

Health & Views

Health Education for Sri Lankans & others

Health education for our Sri Lankan community globally for their well-being and longevity

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July 2016
2nd issue

Eating a [fish-based diet](#) can help you snooze more soundly. Cod, tuna, snapper, halibut, and especially shrimp contain levels of sleep-promoting tryptophan comparable to those found in turkey.

Diabetes
Drug May
Also Help
the Heart

Please note change of address: haroldgunatillake1@gmail.com



See J.Lo and Lin-Manuel Miranda perform powerful tribute to Orlando victims

Lopez and Miranda performed their new single in front of an audience that packed the plaza and included 50 survivors and family members of the Orlando massacre.

[Read More](#)

Crustaceans help to snooze



Caption: Photo by Vichaya Kiatying-Angsulee Via Freediqitalphotos.net

Crustaceans are rich in tryptophan and can apparently help you achieve a more restful sleep. The tryptophan is converted to serotonin, which acts as a natural sedative and induces feelings of calmness and sleepiness; a greater production of serotonin means an improvement in mood and daily function. Similarly, consuming foods containing this essential amino-acid, should be eaten about one to one and half hours before bed time, as it takes approximately this much time for tryptophan to reach the brain.

by Georgina Tse

- See more at: <http://healthyhints.com.au/foods-to-help-you-snooze/#sthash.L0R40iYo.dpuf>



[Video: Healthy Habits With Diabetes](#)



[Video: Is Sugar the Only Thing to Watch](#)

Eating Nuts Linked to Lower Risk of Colon Cancer



When it comes to colon cancer risk, should you go nuts?

[Read More »](#)

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.

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



ASK WELL



Why Is Arthritis More Common in Women Than Men?

By RONI CARYN RABIN

More women than men get arthritis over all, but there are many types of arthritis, and some types are more common in men.

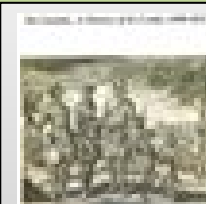
"The Church must ask forgiveness for not behaving many times. When I say the Church, I mean



Christians owe gays an apology, Pope Francis says

"They must not be discriminated against...they should be respected."

QZ.COM|BY LILY KUO



A History of Sri Lanka

Page Liked · July 1 · Edited ·

Jaffna women 1672 - Portuguese descendants did not cover the upper parts of their bodies.

From Baldaeus' book 1672

10 Awesome Vinegar Tips You Need To Know



[My Mom Told Me Vinegar Was Useful But I NEVER Imagined It Could Be This Awesome!](#)



[What's More Tropical than Limeade Served in a Pineapple?](#)

This is exactly what summer should taste like.



[Watch this teen cancer survivor's inspiring 'Fight Song' performance on 'AGT'](#)

Calysta Bevier didn't look nervous when she performed on "AGT." At just 16 years old, she's already faced something scarier than stage fright.

[Read More](#)

The management of irritable bowel syndrome (IBS) using restriction of Fermentable Oligosaccharide, Disaccharide, Monosaccharide, and Polyols in the diet (low FODMAP diet). In recent years, the data supporting low FODMAP diet for the management of IBS symptoms have emerged, including several randomized controlled trials, case-control studies, and other observational studies. Unlike most dietary manipulations tried in the past to alleviate gastrointestinal symptoms of IBS, all studies on low FODMAP diet have consistently shown symptomatic benefits in the majority of patients with IBS.

Authors Nanayakkara WS, Skidmore PML, O'Brien L, Wilkinson TJ, Gearry RB

The role of nutrition in controlling diabetes

Diabetes has two main types: type 1 and type 2.



Bread products tend to be high in carbohydrates.

People with [type 1 diabetes](#) have difficulty producing [insulin](#), which is a hormone that "captures" blood sugar (or glucose) and transfers it into cells. Glucose is the preferred energy source for cells.

[Type 2 diabetes](#) is the most common form of diabetes. This type of diabetes is also the easier form to prevent and manage with lifestyle changes and medication. According to the World Health Organization, [over 422 million](#) people have type 2 diabetes worldwide.

In the earlier phase of type 2 diabetes, the pancreas can produce insulin, but cells have become insensitive to its effects. This is sometimes due to poor diet, genetics, and lifestyle habits. Because of this, cells can't access blood sugar following a meal.

[Nutrition](#) plays a crucial role in diabetes control. It's only through putting proper dietary planning into practice that good blood sugar management can be accomplished. A good diet must also be combined with lifestyle changes and medication.

A [carbohydrate](#) is one of the three major nutrients essential to human health. However, carbohydrates also raise blood sugar and can reduce effective diabetes control. This is mainly because carbohydrates break down into blood sugar.

The key to keeping blood sugar in check following a meal is to choose food items that contain quality carbohydrates. Quality carbohydrates are those that rate low or medium on the glycemic index.

MNT

Sydney Harbour Hop On Hop Off Cruise

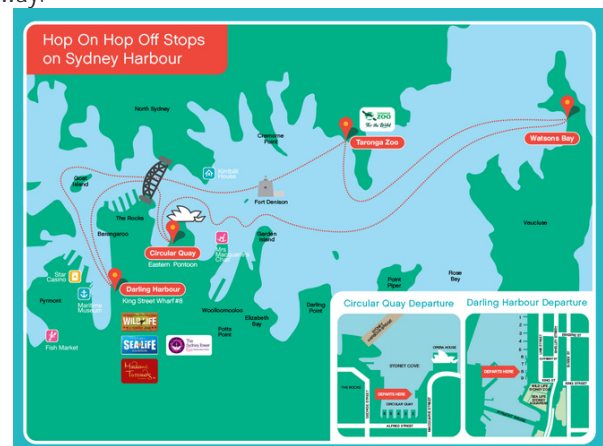
[Home](#) > [Sydney](#) > [Cruises](#) | [Day Trips](#) | [Fun Things To Do](#) | [Tours](#)

by [Christina Brandalise](#) ([subscribe](#))
So much to do....so little time...
Cruise as you choose



See all of Sydney Harbour's iconic sights for under \$40
[large image](#)

The Fantasea Sydney Harbour Hop On Hop Off Cruise gives you 24 hours of unlimited travel across Sydney Harbour. Able to be done at your own pace, this cruise is a must for any tourist and a great day out for locals as well. Take in all of Sydney Harbour's iconic sights featuring 4 stops plus a sail past 5 of Sydney's spectacular "must see's", offering plenty of great photo opportunities along the way.



Hop on and off as many times as you like in a 24 hour period
[large image](#)

Brain Tumour Risk Linked with Higher Education, Study Finds

People with higher levels of education may be more likely to develop certain types of brain tumors, a new study from Sweden suggests.

[Read More](#)

No, Coffee Does Not Cause Cancer — But Its Hot Temperature Might



It's best to drink your coffee and teas below 149 degrees Fahrenheit (65 degrees Celsius).

[Read More](#)

What happens to clots formed in your arteries?

After a clot has done its job, your body breaks it down.

The fibers dissolve, and the cells are absorbed back into your bloodstream. Usually it takes several weeks, but it could be months or longer. Any leftover clot will become scar tissue.

Pregnant women's bodies form blood clots more easily. That protects them from bleeding problems during childbirth until a few months afterward. But it also means their blood is more likely to clot in the veins of their legs and pelvis.

Blood thinners like aspirin and clopidogrel may prevent such clot formations

Warfarin and heparin dissolves such clots
Taking fruits regularly and fish oils too, prevent clots

Chemical signals
When your tissue is damaged, a chemical gets released into your bloodstream, and it acts as a distress call to start the process. Cells called platelets rush to the scene.

Rough edges of the blood vessel wall help them stick together and form a plug, filling in small tears and sending out more chemical triggers. Then, proteins called "clotting factors" finish the job, trapping blood cells in a mesh-like net.

WebMD



Great Pyramid of Giza Is Slightly Lopsided

Breast cancer breakthrough: Hope for new treatments after scientists uncover detailed picture of genetic events that cause it
Largest ever study uncovered 5 new genes associated with breast cancer
Analysed genetic changes of 556 women and four men with the disease
Could lead to more personalised treatments for patients in the future

By FIONA MACRAE SCIENCE CORRESPONDENT FOR THE DAILY MAIL

Read more: <http://www.dailymail.co.uk/health/article-3569704/Breast-cancer-breakthrough-Hope-new-treatments-scientists-uncover-detailed-picture-genetic-events-cause-it.html#ixzz4CBxG3FMW>

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The Susharito Is The New Burrito

The taste of sushi, with the convenience of a burrito. It's a win all around.



[This Man Moves Patients Around The Hospital. But It's What Else He Does That's Awesome.](#)

RELAX AND ENJOY

How Women Burn Calories in France !

This is clever... and it is short, so take 45 seconds for a smile.

[Click here](#)

<https://www.youtube.com/watch?v=JmA2CIUvUY>

The "Pappadams" and "Masala Thosai" Band performing at Las Vegas.

<https://vimeo.com/1594>



Look after the health of your body- doesn't belong to someone else

Editor H & Vs

Diet Tips for Prediabetes

Written by Jennifer Huizen Reviewed by Natalie Butler, RD, LD

In a person with prediabetes, blood sugar levels are raised but not yet to within the ranges of diabetes.

Although not a lot is known about how many people have prediabetes, one study found that the condition affects **1 in 3 adults** in the UK. According to the [Centers for Disease Control and Prevention](#) (CDC), the same prediabetes rates affect Americans.

