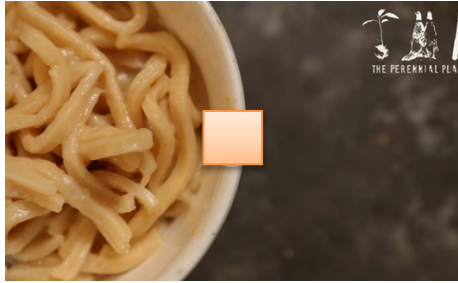


The World Health Organization's advice is to have **no more than 10%** of total calories coming from saturated fat.

HEALTHY

Are Potatoes Linked to High Blood Pressure?

<http://www.aosinikina.lk/2016/06/09/182>



How to Make Udon Noodles



How sensitive are you to coffee?

- Some people can have a cup of coffee before they go to bed and it does not keep them awake.
- Professor Wright says there are two main reasons for these individual differences:
- If you drink coffee all the time then the cells that respond to caffeine become less responsive.
- And genetic differences between individuals mean that some people are more sensitive to it than others. Some people are so sensitive they cannot drink it at all because it has such powerful effects on them.
- Whether people who are insensitive to coffee may still have a delayed body clock from drinking coffee at night is an open question, Professor Wright says.



"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

- World Health Organization

Walk, Jog or Dance: It's All Good for the Aging Brain

By **GRETCHEN REYNOLDS**

New evidence that physical activity can forestall the mental decline in aging brains.



VIDEO: Talking About the Orlando Gunman

Early on June 12, Omar Mateen entered the nightclub Pulse killing 49 and wounding dozens. Family members and other Mateen are opening up about him.



VIDEO: A Day of Mourning for the Gay Community

In support of the victims of the massacre at a gay nightclub, hundreds gathered outside the Stonewall Inn in New York City to help launch the gay rights movement.



VIDEO: 13 Deadliest Shootings in America

The mass shooting in Orlando, Fla., was the worst in the country. Every year, hundreds die in similar episodes. The deadliest.

Go whole grain.

Whenever you have a choice, choose whole grains over refined grains. Change your white toast to whole-wheat toast. Change white rice to brown rice. Choose whole-grain cereals or oatmeal instead of refined sugary cereals. Try whole-grain pasta, including brown-rice pasta, instead of the white stuff.

Be aware that many products will advertise themselves as "whole grain" or "multigrain" or "whole wheat" but will actually contain only a small amount of whole grain compared to refined grain. This is especially common with bread products, including bagels, English muffins, and hamburger buns. Read the label. The whole-grain ingredients should be listed first. Ideally, the product will contain 100 percent whole grains. Popcorn is a whole grain, so snack on that whenever you need something crunchy. Just don't drown it in butter and salt.
Dr. Anthony Young



'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



Resistant Starch lowers calories

Pour a few teaspoons of oil into the boiling water and then add the washed rice to cook. Then, cool the boiled rice, keep overnight in the fridge. The Soluble starch in the rice turns into a resistant form of rice which lowers the calorie content by 50 per cent
Take my word
Editor

How To Use Coconut Oil To Clear Away Acne

Coconut oil is gaining momentum as a highly effective treatment for acne. Here's why it works and how you can use it.
([Read More](#))

Global distribution of this newsletter

Australia 72.7%
 United Kingdom 9.1%
 USA 6.8%
 Canada 6.8%
 Singapore 2.3 %

Best Pie to Die in Sydney



Glenorie bakery is Sydney's pie destination serving one of Sydney's best meat pies. In 2009 they were awarded the Bakery of the year and made it to the top 5 pies in 2011's Daily Telegraph coverage. Pies are clearly one of their bestsellers. However wait, there is more. If you think they stopped innovating with pies once they won the award, you got it all wrong. This year they have created the pie to die for. Yes, this seemingly simple open top veggie pie is packed with the goodness of roast vegetables including broccoli, sweet potato, pumpkin and brie cheese and every mouthful will make you call for the Pie-Gods and thank them for the glorious pie. *FOOD GLORIOUS FOOD, IT IS WORTH WAITING*

Priyanka (subscribe) says- I think of bakeries, I think of meat pies, jaw-dropping cake displays, arrays of sourdough bread, sausage rolls and most importantly a buzzing vibe, a quick moving line and the smell of freshly baked products. **Glenorie Bakery** in Sydney's north west, is all that and more. Add cronuts, eclairs, delectable vegetable pies, a bakery museum, a warm fireplace, a rustic setup and an enthusiastic team welcoming everyone with a warm smile, that's **Glenorie Bakery Cafe and Museum**.



Picture tells the story

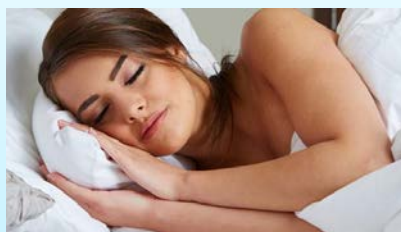
Weekend Notes

Get a four-legged walking companion. Studies show that people who have dogs walk more. If you're up for the responsibility, getting a dog could be the catalyst that turns you into a habitual walker. But even if you can't commit to having a dog, there are still ways that man's best friend can keep you moving. Offer to walk your neighbor's dog, or ask a local shelter if they need a volunteer walker. Harvard health

<https://safeshare.tv/w/DTAINyElxY>

<https://WWW.youtube.Com/embed/y-rE14bezWc>

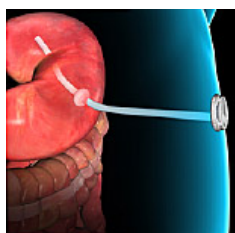
<<https://WWW.youtube.Com/embed/y-rE14bezWc>>



Nap time! Researchers say sleeping twice a day is good for you

Are we doing it wrong by focusing on getting eight hours of continuous sleep? A pair of researchers say that we should sleep twice a day instead.

[Read More](#)



TOP STORY



'Stomach Pump' Device Approved by FDA

Experts explain the pros and cons of the weight loss device, while critics compare it to a form of bulimia.

Dr. Harold Gunatillake
Editor
Health and News

I refer to a News item that appeared in the second issue - June - of Health and News with regard to Mother2mother 2016 celebration and I would like to make some corrections.

1. Definitely I was not the chief guest.
2. I did not hand over the award to Mrs. Broodie
3. I am not the head of the College of Nursing in Jaffna.

I am on a short family visit to Canada and I just attended the function with my family members.

I hope there is a possibility to make some amends as I do not want to take the credit for what and who I am not.

Wishing you God's blessings,
Sr. Victorine

Editor: There is some misunderstanding of the news received on the subject. Our sincere apologies for the errors

Blood lipid test

When doctors test for cholesterol, we almost always order a group of tests called a lipid panel (lipids are fat-containing molecules). This panel typically includes four separate measures:

Total cholesterol concentration.
Low-density lipoprotein* (LDL) – cholesterol, often called the “bad” cholesterol. The amount of LDL in your blood strongly predicts your risk of cardiovascular disease, as higher levels are associated with development of plaque in the arteries.
High-density lipoprotein (HDL) – cholesterol, often called “good cholesterol” because higher levels protect against heart disease.
Triglycerides (a different type of lipid molecule). High levels of triglycerides are also associated with vascular disease, although this relationship isn't as well defined.

**Lipoproteins are the “packages” that transport cholesterol in the bloodstream.*

Editor: So far you have been advised to fast for 12 hours for this test.

This is not required in the future. You could have a non-fatty breakfast and go for your blood test.

