Outreach Summit commenced in Japan today. This is also the first time a Sri Lankan leader has been invited to attend the G7 Summit.

President Sirisena was invited by Japanese Prime Minister Shinzo Abe to attend the Summit as a special invitee to the outreach Session on Stability and Prosperity in Asia. Addressing the G7 Outreach Summit today in Japan, President Sirisena said with a revolutionary change of governance the people are now free and they respect human rights.

<http://www.newsradio.lk>

[VIST: Vertebral Artery Stenting May Reduce Recurrent Stroke](#)



Vitamin K

Vitamin K plays a key role in helping the blood clot, preventing excessive bleeding. Unlike many other vitamins, vitamin K is not typically used as a dietary supplement.

Vitamin K is actually a group of compounds. The most important of these compounds appears to be vitamin K1 and vitamin K2. Vitamin K1 is obtained from leafy greens and some other vegetables. Vitamin K2 is a group of compounds largely obtained from meats, cheeses, and eggs, and synthesized by bacteria. Vitamin K1 is the main form of vitamin K supplement available in the U.S. Recently, some people have looked to vitamin K2 to treat osteoporosis and steroid-induced bone loss, but the research is conflicting. At this point there is not enough data to recommend using vitamin K2 for osteoporosis.

WebMD

Ruby Wedding Anniversary Celebration



Michael and Agnes Thambynayagam from Sugar Land Texas, celebrated their Ruby wedding anniversary in London with family in May 2016

Homeopathic treatment for Obesity

Hi Harold

Thank you for the article "Obesity And Over-Eating".

You may like to read my default therapy for Obesity which will reduce weight by at least 1 kg per WEEK very safely. The Homeopathic remedy Nat Phos 6x is the potentized Sodium Phosphate which at 6x (or 10 to the power 6) is the equivalent of 1 Millionth of the salt which is classified as a Biochemic Cell Salt (Google). I also prescribe it on my Website for GERD for both adults and babies and you may like to visit:

www.joedelivery.com

Your therapy for Obesity will comprise the use of Nat Phos 6x dose 3 tablets taken thrice daily after meals Arnica 30c in the Wet dose taken twice daily before meals.

Weigh yourself today before you commence on my therapy and report your weight loss weekly when the standard loss which you can expect and has been reported is around 1kg per week.

You will also do a regular stint of at least 45 minutes of exercise which will be done by you at intensive levels, irrespective of the general feeling of tiredness that you may experience, if you wish to benefit from my Joepathy.

You will also control your diet, eliminate all fatty food and eat in moderation to ensure that your stomach is filled to a comfortable level.

The Wet dose of any Homeopathic remedy is made as follows:

Order the remedy in the Ethanol pack also referred to as Liquid Dilution in a bottle preferably with a dropper arrangement. Get a 500ml bottle of Spring Water from the nearest supermarket. Pour out about 3cm of water from the bottle to leave some airspace. Insert 3 drops of the remedy into the bottle and shake the bottle hard before you sip a capful of the bottle or a large teaspoonful which is the dose. Shaking the bottle hard is homeopathic succussion and this shaking must be done at least 6 times before sipping a capful of the bottle as prescribed.

Please follow the following restrictions which are essential to ensure that the remedy prescribed is not antidoted:

Do not use Coffee, Cola beverages, preserved foods like sausages, ham and bacon as they contain Saltpeter.

Report your weight loss weekly when you can expect a drop of at least 1kg per WEEK.

Kind Regards

Joe

Sent by Joe De Livera <joe@titusstores.com>

Been around before. Worth another look!

https://www.youtube-nocookie.com/embed/Eozg_oeYC4Q?autoplay=1&vq=hd720&rel=0&showinfo=0&start=0&end=



Holidaying in Mexico



Dr David Ratnavale, in the centre, youngest brother of the famous Ratnavale medical family, after his internship 1956 in Colombo General Hospital migrated to the United States for further studies.

David Ratnavale (born 1928) is a psychiatrist and personal advisor to the President of Sri Lanka. He was the chairman of Human Disaster Management council of Sri Lanka. Dr Ratnavale had his primary and secondary education in Trinity College, Kandy where he won The Ryde Gold Medal for the best all round boy in 1947. Married to Elna Anna-Kristin Danhed of Sweden(1939-)and father of Ramarro Johan Ratnavale(1965-2013) and William Marcel Anand Ratnavale (1967-).

He is a Professor in psychiatry practicing in Washington D.C. Metro Area ☐

Eggs

Long demonized as artery-cloggers, we now know that eggs are nutrient-packed and can be part of a healthy diet. An egg has more than 10 essential nutrients, including iron, vitamin D, iron, zinc, lutein, zeaxanthin and choline, and provides high-quality protein and antioxidants. Few foods naturally contain vitamin D or choline, and most animal-based proteins lack antioxidants, making eggs one of the most nutritious additions to your diet. Vitamin D is thought to help protect against a wide range of conditions including certain cancers, diabetes, autoimmune diseases and may even aid in weight management. Vitamin D also works with calcium to create strong, healthy bones. Women are more likely than men to develop osteoporosis and osteopenia, particularly after menopause. According to the latest data an estimated 8.2 million American women have osteoporosis and an additional 27.3 million have low bone mass.

Enjoy eggs for a protein-packed breakfast or have veggie-rich frittata for a quick and easy dinner.

By Katherine Brooking, MS, RD

Paradise



Pleasurable moment for the grandmother to enjoy an evening with grandson and son-in-law living in UK, at Galle Face Green, in Colombo From Face Book

Spikes in blood sugar

Magnesium is also an important component in leveling out your blood sugar level and works to improve glucose absorption. If you notice that your blood sugar spikes or that you are feeling tired all the time, no matter how much you eat, you might be magnesium-deficient. Similarly you might be running low on magnesium if you are chronically fatigued and develop adrenal fatigue. -BabaMail



Chitty Samy – a good carer-(Facebook)

Good for Your Weight-whole grain

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



[The Crowd Of 30,000 Jump To Their Feet When They Hear The Marine Do This. I'm Speechless!](#)



[Skip The Barbie and Toss These Shrimp In the Broiler Instead](#)

Tip: Grab Your Glass Of Wine For A Heavenly Combo



[It takes seconds! Save money with this white vinegar all-purpose cleaner](#)

All you need to make this DIY natural cleaner is vinegar and essential oils.

[Read More](#)

[Fruits and vegetables lower risk of heart attacks: Study](#)

Gut microbiota humans

BY Cristina Sáez

Why diets do not have the same effect in different individuals has long been a mystery in the field of nutrition. Different studies in recent years have shed some light on the issue, highlighting the role gut microbiota plays in both the physiology and metabolism of humans. In fact, it is known that the trillion microorganisms inhabiting the human colon...

Dementia & Alzheimer's Disease

Dementia is a broad term for a group of symptoms that mean you have trouble with learning and memory. Alzheimer's disease is one form of dementia, the most common type. But it accounts for only 60% to 80% of all cases.

Other types include vascular dementia, frontotemporal dementia, Parkinson's disease, and dementia with Lewy bodies. Drug side effects, brain injury, depression, and alcoholism can create dementia symptoms, too. The symptoms may get better when those conditions are treated. -WebMD

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.

Salt shakedown

The new guidelines encourage people to cut down on their salt intake, although the recommended limit of 2,300 milligrams of sodium per day hasn't changed from the previous set of guidelines.

