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



## Watch Michelle Obama get her 'Freak On' in Carpool Karaoke

We already knew she's passionate about gardens, has impressive dance skills and can really deliver an inspiring speech. But now we also know Michelle Obama can sing!

[Read More](#)

This You Tu.be will make your day-Enjoy repeatedly -Ed.

## Coconut oil to lose weight

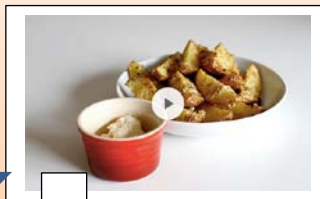
If you have diabetes, you know that maintaining a healthy weight is a key component of a diabetes meal plan. This is especially true of type 2 diabetes. Type 2 diabetes generally begins with your body's resistance to insulin. Insulin resistance is linked to excess weight.

A [2008 study](#) found that people who consumed medium-chain fats like coconut oil as part of a weight loss plan lost more fat than participants who used olive oil. Coconut oil is high in medium-chain fats. This means coconut oil, a solid fat, is harder to convert to stored fat. This makes it easier for your body to burn it off.

Although separate studies, such as this [2009 study](#) in Lipids, have corroborated this, there isn't enough research to definitively support this claim.

[Research](#) has also found that "virgin" coconut oil possesses antioxidant and anti-stress properties. It's important to note that, unlike olive oil, there isn't an industry standard for virgin coconut oil. That means that virgin coconut oil can vary across manufacturers. Typically, virgin means that the oil is unprocessed. The oil generally hasn't been refined, bleached, or deodorized.

Healthline <[newsletter@newsletter.healthline.com](mailto:newsletter@newsletter.healthline.com)>



## Easy Cheesy Potato Wedges

Cheese and garlic make everything better.

'Mindfulness' May Keep Depression from Coming Back



Can mindfulness keep depression symptoms at bay?

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'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



## Eat Chicken Soup To Cure The Common Cold

While homemade is certain better for your health, even commercial canned chicken soup can go a long way toward helping you fight off the common cold. Fats and proteins naturally present in chicken broth nourish your body, providing much needed calories to counter the loss of appetite that frequently afflicts us when we're sick. The broth is also intensely hydrating, which thins out mucus to relieve congestion, helps the body to regulate temperature and facilitates the removal of toxins which would otherwise impede the healing process if left to circulate through the bloodstream.

## Sri Lankan wedding in London

. The marriage of Ramani and Mario took place in London on 20 May 2016. The couple are children of Sri Lankan Tamils born in London. The parents studied at Holy Family Convent and St Patrick's College, Jaffna, Sri Lanka.



Churchyard - after wedding: [https://www.youtube.com/watch?v=VvqfDW2RKwY&feature=em-upload\\_owner](https://www.youtube.com/watch?v=VvqfDW2RKwY&feature=em-upload_owner)





## Microgreens

Great things come in small packages. The baby versions of radishes, cabbages, kale, and broccoli can be higher in nutrients like vitamins C and E than the regular, mature plants. They range in flavors from peppery to tangy. **Cooking tip:** Try adding a handful of microgreens to sandwiches and salads, or use as a garnish for soups. WebMD



## Re-heat your pasta...less calories

The BBC documentary *Trust Me, I'm a Doctor* investigated a study by Dr Denise Robertson, from the University of Surrey. Research shows that that cooled pasta becomes what they call 'resistant starch', meaning the body treats it more like fibre and less calories are absorbed. When you re-heat the pasta, the calorie absorption goes down further. - See more at: <http://healthyhints.com.au/how-to-cut-the-calories-without-changing-what-you-eat/#sthash.Ubi46bCi.dpuf>

[https://www.youtube.com/watch?v=PRVwHP\\_qMM](https://www.youtube.com/watch?v=PRVwHP_qMM)



## SLIDESHOW

## Lung Cancer: Are You at Risk?

It can happen to people who've never smoked. Here's how to lower your odds.

## Is it OK to eat eggs every day?

Elisa Zied, R.D.

If you enjoy eating eggs you may worry about harming your heart. Don't stress. If you're healthy, you can eat eggs guilt-free. But how many and how often?

Nutritionally, eggs have a lot to offer. With about 70 calories in one large egg, they're a great source of protein that helps stabilize blood sugar levels and provides structure to the body. Egg protein is also high quality, providing all the essential amino acids.

## Swiss Chard



Two main varieties of Swiss chard are found on store shelves: one with multicolored stems and veins, often called rainbow chard, and another with white stems and veins. Both are great sources of lutein and zeaxanthin, an antioxidant duo that's good for your eyes. At only 7 calories a cup, the green giant is waistline-friendly, too. **Cooking tip:** To preserve its nutritional might, lightly steam chard and toss with vinaigrette. You can also use the leaves instead of tortillas when making soft tacos. WebMD

People who are physically fit during their 40s have a lower risk of stroke later in life.

[spr.ly/6019BsstZ](http://spr.ly/6019BsstZ)



## Watermelon can cause gaseous distention

This popular summertime treat is high in fructose, a sugar in fruit. Your body can have trouble digesting it, so you might get gas. It's rare, but the problem might be in your genes. Doctors call that a "hereditary fructose intolerance." A blood test can tell if you have it. WebMD



## Can't believe it! 2,000-year-old butter found in Irish bog

# Heart Health

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly.

Given the heart's never-ending workload, it's a wonder it performs so well, for so long, for so many people. But it can also fail, brought down by a poor diet and lack of exercise, smoking, infection, unlucky genes, and more.

A key problem is atherosclerosis. This is the accumulation of pockets of cholesterol-rich gunk inside the arteries. These pockets, called plaque, can limit blood flow through arteries that nourish the heart — the coronary arteries — and other arteries throughout the body. When a plaque breaks apart, it can cause a heart attack or stroke.

Although many people develop some form of cardiovascular disease (a catch-all term for all of the diseases affecting the heart and blood vessels) as they get older, it isn't inevitable. A healthy lifestyle, especially when started at a young age, goes a long way to preventing cardiovascular disease.

Lifestyle changes and medications can nip heart-harming trends, like high blood pressure or high cholesterol, in the bud before they cause damage. And a variety of medications, operations, and devices can help support the heart if damage occurs.

[Read More](#)

## Apples can cause gaseous distention

The teachers' favorite contains sorbitol, a sugar that's naturally in many fruits. Some people's bodies can't absorb it properly, which gives them gas and bloating. It can cause diarrhea, especially for children. WebMD



## Prescriptions for coughs and colds increasing threat of superbugs

Thousands of unnecessary prescriptions are being written for Australians, adding to the growing threat of superbugs, a new report shows.





# Copper is key in burning fat

## Berkeley scientist says results could provide new target for obesity research.

A new study is further burnishing [copper's](#) reputation as an essential nutrient for human [physiology](#). A research team led by a scientist at the Department of Energy's Lawrence Berkeley National Laboratory (Berkeley Lab) and at the University of California, Berkeley, has found that copper plays a key role in metabolizing fat.

Long prized as a malleable, conductive metal used in cookware, electronics, jewelry and plumbing, copper has been gaining increasing attention over the past decade for its role in certain biological functions. It has been known that copper is needed to form red blood cells, absorb iron, develop connective tissue and support the immune system. The new findings, to appear in the July print issue of *Nature Chemical Biology* but published online today, establishes for the first time copper's role in fat metabolism.

The team of researchers was led by Chris Chang, a faculty scientist at Berkeley Lab's Chemical Sciences Division, a UC Berkeley professor of chemistry and a Howard Hughes Medical Institute investigator. Co-lead authors of the study are Lakshmi Krishnamoorthy and Joseph Cotruvo Jr, both UC Berkeley postdoctoral researchers in chemistry with affiliations at Berkeley Lab. "We find that copper is essential for breaking down fat cells so that they can be used for energy," said Chang. "It acts as a regulator. The more copper there is, the more the fat is broken down. We think it would be worthwhile to study whether a deficiency in this nutrient could be linked to [obesity](#) and obesity-related diseases." MNT

## Food Labels Have You Confused? Try the No-Label Diet

The FDA has finalized its new food labeling requirement, but I call for a "no-label" diet of whole foods that don't require labeling.

