

Health Education for Sri Lankans & others

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

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Disasters have cost world \$92b this year



From earthquakes in Japan to bushfires in Canada and severe storms across Europe, disasters cost the world economy \$92 billion in the first half of the year, reinsurer Swiss Re says — an increase of 38 per cent compared to last year.



'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, can make better decisions to help their health and well-being



Stay informed and be Healthy
Health editor

What's the Best Bread for People with Diabetes?

Written by Brandon MayReviewed by Natalie Butler, RD, LD

Bread is perhaps one of the most widely used types of food on the planet. It can also be a food that poses a health risk for people with diabetes.

Despite the risk, bread can be one of the hardest foods to give up. Fortunately, there are breads on the market that don't raise blood sugar to extreme levels.

Whole-grain breads with high-fiber ingredients, like oats and bran, may be the best option for people with [diabetes](#).

Making bread at home with specific, diabetes-friendly ingredients may also help reduce the impact bread has on blood sugar levels.

(Editor: Sri Lankans in Sri Lanka love their white bread. The addiction to the milky taste and the pure white colour attracts them. Furthermore, this bread goes well with 'Pol Sambol' and Lentil curry. Further, white bread is cheaper than the less tasty wholemeal bread baked in the bakeries in Sri Lanka. The quality and the taste of brown bread is still not attractive to the taste buds)



Millennials Ditch Trump Over His Stance on Climate Change



Voters across the political and demographic spectrum find Trump increasingly objectionable and...

Climate Change News

THE LATEST INSIGHT
INTO THE CHANGING CLIMATE

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<http://www.sbs.com.au/food/article/2016/>

Reach for Tryptophan-Rich Foods to sleep

We've all heard of warm milk's magical ability to send us off to dreamland. Do you know why it's true? Dairy foods contain tryptophan, which is a sleep-promoting substance. Other foods that are high in tryptophan include nuts and seeds, bananas, honey, and eggs.

Beet root juice reduces blood pressure



A 2013 [review of evidence](#) from 16 trials, involving a total of 254 participants, concluded that drinking beetroot juice was linked with a significant reduction in systolic blood pressure levels. Systolic blood pressure refers to the stage of the heartbeat in which the heart contracts and forces blood through the arteries. However, in the *Journal of Nutrition*, the authors say the findings need to be tested in longer-term studies before any recommendations can be made.

Why do Sri Lankans love hoppers?



Why are there so many take away street hopper food outlets in Sri Lanka, much more than MacDonald's and KFC's in most other countries? Once, I met a young Australian tourist in Colombo, and when asked whether he was enjoying his holiday in paradise, he said, "I love that 'hopper city' in the holy village down South, the hoppers were fantastic nourishing treats at such low prices" When ask which pa...

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Fatty Fish May Curb Eye Risks for Diabetics, Study Finds

By Alan Mozes
HealthDay Reporter

Latest Diabetes

NewsMedicineNet Newsletters!

Two servings of fish a week may be enough to lower the heightened risk for [blindness](#) that those with [diabetes](#) face, a new Spanish study suggests.

[Diabetic retinopathy](#) is a serious complication of [type 2 diabetes](#) resulting from a drop-off in blood supply to the patient's [retina](#). According to lead researcher Aleix Sala-Vila, it is the most frequent cause of [diabetes](#)-related blindness.

Including omega-3 rich foods in your daily diet is the best place to start, as supplements rarely make up for a poor underlying diet," she said. "Also, the foods rich in omega-3s are also rich in other key nutrients that promote health such as [vitamin E](#) [walnuts] and protein [salmon, tuna]."

<https://www.youtube.com/watch?v=XwH1aUI2EHg>



Harrington Investments (HII) a socially responsible investment advisory firm based in Napa, California, has reintroduced a resolution to **Monsanto** Corporation asking for a study in response to the growing public outcry over the dangers of its products and the growing resistance against its use. **Glyphosate**, the active ingredient in Monsanto's **Roundup herbicide**, has been on the market for 42 years, but is now shown to likely have damaged the environment and may **cause cancer in humans**. Many governments have banned or are **considering banning its use entirely**. In 2015, the World Health Organization's International Agency for Research on Cancer (IARC) classified glyphosate as "**probably carcinogenic to humans**" causing government and nongovernmental entities alike to take action, inciting a spike in the amount of bans and restrictions being proposed around the globe.