But the guidelines reiterate that sodium is a problem, Heller said. (In 2014, a market research company found that [Americans are not too concerned about the amount of sodium](#) in their food.)

Americans are [eating a lot more sodium than the recommended amount](#), she said. And one of the best ways to cut back is to cook at home, she said. Using more fresh ingredients (or "fresh-frozen" ingredients, such as frozen fruits or vegetables) is a simple way to reduce the amount of sodium in the diet, Heller said.

And ultimately, the advice circles back to the holistic, healthy eating approach: many of the sodium-laden packaged foods in our diet are also filled with sugar and unhealthy fats, she said. Having colorful food on your plate is a good visual cue of a healthier meal, Heller said. "When we stand back and look, our plates need to look prettier," she said.

No vitamin, supplement, food, or drug has been shown to cure or treat Alzheimer's.

One promising antioxidant, resveratrol, is found in red grapes. But resveratrol also could wind up like vitamin E, vitamin C, ginkgo biloba, B vitamins, and coenzyme Q10. All carried similar hopes at one time or another, but none has been proved to prevent or slow the disease, much less reverse it.

Research suggests your best bet is a diet rich in fruits, vegetables, fish, and nuts to help protect your brain. There's no silver bullet.



[The 30-Minute Full-Body Dumbbell Workout](#)

Don't have access to a gym? No problem. All you need is a few dumbbells at home in order to get an effective, full-body workout in 30 minutes. [More](#) »



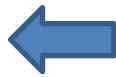
AuSLMAT News

The picture shows children from a village off Weligama where there is no tap water. The Sunday Times newspaper recently featured this village with a picture showing women carrying buckets of well water long distances everyday.

AuSLMAT have previously done a medical clinic at the local dispensary.

The eldest girl in this picture Nishaji will do her Advanced Level examination this August in Physics, Chemistry and Biology in the hope of gaining entrance to the medical faculty of Ruhunu University. Shiny, Esandi and Sadeesha are the other children who attend the local village school. They are supported with exercise books, pens and pencils. Laurie and Marg have assisted AuSLMAT in bringing education to such villages in Sri Lanka. Nishaji was given a laptop and now skypes us daily. The trauma teddies are perhaps the only toys they have ever called their own. Sent by Dr Quintus de Zylva

Taxing Sugar to Fund a City



By MARK BITTMAN

A proposal in Philadelphia would make the city richer and healthier.

<http://www.youtube.com/embed/ZWpLfncliwU?rel=0>

Antihypertensive effect of fermented milk products

Potential health benefits of functional foods based on new lactic acid bacteria offer opportunities for food developers, report investigators in the *Journal of Dairy Science*. Over the past decade, interest has been rising in fermented dairy foods that promote health and could potentially prevent diseases such as hypertension ([high blood pressure](#)). Functional dairy products that lower [blood pressure](#) and heart rate may offer consumers an effective alternative to antihypertensive drugs if their effectiveness can be demonstrated. Investigators reporting in the *Journal of Dairy Science* review the scientific basis of reported claims and identify opportunities for developing products based on new lactic acid bacteria.

Hypertension affects more than one billion people throughout the world, according to the World Health Organization. It is an important risk factor for developing other cardiovascular diseases, [stroke](#), renal failure, cerebrovascular accidents, and many other medical complications. Although hypertension can be treated with drugs, these often involve significant side effects. Scientists are therefore seeking out food substances that can help reduce or prevent hypertension.

"Fermented milk has been promoted as a nonpharmacological treatment for hypertension, mainly because of the lack of undesirable side effects, but as yet, there is insufficient evidence to support this according to the European Food Safety Authority (EFSA)," explained lead investigator Belinda Vallejo-Córdoba, PhD, of the Center for Food Research and Development, Sonora, Mexico. "The most studied bioactive peptides derived from dairy proteins are antihypertensive peptides; however, existing studies need to be evaluated before a health claim may be associated with products. With this in mind we have carefully reviewed in vitro and in vivo and clinical studies of fermented milk containing antihypertensive peptides."

The team of investigators established that the most common strategy to select fermented milks with antihypertensive potential was to identify angiotensin-converting-enzyme (ACE) inhibitory peptides by in vitro studies. However, they observed that some strains inhibiting ACE activity in vitro did not reduce blood pressure in rats. They evaluated 13 studies with spontaneously hypertensive rats and seven randomized controlled clinical trials in which an antihypertensive effect was demonstrated. Most were based on *Lactobacillus helveticus*.

MNT

Powerful painkillers for back pain like morphine and tramadol are 'NOT effective and can be dangerous'



[A vegan world would save millions of lives, ease climate damage, study says](#)



IN THIS TIME OF TECHNOLOGY
THIS IS WORTH A LOOK
The Bridge at Q'eswachaka - An engineering marvel - all hand made.....

[Click here: The Bridge at Q'eswachaka - YouTube](#)



The Farmer Won't Eat: Corn-Fed Beef

Joel Salatin is co-owner of Polyface Farms and author of half a dozen books on sustainable farming.

The problem: Cattle evolved to eat grass, not grains. But farmers today feed their animals corn and soybeans, which fatten up the animals faster for slaughter. But more money for cattle farmers (and lower prices at the grocery store) means a lot less nutrition for us. A recent comprehensive study conducted by the USDA and researchers from Clemson University found that compared with corn-fed beef, grass-fed beef is higher in beta-carotene, vitamin E, omega-3s, conjugated linoleic acid (CLA), calcium, magnesium, and potassium; lower in inflammatory omega-6s; and lower in saturated fats that have been linked to heart disease. "We need to respect the fact that cows are herbivores, and that does not mean feeding them corn and chicken manure," says Salatin.

The solution: Buy grass-fed beef, which can be found at specialty grocers, farmers' markets, and nationally at Whole Foods. It's usually labelled because it demands a premium, but if you don't see it, ask your butcher.



Papaya seeds: An alternative seasoning

When we buy fruit, our primary intention is to eat the fruit, but all too often we end up wasting so



Asthma could be cured within five years after drug breakthrough

Scientists at Cardiff University and Kings College London have found out what causes asthma and how to switch it off

Crucially, drugs already exist which can deactivate the cells. They are known as calcilytics and are used to treat people with osteoporosis.

The scientists are hopeful that in the future asthmatics take the drug to prevent an attack ever happening and ending the need to constantly carry an inhaler.

The research was published in the journal Science Translational Medicine

Sent by Charles Schokman

RA Diet Video



Foods to Eat When You Have RA

Top foods to help you live well with RA.

[View Video](#)

Today's health topic

Be still, my beating heart



Do you ever feel that your heart is pounding, skipping, or racing so fast that you're certain it will explode from your chest at any moment? That's how many people describe the experience of heart palpitations. Although common, palpitations alarm many people, in part because they tend to come on unexpectedly.

[Continue reading »](#)



A Forgotten talent.....



James (Jim) Morton hails from Liverpool, England. Born in 1921 and had his primary education at St. Cuthbert's Primary and then at Liverpool Art School. He joined the RAF during WW II, and after the war migrated to Australia with family in 1959.

His career in Sydney was a Commercial Artist and manager of studios servicing the printing and packaging industry, in Sydney and Manchester. His first wife deceased in 1982, and subsequently married a Sri Lankan widower Chitra Arambewala.

Jim retired from his career job and became a full-time Painter of Australian Birds & Landscapes portraits and his dreams.