[Read More](#)

## Are 'Hands-Free' Phone Calls Really Safer for Drivers?

When it comes to driving and talking on the phone, should you go handheld or hands-free?

[Read More](#)

## Green tea compound could help treat Down syndrome

Written by [Honor Whiteman](#)

A compound found in green tea has shown promise for the treatment of Down syndrome, according to a new study published in *The Lancet Neurology*.



*A green tea compound called epigallocatechin gallate could benefit cognitive functioning for people with Down syndrome.*

Study co-leader Dr. Mara Dierssen, of the Centre for Genomic Regulation (CRG) in Barcelona, Spain, and colleagues reveal how the compound epigallocatechin gallate (EGCG) improved the cognitive function of individuals with the condition.

According to the researchers, their study represents the first time a treatment has shown some improvement in cognitive skills for people with Down syndrome.

According to the National Down Syndrome Society, around [1 in every 691 babies](#) in the United States are born with Down syndrome, and there are more than 400,000 Americans living with the condition.

[Down syndrome](#) is the most common genetic condition in the U.S., occurring when an individual has a partial or full additional copy of chromosome 21, meaning they have three copies of this chromosome, rather than the normal two.

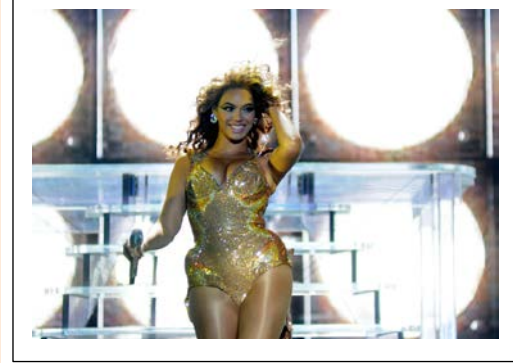
This extra chromosome leads to overexpression of genes, which can cause a number of physical symptoms, including reduced muscle tone, a small head, ears, and mouth, a flattened facial profile, and upward-slanting eyes.

Individuals with Down syndrome may also experience problems with cognitive function, such as delayed language and speech development, learning and memory impairments, and poor concentration.

According to Dr. Dierssen and colleagues, research has shown that such cognitive impairments are down to overexpression of a gene called DYRK1A, and studies in mice have suggested the compound EGCG could reduce DYRK1A overexpression.

Now, the new study indicates that the compound could do the same for people with Down syndrome, achieving an improvement in cognitive function.

## Soda Pop Music? Entertainers Endorse Junk Food, Study Finds



Their music's impact may fade in a year, but the effects of the junk food these musicians endorse could last a lifetime.

[Read More](#)



[An Elephant Blocks Off The Road. The Reason Why? Watch The Bushes To The Right...](#)

## Drink 8 Glasses of Water a Day

No need to count cups. Research shows people who gulp a glass of H<sub>2</sub>O when they're thirsty get enough to stay healthy and hydrated. Water-rich foods like soup, fruit, and vegetables and drinks like juice, tea, and coffee all help you get your fill. You might need to drink more water if your urine is dark yellow, you don't go regularly, you're very active, or you live in a hot cli

## Eggs Are Bad for Your Heart

**Omelet lovers, rejoice. Eating an egg or two a day doesn't raise the risk of heart disease in healthy people. Yes, the yolks have cholesterol, but for most of us, the amount found in any one food isn't as bad for you as the mix of fats from everything you eat. What's more, eggs have nutrients, like omega-3s, that may lower the risk of heart disease.**

WebMD

# Vitamin B12 deficiency -- Are you at risk?



What harm can having too little of a vitamin do? A severe vitamin B12 deficiency can lead to deep depression, paranoia and delusions, memory loss, incontinence, loss of taste and smell, and more. The human body needs vitamin B12 to make red blood cells, nerves, and DNA, and to carry out other functions. The average adult should get 2.4 micrograms a day. Like most vitamins, B12 can't be made by the body. Instead, it must be gotten from food or supplements. And therein lies the problem: Some people don't consume enough vitamin B12 to meet their needs, while others can't absorb enough, no matter how much they take in. As a result, vitamin B12 deficiency is relatively common, especially among older people.

## Do you know the signs?

»



<https://www.youtube.com/watch?v=fayOL3uqC4>



## Fresh Herbs

When you add these to foods instead of salt and fat, you're making a heart-healthy choice. They add flavor without the bad stuff. Spices and other foods are delicious ways to eat heart-smart.

[How depression develops](#)



## Beans Cause the Most Gas

Beans may not be the "magical fruit" you thought they were. Dairy products cause more gas than other foods, particularly as we age and our bodies are less able to absorb the sugar in milk (lactose). To ease the problem, look for lactose-free products or take the over-the-counter medicine lactase before you eat dairy foods.

WebMD

## 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%*



Image 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...](#)

<http://1funny.com/foot-puppets-hilarious/>



## Should I Still Take Contrave? - Weight loss Drug

By [Brenda Goodman, MA](#), Reviewed by [Michael W. Smith, MD](#) on May 18, 2015

The new weight loss drug Contrave was in the headlines last week when researchers ended a study that looked at its safety.

Contrave's approval last September came with a [warning from the FDA](#) that the medication might raise [blood pressure](#) and [heart rate](#) and shouldn't be used by people with [high BP](#).

So the FDA asked the drug's maker to keep studying it to make sure it didn't raise risks like [heart attacks](#) and strokes.

People who are overweight or [obese](#) already have an increased risk of heart problems. It would be especially bad if a [weight loss drug](#) added to those risks.

Because the study ended early, researchers can't say for sure that there's no heart risk tied to the drug. Lead study researcher Steve Nissen, MD, chairman of cardiovascular medicine at the Cleveland Clinic, says he is confident Contrave doesn't double a person's risk of a heart attack or [stroke](#). But he admits he can't be sure it doesn't cause smaller increases in those risks.

If you're taking Contrave now or are thinking about taking it, and you're wondering what the flap was about, here's a quick explainer.

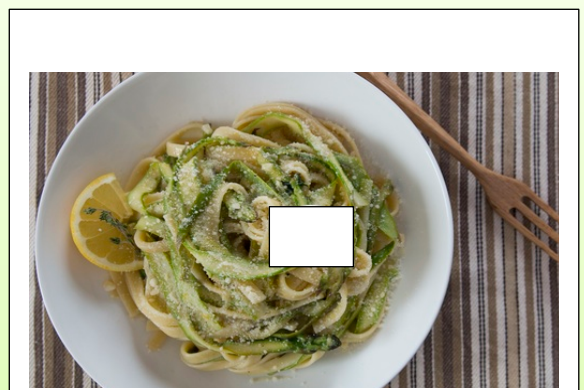
### A Compromised Study

Contrave is a combination of two older drugs, bupropion and naltrexone. [Bupropion](#), which has been sold under the brand names Zyban and Wellbutrin, has been used to help people quit smoking and to treat depression. [Naltrexone](#) is used to curb cravings to addictive drugs like alcohol and narcotics. Experts had hoped that the two-drug combo would work to treat obesity in a new way -- by making food less rewarding and [possibly less addicting](#).

Bupropion on its own has been linked to a greater risk of high blood pressure. It can also increase the risk of [suicidal](#) thoughts, and Contrave carries a warning about that on its label, too.

When Contrave was approved last year, the FDA allowed it onto the market with only some of the safety data -- 25%, to be exact -- in hand.

And those early results looked really good. Rather than raising heart risks as initially feared, it looked like the drug might actually protect people from serious episodes of [chest pain](#), heart attacks, strokes, and heart-related deaths. The results were submitted to the FDA in November 2013, as the agency was considering whether or not to allow the drug on the market. WebMD



**Here's The Easiest Way To Sneak In Your Veggies**





# 8 ways to quell the fire of heartburn

Heartburn is a common problem. It's caused by the backwash of stomach acid into the esophagus, the tube connecting the mouth and stomach. This is formally called gastroesophageal reflux disease (GERD). More than just a minor discomfort, heartburn can significantly reduce quality of life. "Heartburn can cause damage to the esophagus and even increase the risk of cancer if ignored and untreated," says Dr. William Kormos, editor in chief of *Harvard Men's Health Watch* and a primary care physician at Massachusetts General Hospital.