After years of taking a passive stance toward the potential of glyphosate residue in consumer staples, the recent classification by IARC and the condemnation from the U.S. Government Accountability Office (US GAO) reporting a failure of the Food and Drug Administration (FDA) to test for glyphosate in food, the FDA has **finally agreed to begin testing** for glyphosate residue in common foods such as eggs, milk, bread and other products in fiscal year 2016.

Alarming, tests conducted as recently as spring of 2016 by independent organizations, have discovered traces of glyphosate residue in human breastmilk, **urine** and a number of food products including, but not limited to, bagels, oatmeal, coffee creamer and even wine. Of the wines that were tested, which included organic and biodynamic, it was found that glyphosate residue was detected in 100 percent of the wines. The **California wines** tested included a selection from Mendocino, Sonoma and Napa counties.

Harrington has filed or co-filed shareholder resolutions with other companies on issues ranging from protecting privacy and constitutional rights, food and water scarcity, the deepening crises surrounding GMOs, the lack of moral responsibility at "Too Big To Fail" financial institutions, to corporate tax avoidance. *Harrington Investments is a 34-year old Registered Investment Advisory firm managing individual and institutional assets based upon comprehensive social and environmental screens, shareholder advocacy and an impact investment agenda.*

EcoWatch

Ed: Glyphosate is used in herbicides used in Rice fields. Could this be a factor for increased unknown chronic kidney disease among farmers in the North Central province in Sri Lanka?



Broccoli is a superfood. It contains proteins, bone building calcium, fibre, vitamin A,C,and K; a phytoestrogens shown to benefit cognitive skills and a chemical that, at least in animal studies, reversed age- relted damage to body tissues and organs. EcoWatch

10 Anti-Aging Superfoods That Keep Your Skin Healthy



True, food isn't everything, but much of the hope (and hype) surrounding the anti-aging movement is...



Watch Team USA Olympians belt out 'We Are the Champions'

With over 100 medals won in Rio — and counting — it's clear Team USA can swim, run, jump and flip like no other. But can they sing?

[Read More](#)



9 Brazilian beauty treatments we're taking home from Rio



COLLABORATIVE PARTNERSHIPS:

AuSLMAT

We are delighted to announce our collaborative partnership with "Australia Sri Lanka Medical Aid Team" (AuSLMAT), an organisation established in 2005 comprising of a team of volunteer medical professionals who visit Sri Lanka regularly to provide medical services to the needy. They recently donated a large consignment of neurosurgical equipment to the Badulla District hospital, where our VACD children receive medical attention. They previously donated an operating microscope to the same hospital.

Please visit <http://www.auslmat.com.au/> or visit the VACD webpage:

<http://www.vacd.org.au/> and using the drop-down menu "Partners" log onto "Australia Sri Lanka Medical Aid Team" for more information on AuSLMAT.

Mind for Life

We are also delighted to announce our collaborative partnership with "Mind for Life", a not for profit organisation comprising of a team made up of a Psychologist, Counsellor, Hypnotherapist, Life Coach and Holistic Therapist who aim to help people dealing with obesity and mental health issues.

Mind for Life will be officially launched on Sunday 11th September 2016 with a fundraising Health Seminar and Workshop at the Ryde & Parramatta Golf Club located at 1156 Victoria Rd, West Ryde. Please phone the event coordinator Sam on her mobile 0432 712 734 or via her email: sarmila@gmail.com or

visit the website www.mindforlife.org.au/ to make your table reservations and tickets to this launch that also entitles you to a light lunch and refreshments, or visit the VACD webpage: <http://www.vacd.org.au/> and using the drop-down menu "Partners" log onto "Mind for Life Charity" for more information and do the needful.