His visits to Sri Lanka familiarising the cultures and the land, influenced him to paint Sri Lankan scenes and portraits of many influential people. He brought culture into his Sri Lankan landscapes, by his talents on his paintings of Kandy Perahera, Kandyan dances and drummers.

His master-piece paintings of Buddhist priests' walking in meditation mood in rural backgrounds are some of his praiseworthy favourite *chef d'oeuvre* revealing his talents with the brush. Most of his art-work is displayed in Sri Lankan homes in Sydney and Sri Lanka. He has not marketed his talents through the mass media, websites or galleries and museums, to transcend with time and history and to echo in the minds and leave impressions among the people.

His workshop is in the basement of his home at 4, Darwin St. Carlingford NSW 2118 and phone No (02) 98721437 (email: jaymorto@gmail.com)

Writer-Harold Gunatillake



Jim's masterpiece, very popular among Sri Lankans



Rural scene with Temple dagoba

Five home remedies for stomach flu

Unfortunately, there is no exact treatment plan or cure for stomach flu. **Antibiotics** don't help with viral infections, so relief may best be provided by home remedies that relieve the symptoms.

1. Stay hydrated

People with stomach flu often don't feel like eating and can become dehydrated due to a lack of food. The body also loses a lot of fluids through diarrhea, vomiting, and sweating.

It is important to keep up fluid levels in the body to help avoid **dehydration**.

People with stomach flu should drink plenty of liquids such as clear soda, clear broths, or caffeine-free sports drinks. Slow sips help to keep fluids down.

People who can't keep food or drink down can snack on ice chips to keep hydrated.

2. Herbs: ginger and peppermint

Ginger helps to reduce **inflammation** and can help promote digestion by relieving diarrhea and nausea. It can also help to give some relief from stomach cramps and bloating.

Adding ginger, mint, or lemon to water could help relieve some of the symptoms of stomach flu.

This herb is also a natural antiviral that can help fight off the virus causing the flu.

To make ginger tea:

- Add 1 teaspoon of powdered ginger or ½ teaspoon of fresh ginger root to 1 cup of water
- Boil 5 minutes and let steep 10 minutes
- Strain the tea when using fresh ginger root
- Drink 2-3 times daily to get relief

Ginger can be used as a spice in meals. People with stomach flu can also consume ginger by taking ginger capsules, drinking ginger ale, or chewing a piece of ginger.

Mint such as peppermint can also help to soothe an **upset stomach** and treat gas and bloating. It is most effective for an upset stomach when used as a tea.

To make mint tea, take a few fresh mint leaves and boil them in water. Strain the infusion. Add some sweetener and stir it. People with stomach flu should drink the tea regularly, once or twice a day, to improve their symptoms.

3. Add a little cinnamon

Cinnamon is a commonly used natural herb that is both anti-inflammatory and antiviral in nature. It helps to improve digestion as well as heal infection. More importantly, cinnamon provides relief from vomiting and nausea.

The warming nature of cinnamon can also help with chills and aches. Add 1 teaspoon of cinnamon powder to a boiling cup of water. Allow it to cool and then strain. One teaspoon of honey can also be added.

Drinking this tea twice a day for at least 2 days may help with stomach flu symptoms. To make a simpler version of the drink, mix 1 half-teaspoon of cinnamon powder and 1 tablespoon of pure honey in a glass of warm water.

Chamomile

Chamomile is a plant that can be used as part of a stomach flu remedy. It relaxes the muscles and has anti-inflammatory properties.

This plant can help relieve diarrhea, stomach cramping, bloating, nausea, and gas.

To make chamomile tea:

- Add 2-3 teaspoons of dried chamomile flowers to a cup of hot water
- Cover and let it steep for 10-15 minutes
- Strain, and then add some lemon juice and honey to taste
- Drink this tea three or four times a day for 2-3 days

Rosemary, red, and fennel tea also have anti-inflammatory properties and can aid digestion.

5. Lemons

Whether it is to clean, fight the common cold, or work against the stomach flu, lemons seem to be a cure-all.

Due to their acid content, lemons are a good home remedy for the stomach flu as they kill the bugs that cause the infection. They are also packed full of **vitamin C**, which has antimicrobial properties that can help to give the immune system a boost to fight off the virus.

A home remedy for stomach flu using lemons:

- Mix 1-2 teaspoons of fresh lemon juice in a glass of water
- Drink the mixture 30 minutes before meals
- Follow this remedy until the stomach flu has gone

MNT

Tea

Tea leaves come from the *Camellia sinensis* plant. They contain antioxidants that counter free radicals, which can damage cells. Antioxidants may reduce or help prevent some of this damage.

The difference between the three main varieties of tea (green, black, and oolong) is the process used to make them. Black tea is exposed to air, or fermented, which darkens the leaves and gives them flavor. Green tea is made by heating or quickly steaming the leaves. Oolong tea leaves are partially fermented.

Cancer

There's no hard evidence that drinking tea can prevent cancer in people in general; many factors affect cancer risk. However, several studies have linked drinking tea to a lower risk of cancer for some people. More research is needed to define those groups.

Heart disease

Some studies show that drinking green tea may help curb a few heart disease risk factors, including body weight, blood pressure, and cholesterol absorption. However, the FDA denied a petition filed by a green tea maker that wanted to put heart-health claims on its product's label, ruling that there wasn't credible scientific evidence to support the claims.

Blood sugar

There is some evidence that green tea may help control glucose (or blood sugar) levels; however, that hasn't been widely tested in people. More research is needed to learn how much green tea would be needed and whether green tea also helps curb body weight and body fat.

Herbal Tea

Herbal teas are not made from the *Camellia sinensis* plant and are not really teas at all. Herbal teas are infusions of leaves, roots, bark, seeds, or flowers from other types of plants. Common herbal teas include chamomile and mint. They are not associated with the potential health benefits of green, black, or oolong tea. WebMD

China pays price of western lifestyle with soaring childhood obesity

China is paying the price of adopting a western lifestyle with soaring childhood **obesity**, shows a 29 year study in nearly 28 000 children and adolescents published today in the *European Journal of Preventive Cardiology*. Less than 1% of children and adolescents were obese in 1985 compared to 17% of boys and 9% of girls in 2014. The authors speculate that boys may be fatter than girls because of a societal preference for sons. "This is extremely worrying," said Professor Joep Perk, cardiovascular prevention spokesperson for the European Society of Cardiology. "It is the worst explosion of childhood and adolescent obesity that I have ever seen. The study is large and well run, and cannot be ignored. China is set for an escalation of cardiovascular disease and **diabetes**, and the popularity of the western lifestyle will cost lives." MNT

Esophagus: Facts, Functions & Diseases

The esophagus is a tube that connects the throat (pharynx) and the stomach. Within it, muscles contract to move food to the stomach.

[Read More](#)

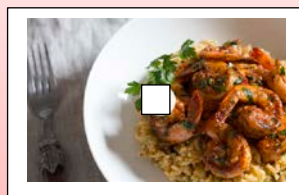


Having More Friends May Mean Feeling Less Pain

Friendships may influence pain tolerance in a weird way, a new study finds.



[Her Dad Starts Playing A Song From 1973. And When She Starts To Sing? INCREDIBLE!](#)



What's The Holy Trinity In This Cajun Scampi?

Jen gets the kitchen sizzling with her Cajun shrimp scampi.

Diabetes With Many Complications:

BY GMFH Editing Team



Since ancient times, many cultures around the world have included foods rich in microbes - friendly bacteria able to give a helping hand to our microbiota and overall health - in their traditional diet. Scientists are starting to better understand the role of these microorganisms and how they can have a positive impact on the health of our gut. At...