These eight steps can help ease heartburn.

1. **Eat in a heartburn-smart way.** Large meals put pressure on the muscle that normally helps keep stomach contents from backing up into the esophagus. The more you eat, the longer it takes for the stomach to empty, which contributes to reflux. Try smaller, more frequent meals — and don't wolf down your food.
2. **Avoid late-night eating.** Having a meal or snack within three hours of lying down to sleep can worsen reflux, causing heartburn. Leave enough time for the stomach to clear out.
3. **Don't exercise right after meals.** Give your stomach time to empty; wait a couple of hours. But don't just lie down either, which will worsen reflux.
4. **Sleep on an incline.** Raising your torso up a bit with a wedge-shaped cushion may ease nighttime heartburn. Wedges are available from medical supply companies and some home goods stores. Don't just prop your head and shoulders up with regular pillows — doing so can actually increase pressure on the stomach by curling you up at the waist.
5. **Identify and avoid foods associated with heartburn.** Common offenders include fatty foods, spicy foods, tomatoes, garlic, milk, coffee, tea, cola, peppermint, and chocolate. Carbonated beverages cause belching, which also causes reflux.
6. **Chew sugarless gum after a meal.** Chewing gum promotes salivation, which helps neutralize acid, soothes the esophagus, and washes acid back down to the stomach. But avoid peppermint-flavored gum, which may trigger heartburn more than other flavors.
7. **Rule out medication side effects.** Ask your doctor or pharmacist whether any of the medications you take might cause pain resembling heartburn or contribute to reflux.
8. **Lose weight if you need to.** Being overweight puts more pressure on the stomach and pushes stomach contents into the esophagus. The tight-fitting clothing and belts that come with weight gain may also be a factor.



## What Is Ovulation?

Ovulation occurs when an egg moves from the ovaries into the fallopian tubes and is ready for fertilization.

[Read More](#)



[Teen Asks A Woman To Salsa. Now Watch What He Does As Soon As He Takes Her Hand...](#)

[5 'Super Foods' for Women Did you know that pistachios are a great weapon against weight gain? See other smart picks.](#)

## Vertigo: Causes, Symptoms & Treatment

Vertigo is a dizzying feeling of motion when no movement is present. It is often caused by an imbalance in the inner ear.

[Read More](#)

## Diverticulitis: Causes, Symptoms & Treatment

Diverticulitis can cause problems with bowel movements and a can cause severe and sudden pain in the abdomen.

[Read More](#)



[When This 9-Year-Old Starts Playing A Public Piano, She Stops Commuters In Their Tracks](#)

## A tender spot on your calf

**Could be:** [Deep vein thrombosis \(DVT\)](#)

If one small area of your leg is painful, you could have DVT, a blood clot in the deep veins. The spot may also be red and warm to the touch. DVT is more likely if you use birth control pills or recently took a long car or plane ride. Unless your leg is very swollen or the pain is getting worse rapidly, you can probably wait a day to see your doctor instead of going to the ER, but don't delay any longer. The clot could increase in size or break off, move toward the lungs and stop blood flow. It can go to your heart and give you a heart attack. It can go to your brain and give you a stroke.

As a preventive measure, if you're on a long car ride or plane:

- get up every 1 to 2 hours and stretch or move around.
- write out the alphabet with your toes on the floor. Take your toes up and down, left to right. As you write the alphabet you squeeze the muscles, the veins, and pumping the blood back up, so it won't clot.

- drink fluids and stay hydrated.

[www.TODAY](#)

## Are Potatoes Bad for Blood Pressure?

French fries are not all to blame. Even boiled, baked, and mashed potatoes may raise your risk, research suggests.



**[Russell Peters - How to become a Canadian Citizen](#)**

[by brownman1311](#)

1,474,633 views



## Surprise! The Universe Is Expanding Faster Than Scientists Thought

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

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

[Read More](#)

### Bacteria Are Everywhere, Even in Ovaries

Women's fallopian tubes and ovaries were once thought to be free of bacteria, but a small new study finds that these microorganisms do live naturally in this part of the reproductive tract.

[Read More](#)

## Diabetes drug Metformin holds promise for cancer treatment and prevention

Use of Metformin - commonly used as the front-line treatment for [type 2 diabetes](#) - improves survival for some [breast cancer](#) patients, and shows promise as a treatment for patients diagnosed with endometrial hyperplasia, according to the results of two new studies presented by researchers from the Perelman School of Medicine at the University of Pennsylvania at the American Society of Clinical Oncology (ASCO) Annual Meeting.

In one study (abstract 1569), the first to examine the effect of metformin on survival rates for breast cancer patients, researchers examined clinical outcomes for 1,215 patients who were diagnosed and underwent surgical treatment for breast cancer between 1997 and 2013. Ninety-seven patients examined reported using metformin before their diagnosis, and 97 reported use of the drug after diagnosis.

Results of the study showed that patients who used metformin before being diagnosed with breast cancer were more than twice as likely to die than patients who never used the drug, while patients who began using metformin after their [cancer](#) diagnosis were almost 50 percent more likely to survive than non-users.

"Using metformin as a cancer prevention strategy has been controversial and results have been inconsistent, but our analysis reveals that use of the drug is time-dependent, which may explain the disparity. While use of the drug may have a survival benefit for some breast cancer patients, those who developed breast cancer while already using Metformin may have more aggressive cancer subtypes," said lead author Yun Rose Li, MD, PhD, a clinical research fellow in the division of Endocrine and Oncologic Surgery at the Perelman School of Medicine at the University of Pennsylvania, who will present the results. "Our study also illustrates the complex interaction between underlying metabolic risks and breast cancer outcomes, and underscore the importance of a multi-system approach to cancer treatment."

Additional results of the study showed that patients who used metformin were more likely to be over the age of 50 at diagnosis and to be African-American. While [tumor](#) size and disease progression were similar across all groups, the patients who began using the drug after their diagnosis were more likely to have ER/PR positive tumors while the patients who used it prior to their diagnosis had higher rates of Her2+ and Triple Negative tumors.

MNT

<http://www.sbs.com.au/yourlanguage/sinhalese/si/content/vaeddihittiy-n-vittmin-b12-lbaa-gt-yuttee-aeyi?language=si>

### Eating Fat Doesn't Make You Fat, Study Finds

Good news: dietary fat doesn't sabotage your diet.

[Read More](#)

### Prince's Death: Why It's So Easy to Overdose on Painkillers

There are a number of ways that prescription opioids can be lethal.

[Read More](#)

### New FDA Salt Targets: Which Foods Would Change Most?

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

[Read More](#)

## Warn Patients About Risk From Antacids With Aspirin, FDA Says

Robert Lowes

Clinicians should warn patients about the risk for serious bleeding that comes with over-the-counter (OTC), aspirin-containing antacids for heartburn, acid indigestion, and sour or upset stomach, the US Food and Drug Administration (FDA) announced today. It's not a new warning. In 2009, the FDA added the risk for serious bleeding to the labels of all OTC products, including antacids, that contain aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs). However, the agency said in a news release today that it has received reports of eight serious bleeding events associated with aspirin-containing antacids since 2009. In each case, the patient landed in the hospital.

Serious bleeding is more likely for patients who

- Are older than 60 years of age;
- Have a history of stomach ulcers or bleeding problems;
- Take an anticoagulant or steroid medicine;
- Take another drug containing an NSAID; or
- Drink three or more alcoholic beverages each day.

Consumers considering an OTC antacid should study the label to see whether it contains aspirin. There are OTC products without aspirin that also can relieve their stomach problems, the agency noted.

More information about today's announcement is on the FDA [website](#).

**In China, many women regard eating "Japanese food" as the secret to health and beauty**





Pic by Rajeevan

## Onion cultivation in the red fertile soil in Jaffna

Onions seem to grow well in Jaffna, Sri Lanka, in spite of the prevalent drought.

Red Onions produce small bulbs, whereas Big Onion is the normal bulb onion. Red Onions can also be distinguished from normal bulb onions by their habit of multiplying vegetatively by lateral bud growth. After the bulb is planted, several leafy shoots grow out from it. Each shoot then produces a small bulb. Red Onions, often referred to as tropical shallots, are widely popular only in Sri Lanka and Indonesia (ODA, 1990).