We are currently laying the groundwork for Belduz Paredes – Director of Mind for Life to visit Sri Lanka with the aim of helping traumatised children in Sri Lanka, and also training a select group of specialists to extend the reach of this charity to Sri Lanka.
Sent by Victor Melder-Melbourne

Sri Lanka Festival - 2016
Organized by the Sri Lanka
High Commission
Canberra from 11.00am to
6.30 pm on Saturday 12th
November 2016
At the High Commission
premises, Canberra

The main objective is showcasing Sri Lanka in Australia as an attractive destination for tourism, trade, and investment as well promoting the diversity of our Culture, food, arts and Craft. "Sri Lanka Festival" is being organized in partnership with the Sri Lankan community, organisations/businesses and groups in Canberra. The High Commission thanks those individuals and organisations who have already come forward to support them. The High Commission is greatly encouraged by the enthusiastic response they have received for this important endeavour from all communities and they will further be seeking the support of many local Sri Lankan businesses as well. The High Commission wishes to invite all members of the Sri Lankan community, Sri Lankan Associations, businesses and groups to join us in making this event a success.

<http://www.slhcaust.org/sri-lanka-festival/>

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Tel : (02) 6168 3756

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E-mail : slfest@slhcaust.org

Gypsies in Sydney

Sun Oct 16 at Croatian Club Punchbowl

Neil Jayasekera is going

Interested · Going



**Ford to introduce
autonomous cars by
2021**

[See this](#)



**Obama: Heavy-Duty Trucks to
Reduce Emissions by 25%
Over the Next Decade**



The Obama administration released finalized fuel efficiency standards for medium- and heavy-duty vehicles...

Mushrooms

While visiting China, I discovered folks there knew more about food's medicinal properties than I did even after many years of research. Medicinal foods are a part of their everyday diet, and mushrooms play a huge role within Chinese medicine. Reishi, shiitake and cordyceps contain powerful healing properties that boost your immune system and support healthy hormone production. Mushrooms are anti-viral and anti-inflammatory to support healthy liver function, optimized cholesterol levels and **anti-cancer benefits**. I use them often: I make a reishi tea, cook with shiitake mushrooms and make mushroom soup.

Dr. Hyman-EcoWatch



**Has Hillary Clinton earned
Americans' mistrust? Tim
Kaine offers his view**

Hillary Clinton's running mate, Tim Kaine, joins TODAY's Savannah Guthrie for an exclusive interview alongside his wife Anne Holton.

[Read More](#)

[Life in the long shadow of
cancer: Ula's story](#)





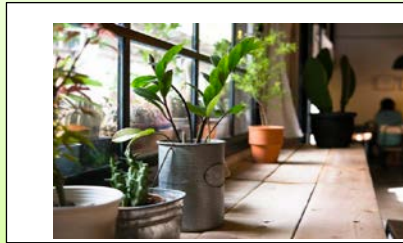
[Indigenous people dance during the Garma Festival in northeast Arnhem Land.](#) (ABC News: Stephanie Zillman)



20 Plants That Improve Air Quality in Your Home



The following plants are documented as being especially good at roving indoor air...



Porridge for breakfast is sensible

Oatmeal is a popular breakfast food in the West. In Sri Lanka, it is traditional to eat white bread, string-hoppers, hoppers and so on. These foods are made from white processed wheat and rice flour and cause harm than good, except supplying energy to start work for the day.

Oats that are available in the supermarkets are the rolled oats or old fashioned oatmeal made by steaming and rolling the groats into flakes. This cuts cooking time down...

[See More](#)

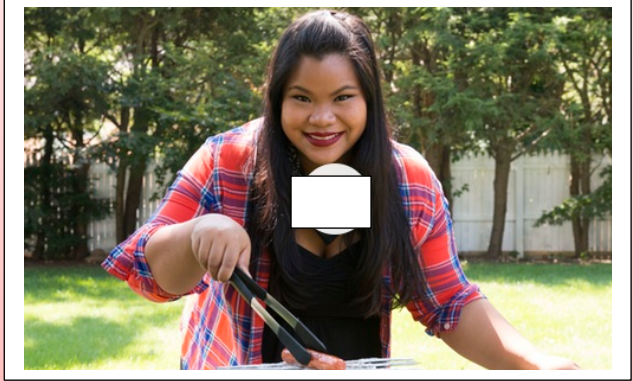
What Your Pee and Poo Color Says About Your Health

Knowing which urine color changes are due to food or medicines can save you worry, or provide an early alert to get to the doctor.