LATEST NEWS

Oprah is like the rest of us — trying to hit 10,000 steps a day!
[Read More >](#)



Detoxifying Green Mung Bean Soup

Green mung beans have been used as a medicinal food across Asia for centuries

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.

NECESSARY ANTIBIOTICS:

- ▶ ALL BACTERIAL INFECTIONS
- ▶ EXTENDED SINUS INFECTION
- ▶ BACTERIAL PNEUMONIA
- ▶ STREP THROAT

Overprescribed: When to take antibiotics, when you really shouldn't

Antibiotics are being overprescribed at an alarming rate. When is it OK to take medication?

[Read More](#)

DIABETES

Immune System Mystery for Type 1 Diabetes is Solved

Scientists have identified a previously unknown molecule which is attacked by the immune system in those with Type 1 diabetes

[Read the full story](#)

Moderate drinking has been touted for its health advantages, but a new report questions those claims.



That after-work cocktail or monthly trip to a brewery can't hurt, right?

According to a report in the [Journal of Studies on Alcohol and Drugs](#), moderate drinking may not be so healthy.

Researchers analyzed 87 studies that found moderate drinking had health benefits.

However, Tim Stockwell, Ph.D., lead researcher and director of the University of Victoria's Centre for Addictions Research in British Columbia, says many of the studies are flawed in their design.

Studies often compare moderate drinkers (people who have up to two drinks per day) with people who don't drink. Stockwell pointed out that the abstainers include people in poor health who do not drink.

When Stockwell's team adjusted study design issues, including the bias of abstainers, he concluded that moderate drinkers were not living longer.

Just 13 of the 87 studies, he said, did not have a bias toward the abstainer comparison group or show any health benefits connected to moderate drinking.

Stockwell said occasional drinkers (people who have less than one drink per week) lived the longest. He also said it's unlikely that their infrequent drinking was actually linked to longevity.

"Those people would be getting a biologically insignificant dose of alcohol," Stockwell said in a statement.

Read More: [Here's What Happens When You Quit Drinking Alcohol for a Month](#) »

Healthline

What Will You Notice First?

People with type 2 diabetes often have no symptoms. When they do appear, one of the first may be being thirsty a lot. Others include dry mouth, bigger appetite, peeing a lot -- sometimes as often as every hour -- and unusual weight loss or gain.

A good social life may be linked to a healthy microbiota

• Cristina Sáez



"If you want to live longer, don't be alone, surround yourself with people you love and with whom you can share life's moments." More and more doctors are giving this kind of advice to their patients, as [socialising is believed to help us live longer](#) and healthier. It could also act as a protective shield against much-feared neurodegenerative diseases like [Alzheimer's](#) and other dementia. But the benefits of a good social life do not end there. According to a new study [published in Science Advances](#), being in contact with others may be linked to a healthy, rich and diverse microbiota, at least in chimpanzees, thus providing a healthier and longer existence.

Eggs

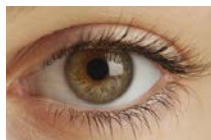
Eggs were long-believed to be bad for your heart.

A large egg contains 185mg of dietary cholesterol, which was believed to contribute to high blood cholesterol levels.

But for the last 20 years, research has shown a normal intake of dietary cholesterol has very little influence on a person's blood cholesterol levels.

Now, nutrition experts are putting the record straight arguing eggs are a source of protein, healthy fats, and several vitamins and minerals [msn-wellbeing](#)

Woman's Weight-Loss Surgery Leads to Vision Loss



Vision problems in one woman were traced back to an uncommon source.

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[Vegetable Lasagna Rolls](#)

No need to struggle with that spatula ever again. These lasagna rolls are a super elegant way to serve the comfort food.

[Read More](#)

Witness the Magic of Deep Fried Ice Cream



Shopping with your wife

Sent by Bede Johnpulle

Australia's food labels are getting clearer

From July 1 the Australian Government is introducing new food labels to make it clearer where the products you buy are produced, grown, made or packed.

Easy to understand labels will tell you at a glance where a product comes from, so you can make a clear and informed decision.

Find more information here on what you can expect to see, why the labels are changing, when you will start seeing it and what different labels mean

What Is It?-Diabetes

When you have this disease, your body does a poor job turning the carbohydrates in food into energy. This causes sugar to build up in your blood. Over time it raises your risk for heart disease, blindness, nerve and organ damage, and other serious conditions. It strikes people of all ages, and early symptoms are mild. About 1 out of 3 people with type 2 diabetes don't know they have it.

The Fisheries Expert Won't Eat: Farmed Salmon

Dr. David Carpenter, director of the Institute for Health and the Environment at the University at Albany, published a major study in the journal *Science* on contamination in fish.

The problem: Nature didn't intend for salmon to be crammed into pens and fed soy, poultry litter, and hydrolyzed chicken feathers. As a result, farmed salmon is lower in vitamin D and higher in contaminants, including carcinogens, PCBs, brominated flame retardants, and pesticides such as dioxin and DDT. According to Carpenter, the most contaminated fish come from Northern Europe, which can be found on American menus. "You could eat one of these salmon dinners every 5 months without increasing your risk of cancer," says Carpenter, whose 2004 fish contamination study got broad media attention. "It's that bad." Preliminary science has also linked DDT to diabetes and obesity, but some nutritionists believe the benefits of omega-3s outweigh the risks. There is also concern about the high level of antibiotics and pesticides used to treat these fish. When you eat farmed salmon, you get dosed with the same drugs and chemicals.

The solution: Switch to wild-caught Alaska salmon. If the package says fresh Atlantic, it's farmed. There are no commercial fisheries left for wild Atlantic salmon. [Farmed Fish vs. Wild Fish: How Healthy Is The Fish At Your Favorite Grocery?](#)

Think Fast! Caffeine Speeds Up Older Adults' Reaction Time



Will a cup speed you up?

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Sugar

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.

Long term vegetarian diet changes human DNA raising risk of cancer and heart disease

Populations who have had a primarily vegetarian diet for generations carried a genetic mutation which raised risk of cancer and heart disease CREDIT: CULTURA

[Sarah Knapton](#)



Long term vegetarianism can lead to genetic mutations which raise the risk of heart disease and cancer, scientists have found.

Populations who have had a primarily vegetarian diet for generations were found to be far more likely to carry DNA which makes them susceptible to inflammation.

Scientists in the US believe that the mutation occurred to make it easier for vegetarians to absorb essential fatty acids from plants. But it has the knock-on effect of boosting the production of arachidonic acid, which is linked to inflammatory disease and cancer. When coupled with a diet high in vegetable oils - such as sunflower oil - the mutated gene quickly turns fatty acids into dangerous arachidonic acid. The finding may help explain previous research which found vegetarian populations are nearly 40 per cent more likely to suffer colorectal cancer than meat eaters, a finding that has puzzled doctors because eating red meat is known to raise the risk.

Researchers from Cornell University in the US compared hundreds of genomes from a primarily vegetarian population in Pune, India to traditional meat-eating people in Kansas and found there was a significant genetic difference.

"Those whose ancestry derives from vegetarians are more likely to carry genetics that more rapidly metabolise plant fatty acids," said Tom Brenna, Professor of Human Nutrition at [Cornell](#). "In such individuals, vegetable oils will be converted to the more pro-inflammatory arachidonic acid, increasing the risk for chronic inflammation that is implicated in the development of heart disease, and exacerbates cancer.