The farmers work hard to make a living. Still using the "mamoty" to plough the fields



## Exercise Tied to Lower Risk for 13 Types of Cancer

By **GRETCHEN REYNOLDS**

The potential cancer-fighting benefits of exercise seem to hold true even if someone is overweight, a comprehensive new study found.

## Making peace with your germs

Many of the trillions of microbes that inhabit our bodies are essential to our health. A Mediterranean diet, good hygiene, and wise use of antibiotics promote microbial diversity. Probiotics may help restore beneficial bacteria. [More »](#)



## Fried Rice - Spongebob Style?

A sweet tropical infusion into this stir fry classic

## Gluten

Gluten is water soluble protein that is found in certain grains such as barley, rye and wheat. Celiac disease, gluten intolerance and gluten sensitivity are common problems involving the protein in wheat which can cause many issues such as as **bloating, indigestion, vomiting, heartburn, constipation, fatigue, dizziness, migraines, anxiety, mood swings and joint pain.**

## Sugar

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

## Why Processed Foods May Promote Gut Inflammation

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

[Read More](#)



VIDEO

## 5 Benefits of Meditating

It's not just good for your mental health -- it can boost your immune system and protect your heart, too. [See what else it can do for you.](#)

## New device becoming boon for endoscopic treatment

A new device, SpyGlass DS, recently acquired by VGM Hospital, a city hospital, has come as a boon to the liver and gastro-pancrease patients, and helping endoscopic procedure. It enables physicians to look inside the bile ducts and detect problems, making treatment easy and efficient.

**How did the Moon get its water?** (Did you know there is water in the Moon's interior?) A new study suggests [it got there via water-rich asteroids](#) which bombarded the Moon between 4.5 billion and 4.3 billion years ago

## Sigmund Freud: Life, Work & Theories

| Reference

Sigmund Freud was one of the most influential scientists in the fields of psychology and psychiatry. A century after he published his theories, Freud still influences what we think about personality and the mind.

[Read More](#)

## High-Fat Mediterranean Diet Does Not Lead to Weight Gain

[Click here: Duo Fusion - Le Plus Grand Cabaret du Monde - YouTube](#)



## Chicken Stir fried Noodles : Mauritian Style

Take the Chinese noodles, add the Mauritian touch and you have the Mauritian Stir Fried Noodles! Omi...

by [Alia T](#)

# The big benefits of plain water

**Mallika Marshall, MD**, Contributing Editor



Most Americans have an unlimited supply of clean water to quench our thirsts. Yet many of us turn a blind eye to it and instead reach for other beverages throughout the day, like sodas, juices, coffee, and tea, despite warnings from health experts over recent years about the added calories in sweetened beverages and the health benefits of plain water. Now a recent study provides even more evidence that we should choose water over other drinks if we want to control our weight.

[Continue reading the article »](#)

Barbecue masters know that grilling meat at high temperatures can burn or char the outside and leave the inside underdone. Medium or low heat produces tastier, healthier food -- whether on a gas or a charcoal grill.

## Vitamin D

Like calcium, it keeps your bones strong and helps your nerves carry messages. It also plays a role in fighting germs. Careful time in the sun -- 10 to 15 minutes on a clear day, without sunscreen -- is the best source. Or you could eat fish such as salmon, tuna, and mackerel. There's a little in egg yolks, too. You can also get milk and sometimes orange juice with added vitamin D. WebMD

## Folic Acid

For moms-to-be, it's a must. It helps make DNA and prevent spina bifida and other brain birth defects. Asparagus, Brussels sprouts, dark leafy greens, oranges and orange juice, and legumes (beans, peas, and lentils) are rich in folic acid. Your doctor may want you to take a supplement, too.

## Does morphine make chronic nerve pain worse?



Morphine makes chronic nerve pain worse, according to a new animal study, but some experts question whether its findings are relevant to humans.



## Chamomile Tea May Reduce Thyroid Cancer Risk

*Drinking chamomile tea, may offer some protection against thyroid cancer and other benign thyroid diseases.*

New research suggests that regularly drinking chamomile tea may help to keep the thyroid gland healthy and reduce the risk of thyroid cancer. Dr Athena Linos, an environmental health researcher at Prolepsis in Greece, and colleagues examined cancer rates and dietary habits in 113 patients admitted to 2 Athens area hospitals for thyroid cancers between 1990 and 1993. They compared those patients to 138 people without thyroid cancer who were either healthy or had other unrelated diseases, and also to another 286 people with benign thyroid disease. After accounting for age, gender, and body mass index, the results showed the odds of developing any type of thyroid malignancy dropped dramatically as consumption of chamomile tea increased. In fact, participants who drank chamomile tea 2 to 6-times a week were about 70% less likely to develop thyroid abnormalities, whilst 30-years of regular consumption reduced the risk by about 80%. Linos is keen to point out that while the study doesn't prove that chamomile tea prevents thyroid cancer, it does add to a growing body of evidence pointing to the potential health benefits of the Mediterranean diet. "The finding was not surprising to me because many aspects of the Mediterranean diet have been shown to be protective towards cancer in general," Dr Linos concluded.

[VIEW NEWS SOURCE...](#)



Chamomile tea - image from Shutterstock

## Vitamin E

It's also called an antioxidant. They protect your cells from damage caused by cigarette smoke, pollution, sunlight, and more. Vitamin E also helps your cells talk to each other and keeps blood moving. Sunflower seeds and nuts including almonds, hazelnuts, and peanuts are good sources. If you're allergic to those, vegetable oils (like safflower and sunflower), spinach, and broccoli have vitamin E, too. WebMD

## Vitamin K

You need it for blood clotting and healthy bones. People who take warfarin, a blood-thinner, have to be careful about what they eat, because vitamin K reacts badly with the drug. A serving of leafy greens -- like spinach, kale, or broccoli -- will give you more than enough K for the day. A Japanese dish called natto, made from fermented soybeans, has even more. WebMD

A late-night pizza slice can trigger heartburn and derail slumber. If you're prone to indigestion, avoid fatty foods or citrus (as well as chocolate, mints, and carbonated beverages) close to bedtime.

## Airport Near Everest Is Its Own Perilous Adventure



By KAI SCHULTZ

Planes heading to Tenzing-Hillary Airport in Lukla, Nepal, often have to deal with high wind and thick fog. Then pilots face a short, sloping runway.

## Pistachios

For many people, pistachios are a great diet tool because the time it takes to pop the little green guys out of their shells makes you eat them more slowly. In many ways, they are nutritionally like other nuts, especially almonds. But pistachios are also packed with plant sterols, which researchers think lower the risk of heart disease. A serving of eighteen pistachios has 1,000 ORAC points.



## What Is Irritable Bowel Syndrome?

Many people have digestive troubles once in a while. Irritable bowel syndrome (IBS) is different, though. What sets it apart is belly pain and diarrhea or constipation that comes back again and again. But there are no signs of damage in the gastrointestinal (GI) system. And it doesn't make you more likely to get colon cancer.

### What It Feels Like

The main symptoms of IBS are belly pain along with a change in bowel habits. This can include constipation, diarrhea, or both. You may get cramps in your belly or feel like your bowel movement isn't finished. Many people who have it feel gassy and notice that their abdomen is bloated. Persistent pain and frequent trips to the bathroom can make everyday life harder. In women, the symptoms are more common during their menstrual period.

### What Are the Causes?

Doctors don't know yet. One theory is that the signals between the brain and intestines get disrupted. This miscommunication may trigger contractions in the intestinal muscles (seen on the right) that result in cramping, pain, and changes in the speed of digestion. Or it may be that the intestinal nerves are extra-sensitive to certain triggers, such as some foods or stress.

### How It's Diagnosed

There is no single test to check for IBS. Doctors usually make a diagnosis based on a person's description of the symptoms. When you tell your doctor what's going on, be specific with her and don't be shy about it. She may order tests to rule out other causes of your symptoms.

### How It Affects Your Life

It's uncomfortable, and it can make you feel anxious about being able to get to a bathroom on time, or nervous about having symptoms strike at a bad time, like when you're commuting, at work, or in any situation where it's hard to leave. You may find that it helps to map out bathrooms before going anyplace new. In severe cases, people feel hesitant to eat out, see a movie, or socialize.