Say that you read it in ‘Health & Views’



[Billy Crystal Eulogy at Ali Funeral FULL Speech - Muhammad Ali Memorial Service](#)

by [Muhammad Ali Funeral #alifuneral](#)



billy crystal speech at ali funeral. One of Crystal's last remarks brings the crowd to its feet: "[He] taught us that life is best when you build bridges between people and not walls." "We're at the halfway point," Billy Crystal quips when he takes the dais. "I was clean shaven when this started." — Sky News (@SkyNews) June 10, 2016 Billy Crystal tells how Muhammad Ali got him his first television appearance, and what he meant to him #AliFuneral
Sent by Ken Sellayah

<https://www.facebook.com/video.php?v=10201557878042821>



[BREAST SCREENING RATES AMONGST SRI LANKAN AND INDIAN WOMEN ON THE RISE THANKS TO COMMUNITY INITIATIVE: CHIEF CANCER OFFICER](#)

eLanka.com



[Whole Grains Each Day Linked to Longer Life](#)
Eating a diet rich in whole grains may reduce your risk of early death, a new meta-analysis finds.
[Read More](#)



[Long-Term Marijuana Use Linked to Changes in Brain's Reward System](#)



[Braces](#)



Braces are the first choice of many orthodontists to straighten teeth and fix faulty bites. They can be made of metal, ceramic, or clear plastic. Some are bonded to your teeth. Others are removable. You may have them put on a group of teeth or all of your teeth. Traditional braces are attached using a system of brackets, wires and, in some cases, elastic bands. All braces put tension on your teeth to realign them. - WebMD

[A VERY SUCCESSFUL SRI LANKAN](#)



The name Bertram 'Bertie' Ekenaike was synonymous with cricket, in the mid-sixties.

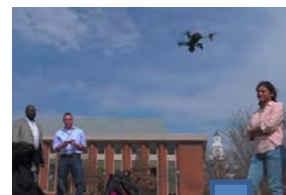
Playing for St. John's College, Nugegoda, he was a destructive left arm medium swing bowler and was constantly in the spotlight as opposing batsmen feared him.

He also excelled in athletics. Today, that name is big in the entertainment scene, in Melbourne, Australia.

Bertram is also well respected in the business field - having his own company, Esdan Plastics, with a workforce of 100.

The plant is situated, in Dandenong, Victoria, manufacturing air brake tubes and hoses for the truck and trailer market, and exporting them to Europe USA and Asia, as well.

They also turn out industrial and garden hoses for all the major retail outlets, in Australia.
(Coverage by: Johann Dias Jayasinha – SNNI, Melbourne)



[How Can Drones Be Hacked? Let Us Count the Ways](#)



[Light Pollution Ruins Night-Sky Views for One-Third of Humanity](#)



[Andrea Bocelli in a Duet M](#)

[Show Content](#)

[What Are Cataracts?](#)



A cataract is a progressive, painless clouding of the natural, internal lens of the eye. Cataracts block light, making it difficult to see clearly. Over an extended period of time, cataracts can cause blindness. They're often related to growing older, but sometimes they can develop in younger people WebMD

[Kafringha Dance of Burghers of Batticaloa, Sri Lanka.](#)



Kafringha Dance of Burghers of Batticaloa, Sri Lanka.

Congrats Buddy: Dr Buddy Reid, won the gold medal in the Over 75 category at the world table tennis championships held in Alicante, Spain this month (June 2016).



Every human must watch !!!

by Mohammed Siddik
3,379,448 views



Indian Street Food Scene | Amazing Cooking Skills.

by Crazy For Indian Food



Indian Mango Dal



Yellow lentils and mango are cooked in a more traditionally southern India style -- more soup-like. Both ripe and under-ripe mango will work. Serve over basmati rice or with roasted chicken.

Recipe From EatingWell.com

Beet Greens



Beet roots' edible leafy tops are brimming with vitamin K, which is linked to a lower chance of getting type 2 diabetes. One cup provides nearly twice your daily requirement. **Cooking tip:** Saute a bunch of tender beet greens with some olive oil and garlic for a healthy side dish. Or chop them and add to frittatas, soups, or pasta dishes. WebMD



Beets

Not to be outdone by their tops, ruby red beets are a leading source of nitrates, which are good for your blood pressure. Plus, you get fiber and other nutrients from beets. **Cooking tip:** Roasting beets boosts their natural sweetness. Wrap each beet individually in foil and bake at 350 F until tender. Or skip the oven. Grate raw beets and add to slaws or as a topping in sandwiches. WebMD

Can Mouth Bacteria Affect the Heart?

Some studies show that people with gum disease are more likely have heart disease than those with healthy gums. Researchers aren't sure why that is; gum disease isn't proven to cause other diseases. But it makes sense to take care of your mouth like you do the rest of your body.

Gum Disease and Diabetes



Diabetes can reduce the body's resistance to infection. Elevated blood sugars increase the risk of developing gum disease. What's more, gum disease can make it harder to keep blood sugar levels in check. Protect your gums by keeping blood sugar levels as close to normal as possible. Brush after each meal and floss and rinse with an antiseptic mouthwash daily. See your dentist at least twice a year. Sometimes you dentists may want to see you more often. WebMD

BRENDON REGRETS

Brendon McCullum the retired N.Z. cricket captain was guest speaker at the MCC Spirit of Cricket Lecture in London recently. He offered his deep regrets to Murali for the incident in which he ran him out - when Murali had left his crease to congratulate Kumar Sangakkara with whom he was batting at the other end at Christchurch in 2006.

Brendon took the bails off in an act of poor sportsmanship.

Brendon's recent words were "I became incredibly competitive, winning was everything and I didn't really care what it took to win".

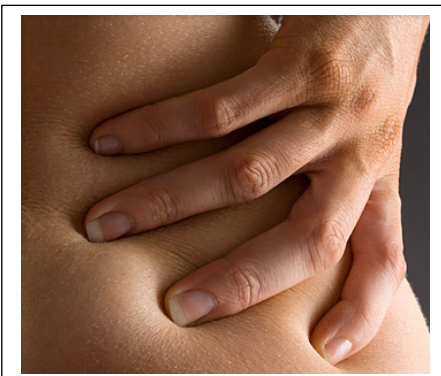
Brendon perhaps was in a forgiving mode when he did not take the bails off to run the young Sri Lankan batsman Akila out at a match some years later. His sportsmanship then was hailed as a great act in the spirit of cricket. Ten years after the Murali run-out he expressed regret in not having played the game of cricket as it should have been played.

"Cricket - a game which the English not being a spiritual people, have invented in order to give themselves some conception of eternity" Rudyard Kipling 1865-1939 "The Islanders" (1903) Quintus de Zylva



SLIDESHOW Back Pain Myths and Facts

"Always sit up straight."
"Don't lift heavy things."
"Buy a firmer mattress."
Should you listen to this advice? We sort the truth from the lies.



Did you check your cholesterol?

<https://youtu.be/zocoCf-tyuU>

Mind boggling illusion. Click to view and enjoy. <http://viduki.com/video/18937/Where does she keep it all>



Could dietary fiber be key to successful aging?

Written by [Catharine Paddock PhD](#)

Findings from a new study that followed older adults for 10 years supports the idea that eating a diet rich in fiber - such as found in breads, cereals, and fruits - is key to aging successfully; that is, reaching old age free of disease and disability.



The researchers found participants who had the highest intake of fiber were nearly 80 percent more likely to age successfully over a 10-year follow-up.

A paper on the study, by researchers at the Westmead Institute in New South Wales, Australia, is published in *The Journal of Gerontology*.

Lead author Bamini Gopinath, an associate professor in the Institute's Centre for Vision Research, says the study is the first to look at the link between [carbohydrate](#) intake and successful aging. She notes:

"Out of all the variables that we looked at, fiber intake - which is a type of carbohydrate that the body can't digest - had the strongest influence."

Dietary fiber is an indigestible substance found in plants like fruits, vegetables, and grains and is an important part of a healthy diet. There are two forms: soluble and insoluble fiber.

Soluble fiber absorbs water and forms a gel. It slows digestion and there is evidence it lowers [cholesterol](#), which helps prevent [heart disease](#). It is found in oat bran, barley, nuts, seeds, beans, peas, lentils, and some fruits and vegetables.

Insoluble fiber appears to speed up passage of food through the gut and adds bulk to the stool. It is found in wheat bran, vegetables, and whole grains.

Prof. Gopinath and colleagues defined successful aging as reaching old age disease-free and fully functional - that is, with "absence of disability, depressive symptoms, cognitive impairment, respiratory symptoms, and chronic diseases (e.g., [cancer](#) and [coronary artery disease](#))."