"The mutation appeared in the human genome long ago, and has been passed down through the human family."



[8 things we learned from a sleep expert about putting kids to bed](#)

Getting kids to sleep can be a nightmare for parents. A sleep expert answered some of your questions about how to get children to slumber.

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Underactive Thyroid May Raise Type 2 Diabetes Risk

Experts say many thyroid patients are already checked for the blood sugar disease

WebMD News from HealthDay

-- People with an [underactive thyroid](#), or [hypothyroidism](#), may be at greater risk for [type 2 diabetes](#) -- even if their [thyroid](#) hormone levels are kept within normal range, a new study finds. As the Dutch researchers explained, [thyroid](#) hormones are essential for the regulation of [metabolism](#) -- the conversion of food into either energy or fat. However, an [underactive thyroid](#) gland slows [metabolism](#), and that can lead to [weight gain](#), the scientists said.

Prior studies suggested that [hypothyroidism](#) is tied to reduced [insulin](#) sensitivity -- a precursor for [type 2 diabetes](#). In the new eight-year-long study, a team led by Dr. Loyal Chaker of Erasmus Medical Center in Rotterdam tracked almost 8,500 people averaging 65 years of age.

Altering Gut Flora Could Reduce Stroke Risk

[Sue Hughes](#)

Changing the profile of the bacteria in the gut led to a reduction in stroke size, a new study in mice suggests.

"This was a proof-of-concept study," study author Costantino Iadecola, MD, Weill Cornell Medical College, New York, New York, told [Medscape Medical News](#).

"We have demonstrated two important principles: that changes to the microflora in the gut have an effect on how the brain withstands injury, and that changes to the immune system can have a profound effect on stroke," he said. "This could eventually lead to new therapies to prevent stroke."

"The hope is that in future we may be able to reduce an individual's risks of stroke by changing their microbiota profiles in the gut with use of probiotics and/or antibiotics or maybe just with dietary habits," he added. "This could be targeted to patients at very high risk of stroke, such as those undergoing cardiac or brain surgery, but may also be applicable to secondary prevention."

Coauthor Josef Anrather, also from Weill Cornell Medical College, said, "We have shown a new relationship between the intestine and the brain in the setting of stroke. Whatever is going on in the microflora in the gut is contributing to the immune response that controls the damage caused by a stroke. The next step is to address how much of this change is relevant in humans and which bacteria are important."

The study was [published online](#) March 28 in [Nature Medicine](#).

Curry Compound Combats Cancer

Safety and efficacy of curcumin in certain cancers is confirmed.



Turmeric - image from Shutterstock

Known best as the substance in turmeric that gives the curry spice its characteristic yellow color, curcumin has been found by previous studies to exert antioxidant, anti-inflammation, anticancer, and lipid-lowering effects. Gautam Sethi, from Curtin University (Australia), and colleagues completed a review of past clinical trials involving curcumin for cancer. Observing that the compound confers potent anti-inflammatory effects, the team reports that curcumin is especially effective for multiple myeloma patients and those suffering from pancreatic cancer. Noting that doses up to 12 grams appear to be nontoxic, the investigators point out that curcumin targets the key oncogenic proteins – namely, NF-kappaB, STAT3, and AP-1. The study authors write that: "anti-cancer effects are predominantly mediated through [curcumin's] negative regulation of various transcription factors, growth factors, inflammatory cytokines, protein kinases, and other oncogenic molecules. It also abrogates proliferation of cancer cells by arresting them at different phases of the cell cycle and/or by inducing their apoptosis."

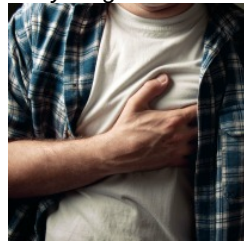
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The Orange Room Cocktail

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A recent study found that those who experience the most severe heart attacks in the last 20 years are younger and more obese.



Heart attack - image from Shutterstock

In a recent study, Dr. Samir Kapadia, professor of medicine and section head for interventional cardiology at Cleveland Clinic, led a team of researchers to explore the risk factors for heart disease in patients who were treated for STEMI (ST-elevation myocardial infarction). STEMI is the most severe and deadly type of heart attack, occurring when one of the heart's main arteries becomes completely blocked by plaque, halting the flow of blood. The researchers broke the 3,900 STEMI patients, from 1995-2014, into four quartiles of 5 years each. The average age of STEMI patients dropped from 64 to 60 years. Rates of obesity among these patients increased from 31% to 40%, of diabetes from 24% to 31%, high blood pressure from 55% to 77%, and the percentage of patients with chronic obstructive pulmonary disease (COPD) rose from 5% to 12%. Interestingly, the percentage of smokers rose from 28% to 46%, despite an overall decline nationwide over the last 20 years. Lastly, the percentage of patients with three or more major risk factors rose from 65% to 85%. Dr. Kapadia states "On the whole, the medical community has done an outstanding job of improving treatments for heart disease, but this study shows that we have to do better on the prevention side. When people come for routine checkups, it is critical to stress the importance of reducing risk factors through weight reduction, eating a healthy diet and being physically active." The researchers recommend starting early on, rather than waiting until a heart problem diagnosis.

[VIEW NEWS SOURCE...](#)



Bill Gates-Avid reader



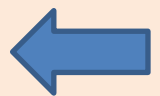
Bill Gates is one of the richest people in the world. This is what we all know, but I would go further and say that, he is one of the wisest man, too. I am being bold in declaring him the world's wisest man because of his reading habit. The man who reads a lot, knows a lot. Despite being busy, despite having enough, Bill still gives a good proportion of his time to read books. It's incredible that he finishes one book in a week, and every week of the month. Hence he reads 52 books in a year. When Bill Gates is reading books, it's definitely a clue that we should all pay heed to book reading.

For being successful, the habit of book reading is what you need to buildup. Remember, it's the only way to enlarge your mind, learn new things, being friend with wisest souls, and get inspiration from them.

So how to make book reading your habit?

Just read what you are interested in. If you like fiction, then read some good books written by [great fiction authors](#). And, if you love to explore and learn about wisdom, and nature, then search out best [nonfiction books](#). *In the beginning, it feels hard to get started.* Therefore, it is advisable to just read a few pages at a time. This continual practice of reading few pages a day will transform you as an avid reader. Just like our body needs time and practice to buildup stamina, our need also needs some practice to absorb more and then become addict of learning.

[Waqar Ahmed](#), from Quora



Top nutritionist shares her secret for staying healthy — and it's not all about food

Keri Glassman, celebrity nutritionist and mother of two daughters, shares her morning routine that successfully helps her live a healthy lifestyle.

Photos: The Secret Lives of Borneo's Mysterious Marbled Cats

Little is known about Borneo's marbled cat (*Pardofelis marmorata*), so researchers set up camera traps to get a better idea of these felines' population densities.



Think Fast! Caffeine Speeds Up Older Adults' Reaction Time
Will a cup speed you up?
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Yoga poses and their benefits

'Yoga is an integral part of my workout' Yoga camp ends on energetic note Back-to-back yoga Combine jogging, swimming and yoga We compile a comprehensive list of super-effective yogasanas that will help keep you healthy and fit.