Without treatment, an estimated **15-30 percent** of those with prediabetes go on to develop **type 2 diabetes** 5 years after diagnosis.

Many prediabetes prevention plans revolve around two key lifestyle factors - a healthy diet and regular exercise.

The results of the [Diabetes Prevention Program](#), run in the United States since 2001, suggest that losing an average of 15 pounds in the first year of a prediabetes prevention plan reduces the risk of developing type 2 diabetes by 58 percent over 3 years.

Researchers from [John Hopkins University](#) also found that a combination of diet and exercise help. When both were used to achieve a total **body weight** loss of 10 percent or more in the first year of a prevention plan, the risk of type 2 diabetes fell by 85 percent within 3 years.

The prediabetes diet

There are a few different ways to plan a prediabetes diet. The [Mayo Clinic](#) suggests diets filled with low-fat, low-calorie, high-fiber, foods. That means lots of fruits, vegetables, whole grains, lean meats and protein-packed legumes. It also means avoiding artificial sugars, added sugars, and fats.

Fruits and vegetables are recommended for people with prediabetes.

To help guide meal plans, the [Glycemic Index](#) (GI) is a useful tool. It ranks foods by the rate at which they affect blood sugar levels.

Some **carbohydrates** are digested slowly, gradually releasing sugar into the bloodstream. Others are processed quickly, causing a quick rise in blood sugar levels.

Because prediabetes prevention plans aim to steady blood sugar levels, low and moderate GI foods are the foundation of most prediabetes diets plans.

Foods with a GI value of 55 or less raise blood sugar levels slowly, while those with a GI value of 70 or above raise blood sugar levels much faster.

Foods with GI values between 56 and 69 are classified as having a medium GI value, altering blood sugar levels at a moderate rate.

Healthy eating may help reduce a woman's risk of physical disability as she grows older, a new study suggests.

Mediterranean Mechanism

A diet in monounsaturated fats, fiber, legumes, dairy, fish; moderate alcohol intake & increased amounts of sleep may reduce post-meal blood triglyceride level

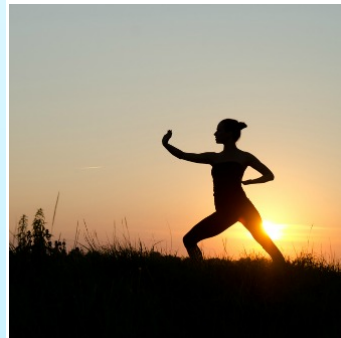


Mediterranean food - image from Shutterstock
Consistently elevated post-meal lipemia [blood triglyceride levels] (PPL) is a major risk factor in cardiovascular disease. A number of previous studies suggest that elevated levels of triglycerides (fats) in the blood after meals, known as postprandial lipemia (PPL), associate with an increased risk for hardening of the arteries. Maria Maraki, from Harokopio University (Greece), and colleagues explored the effects of a "Mediterranean lifestyle" -- marked by high intake of monounsaturated fats (MUFAs), fiber, legumes, dairy and fish; moderate alcohol intake; and increased amounts of better quality sleep on cardiovascular risk factors. Observing that: "Numerous studies have shown that Mediterranean diet may reduce [post-meal blood triglyceride levels]," the study authors write that: "more studies are needed to confirm short-term results and investigate the effects of the whole Mediterranean lifestyle on [post-meal blood triglyceride levels] and whether these effects mediate its protective role on [cardiovascular disease]."

[VIEW NEWS SOURCE...](#)

Tai Chi Enhances Stem Cells

The traditional Chinese martial art/sport of tai chi increases the number of CD34+ cells, a type of stem cell critical in essential body functions.



Woman practicing Tai Chi - image from Shutterstock

CD 34+ cells express the CD 34 protein and are "cluster markers" for hematopoietic stem cells (blood stem cells) involved in cell self-renewal, differentiation and proliferation. There is keen interest among scientists to discover natural approaches to increase the numbers of CD 34+ cells. Shinn-Zong Lin, from the Center for Neuropsychiatry, China Medical University Hospital (Taiwan), and colleagues enrolled healthy young subjects in a year-long study to assess the different effects of Tai Chi – a traditional Chinese martial art and sport, brisk walking, or no exercise habit. The researchers observed that the group performing Tai Chi saw a rise in their cluster of differentiation 34 expressing (CD34+) cells, as compared with the no-exercise group. Submitting that Tai Chi may prompt vasodilation and increase blood flow, the lead author posits that: "Tai Chi seems to be an easier and more convenient choice of anti-aging exercise."

[VIEW NEWS SOURCE...](#)

See your dentist yearly Gum Disease and Cavities

Diabetes makes you more likely to get infections inside your mouth, like gum disease or thrush, a fungal infection that can make painful white sores. Uncontrolled high blood sugar can also raise your risk of plaque and cavities. A 2015 study found that people with diabetes lose twice as many teeth as those without the disease. Make sure you tell your dentist about your condition, keep up with brushing and flossing, and watch for bleeding gums or other symptoms of gum disease
WebMD

Worst Choice: Juice 'Cocktails'

Be on alert for the terms *juice cocktail*, *juice-flavored beverage*, and *juice drink*. Most of these products have only small amounts of real juice. Their main ingredients are usually water, small amounts of juice, and some type of sweetener, such as high-fructose corn syrup. Nutritionally, these drinks are similar to most soft drinks: rich in sugar and calories, but low in nutrients. Water is a better choice.-Web MD

Eat Well



You've heard about garbage in, garbage out. Here's what it means for your body: What you put into it can have a big effect on your energy levels. Eat plenty of lean protein, whole grains, and fresh fruits and vegetables. Stay away from sugary, starchy items that give you a short-term boost and then leave you drained. Have your doctor check to make sure you're getting enough iron and vitamin D.

WebMD

(In early November 2015, the Floating Bridge Motorized CNIM has been a training exercise of the French Army : 160 meter bridge was built on the Rhone , near the military camp in La Valbonne in the Ain by the 3rd Engineer Regiment of the FR Army.)



<https://www.youtube.com/embed/C-7sOxOW8oc>

(Sent by Russel Nathanielsz



Layered Paratha Part 2

by Raihanas Cuisines

297,372 views



Watch This Before You Buy the DJI Phantom 4 - Hands on ...

by JRESHOW_

679,446 views

<https://www.facebook.com/musicplustv1k/videos/10153258882307117/>

Weak grip strength is linked with shorter survival and a greater risk of having a heart attack or stroke, according to an international study involving almost 140000 adults from 17 culturally and economically diverse countries.

The study, published in *The Lancet*, also found that grip strength is a stronger predictor of death than systolic blood pressure, and the authors suggest that it could be used as a quick, low-cost screening tool by doctors or other healthcare professionals to identify high-risk patients among people who develop major illnesses such as heart failure and stroke.

Reduced muscular strength, which can be measured by grip strength, has been consistently linked with early death, disability, and illness. But until now, information on the prognostic value of grip strength was limited, and mainly obtained from select high-income countries.

The current study followed 139691 adults aged between 35 and 70 years living in 17 countries from The Prospective Urban-Rural Epidemiology (PURE) study for an average (median) of four years. Grip strength was assessed using a handgrip dynamometer.

The findings show that every 5kg decline in grip strength was associated with a 16% increased risk of death from any cause; a 17% greater risk of cardiovascular death; a 17% higher risk of non-cardiovascular mortality; and more modest increases in the risk of having a heart attack (7%) or a stroke (9%).-Source The Lancet

www.sciencedaily.com/releases/2015/05/150513210142.htm

ADHD Can Be Different in Females



There are three main kinds of ADHD: inattentive, hyperactive-impulsive, and combined inattentive and hyperactive-impulsive. The inattentive type is most common in girls. It doesn't always catch the attention of teachers and parents.

How It Can Show Up

Common symptoms of inattentive ADHD include:

- Lack of focus and trouble listening and paying attention
- Being easily distracted, disorganized, and frequently forgetting and losing things
- Failing to follow through
- Making mistakes that seem careless

WebMD

How Cataracts Affect Your Vision

In a normal eye, light enters and passes through the lens. The lens focuses that light into a sharp image on the retina, which relays messages through the optic nerve to the brain. If the lens is cloudy from a cataract, the image you see will be blurry. Other eye conditions, such as myopia, cause blurry vision, too, but cataracts produce some distinctive signs and symptoms.



What do you feel?

Each plain hopper is made from two tablespoons of batter- about 25 calories

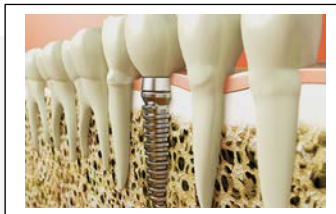
Those who ate healthier diets were less likely to develop mobility problems than those with less healthy diets. The researchers also found that high consumption of vegetables and fruits, moderate alcohol intake, and low consumption of sugar-sweetened beverages, trans fats and salt were each associated with a reduced risk of physical impairment.

The World Health

Organisation has reversed its previous warning that coffee could cause cancer saying there is no conclusive evidence of a carcinogenic effect. However, other scientific evidence presented by the organisation suggests drinking anything very hot - above about 65 degrees Celsius - probably does cause cancer of the oesophagus



Implants



Another way to replace a missing tooth (or many) is through implants. They're false teeth that don't slip over the gum or aren't bridged with other teeth. They're anchored to your jaw. A titanium post is surgically inserted into the jaw, an extension called an abutment is attached to the post, and a crown tops things off. The process takes weeks because bone has to regrow around the post. -WebMD

Alternative sweeteners and diabetes

With the rise in diet soda's popularity comes a rise in the use of alternative sweeteners. These sweeteners are tempting for people with diabetes, as they do not contain sugar.