[Read More](#)

Cirrhosis: Cirrhosis is Only Caused by Alcoholism.

False. Cirrhosis is scarring of the liver that may be caused by alcoholism and other conditions. Alcoholism is the second most common cause of cirrhosis in the U.S. It is responsible for less than 50% of all cases of cirrhosis. Chronic hepatitis C, nonalcoholic fatty liver disease (NAFLD), nonalcoholic steatohepatitis (NASH), primary biliary cirrhosis, prescription drug reactions, bile duct injury, and chronic hepatitis B infection are other causes of cirrhosis in adults. Some conditions that cause abnormal storage of metals such as copper and iron may also cause cirrhosis. Glycogen storage diseases, biliary atresia, cystic fibrosis, and alpha-1 antitrypsin deficiency, and other rare conditions cause cirrhosis in children. Medicine.net



Turn Any Ordinary Can Into a Grill

With a little elbow grease and a few kitchen items, never be grill-less again. Get crafty and make your own single-serve tin can grill!

Whole Grains Help People Live Longer, Study Shows

BY REUTERS

People who eat lots of whole grains are less likely than others to die of cardiovascular disease or cancer during long periods of follow-up, according to a new analysis of previous studies.

The American Heart Association recommends that at least half of the grains we consume be whole grains, like oats or oatmeal, rye, barley, corn or brown rice. Dietary Guidelines for Americans recommend three or more servings of whole grains per day, but most U.S. adults get less than one serving per day, the authors write.



Featurepics

It's well known that whole grain consumption can reduce risk of many chronic diseases, including cardiovascular diseases and colorectal cancer, said senior author Dr. Qi Sun of the Harvard T.H. Chan School of Public Health in Boston.

But there hadn't been a larger analysis of whole grain intake and overall death, Sun told Reuters Health by phone.

Researchers pooled the results of 14 long-term studies of whole grain intake and risk of death that involved a total of 786,076 people, including 97,867 who died during the studies. Almost 24,000 died of cardiovascular disease and more than 37,000 from cancer.

What Is Irritable Bowel Syndrome (IBS)?

Irritable bowel syndrome (IBS) is a chronic disorder in which the intestines do not work normally. Other names for IBS are spastic colon or functional bowel disease. The consequences of the malfunction of the intestines is abdominal pain that is associated with constipation, diarrhea, or constipation alternating with diarrhea. The disorder affects at least 10% of the population of North America. Medicine.net

What Is It?-Diabetes!

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

Aspirin use may help prevent bile duct cancer, Mayo-led study finds

A team of current and former Mayo Clinic researchers has discovered that [aspirin](#) use is associated with a significantly reduced risk of developing bile duct [cancer](#), also called cholangiocarcinoma. The results are published in *Hepatology*.

"Our study found that individuals who took aspirin had a more than a two-and-a-half to three-and-a-half-fold lesser chance of developing bile duct cancer, compared to individuals who did not take aspirin," says Lewis Roberts, M.B. Ch.B., Ph.D., the study's senior author and a gastroenterologist and hepatologist at Mayo Clinic.

Bile duct cancer is an uncommon cancer that forms in the slender tubes (bile ducts) that carry digestive fluid through the liver. The disease occurs mostly in people over 50 and can cause symptoms, such as yellowing of the skin and eyes, intense itchiness of the skin, and white stools. Bile duct cancer is an aggressive type of cancer that progresses quickly and is difficult to treat. "We know that continuous unremitting [inflammation](#) is one of the main factors that promotes cancer of the bile ducts," Dr. Roberts says. "Aspirin, with its anti-inflammatory properties, may reduce the risk of bile duct cancer by lessening inflammation through inhibition of an enzyme called cyclo-oxygenase (COX), which is known to promote inflammation."