### What Are Your Triggers?

The first step toward managing IBS is to figure out what makes your symptoms worse. Besides stress, common triggers include eating a meal, hormonal changes, and certain medications. It's important to note that no specific foods are linked to IBS symptoms for everyone. Each person is different. So, write down what you eat in a "food diary" to help you pinpoint which foods are a problem for you.

WebMD

## Myth: If You've Smoked for Years, the Damage Is Done

**Fact:** It's never too late to stop smoking. Quitting has almost immediate benefits, including improved circulation and lung function. Risk of lung cancer begins to decline over time. Ten years after quitting, former smokers cut their risk of developing lung cancer by up to 50%.

### Myth: Low-Tar or 'Light' Cigarettes Are Safer Than Regular

**Fact:** Light, ultra-light, and low-tar are just as dangerous as regular cigarettes. And beware of menthol: Some research suggests that menthol cigarettes may be more dangerous and harder to quit. Their cooling sensation can allow smokers to inhale more deeply.

### Myth: Smoking Marijuana Doesn't Increase Lung Cancer Risk

**Fact:** Marijuana smoking may increase lung cancer risk, but more research is needed. Many people who use marijuana also smoke cigarettes, and there is some evidence that the combined use may increase a smoker's risk for lung cancer even more.

### Myth: Antioxidant Supplements Protect You From Cancer

**Fact:** Based on population studies, a diet rich in fruits and vegetables with antioxidants may help protect against cancer. But when researchers tested antioxidant supplements, they unexpectedly found an *increased* risk of lung cancer among smokers who took beta-carotene supplements. Talk to your doctor before taking any

### Myth: Pipes and Cigars Don't Cause Lung Cancer

**Fact:** Smoking pipes or cigars increases not only lung cancer risk but also the risk for cancers of the mouth, throat, and esophagus. Cigar smoking puts you at much greater risk of both heart disease and lung disease. Cigars are just as toxic, maybe more so, than cigarettes.

### Myth: Smoking Is Your Only Lung Cancer Risk Factor

**Fact:** The second leading cause of lung cancer, after tobacco smoke, is an odorless radioactive gas called radon. Emitted from rock and soil, it can seep up into homes and other buildings. The only way to know if you're living with dangerous levels is to test your house or office for it. Call your state or county health department for information.

### Myth: Talcum Powder Causes Lung Cancer

**Fact:** Researchers have found no association between lung cancer and breathing in talcum powder. However, occupational exposure to asbestos, arsenic, and other substances do increase lung cancer risk.

WebMD

## Zinc takes the heat out of colds

Tara Parker-Pope

There is still no cure for the common cold, but zinc may be the next best thing.

A sweeping review of medical research shows that when taken within 24 hours of the first runny nose or sore throat, zinc lozenges, tablets or syrups can cut colds short by an average of a day or more and sharply reduce the severity of symptoms.

image: <http://www.reshareworthy.com/wp-content/uploads/2016/05/meat-glue-300x155.jpg>



Man Reveals How Meat Glue Can Be Used To Make Fake Steak

Read more at

<http://www.reshareworthy.com/dove-on-cop-car/#Kq8DPmueRZWUyRks.99>

## Fibre

Fiber is a carbohydrate like sugars and starches. But because your body doesn't digest fiber, it doesn't affect your blood sugar. Foods high in fiber also help make you feel full. Get your fiber by eating plenty of fruits, vegetables, beans, and whole-grain foods like 100% whole wheat bread and whole oats. And be sure to keep the skin on fruits and veggies; that's where most of the fiber is. One cup of raw spinach has about 5 grams of fiber. One slice of whole wheat bread has 3. All women need at least 25 grams of fiber a day; men should get at least 38 grams a day.

WebMD



## Is rosacea connected to other diseases?

Researchers are looking into whether the acne-like skin condition has links to other medical illnesses.

[Read More](#)

## Apple Cider Vinegar

If you ever feel like you need a fresh start, then apple cider vinegar can help you. By adding apple cider vinegar into your diet you can remove toxins from the body. Thanks to its antibiotic properties apple cider vinegar can also assist

## Cranberry Juice Confers Cardiac Benefits

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



Cranberry juice - image from Shutterstock

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

[VIEW NEWS SOURCE...](#)

## The Season of Spring - has sprung.

Mother Nature ushers in another season  
That follows the short days and long nights  
One that was fraught with cold, snow and freezing rain  
Restricting the mobility of all beings to within their abodes

Venturing out only for a valid reason  
Wading through snow, ice and other associated hazards  
To reach their desired destination  
Be it for necessities or the daily trek of the wage earners

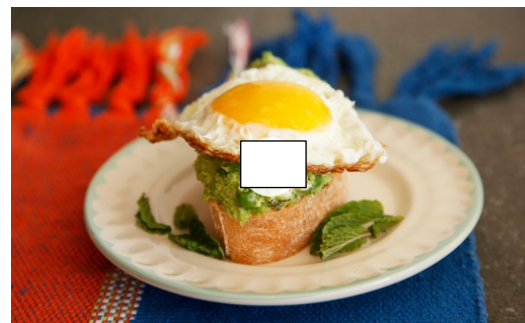
What now remains is a memory of recollection  
As we enter the period of "daylight saving hours"  
We see the neighbourhood and the neighbours' activities in motion  
That's indicative of longer days and warmer climes

We see the plant shoots sprouting out of the ground and into the open  
The buds on the trees are beginning to develop into leaves  
The shoots will blossom into flowers that we'll adore and adorn  
And the leaves will cleanse the air of its impurities

The return of the birds and bees are on the horizon  
Very soon to exhibit their aeronautical prowess  
And the squirrels and other critters that run around in gay abandon  
Are the gift for us to savour in all respects

Bringing us to our senses that the season has changed direction  
And we really see the emergence of new life effecting our very own lives  
For, without doubt, the betterment and comfort in every aspect and situation  
So do make use of and enjoy Mother Nature's magnanimous "free" gifts

Noor Rahim  
23 April 2016



## The New Toast Trend You Need To Try

When is avo toast not avo toast?

Today's health topic

### DASH diet may lower stroke risk



Following a diet designed to lower your blood pressure may also reduce your odds of having a stroke, according to a study in the April issue of the journal *Stroke*.

The study relied on data from diet questionnaires from more than 74,400 people ages 45 to 84. Researchers created scores based on how closely the participants followed the Dietary Approaches to Stop Hypertension (DASH) diet, a plant-focused diet that emphasizes fruits, vegetables, whole grains, low-fat dairy products, poultry, fish, and nuts. The diet has long been touted for its ability to lower blood pressure, which is one of the leading risk factors for stroke.

After a follow-up that lasted an average of nearly 12 years, researchers found that people who more closely followed the DASH diet had a lower risk of ischemic stroke. (About nine in 10 strokes are ischemic; they occur when a clot obstructs a blood vessel supplying the brain.) In addition to lowering blood pressure, the DASH diet may also help prevent stroke by discouraging the buildup of fatty plaque inside arteries, thanks to the diet's low levels of saturated fat and cholesterol coupled with high levels of antioxidants from plant-based foods.

[Nutritional supplements found to boost effectiveness of antidepressants](#)



## Soy shows promise as natural anti-microbial agent: Study

Soy isoflavones and peptides may inhibit the growth of microbial pathogens that cause food-borne illnesses, according to a new study from University of Guelph researchers. Soybean derivatives are already a mainstay in food products, such as cooking oils, cheeses, ice cream, margarine, food spreads, canned foods and baked goods. The use of soy isoflavones and peptides to reduce microbial contamination could benefit the food industry, which currently uses synthetic additives to protect foods, says engineering professor Suresh Neethirajan, director of the BioNano Laboratory. U of G researchers used microfluidics and high-throughput screening to run millions of tests in a short period. They found that soy can be a more effective antimicrobial agent than the current roster of synthetic chemicals. The study is set to be published in the journal *Biochemistry and Biophysics Reports* this summer and is available online now.



# Sri Lankans need to eat more Mushrooms

*"Can mushrooms improve immunity, reduce heart disease, and even fight and reverse cancer, as believed?"*

There are people in Sri Lanka still believing that most edible mushrooms sold in the markets, could be poisonous and hesitate purchasing. Yes, there are thousands of varieties of mushroom, naturally found and grown, and most of them are poisonous. Today, there are popular varieties of farm grown mushrooms available in the markets, and they are guaranteed to be safe for consumers. No cases of poisoning or death have been reported in Sri Lanka in the recent past, to our knowledge.