While the artificial sweeteners used in diet sodas do not directly raise blood sugar, they may still promote health risks, including affecting the balance of healthy bacteria in the intestines which may indirectly affect insulin sensitivity and appetite hormones. The most common alternative sweeteners are: Sucralose: Found in many diet drinks, sucralose can affect the amount of sugar in blood plasma. Sucralose also causes peaks in insulin levels, despite its lack of sugar.

Aspartame: A chemical sweetener found in everything from diet soda to chewing gum. Aspartame can increase body mass index (BMI). A study found people who drink diet sodas have consistently higher BMI.

Sorbitol: Sorbitol is a sugar alcohol commonly used in diet foods and drinks. It has been linked to severe diarrhea in several studies.

Stevia: In its natural form, stevia leaf is a sugar alternative that is safe in controlled amounts.

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[Robert Downey Jr. Is Nervous To Sing With Sting. Now Watch When He Steps On Stage.](#)



Diet sodas and diabetes



Diet soda may not contain sugar but could still be risky for people with diabetes.

While diet soda may be a sugar-free alternative to regular soda, that does not necessarily make it healthier.

It is true that diet sodas do not contain sugars, and have little to no calories. Because of this, diet sodas are thought to help reduce risk or control diabetes symptoms. However, this may not be the case.

A recent study posted in the [American Journal of Clinical Nutrition](#) followed 66,118 women for 14 years, keeping track of the drinks they consumed.

At the end of the study, both sugar-sweetened beverages and artificially sweetened beverages were linked to a higher risk of type 2 diabetes.

Recent studies have also shed light on strong associations between diet soda and factors that contribute to diabetes. These factors include weight gain and metabolic syndrome.

What is the metabolic syndrome?

Metabolic syndrome is a group of risk factors that often occur together and increase the risk of diabetes, [heart disease](#), and [stroke](#).

These factors include:

- Low levels of "good" [cholesterol](#) (HDL cholesterol)
- High blood sugar levels
- Belly fat
- High levels of fats in the blood known as triglycerides
- High blood pressure

One recent study posted in *Diabetes Care* found a strong association between diet sodas and diabetes factors. In the study, researchers found a significant link between diet soda and the development of high blood sugar levels and belly fat, two factors of metabolic syndrome.

The results of the study showed a [67 percent](#) increased risk of type 2 diabetes in people who drank diet soda daily. As such, diet soda may not be the healthiest option for people looking to control or prevent type 2 diabetes. MNT



TOP STORY

[Artificial Pancreas 'Hack' a Miracle for Diabetes?](#)



Anti-inflammatory diets and osteoarthritis

The [National Cancer Institute](#) defines inflammation as "redness, swelling, pain, and/or a feeling of heat in an area of the body." It is a way in which the body responds to any disease, injury or irritation that it encounters.

Omega-3 fatty acids can be found in oily fish. These acids can help reduce damage from inflammation.

Inflammation is both a cause and a symptom of OA. As a result, anti-inflammatory foods could be a great addition to a healthy diet for people with OA.

Certain types of fish are rich in [omega-3](#) fatty acids. These acids help reduce levels of two proteins called the C-reactive protein (CRP) and interleukin-6, that cause inflammation. Some people who have OA also have elevated levels of CRP which can lead to increased pain and swelling. Omega-3s interfere with cells that play a key role in how the body responds to inflammation. The omega-3 fatty acids found in fish can help stop inflammation before it damages the joints.

According to the [Arthritis Foundation](#), people who regularly eat fish high in omega-3s are less likely to develop [rheumatoid arthritis](#). Eating more healthy omega-3 fats may help to reduce joint swelling, pain, and stiffness caused by OA. These fats can also help prevent other diseases caused by inflammation such as [heart disease](#).

Fish that are rich in omega-3s include salmon, tuna, sardines, and mackerel. Eating a 3 to 6 ounce serving of fish at least four times a week can help reduce OA inflammation and protect the heart.

Some fish with high levels of omega-3 fats are also high in mercury. Mercury can damage the brain and nervous system if eaten in large quantities.

The [Arthritis Foundation](#) list the following fish as high in omega-3s but low in mercury:

- Atlantic mackerel
- Lake trout
- Salmon
- Herring
- Sardines, canned
- Anchovy
- Sablefish or black cod
- Albacore tuna

Fish-oil supplements are also available, but these do not offer as many benefits as eating the actual fish

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Fruits and vegetables

Fruits and vegetables contain [antioxidants](#) that support the immune system and fight inflammation. People should aim to eat at least 1.5 to 2 cups of fruit and 2 to 3 cups of vegetables per day. Berries are loaded with antioxidants. Strawberries, tart cherries, and red raspberries are just a few of the options believed to have anti-inflammatory properties. Avocados are high in anti-inflammatory monounsaturated fat. They are also a good source of vitamin E, which has anti-inflammatory effects. Diets high in these compounds have been linked to a decreased risk of joint damage seen in early OA.



Fruits and vegetables contain many nutrients that help the body fight inflammation that causes OA.

Watermelon and grapes are another option.

Watermelon can help reduce CRP levels and is naturally high in carotenoid beta-cryptoxanthin. This compound can help reduce the risk of rheumatoid arthritis.

As watermelon is around 92 percent water, it is useful for hydration and water management.

Fresh red and black grapes contain the potent anti-inflammatory resveratrol.

Energy production and other body processes produce harmful byproducts called free radicals that can damage the cells in your body. Free radicals have been linked to inflammation that attacks the joints. Green leafy vegetables such as broccoli and spinach are packed full of healthy antioxidants such as vitamin A, C, and K, which help to protect cells from free radical damage. These foods also contain high levels of [calcium](#).

Broccoli and other cruciferous vegetables such as cabbage and Brussels sprouts also contain the natural compound sulforaphane.

[In one animal study](#), sulforaphane and another compound called glucosinolate blocked the inflammatory process and slowed down the [cartilage damage](#) in OA. Glucosinolate is found in pungent plants like horseradish, mustard, and cabbage. Peppers are a great source of vitamin C, which preserves bone and can play a role in protecting cartilage cells.

Olives and extra virgin olive oil contain oleocanthal. This compound is a natural anti-inflammatory agent that has properties similar to the drug ibuprofen.

A group of vegetables known as nightshade vegetables which includes tomatoes, potatoes, and peppers contains the chemical solanine. Some people believe this chemical can cause [arthritis](#) pain. However, no studies or research have ever shown this claim to be true.

Some people may have sensitivities to certain foods, regardless of the solanine content, which may aggravate symptoms. Removing potential allergic or sensitive foods through an elimination diet may be a way to improve symptoms.

MNT

Black Tea Topples Blood Pressure

Two cups of black tea daily may improve arterial stiffness and decrease systolic and diastolic pressures.



Black tea - image from Shutterstock

Black tea is green tea that has been oxidized by fermentation, and contains 3 to 10% water extractable polyphenols – a plant-based compound for which studies suggest antioxidant properties. David Grassi, from the University of L'Aquila (Italy), and colleagues enrolled 19 men and women with hypertension in a study to which subjects were randomly assigned to consume either 2 cups of black tea per day (129 mg flavanoids per cup) or placebo, for eight-days. After a washout period, the subjects crossed over to the other intervention. The researchers observed that black tea associated with reductions in two measure of arterial health – reflection index and stiffness index. Further, black tea lowered systolic blood pressure by 3.2 mmHg, and diastolic pressure by 2.6 mmHg. It also prevented increases in blood pressure after consuming a high-fat meal. The study authors submit that: "our findings suggest regular consumption of black tea may be relevant for cardiovascular protection."

[VIEW NEWS SOURCE...](#)

Post-Meal Coffee Changes Metabolic Markers

When enjoyed after a meal, coffee may increase levels of an appetite-regulating hormone, improve blood sugar levels, and boost endothelial function.

Coffee contains a number of compounds – most notably, polyphenols that numerous previous studies suggest exert beneficial effects for metabolic and cardiovascular disorders. Japanese researchers enrolled 19 healthy men in a study in which each subject was given a test meal with a polyphenol-rich coffee drink (365 mg of chlorogenic acids), or placebo drink; subjects later crossed over to the other intervention. Testing 3hours after the meal revealed that the coffee polyphenol beverage lowered blood glucose significantly, and increased flow mediated dilation (FMD) – a marker of blood flow and vascular health. As well, the coffee polyphenol beverage increased post-meal levels of an appetite-regulating hormone (GLP1). The study authors write that: "these results suggest that coffee polyphenol consumption improves postprandial hyperglycemia and vascular endothelial function, which is associated with increased GLP-1 secretion and decreased oxidative stress in healthy humans."

[VIEW NEWS SOURCE...](#)

A 2-Minute Anti-Aging Activity

Add 2 minutes of walking each hour to your routine, to offset the health hazards of sitting for extended periods of time.



People walking - image from Shutterstock

Amassing published studies show that sitting for extended periods of time each day leads to increased risk for early death, as well as heart disease, diabetes and other health conditions. Emerging data suggests that it is not sufficient to simply replace sitting with standing. Srinivasan Beddhu, from the University of Utah (Utah, USA), and colleagues analyzed data collected in 3,626 men and women enrolled in the National Health and Nutrition Examination Survey, 2003-2004. The team found that by replacing sitting for 2 minutes each hour with walking for 2 minutes hourly, lowered the risk of dying by 33%. The study authors submit that: "Interventions that replace sedentary duration with an increase in light activity duration might confer a survival benefit."