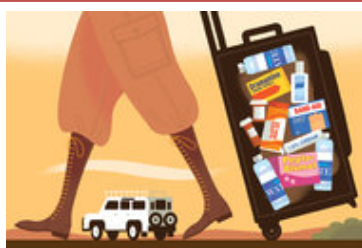
Fiber had the biggest impact on successful aging



6. What's New in the Dietary Guidelines

By **JANE E. BRODY**

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



10. Staying Healthy While Traveling the Globe

By **JANE E. BRODY**

Drink bottled water, take Pepto-Bismol preventively and avoid hungry lions.



One Minute Omelette (Yes, You Read That Right)

You are just one minute away from a lovely French Omelette.

Cancer Clues in the Breath: Test Could Ease Screening

A simple breath test can detect changes in people with lung cancer, a new study reports.

[Read More](#)



8. Thriving at Age 70 and Beyond

By **JANE E. BRODY**

In "70Candles!," older women explore the most important issues facing women as they age, and how society might help ease their way into the future.



What are those little studs on jeans actually for? There is a purpose!

Blue jeans are about as American as apple pie, but what are those little metal studs on denim actually for?

[Read More](#)

Humans of Northern Sri Lanka

One legged man on a bicycle, transporting firewood to sell.

The picture captures the effects of a war on a country that does not have much of a social security net for the war affected, such as this disabled man.

I believe a certain quota of disabled people get Rs.3000 (approx. \$20) per month from the Government but that's it.

[...See More](#)



Is it ok to have two eggs a day?



Kim-Giám Huỳnh, a pathologist

Upvoted by [Ashok Banga](#), Doctor-Pediatrician, an impatient optimist. and [Liang-Hai Sie](#), Retired general internist, former intensive care physician.

Eggs and cholesterol

There are some facts about cholesterol that the majority of the public does not know and even some doctors seem to have forgotten because it has been so long since they learned about them in the early years of medical school.

a) cholesterol is an animal product from the catabolism of hemoglobin. As plants do not have blood, they produce phytosterols which inhibit cholesterol absorption in the guts. The claim "no cholesterol" on labels of plant-based food is non-sense, a commercial trick.

b) Human body needs quite a lot of cholesterol and manufactures about 1g daily (with a total body amount of 35g), and mother Nature gives us the ability to recycle most of the cholesterol from the guts.

c) cholesterol is produced by the liver and secreted into the gallbladder, stored there under the form of bile salts. When the stomach content moves down to the upper portion of the small intestine, it triggers a contraction of the gallbladder which forces the bile into the guts. The bile salts (with their cholesterol component) are water soluble and can be easily absorbed through the blood vessels in the intestine wall, then into the blood.

d) on the other hand, the cholesterol in the food are under the esterified forms, not water soluble and not easily absorbed through the intestine wall. Most of them ends up to be food for the gut bacteria.

d) Consequently, most of the cholesterol in our blood comes from ourselves, less than 20% come from food.

e) **Go ahead and enjoy egg, butter, crustaceans (crab, shrimp, lobster.) because the recommendations about them the last 50 years concerning cholesterol have been wrong on biochemical and physiological basis.**

*** for people who want to lower cholesterol but don't know what to believe, these are other tidbits:

a) as the largest source of cholesterol comes from bile. the most logical way to reduce cholesterol is to prevent the bile salts from being absorbed.

b) soluble fiber in grains and fruits is the most effective and SAFE weapon to do that because the bile salts adsorb (with a d, not b) onto the fiber, cannot be released to be absorbed (with a b) and will be eaten by the bacteria or pooped out.

c) this is the caveat: as bile is not secreted into the guts all day long but only in spurts (especially during meals high in lipid), eating high fiber in the form of oat meal or high fiber cereal once a day in breakfast is non-sense, mainly because that breakfast is fat-free, that is without egg, bacon, butter!

So, the best way to lower cholesterol inexpensively, without a doctor visit or a prescription is to go to the pharmacy, ask for one of the fiber caplet or pill available OTC and take one of them three times daily WITH EACH MEAL.

If your blood cholesterol does not drop in few weeks, you can think about asking your doctor for extended-released niacin or a statin. 50% of my patients did not need anything beyond a high fiber diet and only 30% more needed a fiber supplement.

What is MRSA?



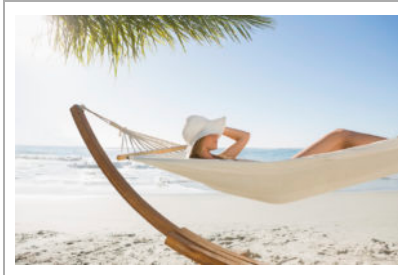
This tiny cluster of bacteria is methicillin-resistant Staphylococcus aureus (MRSA), seen under a microscope. This strain of the common "staph" bacteria causes infections in different parts of the body -- including the skin, lungs, and other areas. MRSA is sometimes called a "superbug" because it doesn't respond to many antibiotics. Though most MRSA infections are minor, some can be life-threatening. WebMD



Mughlai paratha with spicy potato curry recipe

Harvard Health Blog Here's something unexpected: Sunbathers live longer

Robert H. Shmerling, MD, Faculty Editor, Harvard Health Publications



Surprising, right? But that's the conclusion of a new study. The results showed that those who spent more time in the sun actually lived longer and had less heart disease and fewer non-cancer deaths than those who reported less sun exposure. With summer just around the corner, this news is timely — and a great excuse to get out of the house or office and soak up some sun. But there are some important caveats about this research.

Continue reading the article »

<https://www.youtube.com/watch?v=AJH9KsMKi5M&feature=em-uploademail>

MRSA Skin

Infection: Signs & Symptoms

MRSA infections can appear as a small red bump, pimple, or boil. The area may be tender, swollen, or warm to the touch. Most of these infections are mild, but they can change, becoming deeper and more serious.

I Was on That Fateful Flight With Prince: A Protégée Tells Her Story

By MELENA RYZIK

Judith Hill was sitting on a plane with a man she loved, when suddenly he lost consciousness. She shouted his name: Prince. But he didn't come to.

Vitamin B12

Rev up before hitting the gym with a snack like a hard-boiled egg or cereal with vitamins added. B12 helps your body break down food for energy. Some athletes and trainers take supplements before workouts, but these don't really boost your success if you're getting enough in your meals. WebMD

Vitamin C

Despite claims made by some over-the-counter remedies, it doesn't prevent colds. But once you have symptoms, drink orange or grapefruit juice to help yourself stay hydrated and feel better sooner. Your body must have vitamin C to help your bones, skin, and muscles grow. You'll get enough from bell peppers, papaya, strawberries, broccoli, cantaloupe, leafy greens, and other fruits and veggies.

VIDEO: Muhammad Ali: 'What's My Name?'

The three-time world champion boxer Muhammad Ali has died. Current and former New York Times reporters and columnists talk about their memories of him and how he became an international icon.

<https://www.youtube.com/watch?v=eG6f5dKzVxA>



The 4 best exercises for a healthy heart

You know you should exercise to lower your risk for heart disease, but you're already crunched for time. Which exercise should you choose?

[Read More](#)

Asian Mushroom May Combat Obesity

Posted on May 27, 2016, 6 a.m. in *Weight and Obesity Inflammation Metabolic Dysfunction*
Liquid extract of the Ganoderma lucidum (reishi) mushroom may counteract obesity-related inflammation and metabolic dysfunction



Ganoderma lucidum mushrooms - image from Shutterstock

In that obesity is associated with low-grade chronic inflammation and intestinal dysbiosis, scientists have become increasingly interested in ways to modulate the gut microbiota as a potential approach to address weight. Researchers from Chang Gung University (Taiwan) investigated the activity of a mushroom used in traditional Oriental medicine. *Ganoderma lucidum* (lingzhi or reishi) is a medicinal mushroom that appears to exert anti-diabetic effects. Employing a laboratory animal model, the team observed that extract of *Ganoderma lucidum* reversed gut dysbiosis otherwise induced by a high-fat diet, and increased the ratio of "good" bacteria. Consequently, there was less toxin seepage through the gut wall. The mushroom extract reduced body weight, inflammation and insulin resistance. The study authors report that: "Our results indicate that [*Ganoderma lucidum*] and its high molecular weight polysaccharides may be used as prebiotic agents to prevent gut dysbiosis and obesity-related metabolic disorders in obese individuals."