Tadasana (also called Samasthiti) or mountain pose: This is the basic standing pose. It teaches you the art of standing correctly and increases your awareness of your body. Stand with your feet together. Tighten the knees, keep the navel drawn into the spine with a neutral pelvis, and chest lifted but with shoulders relaxed and pressed down away from the ears.

Benefits: It corrects bad posture and improves the alignment of your body.

Uttanasana or intense forward stretch: Start from Tadasana and inhale while stretching the hands up and exhale reaching down with your hands. Try to press down with your palms.

Benefits: Tones the liver, spleen, kidneys and the abdominal region. Stretches the hamstrings and the spine.

Adhomukha Svanasana or downward-facing dog stretch: Lie down on the floor on your stomach and face downward. Place the palms next to the chest. Exhaling, raise your trunk from the floor. Straighten the arms, move the head inward towards the feet and extend the back, trying to press the heels firmly into the ground keeping the knees straight making an inverted 'V' with the body.

Benefits: Calms the brain, reduces stiffness in the shoulder region and tones the legs.

Urdhvamukha svanasana or upward-facing dog stretch: Lie on the floor with face downward and toes pointed. Inhale raising the head and trunk and stretch the arms completely. Push the head and trunk as far back as possible, without resting the knees on the floor. **Benefits:** Rejuvenates the spine, relieves stiffness of the back and significantly increases your stamina.

Utthita Trikonasana or extended triangle pose Stand in Tadasana pose. Keep your feet around three feet apart and turning the right foot to 90 degrees, turn the left foot slightly to the right, raising the arms sideways. Bend to your right, bringing the right palm towards the right ankle keeping both legs absolutely straight. Repeat on the other side. **Benefits:** Improves flexibility of the spine and relieves backache. Massages and tones the pelvic region, relieves gastritis, indigestion and acidity.

Utthita parsvakonasana or extended side stretch Stand in Tadasana pose. Keep your feet around four feet apart. Stretch the hands sideways, bend the right knee at a 90-degree angle, not pushing the knee beyond the ankle. And while exhaling, place the right palm on the ground outside the right foot and stretch the left arm in a diagonal line over the left ear. Repeat on the other side.

Benefits: Tones and strengthens the legs, improves lung capacity and relieves arthritic pain.

Virabhadrasana 1 or the first warrior pose: Stand in Tadasana pose. Keep your feet around four feet apart. Bend the right knee above the right ankle and not beyond it. Keep the left leg stretched. Extend your hands up in a namaskar, stretching the spine up. The face, chest and right knee should face the same way as the right foot. Repeat on the other side.

Benefits: Tones abdominal muscles, legs and hips, strengthens back muscles and relieves backache. **Virabhadrasana 2 or the second warrior pose**

From Tadasana pose, keep the feet around 4 to 4 1/2 feet wide. Bend the right knee above the right ankle, keep the left leg straight. Stretch the hands straight in two opposite directions. Turn your face to the right and gaze at the right palm. Repeat on the other side. **Benefits:** Tones the muscles of the legs. Stretches the shoulders and shoulder blades and significantly tones the abdominal organs.

Utkatasana or the fierce pose: Stand in Tadasana pose, stretch your palms straight over your head. Join the palms, exhaling bend your knees and lower your trunk till your thighs are roughly parallel to the floor.

Benefits: Tones the legs, abdominal organs as well as the back.

Dandasana or staff pose: Sit on the ground with your legs straight ahead of you. Keep them straight without hyper-extending the backs of your knees. Keep the chest lifted, shoulders relaxed. Place your palms next to your hips.

Benefits: Tones the abdominal organs, the spinal, leg and chest muscles. Good for those suffering from asthma.

Paschimattanasana or intense back stretch From the Dandasana pose, stretch the hands forward and grab your toes, stretch the spine forward reaching towards the legs with your head. Try to stretch the spine from the buttocks.

Benefits: Soothes the adrenal glands, activates a sluggish liver, stimulates the ovaries and uterus. Tones the abdominal organs and helps detox the body.

Janu Sirsasana or head-on-knee pose: From Dandasana, bend the right knee, placing the right foot near the perineum. Stretch the hands up, reach forward and hold the toes of the left foot. Try extending the spine from the buttocks to the back of the neck - lengthening the spine.

Benefits: Stabilises blood pressure, helps correct curvature of spine. Tones abdominal organs, stretches the spine, hamstrings and hips.

Baddhakonasana or bound angle pose: From Dandasana, bend the knees and bring the feet together towards the pelvis. Use your hands to grab your feet and try pushing both your knees down by pressing your thighs firmly down on the floor.

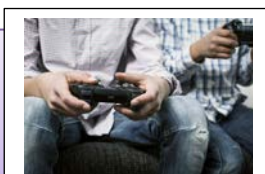
Benefits: Relieves stiffness of the hips, prevents hernia, keeps the ovaries healthy, corrects irregular menstruation and helps to treat urinary tract disorders.

Marichyasana 3: From the Dandasana pose, bend the right knee and press the foot on the floor in line with the right hip. Extend the left arm and wrap it around the right knee, keeping the right hip pressed down, twist and try grabbing the right hand from behind. **Benefits:** Tones and massages the abdominal organs, helps detox the body, increases energy levels, relieves backache, stimulates the functioning of the liver, kidneys and pancreas.

Sarvangasana or the shoulder stand: Lie down on the floor on your back. Lift the legs straight up and supporting the hips, keeping the elbows inward try to straighten the legs up towards the ceiling. Eventually the chest should be pressed into the chin. The body weight should be extending upwards not falling into the neck and shoulders, if it feels uncomfortable, do the pose while resting against the wall. **Benefits:** This helps in the proper functioning of the thyroid and parathyroid glands. It helps to rejuvenate and detox the body. This is known as the 'Queen of Asanas'. (Note: People suffering from high blood pressure, cervical ailments, cardiac condition should not practice this pose. Women should not practice during menstruation.)

Power Up! Playing Video Games May Boost Your Brain
Are video games good for the brain?

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Guy Tries His Hand at Thai Food
- In Thailand



The World in Turmoil - Ecologically; Spiritually; Economically; and Politically.

The World is no more a Garden of Eden. One would have thought that with the advancement of knowledge and Technology it would be "Heaven on Earth"; but alas! It appears that we are far from it. Perhaps to those who have amassed wealth more than they will ever be able to spend themselves, in a life-time, it may be so. But to the ordinary folk it is a "day to day" scenario in life; with no time to see if it is Heaven or Earth.

Ecologically; spiritually; economically and politically we seem to be edging closer and closer to the dreaded "Point of No Return" – that is if it is not too late already! The solution to these impending disasters does not lie directly on the masses, but on the shoulders of Governments (elected by the masses) of each and every Nation on Earth.

Ecological Disaster:

The World appears to be on the cusp of an Ecological disaster. Goaded into this dreadful situation by Global Exploitation of Natural Resources that has been going on unabated and uncontrolled for decades. Relentless did we go on these splurge of exploitation - even though we were taught in Schools well over 7 decades ago that: "Man will kill Nature; and Nature will kill Man". But we let it blow away with the wind. We are now left to feel the effects of the ill-wind; in its aftermath. But man in his/her infinite wisdom are not amiable to changes due to his/her quest of easy living – one may say luxurious living.

We exploited and raped Mother Earth of its vegetation, minerals, oils, wildlife, rivers and the mighty oceans. The practice goes on unabated and with hardly any meaningful restrictions. All this in the name of economics, development and Nation building; and continue to do so in spite of the "writing on the wall". In summary it can only be put down to – "Greed & Need".