[VIEW NEWS SOURCE...](#)



Natural Remedy for joint pain over night (pre-recorded ...)

by CHEF MAMA ROSA (Vegan)

Antioxidants and Aging

Eat foods rich in antioxidants to help fight free radicals -- unstable oxygen molecules that contribute to the aging process. Antioxidants can be found in colorful vegetables and fruits like berries, beets, and tomatoes. For a balanced diet and to help you reduce your risk of developing cancer and heart disease, add at least five to nine servings of fruits and vegetables to your diet each day.



Pizza For Breakfast...With A Twist

East meets West when you use an Indian pancake for a pizza



Abandoned Because He Was Born With No Limbs, This Boy's Story Is An Inspiration To All.

Alcohol can cause headaches

Drinking alcohol can trigger headaches in some people. Why? It could be because:

- Sulfites, which are used as a preservative in some types of alcohol, like red (but not white) wine, bother some people.
- Alcohol causes more blood flow to your brain, which can trigger a headache.
- It could also be because of how your body metabolizes alcohol.

Red wine, beer, whiskey, scotch, and champagne are the most common alcoholic headache culprits.

WebMD

Do we need Vitamins?

In developed countries, though, we often treat vitamins as a cure-all for everything from colds to fatigue. This is a big problem.

© Provided by Business Insider vitamins It's not just that decades of research has failed to find any substantial evidence that vitamins and supplements do any significant good. In fact, recent studies skew in the opposite direction, having found that certain vitamins [may be bad for you](#). Several supplements have been linked with [an increase in certain cancers](#), while others have been associated with a [rise in the risk of kidney stones](#). Still others have been tied to [an overall higher risk of death](#) from any cause. (For more on what vitamins you should and shouldn't take, check out [this guide](#).)

Then solution to this problem, Price writes, is staggeringly simple: Eat better, and stop relying on a pill.

As it turns out, most [green, leafy veggies](#) are high in vitamins A, C, and E; colorful peppers and carrots are rich in vitamin A; fish and [nuts](#) are high in omega-3s; and avocados are a great source of potassium and vitamins C and E. With this knowledge, writes Price, "we might rediscover something both surprising and empowering: that, while nutrition itself is amazingly complex, the healthiest, most scientific, and most pleasurable way to eat is not that complicated at all." MSN Lifestyles



Sugary and fatty foods might be tasty, but they aren't usually a good source of vitamins and minerals. To keep your body well-nourished, the United States Department of Agriculture (USDA) recommends that you:

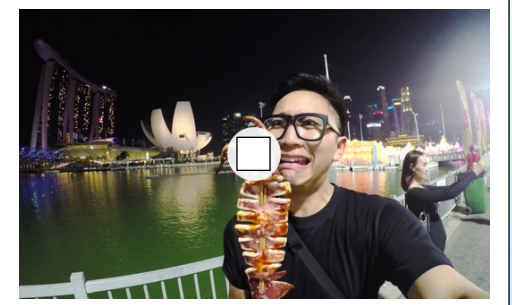
Fill half your plate with fruits and vegetables at every meal to help you get a healthy variety of vitamins, minerals, and other nutrients, like fiber

Make sure at least half of the grains you eat are whole grains for fiber and complex carbohydrates

Choose low-fat or fat-free dairy products for calcium and protein

Getting all of the nutrients that you need each day may sound like a tall order. But if you get creative, you can learn easy—and delicious—ways to add fruits and veggies, whole grains, and low-fat dairy products to each meal of your day. -Healthline

<https://www.facebook.com/shanschoolofmusic/videos/999714110078374/>



Braving the Rain for the Chingay Parade in Singapore

In Episode 3 of One for the Road Andrew meets a friend in Bangkok and braves the rain in Singapore. New episodes every Wednesday on Tastemade.

Low Vitamin Levels May Be Linked with Migraines in Kids

Could painful headaches be linked to vitamin deficiencies?

Read Article



Quartz added a new video: [Michelle Obama: Living without privilege makes you a stronger ...](#)



Malpua or Malpura or Malpuva (Sweet Pan Cakes) Video Re...



by Bhavna's Kitchen

650,106 views

Ask the doctors: How much fruit can I eat and stay within the sugar guidelines?



Q: I just read that we shouldn't be getting more than 10% of our calories from sugar. Should I cut back on fruit?

A: While it's a good idea to limit sugars from processed foods, you can worry less about eating too much fruit. In fact, one small study found no ill effects in people who ate 20 servings of fruit a day for 12 to 24 weeks. Whole fruits are full of antioxidants and other nutrients and are high in fiber. Although fruits contain quite a bit of sugar, it is packaged inside cells, so digestive enzymes have to break down the cells to free fruit sugars, releasing them slowly into the bloodstream. When you eat an apple, you remain satiated longer and are less likely to overeat than when you have a donut, whose sugar is immediately available.

Enjoy a variety of fruits, with one caution: stick to whole fruit instead of juice. The process of squeezing the fruit breaks open the cells, releasing the sugars. When you drink a glass of apple juice, you're going to get more sugar into your blood faster, and are likely to feel hungry sooner, than when you eat an apple.

— Hope Ricciotti, M.D., and Hye-Chun Hur, M.D., M.P.H., Editors in Chief, Harvard Women's Health Watch

Irritable Bowel Syndrome

Clinical trial demonstrates success of low FODMAP diet

A change in diet can improve the lives of those diagnosed with a common, but hard-to-treat gut disorder. That's the result of research by the University of Michigan Health System, presented at Digestive Disease Week, that studied for the first time in the United States the result of following a carefully controlled diet to improve the symptoms and quality of life for those with **irritable bowel syndrome**. "This is the only methodically rigorous clinical trial to show that diet-based therapy can not only improve symptoms, but also quality of life in patients with IBS," says U-M assistant clinical professor and gastroenterologist Shanti Eswaran, M.D., who researches the role of diet and food in functional bowel diseases such as IBS.

Irritable bowel syndrome can be highly debilitating, if not virtually paralyzing, and affect work, sleep and personal and family relationships.

Most treatments initially rely on medications that are often expensive, usually ineffective and frequently cause unwelcome side effects. And unfortunately there is no cure. Many practitioners and patients have turned to diet as a possible treatment, but many of the dietary recommendations have not been backed by clinical trials.

The study, the largest of its kind, measured the degree of relief from low FODMAP, a frequently recommended diet, which stands for Fermentable Oligo-Di-Monosaccharides and Polyols.

This diet excludes many compounds found in wheat, certain fruits and vegetables, garlic, **onions** and sugar substitutes. Over a six-week process, registered dietitians educated and monitored the progress of more than 90 IBS patients. Roughly half followed a prescribed low FODMAP diet, and half were a control group that used a common-sense regimen, cutting down on large meals, binges and known irritants such as caffeine and alcohol.

The results were impressive: More than 50 percent of the patients on the low FODMAP diet had major improvement of their abdominal pain, compared with 20 percent of the control group. -MNT

Women with Migraines More Prone to Heart Disease

More evidence shows there may be a link between migraine headaches and heart disease in women, researchers say.

[Read More](#)

What Is Transgender?

The term transgender describes people whose gender identity differs from the sex to which they were assigned at birth.

[Read More](#)

Tomatoes

Besides having plenty of vitamin C, tomatoes are also rich in lycopene, a carotenoid that helps to prevent prostate cancer and heart disease. For maximum lycopene, eat your tomatoes cooked. A serving of three diced plum tomatoes adds 1,200 ORAC points to your day.



Just shake it up! Here's how astronauts eat and drink in space

Ever wondered how astronauts eat while in outer space?

[Read More](#)



What Makes This Chai So Perfect?



Skip the coffee shop and make real deal chai at home.

Extending Estrogen Suppressor May Aid Breast Cancer Patients, Study Says

By **ANDREW POLLACK**

[Continue reading the main story](#) [Share This](#)

CHICAGO — Women with early-stage **breast cancer** could benefit from taking an **estrogen**-suppressing drug for 10 years rather than the standard five, researchers reported here on Sunday, citing the results of a new study.

In the study, postmenopausal women who took a drug known as an aromatase inhibitor for an additional five years lowered the risk of their **cancer** returning or of a new case of cancer occurring in the other breast.

"These data are important to millions of women around the world," Dr. Harold J. Burstein, a breast cancer expert and spokesman for the American Society of Clinical Oncology, said in a statement on Sunday. The results "suggest that longer durations of widely available therapy reduce the risk of cancer recurrence and prevent second cancers from arising."

The study is being presented Sunday at the oncology society's annual meeting here and is being published by The New England Journal of Medicine.

The many ways volunteering is good for your heart

Julie Corliss, Executive Editor, Harvard Heart Letter



If you do volunteer work, whether it's at a school, soup kitchen, or senior center, perhaps you've experienced the emotional rewards of donating your time. What you might not realize, however, is that volunteering may offer some added advantages for your heart. There's a growing body of research showing that volunteering is associated with better physical and mental health outcomes.