Mushrooms are not vegetables though available in the vegetable markets, they belong to the fungi kingdom, like Penicillin discovered from the fungus penicillium notatum.

Mushrooms have no attractive colours like the many colourful varieties of vegetables containing the most vitamins and minerals, but though commonly white in colour prove containing important nutrients, specifically focussed on boosting your immune system. Mushrooms are low calorie, virtually have no fat, and they decrease the risk of obesity and benefits heart health. They have hardly any soluble sugar and forms worthy nutritious food for diabetics. Also when eaten, you get a filling of fullness and may curb your appetite.

They are considered to be good for your complexion and hair.

Antioxidants and vitamins

Mushrooms are packed with antioxidants helping in your immune system and body health.

It has riboflavin (vit B2), vitamin B, including plenty of vitamin B12 same as found in animal foods, niacin, pantothenic acid and mineral selenium and copper.

Vegans must eat plenty of mushrooms to supply their vitamin B12 needs. Mushrooms also have vitamin D, the only non-animal food containing this 'sunshine vitamin'.

**Red Reishi mushrooms (Ganoderma Lucidum):** Red Reishi mushroom has been used traditionally for centuries by ancient cultures for boosting immunity against diseases and for their other health benefits.

In China red reishi is called lingzhi. It is a fairly large mushroom and has been used in daily hospital diets to build up immunity among cancer inpatients. It is also believed that this mushroom keeps the liver and brain healthy. It is considered an anti-inflammatory food and used mainly to cool the body and boost the immune system. It is believed to support mood, anxiety states and depression.

## Anti-cancer properties

Mushrooms have anti-cancer properties, supposed to inhibit growth of cancer cells. Folate in mushrooms plays an important role in DNA synthesis preventing the formation of cancer cells.

Wild poisonous mushroom in China forests were found to carry compounds helping to kill cancer cells, according to a study published in the journal Cancer Research

A compound called verticillin A, found in these mushrooms, according to immunologist Dr Kebin Liu, in Georgia Health Science University Cancer Centre, is found to have cancer sensitive properties, to "self destruct" cancer cells.

**Magic Mushroom:** Eating this mushroom is supposed to cause hallucinations, as it contains a chemical called psilocybin. Clinical trials have shown that this may help ease the pain of feeling rejected among once socially active individuals.

Hallucinogenic Psilocybin seems to help these people to become socially active again.

Psilocybin is supposed to work to reduce feelings of social rejection by stimulating brain receptors for serotonin a brain chemical, referred to as the 'feel good hormone' commonly present in bananas and other fruits.

Those who take this mushroom experiences a feeling and a sense of oneness with the universe and with others, a feeling of transcending time, space and other limitations, coupled with a sense of holiness and sacredness.

## Shiitake Mushroom (Lentinula edodes)

This is the most popular mushroom consumed by the Japanese. In most hospitals shiitake mushroom is included in their daily diet.

Shii in Japanese refers to the tree on which this mushroom grows and 'take' is the word used for mushrooms. Japanese venerate this mushroom and has been traditionally eaten for centuries for its health benefits. In the US this mushroom is grown in the forest farming in hardwood logs.

Common Button Mushroom (Agaricus bisporous)

This is a common 'non-exotic' cheap mushroom available in Sri Lanka in the market place, for the consumption of the average person. For the exotic ones, you need to patronise the Colombo super-markets where foreigners visit.

In America 900 million pounds of mushrooms consumed are mostly this cheap variety, which includes regular white mushrooms (button, closed up, open cup and large flat) and the brown varieties crimini and Portobello.

These cheap mushrooms have been eaten by the humans since the times of the early hunter gatherers. Ancient Egyptians believed that these mushrooms can grant immortality and only the pharaohs ate them and the commoners were not allowed to touch them. It was then referred to as the 'Food for the Gods'.

Today, these mushrooms are attracting the attention of the rich and the poor in most countries, mainly due to medicinal properties. Jane Clarke nutritionist in a recent report considers mushrooms as superfoods, and summarises major scientific studies from around the world that highlights the extraordinary nutritional values and their health benefits.

Eating mushrooms of any kind will enhance your immune system, reduce inflammation, and that would be our conclusions.

So why wait, after reading this article you will visit the closest market shop and buy adequate mushrooms, to add into frying foods, soups, omelettes, you name it.

Dr Harold Gunatillake



Red Reishi mushrooms



Magic mushrooms



Shiitake mushrooms

## Autism: Symptoms, Diagnosis and Treatments

Autism spectrum disorder affects a person's ability to communicate, interact with others and behave appropriately in social situations.

[Read More](#)



### 10 Physical Signs of Depression

Headaches and sleep problems are common ailments. But did you know that depression can affect your back, digestion, and more?



### Did You Know? Our Ancestors Ate Seasonally for Optimal Health

Early man had to hunt, gather, and process all of his own food – forced to eat what was available to them both seasonally and locally.

[Read More >](#)

Stay away from spicy foods before bed. They raise body temperature, which may keep you from drifting off, and can trigger heartburn, too.

The food flavor enhancer monosodium glutamate (MSG)—which is often added to Chinese food, canned veggies, soups, and other processed foods—may trigger headaches and insomnia in some people. Check food labels if you suspect the additive is keeping you up. (And avoid these other [worst foods to eat at night](#))

## PROBIOTICS

## A Clear Probiotic Definition by Mary Ellen Sanders

On the second day of the 2016 GMFH meeting, several speakers addressed the topic of the definition of probiotics. To my surprise, some of the speakers seemed to be unclear about the definition of a...



### Faster No Knead Bread

by [Jenny Can Cook](#)

618,054 views



### 6 Amazing Cooking Tricks

by [How To Make Sushi](#)

4,961,297 views



### 10 tummy troubles you should never ignore

When it comes to stomach pain, it can be difficult to find the cause. Use this symptom decoder to help decipher what's up with your gut.

[Read More](#)

## Metformin and Insulin Combo Cuts Mortality in Type 2 Diabetes

Alexander M Castellino, PhD

A new retrospective study indicates that, in type 2 diabetes, treatment with insulin is safer when it is used together with metformin.

In the research, [recently published](#) in *PLoS One*, a team from Cardiff University, Wales, showed that patients on insulin and metformin were at a significant 40% reduced risk for death and a significant 25% reduced risk for major adverse cardiac events (MACE) compared with those treated with only insulin. However, the combination was not significant in reducing cancer.

"If at all possible, patients with type 2 diabetes initiated on insulin should also be given metformin," senior author Craig Currie, PhD, professor of applied pharmacoepidemiology, Cardiff University, Wales, told *Medscape Medical News*.

### Beans, wine, and best friends? Secrets that could help you live to 100

The only thing better than looking good as you age is feeling good as you age.

[Read More](#)

Most stomach ulcers are caused by *Helicobacter pylori* (*H. pylori*), a type of bacteria, or the use of nonsteroidal anti-inflammatory drugs (NSAIDs) such as naproxen, ibuprofen, or aspirin. In the case of *H. pylori* infection, antibiotics can treat the infection. Ulcers caused by NSAIDs are healed by stopping the pain medication and taking antacids and medications that reduce stomach acid. It's a myth that spicy foods and stress cause ulcers, but it is true that they can worsen ulcer symptoms. Cancer can cause stomach ulcers, too.



### Simple Sautéed Spinach

Sautéed spinach (or any greens) with garlic and a squeeze of lemon (or vinegar) is a simple formula that lets spinach shine and will never go out of favor.

Recipe From [EatingWell.com](#)

[View Recipe](#)

### Spinach Recipes

- [Wilted Spinach Salad](#)
- [Quick Spinach Italiano](#)
- [Spinach and Tomato Pasta](#)
- [WebMD Recipe Finder](#)



# China Faces Critical Cardiac Care Challenges, Reports Show

Marlene Busko

BEIJING, CHINA and OXFORD, UK — The rate of PCI has risen dramatically in the past decade in China, but there are serious shortfalls in documentation of basic measures of evidence-based care, according to a study by Dr Xin Zheng (Fuwai Hospital, Beijing, China) and colleagues published online March 14, 2016, in *JAMA Internal Medicine*<sup>[1]</sup>.