[VIEW NEWS SOURCE...](#)

Chang CJ, Lin CS, Lu CC, Martel J, Ko YF,

Should you eat a low-GI diet?

Some nutrition experts believe that people with diabetes should pay attention to both the glycemic index and glycemic load to avoid sudden spikes in blood sugar. The American Diabetes Association, on the other hand, says that the total amount of carbohydrate in a food, rather than its glycemic index or load, is a stronger predictor of what will happen to blood sugar. And some dietitians also feel that focusing on the glycemic index and load adds an unneeded layer of complexity to choosing what to eat.

The bottom line? Following the principles of low-glycemic-index eating is likely to be beneficial for people with diabetes. But reaching and staying at a healthy weight is more important for your blood sugar and your overall health.

If you'd like to give low-glycemic-index eating a try, [click here](#) to see our table of the glycemic index and load for over 100 common foods.

And for more information on how to live well — and eat well — with type 2 diabetes, buy [Healthy Eating for Type 2 Diabetes](#), a Special Health Report from Harvard Medical School.



You'll be 'Shroomin on These Fajitas

Soy

The go-to meat substitute for many vegetarians, soy is rich in protein, helps lower cholesterol levels and even reduces blood pressure. However, soy also has a "dark side" – it hinders iron absorption in the body, which can quickly lead to anemia. Furthermore, soy contains phytoestrogen, which mimics the female hormone estrogen. Phytoestrogen can lead to endometrial hyperplasia, which can lead to uterine cancer. Furthermore, in men it can lead to the development of feminine features if consumed in large quantities. BabaMail

Beans

They are high in fiber, full of lean protein and leave you feeling satisfied for hours. They're loaded with phytochemicals which according to the American Institute for Cancer Research (AICR) appear to protect our cells from damage that can lead to cancer. A half cup of black beans, one of the tastiest varieties, contains 8,000 ORAC points.

[wwwtoday](#)



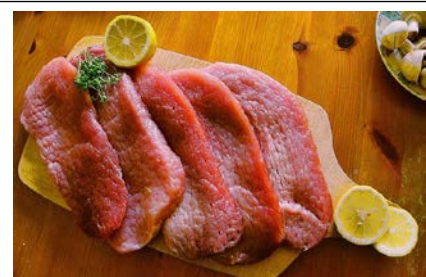
My doctor told me today I need to watch my drinking. now I drink in front of a mirror.

YouTube /laughingcolours100



[They Film Inside A Hot Dog Factory. What It Shows Is Going Viral...](#)

Eat less meat



Animal meat is one of the best sources of protein and vitamin B-12, and most dieticians will advise their patients to stick to lean meat and avoid the fattier cuts. The problem is that consuming too much animal protein causes the body to produce a hormone called IGF-1 (Insulin-like Growth Factor 1). This hormone can accumulate in the body and lead to accelerated aging and cancer. If you need to get proteins, try balancing your diet between lean meat and legumes. BabaMail

Genius: Can Anybody Be One?
Exceptional intelligence does not a genius make.
[Read More](#)

What Is Transgender? describes people whose gender identity differs from the sex to which they were assigned at birth.
[Read More](#)

Breath test may help diagnose irritable bowel syndrome

There is currently no specific diagnostic test for [irritable bowel syndrome](#) (IBS), but now researchers have identified a combination of 16 different substances in the breath that, when measured together, can accurately distinguish IBS patients from people without the condition.

Investigators analyzed breath samples from 170 IBS patients and 153 healthy controls, as well as 1307 participants in the general population. The set of 16 substances correctly predicted 89.4% of the IBS patients and 73.3% of the healthy controls.

Furthermore, the results of the breath test were particularly abnormal when patients' intestinal symptoms were most severe.

"Now we know which chemicals in breath have diagnostic information that we can use to develop noninvasive tools to follow the disease and to steer therapeutic interventions," said Prof. Frederik-Jan van Schooten, senior author of the *Alimentary Pharmacology and Therapeutics* study. "This will definitely make a difference in quality of life for patients suffering from this functional gastrointestinal disorder."

Article: [Volatile organic compounds in breath as markers for irritable bowel syndrome: a metabolomic approach](#), Frederik-Jan van Schooten et al., *Alimentary Pharmacology and Therapeutics*, doi: 10.1111/apt.13654, published online 2 May 2016.

Listeria in Your Freezer: How Long the Bacteria Survive

What's keeping Listeria alive in your freezer?

[Read](#)

Blueberries Bump Up Blood Vessel Health

A risk factor for diabetes and heart disease, Metabolic Syndrome is a condition involving a large waistline, high triglycerides level, low HDL cholesterol level, high blood pressure, and high fasting blood sugar.

April J. Stull, from Louisiana State University (Louisiana, USA), and colleagues enrolled 44 adults with Metabolic syndrome, in a six-week long study in which participants were randomly assigned to receive either two blueberry smoothies (each containing 45 g of freeze-dried blueberry powder providing 1547 mg of total polyphenol bioactives) per day, or a smoothie without blueberry powder (placebo). Among the subjects consuming the blueberry smoothies, the researchers observed a significant improvement in endothelial function, but no change in blood pressure or insulin sensitivity. The study authors report that: "Even after adjusting for confounding factors, i.e., the percent body fat and gender, the blueberry group still had a greater improvement in endothelial function when compared to their counterpart."

[VIEW NEWS SOURCE...](#)



Blueberries - image from Shutterstock

Tai Chi Resembles Drugs, Aerobics in Blood Pressure Lowering



[Burmese Egg Curry with Coconut Rice](#)



I adapted this recipe I that came across in Feast magazine, adding more veggies and serving it with ...

by [Tegs](#)

You're Thirsty, and You Have to Go

Thirst and frequent urination are two classic diabetes signs caused by too much sugar in your blood. As your kidneys work harder to filter out the sugar, they also pull more fluids from your tissues, which is why you have to go to the bathroom more often than usual. Thirst is your body's way of telling you it needs to replenish the liquids it's losing. If you don't drink more fluids, you can dehydrate. WebMD

[Can aspirin protect against cancer?](#)



[Coconut oil has been found to stop tooth decay, and can also be used for a brighter smile. Simply swish the oil in your mouth for 15 minutes, four to five times per week. Spit the oil into a trash can \(it can solidify\) and rinse with water. Babamail](#)

Coffee

It might just be good for you. Over the years some 19,000 studies have analyzed the health impact of coffee—and if you're a latte lover, you'll be pleased to know that the results keep pouring in: Trigonelline, the compound in coffee that makes it smell so good, has been shown to reduce cavities. Coffee is also full of disease fighting antioxidants. In fact it contains more than blueberries and broccoli. The caffeine in 16 ounces of coffee boosts athletic speed and endurance and reduces muscle fatigue. By contrast, you'd need 64 ounces of cola to get the same result. Studies show with just two cups of java a day can cut your risk of colon cancer by 25%, gallstones by nearly 50%, and cirrhosis of the liver and Parkinson's by a whopping 80%. It's also been shown to improve mood and stop headaches. Studies of nearly 90,000 men and women show heavy coffee consumption, we're talking 6 or more cups a day, slashed men's risk of Type Two diabetes by 54% and women's by 30%. But don't run to the coffee pot just yet. WebMD

Eat healthy fats for your food cravings

One of the most common nutrition myths is that fat makes you fat. In fact, your body needs fat! However, there are many different types of fat. You should avoid trans fats and limit saturated fats, but heart-healthy fats like nuts and avocado will help you feel full and reduce cravings. Have a handful of mixed nuts as an afternoon snack. Or you can make a homemade salad dressing with olive oil and vinegar. Adding fresh guacamole or a fatty fish like salmon to your day is also a great way to incorporate healthy, filling fats.