In addition to the COX enzyme pathway, Dr. Roberts says other studies have shown that aspirin blocks additional cell-signaling cascades that promote cancer development. "The evidence has been accumulating that regular, long-term use of aspirin is associated with a decreased risk of a number of different cancer types, particularly gastrointestinal cancers," he says. But, it is not certain that aspirin is safe to use for cancer prevention. Dr. Roberts and his colleagues say additional confirmatory studies are needed before aspirin can be recommended for use in preventing bile duct cancer. Future plans will include population-based studies designed to confirm the associations of aspirin with decreased risk of developing bile duct cancer and clinical trials of aspirin in people at high risk for developing bile duct cancer.

MNT

<https://www.youtube.com/embed/yeJ-iv3MOTo?rel=0>

Should you eat oily fish or take fish oil capsules for your heart health?

Written by Dr Harold Gunatillake-Health writer

Fish oil either from fish or capsules contains two very important fatty acids- DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). They reduce inflammation in the body in addition to so many other health benefits. Remember, there are omega-6 fatty acids in vegetable seeds and others and not found in fish. They cause inflammation in the body. It is a...

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Eating more fruit may help lower blood pressure



Researchers found that people who ate more whole fruits — especially apples, pears, grapes, and raisins — were less likely to develop high blood pressure than those who rarely ate those foods. As for vegetables, broccoli and carrots appeared to be the best choices for staving off high blood pressure. Fruits and vegetables provide minerals such as potassium and substances called flavonoids, both of which are linked to lower blood pressure. The study was published in a recent issue of *Hypertension*.
Harvard Health



[Cure Jet Lag](#)



Deep-Space Heart Health: Astronauts Face Cardiac Problems

Astronauts who fly far beyond the Earth are more likely to experience heart problems than those whose missions are closer to home — and the cause may be deep-space radiation, a new study finds.

[Read More](#)



Jimmy Buffett brings sunshine — and tunes — to a rainy morning on TODAY

If you need help getting the weekend vibes going, look no further than TODAY. On Friday, we had laid-back legend Jimmy Buffett here singing away the work week — and the rain — on the plaza.

[Read More](#)

WELL



How Exercise May Lower Cancer Risk

By *GRETCHEN REYNOLDS*

A new study suggests that exercise may change how the immune system deals with cancer, explaining why people who exercise appear to be much **less likely to develop or die from the disease than people who do not**.

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.

Gluten Intolerance

Common symptoms of a gluten intolerance include diarrhea, cramping, bloating, gas, constipation, and anemia. Celiac disease, which is due to gluten intolerance and is an autoimmune disease, has many of the same symptoms. A unique rash called dermatitis herpetiformis affects 15% to 25% of people with celiac disease. The intensely itchy rash may show up on your elbows, knees, and buttocks. If you have these symptoms, talk to your doctor. WebMD

Transgender Identity Is Not a Mental Health Disorder, Study Finds

July 26, 2016 | Article

People who have a transgender identity should not be considered as having a mental health disorder, according to a new study from Mexico.

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A Brief History of Whisky



The first confirmed accounts of whisky distillation are from the early 15th century, when the Irish and Scottish distilled it, calling it "Aqua Vitae" (Water of Life / Lively Water), for medicinal properties.

During the American Revolution, it was used as currency and George Washington even owned a distillery in Mount Vernon. During the Prohibition era (1920-1933), whisky was the only alcohol permitted for consumption, provided you had a doctor's prescription. BabaMail

Fibrocystic breast changes

Women who are premenopausal and those who are undergoing treatment with postmenopausal hormone treatment may develop lumpy, tender, and swollen breasts caused by the buildup of fluid. This harmless condition is referred to as fibrocystic breast changes.