[Continue reading the article »](#)

Vitamin C Brain Booster

You need vitamin C to make key hormones that carry signals from your brain all over your body. These include serotonin, dopamine, epinephrine, and norepinephrine. They affect your mood, memory, motivation, and how you feel pain. For example, serotonin plays a role in keeping your daily sleep cycle on track. It's also what a common drug for depression works on. WebMD

Vitamin C Fights Cancer

Very high doses of vitamin C, especially through an IV, may slow the growth and spread of cancer cells. It can help chemotherapy and radiation work better. It may help you feel better and have fewer side effects, too. But it can also make treatments less effective. The FDA hasn't approved vitamin C as a cancer treatment, so check with your doctor to see if this therapy makes sense for you. WebMD

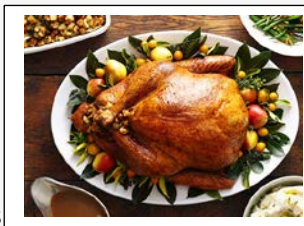
Vitamin C-From Fruits

Look beyond the usual oranges, grapefruits, lemons, and limes. Berries -- strawberries, raspberries, blueberries, cranberries -- are also good sources. So are papaya, kiwi, pineapple, cantaloupe, plums, and watermelon. Even bananas, apples, and pears have some.

Fresh and raw are best because vitamin C breaks down over time and when heated.

Turkey

The traditional Thanksgiving bird has the protein building-block tryptophan, which your body uses to make serotonin. That's a brain chemical that plays a key role in depression, researchers say. In fact, some antidepressant drugs work by targeting the way your brain uses serotonin. You can get the same mood-boosting effect from chicken and soybean WebMD



“D”egenerating Vision

Low vitamin D blood levels may raise the risk of age-related macular degeneration (AMD), among women at genetic risk for the disease.

Most notable for published studies suggesting its role in bone health, Vitamin D may play a role in vision. Amy Millen, from The State University of New York (New York, USA), and colleagues studied 913 women, ages 54 to 75 years, enrolled in the Carotenoids in Age-Related Eye Disease Study, whose data included serum 25(OH)D concentrations (blood levels of Vitamin D), genetic data, and measures of age-related macular degeneration (AMD). Data analysis revealed that the women who were deficient in Vitamin D and had a specific high-risk genotype were 6.7-times more likely to develop AMD, as compared to women with sufficient Vitamin D and no high-risk genotype. The study authors report that: "In this study, the odds of [age-related macular degeneration] were highest in those with deficient vitamin D status and 2 risk alleles for the CFH and CFI genotypes, suggesting a synergistic effect between vitamin D status and complement cascade protein function."

[VIEW NEWS SOURCE...](#)

10 Reasons To Start Putting Coconut Oil On Your Face



Vitamin C

Builds Skin, Bones, Muscles, and More

Your body would fall apart without the protein collagen. Collagen fibers twist around each other to form scaffolding for your bones, cartilage, skin, and muscles (including your heart). They're also in ligaments, tendons and blood vessels. You need collagen to grow new skin and make scar tissue when you get cut and to keep your skin from getting wrinkles. And your body can't make collagen without vitamin C.

The Brain-Gut Connection

Both a high-fat and a high-sugar diet can cause changes in gut bacteria that appear related to a significant loss of "cognitive flexibility"



Brain gut connection - image from Shutterstock

Previously, some studies suggest a link between fat and sugar on cognitive function and behavior, positing that such problems may be linked to alteration of the microbiome -- a complex mixture in the digestive system of about 100 trillion microorganisms. Kathy Magnusson, from Oregon State University (Oregon, USA), and colleagues completed a study with laboratory mice that consumed different diets and then faced a variety of tests, such as water maze testing, to monitor changes. The team observed that both a high-fat and a high-sugar diet, compared to a normal diet, cause changes in gut bacteria that appear related to a significant loss of "cognitive flexibility," or the power to adapt and adjust to changing situations. This effect was most serious on the high-sugar diet, which also showed an impairment of early learning for both long-term and short-term memory. Noting that: "Higher percentages of Clostridiales and lower expression of Bacteroidales in high-energy diets were related to the poorer cognitive flexibility in the reversal trials," the study authors submit that: "These results suggest that changes in the microbiome may contribute to cognitive changes associated with eating a Western diet."

[VIEW NEWS SOURCE...](#)

Calcium

This mineral, when mixed with sand, helps harden concrete harden. Its strength makes it the building block for your bones and teeth. It's also key to make muscles, including your heart, move. Get calcium from milk, cheese, yogurt, and other dairy foods, and from green vegetables like kale and broccoli. How much you need depends on your age and sex. Check with your doctor about whether you should take a supplement.

WebMD

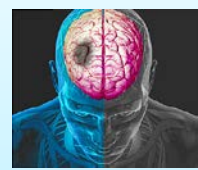
A mostly plant-based diet may help lower risk of the blood sugar disease, study suggests

Oats are a whole grain, so they are a great start toward healthy right off the bat.



Oats are most noted for bringing a specific soluble fiber called *beta-glucan* to the rescue. Beta-glucans, technically in a class of carbohydrates called gums, are especially effective at lowering bad LDL cholesterol levels. Studies have also shown that oats help moderate after-meal blood glucose response and improve insulin sensitivity. Oats also contribute to satiety — fullness — helping to reduce appetite. Oatmeal, of course, has long been a breakfast standard, and it's hard to argue with a strategy that starts your day with this power food. But a bowl of hot oatmeal in the morning isn't the only place you can get the soluble fiber from oats. Oatmeal makes great filler for meat dishes like meatloaf, and you can add oats or oat bran, which concentrates the beta-glucans even more, to yogurt or smoothies. Remember, oatmeal is a grain, grains are carbohydrates, and carbohydrates need to be counted for blood glucose control. One-quarter cup of dry oatmeal equals one carb choice — 15 grams carbohydrate.

Dummies.com



SLIDESHOW

Could You Spot the Symptoms of a Stroke?

It's the leading cause of death in the U.S. Make sure you know the warning signs and what to do if you think someone is having one.

Melatonin is a naturally occurring hormone that helps maintain our circadian rhythm. The amount of melatonin varies throughout the course of the day, and is affected by light. When it's dark, the level of melatonin increases, peaking at night. It is often referred to as "the hormone of darkness", and used as a sleeping drug or to prevent **jet lag**, among other things.

Tree Nuts May Reduce Cancer Risk

One-ounce of almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and/or walnuts daily may lower colorectal cancer risk by 13%



Tree nuts - image from Shutterstock

Colorectal cancer is the second most common cancer in women and the third most common cancer in men worldwide. Previously, a number of studies link increased nut consumption to reduced risks of obesity and type-2 diabetes – primary factors in colorectal cancer. Ying Bao, from Harvard Medical School (Massachusetts, USA), and colleagues studied 75,680 women, free of cancer at the study's start, enrolled in the Nurses' Health Study. Women who consumed a one-ounce serving of nuts, including tree nuts (such as almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts), two or more times per week had a 13% lower risk of colorectal cancer, as compared to those who rarely consumed nuts.

[VIEW NEWS SOURCE](#)

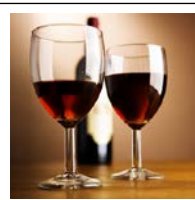
Dr Ornish: People say, "Oh, grass-fed beef is okay." There is not a single study showing that grass-fed beef is healthier. The only study done^[15] that has even come close to that was to show that the omega-3 fatty acids were a little bit higher in grass-fed beef, but that is not the best way to get omega-3 fatty acids because you get all of this other stuff that is harmful.

Focus on the Positive

As you build healthy eating habits, look for things you can add to your diet. Seek out cool new fruits beyond the usual apples and bananas, like kumquats or clementines. Pick up an unfamiliar vegetable at the farmers' market, like a neon-colored cauliflower. You'll be more likely to stay on track with your good habits when you embrace what you can have instead of dwelling on things you want to limit, like junk food and sugary soda.-WebMD

New Health Benefit of Resveratrol Identified

Resveratrol supplementation found to counteract the negative impact of a high fat/high sugar diet.



Red Wine - image from Shutterstock

In previous studies, **resveratrol** has been found to **increase the life span** of mice and also to delay the onset of **diabetes**. It has also proven to **improve strength and endurance**, and to mirror the positive effects of aerobic exercise in mice which were fed a high fat/high sugar diet. A team of researchers from Georgetown University, lead by associate professor Dr. J.P. Hyatt, have recently been studying the effects of resveratrol in the diet of rhesus monkeys. They chose to explore whether resveratrol supplementation would cancel out the negative impact of a 2 year high fat/high sugar diet on the monkey's hind leg muscles. One group of rhesus monkeys, the control group, was fed a healthy standard diet and another group was fed a high fat/high sugar diet. Half of the second group also received a resveratrol supplement, while the rest of the second group was given a placebo. The average food consumption was identical for all three groups. The researchers were interested in learning how different parts of the monkey's bodies responded to the benefits of resveratrol, particularly the muscles in the back of their legs. The team examined three types of hind leg muscles: a "slow" muscle (soleus), a "fast" muscle (plantaris), and a "mixed" muscle, (extensor digitorum longus, EDL). The soleus muscle is a large muscle that spans from the knee to the heel and is used consistently in standing and walking. Of the three muscles studied, the soleus was the most effected by the high fat/high sugar diet. It was also the most effected by the resveratrol supplementation. This is possibly due to the fact that this muscle is used more frequently, on a daily basis, than the other two muscles studied. Myosin, a protein that helps muscles contract and determines it's fast or slow properties, shifted from more slow to more fast with a high fat high sugar diet in the soleus. Supplementation with resveratrol counteracted this shift. The planteris muscle is located along the back of the calf. This muscle did not exhibit a negative reaction to the high fat/high sugar diet, however it had a positive response to the resveratrol supplementation, exhibiting a fast to slow myosin shift. The mixed muscle was not affected by the diet or by the resveratrol supplementation.