Avoid PSA Testing

A PSA blood test looks for prostate-specific antigen, a protein produced by the prostate gland. High levels are supposedly associated with prostate cancer. The problem is that the association isn't always correct, and when it is, the prostate cancer isn't necessarily deadly. Nearly 20 percent of men will be diagnosed with prostate cancer, which sounds scary, but only about 3 percent of all men die from it. The PSA test usually leads to overdiagnosis — biopsies and treatment in which the side effects are impotence and incontinence. Moreover, there is some evidence which suggests that biopsies and treatment actually aggravate prostate cancer. During a needle biopsy, a tumor may need to be punctured several times to retrieve an amount of tissue that's adequate enough to be screened. It is believed that this repeated penetration may spread cancer cells into the track formed by the needle, or by spilling cancerous cells directly into the bloodstream or lymphatic system.

Can Stomach Botox Injections Help People Lose Weight?

Doctors are considering a new use for Botox: The drug may help obese people lose weight, according to early research.

[Read More](#)

<https://www.youtube.com/watch?v=ucE54EHU3U>

Price of Cancer Drugs Has Skyrocketed Since 2000

Researchers say initial prices of new cancer drugs are six times higher, raising the question of if patients are getting their money's worth. [More »](#)

French

The notion of the French paradox has long puzzled scientists. How can a nation that eats food high in saturated fat such as cheese have such low rates of heart disease and obesity?

One study showed that the quantity of food eaten is the key. While the French may scoff croissants, rich cheese, and meats, they do so in small portions.

While restaurants in Paris served dishes containing 277g of food on average, joints in Philadelphia gave customers plates filled with around 346g of food. The scientists also highlighted that eating high quality food that is palatable can help a person stop from feeling deprived and overeating.

"The French diet contains cheese, bread and wine. However the portion sizes are much smaller than the British and Americans and general overall calories consumed are lower," said Ms Daniels.

What links these diets is the fact they are based around plenty of fresh fruit and vegetables, including wholegrain cereals, beans and pulses. She added it was also important to choose the right fats, such as extra virgin olive oil and monounsaturated and polyunsaturated fats, and to eat fish and moderate amounts of lean meat.

When you swallow food, it enters your esophagus. That's a stretchy tube about 10 inches long that connects the back of the throat to the stomach. It's narrow, but the muscles in its walls slowly squeeze food down and through. This is called peristalsis. It normally takes just a couple of seconds for each bite

Food and drinks mix with gastric juices. This creates a mixture called chyme. That's dumped into the small intestine, where most of the digestion takes place. From there, food is dissolved, nutrients are absorbed into the body, and waste is sent to the colon.

Soluble fiber is found in oat bran, peas, beans, and most fruits. Bacteria in your large intestine break it down and digest it. In about one-third of people, it creates methane gas. That can make you burp, fart, or feel bloated. Insoluble fiber is found in wheat bran and some vegetables. It's not digested by the body. It passes through the intestines unchanged, so it makes little gas.



Bread Uttapam - South Indian Snack Recipe by Manjula

by [Manjula's Kitchen](#)

694,538 views

Stomach Flu

One in 6 Americans gets sick every year from contaminated food. Norovirus, also called the stomach flu, causes swelling in the stomach and intestines. That leads to pain, nausea, diarrhea, and vomiting. Some foods -- like oysters, fruits, and vegetables -- can be contaminated naturally. They can also be tainted by an infected person, like a restaurant cook or server. Harmful bacteria, like E. coli, salmonella, and listeria, are also common sources of food poisoning.-WebMD

Gastroesophageal reflux disease (GERD) happens when the stomach's contents flow backward into the esophagus. If you're overweight, dropping some pounds can relieve some of the pressure on your stomach. If you get acid reflux when you lie down at night, raise the head of your bed. Gravity can help keep stomach acid down. One study found that eating four to five small meals a day relieved symptoms better than three large ones. If these things don't help, talk to your doctor about treatment options. WebMD



How I Keep Bananas Fresh Longer

by [RINGO](#)

1,575,211 views

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.

Easy ways to improve your balance



Image: Bigstock

The body systems responsible for balance can be affected by gradual changes due to aging or side effects of medications. There are also a host of health problems that can lead to unsteadiness on your feet. But many stability problems caused by aging or conditions such as arthritis, stroke, Parkinson's disease, or multiple sclerosis respond well to exercises designed to improve balance. Most likely, you already engage in some activities that help sharpen balance, especially if you're an active person. Other balance-strengthening activities are routinely taught in classes held at many YMCAs and senior centers. For example:

- Walking, biking, and climbing stairs strengthen muscles in your lower body. A recumbent bike or stair stepper is a safe way to start if your balance needs a lot of work.
- Stretching loosens tight muscles, which can affect posture and balance.
- Yoga strengthens and stretches tight muscles while challenging your static and dynamic balance skills.
- Tai chi moves, which involve gradual shifts of weight from one foot to another combined with rotating the trunk and extending the limbs, offer a series of challenges to improve your balance.

Harvard Medical School



VIDEO

10 Minutes to a Buff Lower Body

It sounds too good to be true, but this quick and easy routine really can give you a tighter tush, leaner legs, and a stronger core.

No Statins Before Heart Surgery, Study Suggests

They don't prevent complications and may cause kidney damage, researchers report

By Steven Reinberg
HealthDay Reporter

-- Taking cholesterol-lowering statins right before heart surgery, once touted as a way to prevent common postoperative complications, has no benefit and may even cause harm, a new study suggests. In that setting, Crestor (rosuvastatin) did not prevent either the abnormal heart rhythm known as atrial fibrillation or heart damage, and it was linked to a slightly increased risk of kidney damage, researchers said.

"There are many valid reasons why one may want to take statins, but prevention of postoperative complications in cardiac surgery is not one of them," said lead researcher Dr. Barbara Casadei. She is a professor of cardiovascular medicine at the University of Oxford in England.

"Our study is consistent with the idea that well-established beneficial effects of statin therapy, such as the reduction in heart attacks and strokes, are only achieved by long-term treatment with these drugs," she added.

For the study, Casadei and her colleagues randomly assigned more than 1,900 patients who were having elective heart surgery to take Crestor or a placebo before surgery.

The researchers found that patients given Crestor had lower levels of cholesterol and C-reactive protein (another marker for heart trouble) after surgery, compared with patients given a placebo.

However, the percentages of those who developed atrial fibrillation were essentially the same in patients given Crestor (21.1 percent) and those given a placebo (20.5 percent), the investigators found.

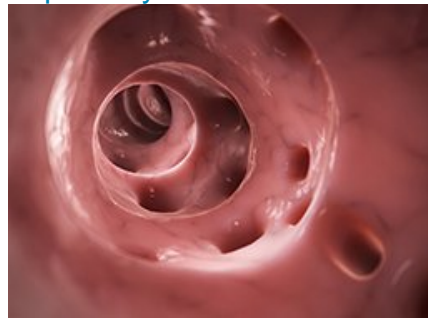
And further analyses showed that Crestor was associated with a 5.4 percent greater chance of mild kidney damage, when compared with a placebo.

The cause of the kidney damage isn't known, said Casadei, since the study was not designed to show cause-and-effect. However, her team plans to study that issue further, she added.

"The risk of kidney injury is relatively small, but considering that the benefit of statin treatment before a heart operation is zero, one may well consider stopping statins for a few days before surgery," Casadei said. The report was published May 5 in the *New England Journal of Medicine*.

How much do you know about diverticulitis? Test yourself with our #Fast5Quiz.

<http://bit.ly/1Ns1xLf>



People who eat a lot of animal protein have a 75% increase in premature death from all causes, a fivefold increased risk for premature death from diabetes, and a 400% increase in death from the major forms of cancer (prostate, breast, and colon cancer).

Spicy Foods Cause Ulcers

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

Sneak Yourself More Vegetables



You know you should eat more veggies. They're full of good-for-you fiber and vitamins. But the average person eats only about half the amount they should. So, how can you get more in? Swap out pasta for strands of zucchini that you shred with a julienne peeler. Or, pulse cauliflower in the food processor until it looks like rice, and use it in pilafs and stir-fries. You'll cut calories and add major nutrition. [WebMD](#)

New Report Doesn't Prove Cellphones Cause Cancer
There's still no solid evidence that cellphone use increases cancer risk, experts say.