This increase in procedures likely reflects "a laudable effort to improve quality and outcomes of CAD care," Dr David Blumenthal (Commonwealth Fund, New York) and colleagues write in an accompanying editorial<sup>[2]</sup>. However, the "rapid economic growth, huge population, and damaging epidemiologic trends" (such as worse diet and exercise and high levels of smoking [49% in adult men]) in China "suggest that its healthcare system will soon be deluged with [CAD] cases."

In a related study, Dr Sarah Lewington (University of Oxford, UK) and colleagues estimate that uncontrolled hypertension explained one-third of deaths of 35- to 79-year-olds due to CVD in China in 2010 (about 750,000 deaths)<sup>[3]</sup>. Thus, "China urgently needs "to improve the diagnosis, treatment, and control of hypertension through a combination of advocacy, public health, and medical approaches . . . to combat its epidemic of underdiagnosed and uncontrolled hypertension," Drs Nathan D Wong and Stanley S Franklin (University of California, Irvine) write in an accompanying editorial<sup>[4]</sup>.

## 10-Year Results From Cath PCI Study in China

The [China Patient-Centered Evaluative Assessment of Cardiac Events \(PEACE\)-retrospective CathPCI study](#) by Zheng et al enrolled 11,241 patients who had coronary catheterization at 55 urban Chinese hospitals in 2001, 2006, and 2011. About half of the cases (48.6%) also included PCI.

Between 2001 and 2011, coronary catheterization increased 17-fold (from 26,570 cases to 452,784 cases) and PCI increased 21-fold (from 9678 cases to 208,954 cases).

"There have been substantial changes in clinical practice," the researchers write. Notably, from 2001 to 2011, the proportion of procedures done via radial access increased dramatically, from 3.5% to 79.0%, and the use of drug-eluting stents went from 18.0% to 97.3%. However, in-hospital mortality among patients undergoing PCI remained around 0.6%. The medical records of many patients lacked information used to calculate common quality-of-care measures such as door-to-balloon times and the prescription of evidence-based medicines at discharge.

"Our findings can serve as a foundation to guide future quality improvements in China," the researchers conclude.

## Why You Probably Can't Trust Fitness Tracker Calorie Estimates



A new study finds that fitness trackers can vary widely in their calorie estimates, and tend to underestimate the number of calories burned.

[Read More »](#)

## What Are Whole Grains?

The outer shell, or "bran," of a kernel of wheat, rice, barley, or other grain is full of fiber, vitamins, and minerals. Fiber helps you feel full on fewer calories and keeps your bathroom visits regular. But to make white (refined) flour from a kernel of wheat, food makers get rid of the bran. With it goes much of the fiber and vitamins. WebMD

# FDA Approves Generic Rosuvastatin (Crestor)

Steve Stiles

SILVER SPRING, MD — Widely prescribed rosuvastatin (*Crestor*, AstraZeneca) is joining the crowded field in the US of generically available statins<sup>[1]</sup>. Today the Food and Drug Administration approved a generic version of rosuvastatin calcium in several pill strengths for marketing by Actavis (formerly Watson Pharmaceuticals, the name used by the agency).

The approved indications are specified as "in combination with diet for the treatment of [hypertriglyceridemia] in adults; in combination with diet for treatment of patients with primary . . . type 3 hyperlipoproteinemia; either alone or in combination with other cholesterol treatment(s) for adult patients with homozygous familial hypercholesterolemia."

## Harvard Health Blog

# High blood pressure: Why me?

POSTED MAY 2, 2016, 9:00 AM  
[Naomi D. L. Fisher, MD,](#)  
Contributor



"I go to the gym, and I never add salt. So why do I have high blood pressure?" Despite its astonishing prevalence of one in three Americans, many people struggle with the diagnosis of high blood pressure, or hypertension. It's worth exploring why, because being an active participant in your care is crucial for optimal blood pressure control.

[Continue reading the article »](#)



## All in One Batter - How to Prepare Idli/ Dosa Batter Re...

by [Sruthiskitchen](#)

SLIDESHOW



## 9 Easy Ways to Cut Calories

[Healthy eating starts at the store. Make these swaps and slash fat quickly without losing flavor.](#)



## Spicy Tomato Pickle | Traditional Indian Pickle Recipe ...

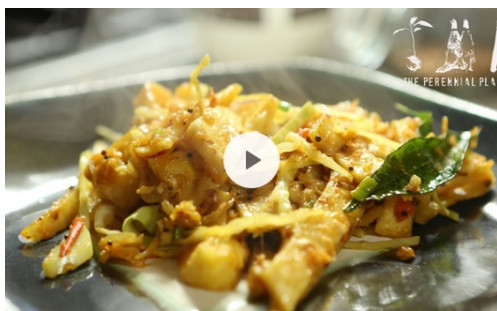
by [Rajshri Food](#)



Caffeine can stay in your system hours after your last cuppa joe. Snooze soundly by [cutting caffeine out](#) after lunch or switching to decaf or herbal teas

[HTTPS://www.youtube.com/watch?feature=player\\_embedded&v=v2\\_i7YyfUkw](https://www.youtube.com/watch?feature=player_embedded&v=v2_i7YyfUkw)



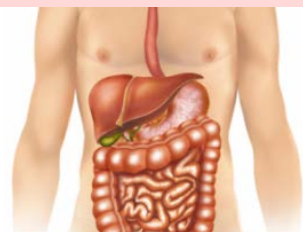


## Learn How to Make Chopped Roti & Dhal

The Perennial Plate Brings Home a Taste of Sri Lanka

### Probiotics and Digestive Health

• BY GMFH Editing Team



According to the World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO), probiotics are live microorganisms that, when consumed or administered in adequate amounts, have beneficial effects on the body. Probiotics are also usually used for the prevention and management of digestive symptoms that may be related to changes or an imbalance in the...

If have [high blood pressure](#), you should get no more than 1,500 milligrams of sodium per day. That's less than a teaspoon. So restrain taste buds. Instead of reaching for the saltshaker, flavor food with citrus zest, garlic, rosemary, ginger, jalapeno peppers, oregano, or cumin. Cooking at home also helps. "If you're eating something from a bag or box or off a restaurant menu, chances are you're getting too much sodium," says Janet Bond Brill, PhD, RD, author of [Blood Pressure Down](#)

## Why do people take vitamin K?

Low levels of vitamin K can raise the risk of uncontrolled bleeding. While vitamin K deficiencies are rare in adults, they are very common in [newborn](#) infants. A single injection of vitamin K for newborns is standard. Vitamin K is also used to counteract an overdose of the [blood thinner Coumadin](#).

While vitamin K deficiencies are uncommon, you may be at higher risk if you:

- Have a disease that affects absorption in the digestive tract, such as [Crohn's disease](#) or active [celiac disease](#)
- Take drugs that interfere with vitamin K absorption
- Are severely malnourished
- Drink alcohol heavily

In these cases, a [health care](#) provider might suggest vitamin K [supplements](#). Uses of vitamin K for [cancer](#), for the symptoms of [morning sickness](#), for the removal of spider veins, and for other conditions are unproven. WebMD



Walk your way to better health in less than 30 minutes a day!

Walking may be one of the most powerful "medicines" available.

It can help lower your risk of heart disease, cancer, and diabetes, lower blood pressure and cholesterol levels, and even keep your memory sharp.

The simple activity of walking has so many powerful health benefits, the experts at Harvard Medical School created [Walking for Health](#). This special report takes you step-by-step from why walking may be the most perfect exercise, to how to get started on a walking program, to specific walking workouts.

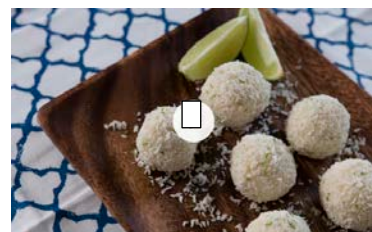
### Bananas – Stress and anxiety

Next time you feel stressed, grab a banana! With an average of 105 calories and 14 grams of sugar, a banana will boost your blood-sugar levels and help combat hunger. Additionally, a banana contains 30% of your daily requirement of Vitamin B6, which helps your brain in the production of serotonin - a chemical that helps reduce stress.