Hyatt said that it would be reasonable to expect other slow muscles to have a similar reaction to the soleus muscle, when given a high fat/high sugar diet along with resveratrol supplementation. The maintenance or addition of slow characteristics in soleus and plantaris muscles, respectively, implies that these muscles are far more fatigue resistant than those without resveratrol. Skeletal muscles that are phenotypically slower can sustain longer periods of activity and could contribute to improved physical activity, mobility, or stability, especially in elderly individuals," he said, when asked if this study could be applied to humans." Though it may be tempting to continue eating a high fat/high sugar diet and simply add in a glass of red wine or a cup of fruit in hopes that it will counteract the damage, the researchers stress the importance of a healthy diet.

[VIEW NEWS SOURCE...](#)



Jesus Full Movie (a true story)

by Teh Lusiana



982,425 views



Coconut Almond Chicken

Upgrade baked chicken breasts with a quick coconut marinade and a nutty chopped almond crust.

[Read More](#)

Nothing Lasts Forever.....

"Nothing Lasts Forever" is a saying that hangs over your head from the time you are born to the time you are no more. Yes! True to the saying; nothing lasts forever other than the good memories that you leave behind.

From the time you are weaned to the time you get the taste of your first sweet lozenge; and as you take your first giant step into the world that is fraught with the "ups and downs" in life – be it good or bad. The experience is what you garner as you wend through life's sought after efforts of well-being; which will always be an important part of your aspirations.

So think back to your first sweet lozenge; when you were trying to make it last as long as it was possible. – Even being afraid to suck on it in your efforts to make it last longer. Alas! Prolonging the dissolving on the tongue comes to the last vestige of the lozenge; much to your consternation and disappointment. Munching on the last little piece to prevent your tongue getting cut – to remain in your mind as "coming to the bitter end". Thus giving credence to the saying of "Nothing Lasts Forever". Unfortunately in life too we are guided by the same rule that applies in one way or another.

In life we do savour all the good things that come our way; with great hopes that it will forever stay. Clinging on to the goodness as long as we would wish it to be. Similar to the lozenge experience when we were young. But alas! To one's consternation this would not necessarily be so. As the old adage goes – "Man proposes; and God disposes". But we can always live in hope or as some folks would foolishly say live in an unrealistic dream world. So life goes unabated following one's destiny; so closely with its ups and downs. Reminding one that life is a bed of roses. Fragrant and beautiful, but with a thorny side to it.

One must remember that life is what one makes of it. But fate too has a hand in it. Good things that happens is just one of the phases of life. Have you ever wondered how the bad things seem to linger on; or appears to linger on? Those are the facts of life that one is confronted with. It can be your own doing or inflicted on you by outside influences.

We live in a World in which wealth appears to take control in the measurement of the "good things" in life. But one does not (or do they?) realize that in the well-being of life revolves around the saying - "Health is Wealth". Money sure can buy "some good things" in life; but it is in spirituality and the following of the laid out good tenets of "Faiths" that is the final succour. For it is said – "Do right and fear no man; do wrong and fear the wrath of God". The sweet pill also known as the lozenge, as mentioned above, can be purchased or gifted by well wishes. But one must wary of the sweet pill that is doled out with such magnanimity and full of promise at the onset of a Country's Parliamentary Elections. Because these lozenges can really get bitter after the elections have ended and the days roll on. You are indeed, year in and year out, required to cough your hard earned earnings to the administrative coffers and get a viral cough that goes - Taxes! Taxes!! Taxes!!! Well if one must summarize it; this can be put down to a self-inflicted malady of our own seeking.

But as long as there is breath in your life the challenge is to savour the good and surmount the bad; with determination, hopes, and inspirations; and great Faith in God Almighty. Not with a "Why me, O'God?" but with a "Thank You O'God". So Dear Readers always remember that in life and in death only good memories should remain etched in the memories of Family and friends.

Noor Rahim
Anril 16 2016

Lactose Intolerance

Almost 12 million people in the UK consider themselves dairy intolerant, yet Dr Anton Emmanuel, a lecturer in neuro-gastroenterology at University College London, says that for many Britons milk phobia has little medical basis. "Studies show that formally diagnosed problems are a fraction of the figure who think they have a problem with milk," he says.

Most people who steer clear of cow's milk do so because they think they are unable to tolerate the milk sugar lactose. An enzyme, lactase, required to digest milk sugar is present in babies, but switches off in some adults, leading to symptoms such as bloating, cramps and diarrhoea. Intolerance is widespread in southeast Asia, but in the UK primary lactose intolerance is rare. "Only 0.01 per cent of the European population lacks the enzyme needed to digest lactose," says Aisling Pigott, a spokesperson for the British Dietetic Association. More common is secondary lactose intolerance, which can be temporary, occurring after a bout of illness.

"Lactase efficiency is lost, but the enzyme regenerates in the gut over time," Pigott explains. Researchers have suggested that even those with fairly severe symptoms can consume moderate amounts (250-500ml a day). Last week a study was published that suggested that people who struggle with dairy may be intolerant not to the sugars in milk but to a protein it contains called A1. Found in regular cow's milk, A1 is said to digest differently to a more preferable A2 beta-type protein present in milk produced from select herds. Certain types of cows, such as Jersey and Guernsey, produce a higher percentage of A2 than regular cow's milk while other milks, such as goat's milk and human breast milk, contain only the easy-to-digest A2 protein. Studies have shown that a2 Milk — a trademarked product — is easier on the gut, a finding confirmed in the latest trial published in Nutrition Journal by Professor Sun Jianqin from Huadong Hospital, an affiliate of the Fudan University in Shanghai. Published in the 'Australian'



Leave Skin On Potato Salad

I have always wondered why people peel the potato when making potato salad! The skin contains so ma...

by [Leiann Lynn Rose Spontaneo](#)



Man Flies A Drone Over Auschwitz 70 Years After It Was Liberated. What He Captures Is Haunting.

Vitamin D, also known as the sunshine vitamin, can be produced in the body with mild sun exposure or consumed in food or supplements.

Adequate [vitamin D](#) intake is important for the regulation of [calcium](#) and phosphorus absorption, maintenance of healthy bones and teeth, and is suggested to supply a protective effect against multiple diseases and conditions such as [cancer](#), [type 1 diabetes](#) and [multiple sclerosis](#).

Vitamin D has multiple roles in the body, helping to:

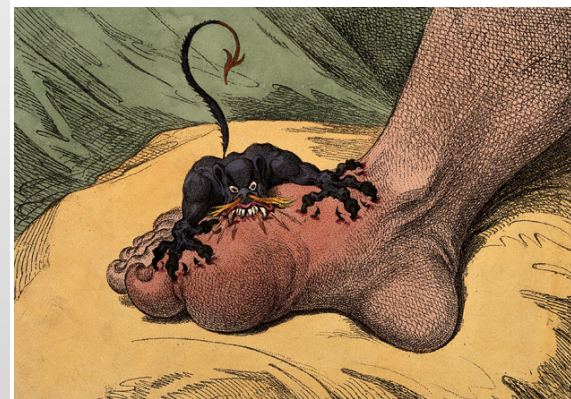
- Maintain the health of bones and teeth
- Support the health of the immune system, brain and nervous system
- Regulate [insulin](#) levels and aid [diabetes](#) management
- Support lung function and cardiovascular health
- Influence the expression of genes involved in cancer development.

In spite of the name, vitamin D is considered a pro-hormone and not actually a vitamin. This is because the body is capable of producing its own vitamin D through the action of sunlight on the skin, while vitamins are nutrients that cannot be synthesized by the body and must be acquired through the diet or supplements.

MNT

A Visual History of Arthritis

Bret S. Stetka, MD; Jonathan Kay, MD |



Introduction

"It is incredible how fast the mischief spreads," wrote Hippocrates over 2300 years ago. The "father of Western medicine" may well have been referring to rheumatoid arthritis (RA), describing an arthritic condition with onset in the mid-30s that first affected the hands and feet and then involved the elbows and knees. Historically, arthritis was one of the earliest disorders to be identified and characterized clinically—one that dates back to prehistory. In this slideshow, we have traced the major arthritides back to the Jurassic period and up through the modern appreciation and management of these disorders.

Image courtesy of Wikimedia Commons

Cutting back on added sugar



Image: OcusFocus/Thinkstock

Watching the sugar in your diet can help you control your weight and potentially avoid serious chronic health problems — for example, heart disease and diabetes.

You might be surprised at how many of the "healthy" foods you eat contain sugar. Energy bars, fruit, flavored yogurt — all are "good" foods, but many of them have a lot of sugar. So, the first step to reducing excess sugar in your diet is to read labels carefully and opt for products that are lower in sugar.

The American Heart Association recommends keeping calories from added sugars under 100 calories a day (24 grams, or 6 teaspoons) for women and under 150 calories a day (36 grams, or 9 teaspoons) for men.

For many people, cutting back on sugar-sweetened beverages is an easy way to reduce sugar intake. Giving up juices and soft drinks can be tough, but here are a few ways to get started:

- **Make your own.** Start with plain sparkling water or tap water. Add a flavoring that strikes your fancy. For example, you could try an ounce or two of 100% fruit juice; a slice of lemon, lime, orange, or grapefruit; a sprig of fresh mint; a few raspberries.
- **No-frills coffee and tea.** A small dash of sugar (or artificial sweetener) and a splash of milk is okay, but go easy on the extras like flavored syrups and whipped cream. Be aware that many popular coffee drinks are full of sugar — and calories.
- **Transition to "diet" beverages.** Sugar-free sodas and other soft drinks can help you transition away from sugar-sweetened beverages. But they won't help you give up soft drinks altogether and won't necessarily help you lose weight.