[Read More](#)

Life | Tue May 17, 2016 8:13am EDT

Magic mushroom ingredient may ease severe depression, study suggests

LONDON | BY [KATE KELLAND](#)



Mushrooms grow at the Highline Mushrooms farm, Canada's largest mushroom grower, in Leamington, Ontario, Canada, April 14, 2016.

May 17 Psilocybin, the psychedelic compound in magic mushrooms, may one day be an effective treatment for patients with severe depression who fail to recover using other therapies, scientists said on Tuesday.

A small-scale pilot study of psilocybin's use in cases of treatment-resistant depression showed it was safe and effective, the British researchers said.

Of 12 patients given the drug, all showed some decrease in symptoms of depression for at least three weeks. Seven continued to show a positive response at three months.

Five remained in remission beyond the three months. Robin Carhart-Harris, who led the study at Imperial College London's department of medicine, said the results, published in the *Lancet Psychiatry* journal, were striking.

Easy Rotator Cuff Exercises

The rotator cuff is a group of four muscles that stabilize the shoulder. When you injure your rotator cuff you need to exercise it for full recovery. [More »](#)

Inflammatory foods

A new study by the University of Liverpool's Institute of Ageing and Chronic Disease has identified food stuffs that can help prevent chronic inflammation that contributes to many leading causes of death. Inflammation occurs naturally in the body but when it goes wrong or goes on too long, it can trigger disease processes. Uncontrolled inflammation plays a role in many major diseases, including cancer, heart disease, diabetes and Alzheimer's disease. Diets rich in fruits and vegetables, which contain polyphenols, protect against age-related inflammation and chronic diseases.

220 minus your age-heart rate should be when you exercise

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

[WebMD](#)

Vitamin D Is A Cardiovascular Key

Low vitamin D levels in childhood may raise risk of atherosclerosis in adulthood.



Child smiling sun rays - image from Shutterstock

Recently published studies report that vitamin D is important for cardiovascular health, with low levels linked to increased risk of stroke and heart attack. Markus Juonala, from the University of Turku (Finland), and colleagues analyzed data collected on 2,148 subjects enrolled in the Cardiovascular Risk in Young Finns Study, ages 3 to 18 years at the study's start; subjects were re-examined at ages 30 to 45 years. Childhood levels of vitamin D were measured from stored serum. Carotid intima-thickness (IMT) – a marker of structural atherosclerosis, which correlates with cardiovascular risk factors, and predicts cardiovascular events – was measured on the posterior wall of the left carotid artery using ultrasound technology. Data analysis revealed that the study subjects with 25-OH vitamin D levels (a marker of vitamin D) in the lowest quartile in childhood had subclinical atherosclerosis over 25 years later in adulthood. The study authors submit that: "Low 25-OH vitamin D levels in childhood were associated with increased carotid [ntima-thickness] in adulthood."

[VIEW NEWS SOURCE...](#)



Sydney Opera House under construction, 1966. Photograph from the National Archives of Australia.

The Best Offense Is a Good Defense



Iron chastity belts under lock and key are often connected with Medieval torture devices, but the truth is that they didn't become popular until the 1800s. Fashion magazines advertised them as a defense against rape. During the Industrial Revolution, women in England and France were entering the workforce in record numbers, and some bought the uncomfortable underpants to ward off sexual assaults. Men sometimes wanted their mates to wear them to prevent cheating and masturbation

[WebMD](#)



DIABETES FACTS YOU DIDN'T KNOW



India has over 65.1 million diabetics.



Within 2 decades, the number will touch 100 million.



On an average, an Indian gets diabetes 10 years earlier than his Western counterparts.



Diabetes patients are two to four times more prone to coronary artery disease (CAD)



Diseases like diabetes, cardiovascular disease, cancer & mental health will cost India Rs 126 trillion between 2012 - 2030



In a low-income family group in India, 25 per cent family income goes in diabetes care, says WHO

TOI FOR MORE INFOGRAPHICS DOWNLOAD TIMES OF INDIA APP [App Store](#) [Google play](#) [Facebook](#)

Behavior Triggers Inflammation

Staying calm and collected in a stressful situation lowers the body's inflammatory processes.



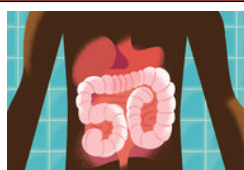
Calm woman - image from Shutterstock

Reacting positively to stressful situations may play a key role in long-term health. Nancy Sin, from Penn State (Pennsylvania, USA), and colleagues measured reactions to stress and the physiological effects of stress among 872 adults enrolled in the National Study of Daily Experiences. Blood samples of participants were obtained during a separate clinic visit and assayed for inflammatory markers. Subjects were interviewed by phone every day for eight consecutive days. They were asked to rate their positive and negative emotions, as well as whether or not they encountered stressors. The team found that those who fail to maintain positive moods such as cheerfulness or calm when faced with the minor stressors of everyday life displayed elevated levels of inflammation. Among women, negative reactions to stress associated with higher C-reactive protein. Writing that: "Adults who fail to maintain positive affect when faced with minor stressors in everyday life appear to have elevated levels of IL-6, a marker of inflammation," the study authors warn that: "Women who experience increased negative affect when faced with minor stressors may be at particular risk of elevated inflammation."

[VIEW NEWS SOURCE...](#)

For your Healthy Health News Read

Health & Views



A Teachable Moment on the Need for Colon Cancer Screening

By JANE E. BRODY

Traditional colonoscopy is best at finding cancer. Less invasive screenings are not as definitive, but they're better than nothing.



Hungry for diet help? New utensils tell you how much you eat — and when to stop



Need a little assistance in counting calories and portion control? Let your spoon and fork do all the heavy lifting!



Baba Ganouj

Grilled eggplant is pureed along with garlic, lemon juice, and tahini to make a lighter version of the classic Middle Eastern dip.

Recipe From EatingWell.com

[View Recipe](#)

Middle Eastern Made Lighter

- [Quick-Fix Tabbouleh](#)
- [Turkey Kibbeh](#)
- [Vegetarian Stuffed Grape Leaves](#)
- [Lamb Stew](#)
- [WebMD Recipe Finder](#)

Learning diaphragmatic breathing

Relearning how to breathe from the diaphragm is beneficial for everyone. Diaphragmatic breathing encourages the beneficial trade of incoming oxygen for outgoing carbon dioxide. This type of breathing slows the heartbeat and can lower or stabilize blood pressure.



Holland's got talent - Amira Willighagen sings opera (E...



by nina131295

Protecting your eyesight

Ask the doctor: Are there any vitamins or supplements I can take to protect my eyes?

Answer: Based on the most recent research, there is no proven vitamin cocktail to prevent vision loss. The most common causes of vision loss as you grow older are cataracts and age-related macular degeneration (AMD). Since cataracts can be treated with simple surgery, much of the attention for prevention of vision loss has focused on macular degeneration. Initially, there was excitement about antioxidant vitamins, since a combination of vitamins A, C, and E delayed progression of AMD in previously diagnosed individuals. However, the Age-Related Eye Disease Study showed no benefit from antioxidants in people who did not already have AMD. A single study in women (average age 64) reported that a combination of vitamins B6, B12, and folate reduced the development of AMD over a seven-year period. But this study has not been replicated, and it hasn't been done in men, which makes it hard to recommend these supplements.

— William Kormos, M.D.

Editor in Chief, Harvard Men's Health Watch



Dip Your Feet In Apple Cider Vinegar For This All-Natural Benefit



The Rich Live Longer Everywhere. For the Poor, Geography Matters.

By NEIL IRWIN and QUOCTRUNG BUI

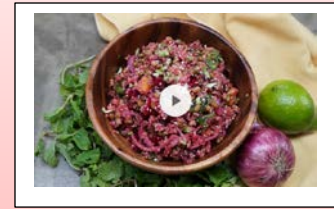
In some parts of the country, adults with the lowest incomes die on average as young as people in much poorer nations like Rwanda, and their life spans are getting shorter.