Unfortunately the "Need" being for luxuries in life and needless waste of resources that are rampant especially in the Western World today; and what a concoction this is – "Greed & Need". But this concept of "Greed & Need" is not necessarily among the "Haves". Just look at the line-ups at the Lottery Booths – especially when the "Jackpots" get humongous. I rest my case. But this is just the fringe of the iceberg. It's just an ongoing gambling trait promoted by the Government and Charities. Which in a way is adding "Lure" to the existing "Greed & Need". Thus making it – "LURE; GREED & NEED". Sorry, this is just a thought out diversion to side track a wee bit to keep your interest going; in this all important aspect of Mother Earth & You.

But thinking very far, as an inhabitant of this Earth, are we taking a serious view or action to prevent or halt this impending ecological disaster? For years we have had Governments meeting at lavish, extravagant and well touted Conferences on "Conservation & Weather" related matters. What one hears is Green House gases; emissions; emissions & more emissions. These resolutions are followed by imposing sanctions and high tariffs on Industries and the poor gas propelled motor vehicle owners. But how best can this be resolved when the whole Worlds economy (& its currency) depends on fossil fuels? In fact most of the Governments depend on the taxes that accrue from the sale of these fuels. In retrospect I don't think one remembers any Government body speaking or even giving a hint as to the emissions of "High Flying Jet Aircraft". These aircraft fly unrestricted in the skies above with each engine emitting over 1000 degrees of temperature in its wake. The most traversed route is the "Polar Route" which is the most economical and perhaps the shortest route from the Americas to the West or East of the Globe. It so happens that the aircraft is able to fly in less dense air at a lower altitude than at the Equator. One can only imagine the damage caused to the "Ozone" layer over the "Pole". Yet we hear of the huge hue and cry about the "hole" in the atmosphere and the melting of the "Ice Cap". But do we ever hear that a high flying aircraft may be the cause of this debacle? Of course not. This could lead to a catastrophic economic setback to all Nations concerned. –Abridged version

Noor Rahim

Permanently Reverse Diabetes

A new study has shown that people who reverse their diabetes and then keep their weight down, with a low-calorie diet, remain free of diabetes.

In 2011, a study led by Professor Roy Taylor, Professor of Medicine and Metabolism at Newcastle University, proved that diabetes can be reversed using a very low calorie diet. Although this looked promising, the study was of a limited length of time, only 8 weeks, and whether or not the diabetes would stay away long-term was questionable. A recent study, again led by Professor Roy Taylor, involved 30 volunteers with Type 2 diabetes, who undertook the same diet of 600-700 calories per day. Participants lost an average of 14 kilograms. Over the next six months, they did not regain any weight that they had lost. This group contained many participants who had longer duration diabetes, which they defined as over 8 years and up to 23 years. 12 patients who had diabetes for less than 10 years reversed their condition and were still free of diabetes 6 months later. Additionally, after 6 months, a 13th patient had also reversed their diabetes. Although the participants lost weight, they still remained overweight or obese, however they had lost enough weight to remove the fat out of the pancreas, allowing for insulin production to be normal. Professor Roy Taylor stated: "What we have shown is that it is possible to reverse your diabetes, even if you have had the condition for a long time, up to around 10 years. If you have had the diagnosis for longer than that, then don't give up hope - major improvement in blood sugar control is possible. "The study also answered the question that people often ask me - if I lose the weight and keep the weight off, will I stay free of diabetes? The simple answer is yes! "Interestingly, even though all our volunteers remained obese or overweight, the fat did not drift back to clog up the pancreas." "The bottom line is that if a person really wants to get rid of their Type 2 diabetes, they can lose weight, keep it off and return to normal."

[VIEW NEWS SOURCE...](#)

Food addiction and Gout

Processed foods or foods high in salt or sugar for example have a powerful effect on what we call the reward centers of the brain involving neurotransmitters like dopamine. Addiction to let's say Coca-Cola is not about the lack of willpower or anything like that. It's caused by the strong [dopamine signal hijacking the actual biochemistry of your brain](#). My fellow gout sufferer, there are [many studies](#) that state that food addiction is a real problem and not pseudo-science.

Have you ever had a craving for ice cream or something salty like chips? Maybe fries or a chocolate bar? Frequent cravings of a certain food are one of the symptoms of food addiction. Other symptoms include eating the desired food to the point where you feel excessively stuffed or eating more of the food than you intended to. It happens to me from time to time and boy do I regret it after.

Feeling guilty is another symptom of food addiction because you know what you ate isn't good for you. You make excuses to yourself about why you should eat that chocolate bar. Then what happens? You feel unable to control your consumption of all this garbage food despite the fact that you know that this food causes you harm not to mention weight gain. Do you feel so guilty that you often hide your unhealthy eating habits from others? Then if you've answered yes, you are addicted to unhealthy foods high in fat, [sugar](#) and [sodium](#) which are most likely processed.

That's the reason why 7 out of 10 Americans are on some type of prescription drugs. We are sick! Food addiction can cause lots of physical harm and leads to serious diseases like gout, diabetes, obesity, cancer, heart disease, arthritis, Alzheimer's and many many others. This is a serious problem that ruins lives and kills thousands of people every single year. In my opinion, food addiction is just as bad as any other drug addiction, whether it'd be cocaine, heroin or crystal meth. I know many people that have died in their 40s and 50s (way too young) due to bad eating habits. Think about it...

Spiro Koulouris

- See more at: [http://goutandyou.com/gout-and-food-](http://goutandyou.com/gout-and-food-addiction/?utm_source=Subscribers&utm_campaign=94dd0736fa-April+6+Food+Addiction&utm_medium=email&utm_term=0_82bcc8dfaa-94dd0736fa-#sthash.C6FtwHF.dpuf)

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The Global Emergence of *Helicobacter pylori* Antibiotic Resistance

I. Thung; H. Aramin; V. Vavinskaya; S. Gupta; J.Y. Park; S. E. Crowe; M. A. Valasek

Methods A PubMed literature search using the following keywords: *Helicobacter pylori*, antibiotic resistance, clarithromycin, levofloxacin, metronidazole, prevalence, susceptibility testing.

Results The prevalence of bacterial antibiotic resistance is regionally variable and appears to be markedly increasing with time in many countries. Concordantly, the antimicrobial eradication rate of *H. pylori* has been declining globally. In particular, clarithromycin resistance has been rapidly increasing in many countries over the past decade, with rates as high as approximately 30% in Japan and Italy, 50% in China and 40% in Turkey; whereas resistance rates are much lower in Sweden and Taiwan, at approximately 15%; there are limited data in the USA. Other antibiotics show similar trends, although less pronounced.

Conclusions Since the choice of empiric therapies should be predicated on accurate information regarding antibiotic resistance rates, there is a critical need for determination of current rates at a local scale, and perhaps in individual patients. Such information would not only guide selection of appropriate empiric antibiotic therapy but also inform the development of better methods to identify *H. pylori* antibiotic resistance at diagnosis. Patient-specific tailoring of effective antibiotic treatment strategies may lead to reduced treatment failures and less antibiotic resistance.