Harvard Medical School

Frying

There are different ways to fry food. The most well known are deep frying (most calorific) and shallow frying, but there is also another way that significantly cuts the amount of oil you need. It is called air frying. To



do this, you will need to buy an air fryer, which can be expensive, but well worth it. The food tastes better and is far healthier. Some foods don't even need any oil at all, and those that do only require between 1tsp - 1tbsp - See more at: <http://healthyhints.com.au/how-to-cut-the-calories-without-changing-what-you-eat/#sthash.u78lkL4T.dpuf>

Drinking Pickle Juice: 10 Reasons It's All the Rage

Drinking pickle juice might sound strange, but it offers healthy benefits after a hard workout. Here are 10 reasons to try it. [More >>](#)

Drinking alcohol makes us happy, but not for long

Written by [Honor Whiteman](#)

Eat, drink, and be merry," so the saying goes. But according to a new study, when it comes to alcohol consumption, you're unlikely to be merry for long.



That after-work drink may put a smile on your face, but alcohol is unlikely to lead to long-term happiness, say researchers.

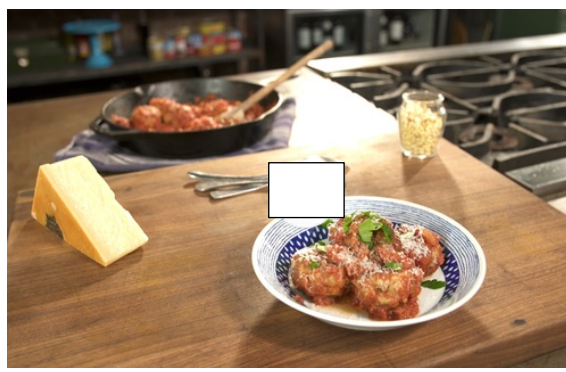
Study leader Dr. Ben Bamburg Geiger, from the University of Kent in the United Kingdom, found that while drinking alcohol makes us momentarily happy, it fails to offer long-term life satisfaction and well-being.

The researchers recently published their findings in the journal *Social Science & Medicine*.

It is no surprise that alcohol use is associated with reduced well-being. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), alcohol use is the [fourth leading preventable cause of death](#) in the United States, responsible for around 88,000 deaths each year.

Dr. Bamburg Geiger and colleagues note, however, that drinking alcohol is also deemed a source of pleasure. Many of us enjoy a drink after a hard day's work, for example, or when socializing with friends.

But does having a drink or two really make us happy?



A Couple Secret Ingredients Make These The Best Meatballs Ever

[How fasting helps fight fatty liver disease](#)

[Pitt research yields insight into the mystery of smell](#)

[Yoga, meditation may reduce dementia risk](#)

Cheesy Garlic Bread. Because CHEESE, Obviously.

Jen makes garlic bread classy AF.

Resveratrol found in red wine could help counteract the negative impact of high fat/high sugar diets.

Red wine lovers have a new reason to celebrate. Researchers have found a new health benefit of resveratrol, which occurs naturally in [blueberries](#), raspberries, mulberries, grape skins and consequently in red wine.

While studying the effects of resveratrol in the diet of rhesus monkeys, Dr. J.P. Hyatt, an associate professor at Georgetown University, and his team of researchers hypothesized that a resveratrol supplement would counteract the negative impact of a high fat/high sugar **diet** on the hind leg muscles. In previous animal studies, resveratrol has already shown to increase the life span of mice and slow the onset of [diabetes](#). In one study, it mirrored the positive effects of aerobic exercise in mice, which were fed a high fat/high sugar diet. For Dr. Hyatt's current study, which was published in the open access journal *Frontiers in Physiology*, a control group of rhesus monkeys was fed a healthy diet and another group was fed a high fat/high sugar diet, half of which also received a resveratrol supplement and half of which did not. The researchers wanted to know how different parts of the body responded to the benefits of resveratrol - specifically the muscles in the back of the leg.

While these results are encouraging, and there might be a temptation to continue eating a high fat/high sugar diet and simply add a glass of red wine or a cup of fruit to one's daily consumption, the researchers stress the importance of a healthy diet cannot be overemphasized. But for now there's one more reason to have a glass of red wine.

MNT



Try These Simple Yet Stunning Sweet Potatoes

Megan shows you how to make these Rosemary and Garlic Sweet Potatoes.



How to take care of your skin

As the body's largest organ, our skin protects us from a range of external bacteria, helps to regula...

by [Michael S](#)

"Paracetamol can actually be a very dangerous drug," says Dr John Dickson, who retired from general practice in Northallerton, North Yorkshire, last year. "It can cause kidney and liver problems, and causes as much gastrointestinal bleeding as the NSAIDs."

In 2013, the US Food and Drugs Administration (FDA) even [issued warnings that taking paracetamol can, in some rare instances, cause potentially fatal skin conditions](#) called Stevens-Johnson Syndrome, toxic epidermal necrolysis and acute generalised exanthematous pustulosis, which can cause the top layer of skin to become detached. The maximum 24-hour dose of paracetamol is 4g, but as little as 5g can cause liver complications, and it can be easy to overdose accidentally by taking more than one product containing it at the same time. "I have a headache, so I'll take some paracetamol, and I've got a cold so I'll take a cold product such as Lemsip," says Professor Andrew Moore, a leading pain researcher at Oxford University. "People don't necessarily look at the small print."

Last year, the [FDA reduced the maximum dose of paracetamol](#) (called acetaminophen in the US) in tablets or capsules to 325mg to reduce the risk of accidental overdoses

A2 milk sits well on delicate stomachs: lactose study

THE AUSTRALIAN

[Rowan Callick](#)
China Correspondent

The clinical research led by Sun Jianqin, a professor at Shanghai's Huadong Hospital — which is affiliated with Fudan, one of China's top three universities — found that the A1 protein type in conventional cow's milk slows the transition through the gut, taking a prolonged time to digest, potentially triggering discomforting symptoms.

But in double-blind testing over eight weeks the 45 Shanghai people who participated in the trial, and who previously self-reported milk intolerance, found that milk containing A2 protein types — patented by the company — was satisfactorily digested. David Hearn, the UK veteran of food companies who chairs a2, told *The Australian* that "all we have been allowed to do, and all we have ever wanted to do", was to sponsor the research to check out lactose intolerance, and that the outcome came as a considerable surprise.

"The study is powerful because it deals with physiological effects, not feelings."

He said the research had been peer-reviewed, and that Associate Professor Xia Lu, the director of the endoscopic centre at Shanghai Jiaotong University's medical school, who is also an adjunct professor at Johns Hopkins University's medical school in the US, had also participated in the trial.

Professor Xia said: "These are breakthrough findings for those who believe they suffer from lactose intolerance. Gut inflammation caused by the A1 type protein can be avoided by consuming milk products with only the A2 type protein."

Testing for Pre Diabetes

Doctors generally use one of two different blood tests to diagnose diabetes and prediabetes. One is called the fasting plasma glucose test (FPG) in which a person's [blood glucose](#) level is measured first thing in the morning before breakfast. The normal [fasting blood glucose](#) level is below 100 mg/dl. A person with prediabetes has a fasting blood glucose level between 100 and 125 mg/dl. If the fasting blood glucose level is to 126 mg/dl or above, a person is considered to have diabetes.

The second test used in the diagnosis of diabetes is the oral glucose tolerance test (OGTT), although this test is no longer commonly used as in the past. This test may be used to diagnose [gestational diabetes](#) in [pregnant](#) women. In this test, a person's blood glucose is measured in the morning after fasting overnight and again two hours after drinking a glucose-rich beverage. The normal value for blood glucose is below 140 mg/dl two hours after the drink. In prediabetes, the two-hour blood glucose is 140 to 199 mg/dl. If the two-hour blood glucose rises to 200 mg/dl or above, a person has diabetes.

The A1c test, or [hemoglobin A1c](#) level, is another blood test that measures how much glucose has been sticking to hemoglobin during the past three to four months. Hemoglobin is the substance in the [red blood cells](#) that carries oxygen to the cells of the body. The A1C test is important in diabetes and prediabetes as a measure of the glucose control during the prior three months. Normal values for the hemoglobin A1c are 5.6% or below. Values between 5.7% and 6.4% are considered to reflect prediabetes, while values of 6.5% and over are typical for diabetes.

Aspirin has been hailed a "wonder drug" because of its numerous health benefits, and now, a new study provides further evidence that aspirin may help in the fight against cancer.

Benefits of drinking a glass of water early morning

[Seema Mattoo](#)

Drinking water on an empty stomach was an idea which originated in Japan where people drink four glasses of water on an empty stomach before eating breakfast after 30 minutes. It has proved to be helpful to stay active and healthy.

For a [healthy](#) stomach and fit lifestyle, drink water the first thing in the morning and enjoy these benefits.

Gives you a clear complexion
Drinking water on an empty stomach can help you have regular bowel movements. This detoxifies the body and removes the blemishes and dull skin caused by toxins.

Helps cleanse the colon

A tall glass of water on an empty stomach helps clean out the colon and the accumulated sludge. This in turn aids to absorb nutrients faster and better.

Makes you energetic

Drinking water on an empty stomach stimulates your red blood cells to grow faster which results in more oxygen in your blood. This gives you more [energy](#) to stay active through the day.