Daily Aspirin Is Most Beneficial in Your 50s, Panel Says



Taking low-dose daily aspirin can lower your risk of heart disease and colon cancer, new recommendations say.

[Read More »](#)



Quinoa Beet Mung Bean Salad



The type of salad that makes you love salads. Filling, colorful and full of nutrient rich ingredients.



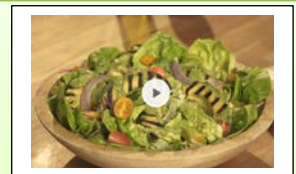
A beautiful mansion architected Sri Lankan home in Houston, Texas. Proud to be "Sri Lankan" This house is owned and living in by Agnes and Michael Thambynayagam -migrated to Texas many years ago. Michael worked at Schlumberger, studied at University of Manchester, England

Agnes joined Michael in England on 29 January 1976, married in April 76 at the Sacred Heart Church in Hull. Both grew up in Jaffna, Sri Lanka in the sixties and studied at Private Catholic boy's school St. Patrick's College and Girls' school Holy Family Convent. — with Michael Thambynayagam

They are great supporters of "Health & Views newsletter"



Woman Presses Dough Into Her Slow Cooker. Just Watch What She Makes...



Green Goddess Grilled Avocado Salad



Donald shows you how to make this amazing Green Goddess

Childhood Obesity Skyrockets in Rural China

[HTTPS://WWW.YOUTUBE.COM/EMBED/REP4S0uqEOc](https://www.youtube.com/embed/REP4S0uqEOc)

All About the Paleo Diet

by [Clare Deville](#) (follow)

Editor in Chief of www.healthyhints.com.au

The Paleolithic - or Paleo diet as it is commonly referred to, is a buzz word at the moment. But is it the latest in a long line of dietary fads, or a stroke of nutritional genius?

The diet which is supposed to resemble that of our ancestors living during the Paleolithic era, is based on the premise that our genes haven't changed a great deal since then, and therefore our diet shouldn't either. The theory is that our body is genetically designed to be at optimal health while following the Paleo diet.

The foods allowed in the diet are all those considered pre-agricultural (before the development of agriculture), and include fresh fish, grass-fed meats, eggs, fruit, vegetables and nuts - all of which are as close to their natural state as possible (with the exception of the animals of course), and can be hunted or gathered. There is no room in the diet for refined and processed foods, trans fats, or dairy, processed oils, legumes, grains or starchy vegetables like potato.

The diet is not without credible support with a number of reputable doctors, scientists and nutritionists backing the philosophy through research, books and the media. And clearly people are listening - there are Paleo cafes popping up all over Australia, four in little old Brisbane alone. So could there actually be something to this diet, or is it an excuse to eat whole herds of meat, perhaps a subliminal anti-vegetarian stance?

For every supporter of the Paleo diet there is a doubter or two attempting to debunk the philosophy. There are suggestions that the genetic information the diet is based on is in fact incorrect, and great debate on the actual diet that was consumed by our Paleolithic ancestors.

As for potential health hazards or benefits there are convincing arguments for each side. There are obvious and well documented benefits to cutting out highly refined and processed foods from the diet, particularly refined sugars and fats like those found in cakes, biscuits, breads and takeaway foods for example. On the other hand there are also well documented studies on the hazards of a diet high in animal foods. And there are concerns that a diet so high in fish and meat poses dangers due to contaminants such as mercury in fish, and preservatives, antibiotic residue, lead and arsenic in meat - the domestic meat and farmed fish eaten today is a far cry from the wild game hunted in Paleo times.

So who is right? - See more at:

<http://healthyhints.com.au/all-about-the-paleo-diet/?nb=1#sthash.1Lhci9qe.dpuf>

Think Twice Before Blowing the Budget on Organic Food

by [Clare Deville](#) (follow)

Editor in Chief

of www.healthyhints.com.au

The nutrition industry in Australia is booming. The market is awash with a glut of nutritional products, some of which are actually beneficial for your health, and some of which are a complete scam. It's partially because people are becoming more health conscious, and partially because science is finally putting some time and money into researching the link between nutrition, health, and any number of chronic diseases, and getting overwhelmingly convincing results. Those of us who aren't scientists but have a little common sense, have long been aware that proper nutrition is paramount to optimal health and wellbeing.

- Organic doesn't necessarily mean a product is completely chemical free – there are some naturally occurring chemicals allowed in organic farming. The producer will not however, have added any chemicals, or used genetically modified constituents.

- The majority of research has found no significant difference of nutrient levels between organically grown and traditionally grown produce – a small amount of research does support the benefits of organic over traditional, and it could simply be a matter of the right people not having the funding for scientific research. And some people innately sense that organic produce is superior and have no need for scientific 'evidence.'

How Dirty Are Public Restrooms, Really?



People bring a lot of bacteria into bathrooms, the researchers found. Within an hour of normal use, there were 500,000 bacterial cells per square inch on the bathroom surfaces, on average.

[Read More »](#)

What Is Schizophrenia?

It's a serious mental illness that can be disabling without care. About 1% of Americans have it. People with the condition may hear voices, see imaginary sights, or believe other people control their thoughts. These sensations can frighten the person and lead to erratic behavior. Although there is no cure, treatment can usually manage the most serious symptoms. It is not the same as multiple personality disorder. WebMD



The United States is far from the healthiest nation in the world.

That award, according to [Bloomberg](#), goes to Singapore, followed by Italy, and Australia. The United States is in 33rd place between the Czech Republic and Bosnia and Herzegovina. It's in 5th place in the Americas.

According to a new study, few Americans have a lifestyle that is considered healthy. In fact, less than 3 percent of Americans meet the measurable characteristics that reduce a person's risks for heart disease, according to new research published in the journal [Mayo Clinic Proceedings](#).

Today's health topic

Microwave cooking and nutrition — is it healthy?



Almost every American home has a microwave oven. The convenience they offer is undeniable. But despite the widespread use of microwave ovens and their excellent safety record, some people have lingering concerns that cooking food with microwaves somehow makes food less healthy by zapping away nutrients. Does cooking with microwaves do that?

[Continue reading »](#)

[Aspirin Linked to Lower Brain Cancer Risk](#)

Taking aspirin may lower the risk of several cancers. Here's why.

Good health is essential to be able to do all you want to do in the years and decades ahead



What you may not know about your bananas

Wonderfully sweet with firm and creamy flesh, bananas come prepackaged in their own thick and st...



[This Looks Like A Tiny Car, But Watch When He Opens The Door...](#)

Hyperthyroidism you should know

Hyperthyroidism occurs when your thyroid gland makes too much thyroid hormone or your dose of thyroid medicine is too high. The excess hormone "speeds up" virtually every system in your body. The symptoms often include nervousness, palpitations caused by a fast heart rate, feeling hot when others are comfortable, trouble sleeping, and weight loss despite being hungry all the time.

If left untreated, hyperthyroidism does more to your heart than simply making it beat faster. The excess thyroid hormone makes it work harder, too. This can lead to any of several problems:

Harvard Medical School



Apple cider vinegar - Mother Nature's miracle tonic

We've all heard the wise old saying: 'An apple a day keeps the doctor away

by [Carolyn Hopping](#)



Dental problems

Need extra motivation to brush and floss every day? People with gum disease are more likely to have heart disease, too. The connection isn't clear, but some experts think bacteria from your gums may move into your bloodstream, leading to inflammation of the blood vessels and other heart problems. See your dentist every 6 months for checkups. Make an appointment right away if you spot redness or soreness on your gums, or changes in your teeth.

WebMD



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

by [peacewisher09](#)



Shift Work

Working at night or irregular hours raises your risk of a heart attack, according to a recent study from Western University in Canada. Researchers say shift work has a bad impact on the body's circadian rhythm (a.k.a. your "internal clock"), and they think that harms your heart. So if you don't work regular day hours, take extra steps to lower your risk of heart disease: Get exercise, eat a balanced diet, and see your doctor for regular checkups.