BabaMail

## Shake the Salt Habit

Feeling bloated? Salt may be partly to blame. Too much salt can cause you to retain water. And it can contribute to high blood pressure. Cut back on salt by choosing fresh (not canned or processed) foods and experimenting with other seasonings such as curry powder, garlic, cumin, or rosemary to give food some zing. You'll expand your culinary horizons and may find that you feel more energetic, too. WebMD



## Tropical Truffles That Will Make You Wish For Summer

Find paradise in these coconut lime truffles.

"Given the growing body of evidence, including our own study, cocoa-based products may represent an additional dietary recommendation to improve cardiometabolic health; however, observational results need to be supported by robust trial evidence. Potential applications of this knowledge include recommendations by healthcare professionals to encourage individuals to consume a wide range of phytochemical-rich foods, which can include dark chocolate in moderate amounts."

Prof. Strange

A new study has found warming of the Arctic by climate change could be responsible for a sub-species of red knot birds [growing smaller in size and with shorter bills](#). The shrinking has led to a population drop because when the birds reach their winter feeding grounds in West Africa, they cannot reach the best food



# Infants who eat rice products have higher arsenic concentrations

Written by [Marie Ellis](#)  
When parents first introduce solid foods to their babies, rice products are typically among the first foods offered. Choking or allergy risks are low with rice products, and they feature in many types of infant foods. However, a new study advises caution, as it finds that infants who consume rice products have higher concentrations of arsenic in their urine, compared with those who do not eat rice products.



*Infants who eat rice products have higher concentrations of arsenic in their urine, potentially putting them at risk for adverse health effects.*

The study - led by Margaret R. Karagas, PhD, from Dartmouth College in New Hampshire - is published in *JAMA Pediatrics*.  
According to the study authors, the recommendation from the World Health Organization (WHO) for inorganic arsenic concentrations in polished white rice is 200 nanograms per gram (ng/g), and the proposed US Food and Drug Administration (FDA) limit for infant rice cereal is 100 ng/g.  
However, the researchers say many infant rice cereals may contain inorganic arsenic concentrations that exceed these limits.  
Until now, rice consumption in early childhood in the US has not been well defined, and previous research has suggested that arsenic exposure in utero and in early life could be linked with adverse effects on fetal growth, as well as infant and child immunity and neurodevelopment.  
The researchers note that arsenic found in rice and rice products can be in either an inorganic or organic form; nearly all arsenic in drinking water is inorganic.  
They say that, although the toxic effects of inorganic arsenic have been established, laboratory evidence has suggested that organic forms could also present a health risk. They add, however, that "further data are needed."

## Carcinogens in a Can

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



Cola - image from Shutterstock

4-methylimidazole (4-MEI) has been recently suggested to be a potential human carcinogen. The chemical is formed during the manufacture of some kinds of caramel color, thus is present in cola beverages. Tyler Smith, from Johns Hopkins University (Maryland, USA), and colleagues estimated exposure to 4-MEI from caramel-colored soft drinks and modeled the potential cancer burden related to routine soft drink consumption levels in the United States. The team's analysis revealed that between 44 and 58% of people over the age of six typically have at least one can of soda per day, possibly more, potentially exposing them to 4-methylimidazole. Reporting that: "Routine consumption of certain beverages can result in 4-MEI exposures > 29 [micrograms]/day," the study authors urge that: "State regulatory standards appear to have been effective in reducing exposure to carcinogens in some beverages. Federal regulation of 4-MEI in caramel color may be appropriate."

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How to keep food fresh in the fridge by storing it in the right place

From dairy to meat and leafy greens, keeping foods fresher longer is as simple as knowing where to place them in the fridge.

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**Checking magnesium levels as part of a screening for heart health may become an essential part of prevention and for treatment of blood pressure."**



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TODAY tests the method behind the quirky Japanese organization manual that has taken the world by storm.

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## Are Sports Drinks Better or Worse Than Water?



The weather's warming up. What should you be drinking?



Two old men are drinking in a bar. One says, "Did you know that Lions have sex 10 to 15 times a day?"  
"Aww, darn!" says his friend, "and I just joined Rotary!"  
(sent by Rajeeva Jayaweera)



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Mindfulness meditation may help reduce chronic low back pain and make it easier for patients to carry out daily activities, a new study suggests.

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### Garlic Prawns

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by Bliss

## Dementia budget crunch expected with \$21b needed by 2030

The steady growth in the number of people diagnosed with dementia will ratchet up the pressure on the health budget in decades to come, with 1 million Australians expected to be living with the illness by 2050.



### Neer Dosa

by INDIANCOOKINEVERYDAY

## Antibiotics for appendicitis - yes and no

Using [antibiotics](#) as the primary treatment for mild [appendicitis](#) does not increase the risk for complications at least in the first year. But other considerations must also be taken into account, say researchers.

Surgery has been the standard treatment for appendicitis for more than a century. Millions of appendectomies are performed annually in the world, more than 300,000 in the US alone. Studies have been carried out over the years to determine whether non-perforated appendicitis could be treated with antibiotics instead, but despite research results suggesting this, the choice of treatment remains largely unchanged.

An international collaboration group, including researchers from the University of Helsinki and McMaster University, analysed five randomised controlled trials comparing the use of antibiotics and appendectomy to treat appendicitis. The trials included in the meta-analysis encompassed a total of 1,116 patients. The results were published in the *British Journal of Surgery*.

According to the meta-analysis, roughly the same number of serious complications were found in the two groups: in 5% of the cases in the antibiotics group and 8% in the appendectomy group (pooled risk difference: -3%). In the antibiotics group, 8% of the patients underwent an appendectomy within one month, and appendicitis recurred in 23% of the cases during the twelve-month follow-up.

"The studies did not provide a high quality evidence for complications, but according to best evidence available, using antibiotics as the primary treatment for mild appendicitis does not lead to more complications in the first twelve months of follow-up," summarises consultant gastrointestinal surgeon Ville Sallinen.

"Used as the primary treatment, antibiotics reduced the number of surgeries by 92% within the first month of diagnosis," says adjunct professor Kari Tikkinen. "However, this choice of treatment meant that appendicitis recurred in 23 out of 100 patients within one year. Moreover, no long-term follow-up exists for now."

Tikkinen and Sallinen, both from Helsinki University Hospital (Finland), point out that antibiotics can be used as the first-stage treatment for mild appendicitis, but that it is unclear how many of those treated with antibiotics first avoid surgery in the long term.

Sallinen also mentions the increasingly more common resistance to antibiotics: "Would a change in treatment preferences and an increased use of antibiotics further boost this negative trend?" To initiate antibiotics treatment, the diagnosis must be confirmed by a [CT scan](#), which exposes the patient to radiation. "A diagnosis must always be made in emergency surgical care. The treatment must not be chosen based on suspicion alone," Sallinen says.

Based on available evidence, the choice between surgery and antibiotics as treatment for mild appendicitis is a value and preference sensitive decision. Do we primarily want to prevent the appendicitis from recurring or do we want to avoid surgery if it is not possibly necessary?

"In medicine and surgery, treatment choices are increasingly based on shared decision-making, where patients and care providers make decisions together. I expect that this will also increasing apply to treatment of mild appendicitis," says Tikkinen.

The AVATAR study was carried out by the CLUE Working Group, whose main supporters include the Academy of Finland, the Sigrid Jusélius Foundation and the Jane and Aatos Erkko Foundation. MNT

## Zinc supplementation for better hearing

New research shows zinc supplementation may enhance the hearing recovery in cases of idiopathic sudden sensorineural hearing loss, also known as SSNHL

Patients with SSNHL who received zinc supplements along with corticosteroids had a significantly larger hearing gain, an increased percentage of recovery, and an increased rate of successful recovery compared with the control group, which received steroids only

Surveys suggest many are deficient in dietary zinc, but you have to be careful with zinc in supplement form because taking too much can interfere with your body's ability to absorb other minerals

Your diet is the best source of zinc; along with protein-rich foods like meats and fish, other good dietary sources of zinc include raw milk, raw cheese, beans, and yogurt or kefir made from raw milk

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