Helps you lose weight

Water is zero calories so you can drink as much of it as you want and drinking water on an empty stomach helps you flush out toxins and stops your body from bloating. It also increases your metabolism and leads to rapid burning of calories.

Builds a strong immune system

Drinking water on an empty stomach every single day can help maintain the fluid balance in your body thus supporting your immune system. This leads to less sickness because you can fight off infections.



Does Turmeric Have Proven Health Benefits?

By [RONI CARYN RABIN](#)

Curcumin, which gives turmeric its bright yellow-orange color, is said to aid digestion and quell inflammation, but whether it really helps remains unproven.

Unhealthiest Food

A doctor was addressing a large audience in Oxford on the subject of modern nutrition.

"The rubbish we put into our stomachs should have killed most of us sitting here, years ago.

Red meat is full of steroids and dye. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High trans-fat diets can be disastrous, and none of us realize the long-term harm caused by the germs in our drinking water.

But, there is one thing that is the most dangerous of all and most of us have, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 70-year-old man in the front row raised his hand, and softly said: "Wedding Cake?"

(Sent by Dr Quintus de Zylva)

Heartburn Trigger: Eating on the Go

Always eating in a hurry? Shoveling food down is also a no-no, if you want to tame heartburn. Leslie Bonci, MPH, RD, CSSD, director of sports nutrition at the University of Pittsburgh Medical Center, says the three G's -- grab, gulp, and go -- don't make for good digestion and can make heartburn symptoms more likely. So slow down when you eat if you're concerned about heartburn symptoms.

WebMD

Heartburn Trigger: Fatty Foods

High-fat foods tend to stay in the stomach longer, and the longer they're there, the more likely discomfort can be, note Bonci and Elaine Magee, MPH, RD, author of *Tell Me What to Eat If I Have Acid Reflux*. And if you're eating big servings of those high-fat foods -- like a lot of fried chicken, chips, or wings -- then you've got a double whammy of two potential heartburn triggers -- too much food and fatty fare.

WebMD

Fructose puts you at risk of wide range of diseases



Fructose puts you at risk of wide range of diseases (Getty Images)

Just when you thought fruit sugar is a healthier way to sweeten things, a team of researchers found that fructose actually wreaks havoc on your health.

The UCLA scientists found that fructose may damage genes in the brain, playing a role in changes in the brain linked to diseases ranging from diabetes to cardiovascular disease and from Alzheimer's disease to attention deficit hyperactivity disorder.

However, the researchers discovered good news as well: An omega-3 fatty acid known as docosahexaenoic acid, or DHA, seems to reverse the harmful changes produced by fructose. TOI

Sugar: Its many disguises

Consuming excess sugar can lead to a condition called metabolic syndrome, which is characterized by high blood pressure, high blood sugar, unhealthy cholesterol levels, and abdominal fat. Excess sugar also contributes to widespread inflammation and even leads to a higher risk of cardiovascular disease and type 2 diabetes. -Harvard Health



A Miso Glazed Salmon Bowl That Satisfies



Me so glad to have found this



Instant Pickle



Pickling is one of the oldest forms of food preservation by [megha](#)

What About Fruit?

They're sweet, which must mean they have simple carbs, right? That's true, but they're still a healthy choice. They've got fiber in them, which helps slow the breakdown of sugar. Plus, most are a good source of nutrients like vitamin C and potassium.

Fruits with skins or seeds you can eat, such as pears, apples, and berries, are especially high in fiber.

WebMD

20 Reasons Why Beeswax Is One Of The Most Useful Things In The World



Immunosenescence

Over the last decade, the proportion of the developed world's population over the age of 65 years has increased by more than 10%. Furthermore, it is projected to increase over 20% by 2030. Life expectancy continues to increase globally and is expected to reach the mid-70s by 2050. Maintaining health in older age depends on the appropriate function of the homeostatic systems (nervous, endocrine and immune) and correct interactions between these systems and gut microbiota. However, these systems undergo modifications in elderly persons, thus accounting for a reduction in the functional capacity of all the organs in the body, which, in turn, may evolve toward "inflammaging", a phenomenon characterized by a low-grade inflammatory state, involved in the aetiology of several age-related chronic pathological conditions. Physiological declines in immune function are termed "immunosenescence", which may lead to the impairment in both cellular and adaptive immunity, together with age-related oxidative stress, a low-grade inflammatory state, and intestinal dysbiosis. Overall, immunosenescence may be linked to a perturbed gut microbiota and frailty in the elderly.

Andreu Prados

Basil - Indigestion

Studies suggest that the eugenol in basil is highly effective as a gastric painkiller, and at reducing nausea, cramping and diarrhea by eliminating bacteria like salmonella and listeria. Basil is also effective at preventing halitosis.

BabaMail

Gallbladder: Function, Problems & Healthy Diet

May 05, 2016 | Reference

The gallbladder is a small organ that is used to store bile, which breaks up the fat in food.

[Read More](#)

15 Every Day Things That Increase Your Cancer Risk



[A Magician Asks Her To Touch His Forehead. What He Does Next? I'm SPEECHLESS.](#)

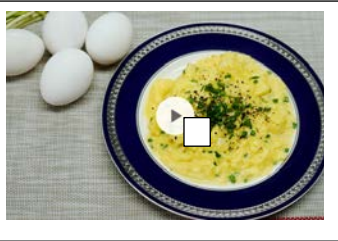


9 Practical Tips to Manage RA Pain

The hurt doesn't have to control your life. Here are some simple things you can do for relief.

Stay Hydrated for a bout of Sinusitis

Drink plenty of fluids during a bout of sinusitis. Something warm like herbal tea can hit the spot. Studies show a steaming mug isn't just a psychological comfort. Hot liquids can help break up that stuffiness in your nose. WebMD



The Trick To Perfect Scrambled Eggs

Button Mushrooms

They give you the mineral selenium and the B vitamins riboflavin and niacin. That helps you in several ways. If you're low on selenium, you may be more likely to get a more severe flu. Riboflavin and niacin play a role in a healthy immune system.-WebMD



Avoid Mammograms

Mammograms and breast screening have had no impact on breast cancer deaths and have actually been found to increase breast cancer mortality. With toxic radiation, mammogram testing compresses sensitive breast tissue causing pain and possible tissue damage. To make matters worse, the false negative and false positive rates of mammography are a troubling 30% and 89% respectively. Another concern is that many breast cancers occur below the armpits; however, mammography completely misses this auxiliary region, viewing only the breast tissue compressed between two plates of glass. Considering these drawbacks, breast thermography should be given closer consideration. Thermography is a non-invasive and non-toxic technique which can detect abnormalities before the onset of a malignancy, and as early as ten years before being recognized by mammography. This makes it much safer and potentially life-saving health test for women who are unknowingly developing abnormalities, as it can take several years for a cancerous tumor to develop and be detected by a mammogram.



The uniqueness of Indian, Canadian, American accents lo...

by peacewisher09

A sharp ache between your shoulder blades

Could be: A heart attack

About 30 percent of people who have heart attacks don't get the classic chest pressure. Pain between shoulder blades is common in women, as is jaw pain, shortness of breath and nausea. If you have these symptoms (you'll likely have more than one), you need care ASAP. A muscle pain is like a dull ache. A heart attack is more like a sharp sudden onset. Call for ambulance. Do not drive yourself to the hospital. It's better not to have someone drive you to the hospital. Wait for the ambulance because they are set up to do triage immediately.

www.TODAY

Spice Combats Soreness

Curcumin may reduce tissue damage that causes pain, in delayed onset muscle soreness (DOMS).

The yellow pigment that gives turmeric its color, curcumin has been shown by numerous previous studies to exert antioxidant and anti-inflammation effects. David S. Rowlands, from Massey University (New Zealand), and colleagues enrolled 17 men in a study in which each subject received either 5 grams curcumin daily, or placebo, for 2 days before and 3 days after performance tests. This was followed by a 2-week 'washout' period, after which the subjects crossed over to the other intervention. Moderate-large reductions in pain during exercises, as well as small increases in performance, were achieved in 1-2 days among the curcumin group. The study authors report that: "Oral curcumin likely reduces pain associated with [delayed onset muscle soreness] with some evidence for enhanced recovery of muscle performance."

VIEW NEWS SOURCE...



Low salt intake may raise risk of heart attack, stroke, and death

Written by [Honor Whiteman](#)

A high salt intake has been linked to increased blood pressure and greater risk for heart problems. But according to new research, low salt intake may be just as harmful.

Researchers suggest only people with high blood pressure who have a high salt intake should reduce their salt consumption.

Published in *The Lancet*, the study found that low salt, or sodium, intake may raise the risk of [heart attack](#), [stroke](#), and death, compared with an average salt intake.

Lead author Andrew Mente, of the Michael G. DeGroot School of Medicine at McMaster University in Canada, and colleagues say their results indicate only people with [high blood pressure](#) (hypertension) who have a high salt intake should reduce their salt consumption.

Furthermore, the researchers suggest current recommendations for daily salt consumption may be set too low.

The Dietary Guidelines for Americans recommend that Americans consume [less than 2,300 milligrams](#) of sodium each day - the equivalent to 1 teaspoon of salt.

However, a report from the Centers for Disease Control and Prevention (CDC) earlier this year revealed that around [90 percent](#) of Americans consume salt at levels above the recommended limit.

It is widely accepted that too much salt in the diet can lead to high blood pressure, increasing the risk for heart attack, stroke, and other cardiovascular diseases.

But does reducing salt intake to the levels recommended in current guidelines really reduce the risk of such outcomes? This is what Mente and colleagues set out to investigate.

MNT

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