WEbMD

Singing improves Parkinson's symptoms and quality of life

A lesser known side to Parkinson's disease is its negative effect on the voice. A new study finds that singing therapy relieves these symptoms and improves quality of life.



All Hail the Mighty Kale

Super foods and fad foods may come and go but the kale revolution looks set to stay

by [Clare Deville](#)



How Your Diet Affects Your Risk of Colon Polyps



How different diets fire up — or dampen down — inflammation in the gut.

[Read More »](#)



Tshering Tobgay: This country isn't just carbon neutral...

by [Sir Chogyal](#)



The planet has become greener over the past three decades due to the fertilising effect of rising carbon dioxide levels. But scientists say the negative impacts from CO2-induced global warming [will "eventually far outweigh" any benefit from increased plant growth](#)



Top 10 Leading Causes of Death



From heart disease to diabetes, we count down the top 10 leading causes of death in the United States

[Read More »](#)



[Soothe a sore throat with turmeric](#)

A sore throat can be extremely painful and debilitating by [thriftyrugalfun](#)



Natural deodorant alternative

A growing number of people concerned about their health and doing what is best for their bodies,...
24 likes

Paracetamol

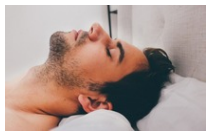
In the UK, [in draft guidelines issued in 2013](#), the National Institute for Health and Care Excellence (Nice) advised GPs that they should no longer prescribe paracetamol for osteoarthritis, suggesting it had "limited benefit" and highlighting links of higher doses to cardiovascular, gastrointestinal and renal problems. Doctors, though, were quick to criticise the new advice on the grounds that it would leave them either telling patients to simply endure their pain or lead to greater use of stronger, potentially more harmful opiate-based alternatives such as tramadol and diamorphine.

In its final recommendation last year, [Nice performed a U-turn, reinstating its previous backing of paracetamol](#), pending the outcome of a broad review of over-the-counter painkillers by the [Medicines and Healthcare Products Regulatory Agency](#), the results of which are due later this year. Of course, most medicines have some side-effects, and taking them always involves balancing the possible dangers against the benefits. Perhaps the downsides of paracetamol are worth the risks? Yet a 2006 review by the respected [Cochrane Collaboration](#) found that of seven previous studies comparing paracetamol with placebos, two found no difference in pain sensations, and the others found an improvement averaging 5%, an improvement the authors described as of "questionable clinical significance".

Nic Fleming

[Over 50 children die of cancer in India every day, finds study](#)

Over 50 children in the age group of one month to 14 years die of cancer every day in India, according to a recent study which also highlights the significant monetary burden of the disease and lack of advanced treatment options in the country.



[Discover how your sleeping position can impact your health](#)

A person's sleeping position might not seem like much in the way of contributing to health, but it i...
by [Sasha](#)



[Egg Paratha Recipe](#)

by [Gori ka Kitchen](#)



[Inbox - Short Film](#)

by [Curio Films](#)

Blackcurrants Benefit the Brain

New Zealand blackcurrants may help manage aging-related declines in memory accuracy, attention, and mood.

New Zealand blackcurrants are abundant in anthocyanins – plant antioxidants that have been shown by previous studies to improve cardiovascular parameters. Arjan Scheepens, from Plant & Food Research (New Zealand), and colleagues enrolled 36 healthy adults, ages 18 to 35 years, in a study in which participants consumed 250mL of an anthocyanin-enriched New Zealand blackcurrant extract or a cold-pressed juice from the New Zealand blackcurrant cultivar 'Blackadder'; or a taste-matched placebo (no blackcurrant), after which they were asked to complete a set of demanding mental performance assessments. After both blackcurrant beverages, subjects demonstrated improved attention and mood, and reduced mental fatigue. In addition, blood tests showed that consumption of the 'Blackadder' juice reduced the activity of a family of enzymes called monoamine oxidases, which regulate serotonin and dopamine concentrations in the brain. The study authors report that: "Findings from the intervention illustrate a cognitive benefit of acute blackcurrant supplementation in healthy young humans and the first description of a clinically significant inhibition of monoamine oxidase-B and monoamine oxidase-A using a commonly consumed fruit."



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Not just for dinner! 3 delicious ways to eat asparagus for breakfast

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Fast facts on vitamin D

Here are some key points about vitamin D

- Vitamin D's primary role is to support the development and maintenance of bones and teeth.
- A fair-skinned person with full body exposure to the sun can synthesize up to 20,000 IU of vitamin D3 in 20 minutes.
- Vitamin D deficiency is common, especially in the elderly, infants, people with dark skin and people living at higher latitudes or who get little sun exposure.
- Vitamin D deficiency has been seen in up to 80% of hip [fracture](#) patients.
- 800IU of vitamin D per day reduces the risk of fracture by 20% in the elderly and decreases the risk of falls.
- The metabolism of vitamin D may be affected by some medications, including barbiturates, phenobarbital, dilantin, isoniazid and statin drugs.
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Wondering which foods are right for your diabetes diet? Here are 5 foods to eat and 3 foods to avoid. [More >>](#)

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Peacocks not only show their spectacular tails, or trains, they rattle them, and scientists are nailing down the physics of feather vibration.



[Top 7 Benefits of Cold pressed Almond Milk](#)

Your choices in food affect your health in a big way

by [harry](#)

Rice is higher in carbohydrates than quinoa. Quinoa offers more energy than rice, but has more fat; Quinoa's saturated and unsaturated fat percentages are each higher than rice's minuscule total fat content. Jim Gordon



Fried Matcha Wasabi Risotto Balls. Say That Five Times Fast.



A better understanding of bananas could help prevent blindness



Cavendish banana

Carotenoids, which are found at various levels in different **banana** cultivars, are important **vitamin** precursors for eye health. In a study published in ACS'

Journal of Agricultural and Food Chemistry, researchers report a new understanding of how the fruit makes and stores the compound. Their findings could someday help in the development of banana varieties with enhanced health benefits.

Vitamin A deficiency is rampant in Africa and Southeast Asia, causing an estimated 250,000 to 500,000 children to become permanently blind each year, the researchers note. Even worse, half of those children die within a year of losing their sight. To combat vitamin A deficiency, other researchers have been investigating methods to boost carotenoids in bananas, because these compounds--which turn fruits and vegetables red, orange or yellow--are converted into vitamin A in the liver. However, this approach has been hindered by a lack of understanding of how bananas produce and store carotenoids. So Cara L. Mortimer and colleagues wanted to address this gap. The researchers studied two banana varieties to find out why they make very different amounts of carotenoids. They found that the pale yellow, low-carotenoid Cavendish variety produces more of an enzyme that breaks down carotenoids. In addition, the orange Asupina variety stashes its carotenoids in microscopic sacs during ripening, shifting the chemical equilibrium in the fruit so it can make even higher levels of these substances. The researchers say their work will provide insights for future developments in the biofortification and breeding of bananas that contain more carotenoids.

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ARTICLE

Retirement Can Make You Healthier

When many people stop working, they sit less and move more.



What Do Strawberries & Cream Taste Better Between?



20 Foods That Help Your Heart



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Making Trinidad Dhalpuri Roti



by chukasix1

113,345 views



Okay, so I'm about to turn 50, am dreadfully overweight and eating all the wrong foods. My joints are creaking and groaning under the pressure they have to endure, and to put it mildly, I need help!

For goodness sake read "Health & Views"

Top foods that may make heartburn worse

If you have heartburn, you may already know that drinks containing caffeine, such as coffee, tea, and colas, can trigger burning pain. Some people feel miserable after eating onions or garlic, while tomatoes and citrus fruits bother others. And who hasn't regretted indulging in fatty or fried foods? They are notorious for bringing on symptoms. But did you know after-dinner mints, treats associated with helping digestion, could cause heartburn?

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Kidneys: Facts, Function & Diseases

Kidneys are bean-shaped organs located on both sides of the spine, behind the stomach. Their main purpose is to keep the composition of blood in the body balanced to maintain good health.

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Laura Bretan is adorable and 13. She's also got some serious pipes.

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