Helicobacter pylori is one of the most prevalent global pathogens and colonises an estimated 50% of the world's population.^[1,2] It was first described in gastric biopsies by Warren and Marshall in Australia in 1983.^[3-5] *H. pylori* is a Gram-negative bacillus that infects the human stomach mucosa and produces diseases of the upper gastrointestinal tract such as chronic gastritis, peptic ulcer disease, gastric marginal zone/mucosa-associated lymphoid tissue (MALT) lymphoma and gastric carcinoma.^[3,4,6,7] More recently, it has been suggested that *H. pylori* may be associated with extraintestinal diseases, including immune thrombocytopenic purpura, refractory iron deficiency anaemia and vitamin B12 deficiency.



Kimchi is a traditional Korean dish made from fermented cabbage and other vegetables

Sauerkraut (cabbage), yoghurt, kimchi and miso soup are just some of the fermented food products which contain the live microbes needed to keep the good bacteria alive for longer.

Good job-Probiotics

These "good bacteria" are called probiotics, which literally means "for life", because of the job they do. But are there enough of them in fermented food to make a difference? Tim Spector, professor of genetic epidemiology at King's College London and author of *The Diet Myth - The Real Science Behind What We Eat*, says it is a complicated picture.

"There are many fermented foods out there and not many have had formal testing so it's difficult to know what they do," he says.

"But there's nothing harmful about them if they are produced naturally, rather than using vinegar."



Fermented food comes in many forms, for example, yoghurt, sour cream, sour dough bread, vegetables, chutneys and pickles. Often probiotics are added, in the form of live bacteria or yeast, if the foods are not made using lactic acid bacteria as in kimchi.

Even wine and beer can be included on the fermented list, but they are not all beneficial to the same degree - and so they cannot all be classed as healthy.

The most important consideration is whether the good bacteria can survive all the way through the gut to the bowel and the colon where they have a chance to be of benefit.

Studies suggest this is not guaranteed and that probiotics would have to be eaten regularly and in quite large numbers to survive the journey.

If and when they manage to breed in the gut, scientists have a theory about the role they perform.

By Philippa Roxby

Health reporter, BBC News

Fatal strokes seven times more likely if drugs to control blood pressure, cholesterol aren't taken as prescribed

WebMD News from HealthDay

By Dennis Thompson

HealthDay Reporter

People at risk for heart disease are much more likely to die from a stroke if they don't take cholesterol-lowering statin drugs and blood pressure medications as prescribed, a new study reports.

Folks with high blood pressure and high cholesterol had a seven times greater risk of suffering a fatal stroke if they didn't follow their drug regimen to lower cholesterol and blood pressure.

The study findings were published online March 28 in the *Journal of the American College of Cardiology*.

Fatal stroke risk also increased if these patients stuck to one type of medication but not both, the researchers found.

For example, if patients kept taking blood pressure medication but dropped their statins, their risk of dying from a stroke increased by 82 percent. Turning the tables, they had a 30 percent added risk of stroke if they took their statins but didn't take their blood pressure medications.

"High blood pressure and high cholesterol concentration are key risk factors for stroke for which effective medication is available," said study lead author Kimmo Herttua, head researcher for the Center of Maritime Health and Society at the University of Southern Denmark. "A major obstacle for the full benefits of lipid-lowering and antihypertensive treatments is the non-adherence of patients to drug therapy."

Stroke is responsible for 12 percent of all deaths worldwide, and it is the second leading cause of death after heart disease, the researchers said.

In this study, Herttua and colleagues tracked data on more than 58,000 patients in Finland with high cholesterol levels. During an average 5.5 years of follow-up, 532 died of stroke.



CANCER

Carcinogens in a Can

Cola drinkers are exposed to a chemical formed during the manufacture of caramel color that may be a cancer-causing agent.

» [Read the full story](#)



Melissa McCarthy colors our world with awesome lip-sync battle on 'Tonight Show'

When you see the star of "Ghostbusters" step out to sing while wearing protective goggles, you know something amazing is going to happen.

[Read More](#)



There's a particular photo that went around the world. It is that of the little boy lying dead on the beach. It is true that the photo is very sad and makes you reflect on the distress of these people fleeing their country at the risk of their lives.

Above, a photo showing some people walking to reach the final objective, to live in a European country.

Even if this photo is making it around the world, only 1% of the people will notice the truth.

On the photo, there are 7 men and 1 woman. up to this point – nothing special..

But in observing a bit closer, you will notice that the woman is bare-footed. The men are not!

She is accompanied by 3 children, and of the 3, she is carrying 2. There is the problem, none of the men are helping her, because in their culture the woman represents nothing. She is only good to be a slave to the men.

Do you really believe that these particular individuals could integrate into our societies and countries and respect our customs and traditions ????

Sent by Francois Prins

The Female Viagra. Undone by a Drug Maker's Dysfunction



By KATIE THOMAS and GRETCHEN MORGENSON

Missteps by Valeant, along with aggressive accounting practices and unusual business relationships, derailed one of the most intriguing drugs in a generation.

Is bubbly water as hydrating as flat?

Sparkling water's buzz comes from carbon dioxide. However, contrary to popular belief, the fizziness in sparkling water doesn't prevent your body from absorbing water. In fact, in one study it was found that after an intense workout, carbonated water replaced fluids among participants just as well as still.

A few minutes of undiluted musical delight ...

The World is not all gloom & doom

This is like taking a trip around the world with a smile on your face.

There ARE happy people out there, all around the world!

Not everyone is fighting & killing one another!

This is one of the best videos that you may ever be privileged to view.

Sound on loud !

<https://www.youtube.com/embed/Pwe-pA6TaZk?rel=0>

Testosterone Supplementation Beneficial to Men with Heart Disease

In a recent study, a research team from the Intermountain Medical Center Heart Institute studied 755 male patients, ranging from 58-78 years, who all had severe coronary artery disease, the most common type of heart disease. They were separated into three different groups, receiving varied doses of testosterone, administered intravenously or by gel. At the end of the first year, 64 patients who weren't taking any testosterone had serious adverse cardiovascular events, whereas only 12 who were taking low doses of testosterone and 9 who were taking high doses did. At the end of the second year, 125 patients who had not received testosterone therapy suffered serious adverse cardiovascular events, whereas only 38 medium-dose and 22 high-dose patients did. Patients who were given testosterone as part of their follow-up treatment had a significantly better outcome than patients who had not been given testosterone supplementation. The non-testosterone-therapy patients were 80 percent more likely to suffer an adverse event. "Although this study indicates that hypo-androgenic men with coronary artery disease might actually be protected by testosterone replacement, this is an observational study that doesn't provide enough evidence to justify changing treatment recommendations," said Dr. Muhlestein, co-director of cardiovascular research at the Intermountain Medical Center Heart Institute. "It does, however, substantiate the need for a randomized clinical trial that can confirm or refute the results of this study." This new study confirms the findings of a previous study from the Intermountain Medical Center Heart Institute, which found that testosterone therapy did not increase the risk of experiencing a heart attack or stroke for men with low testosterone levels and no prior history of heart disease.



Human heart - image from Shutterstock

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In Hot Water- for contraception

Soranus, a 2nd century Greek gynecologist really missed the mark. He told women to jump backward seven times after sex and drink the water blacksmiths used to cool their metal. Did he not learn anything about metal poisoning from ancient China? Then again, even as recently as World War I, some women volunteered to work with lead in factories in hopes of becoming sterile.

WebMD

MYTH: Wine is the Gentlest Choice

FACT: Red wine contains tannins, compounds that are known to trigger headaches in some people. Malt liquors, like whiskey, also tend to cause more severe hangovers. If you're worried about how you'll feel in the morning, the gentlest choices are beer and clear liquors, such as vodka and gin.

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