Raw Shellfish

Because shellfish is sometimes harvested from polluted waters, uncooked oysters, clams, and mussels can transmit hepatitis A. That's something to think about before your next trip to the raw bar. Cooked shellfish is safer. Medicine.net

Steam vegetables more frequently- for iron deficiency



Steaming is much better than boiling or roasting vegetables when it comes to increasing their iron's bio-availability. Make this a new healthy habit. Steamed vegetables beside a nice plate of fish or meat will be a great way to eat your meals to maximize your iron intake. BabaMail

Why 5 or More Hours of TV Daily Is Bad for You

Bad news for couch potatoes.

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Common causes of breast pain

Breast cysts

Breasts come in all shapes and sizes, and some may be at a higher risk for developing painful breast conditions than others. At times, women may develop milk duct or gland changes resulting in breast [cyst](#) forming.

Breast cysts are fluid-filled sacs that can be soft or firm and may or may not cause pain. These cysts typically enlarge during the menstrual cycle and go away once menopause is reached.

Medications

Certain medications can contribute to the development of breast pain. Medications that are linked to an increase in breast pain include:

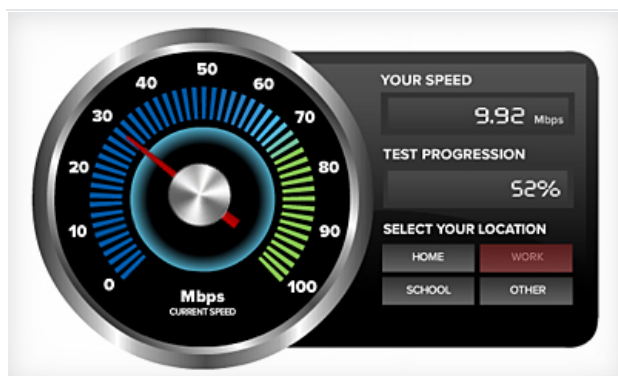


Oral hormonal contraceptives can lead to breast pain in some cases.

- [Infertility](#) treatments
- Oral hormonal contraceptives
- Postmenopausal [estrogen](#) and [progesterone](#) preparations
- Selective [serotonin](#) reuptake inhibitor (SSRI)
- [Antidepressants](#)
- Digitalis preparations
- Methyldopa (Aldomet)
- Spironolactone (Aldactone)
- Some diuretics
- Anadrol
- Chlorpromazine

People with breast pain should speak to their healthcare provider to see if any of their medications are having an effect.

MNT



[FREE INTERNET SPEED TEST](#)

Think your Internet is slow?

Should You Have Cataract Surgery?

It's unusual for cataracts to require immediate removal, so you can take your time to decide about surgery. Cataracts affect vision slowly over time, so it's possible to wait to have surgery until glasses no longer correct the vision problems. People who do not feel that cataracts are causing significant problems may opt to postpone or not undergo surgery.

Cataracts Prevention Tips

Remember, there are steps you can take to lower your risk of getting cataracts: Don't smoke. Always wear a hat or sunglasses in the sun.

Keep diabetes well controlled.
Limit alcohol consumption.

Types of Cataract Surgery

The most common type of cataract surgery is known as phacoemulsification (phaco). In this procedure, the doctor makes a tiny incision in the eye and breaks up the lens using ultrasound waves. The lens is then taken out and replaced with an intraocular lens (IOL). Another type of cataract surgery is called extracapsular cataract surgery. This procedure involves a larger incision and removal of the cloudy lens in one piece. In most cases, placement of an IOL eliminates the need for thick eyeglasses or contact lenses.

Cataract Surgery

Surgery to remove cataracts may be required if the related vision loss cannot be corrected with glasses or contact lenses. Cataract surgery involves removing the cloudy natural lens and replacing it with an artificial lens. The operation is usually done on an outpatient basis and is very safe and effective. For those who need surgery on both eyes, the surgery is usually done on one eye at a time.

Innovations In Cataract Surgery

New developments in cataract surgery allow for procedures that correct both near and distance vision, reducing or even eliminating the need for glasses after the operation. Conventional "monofocal" lenses only correct distance vision, so people still need reading glasses after surgery. So-called "toric" implants are available to correct astigmatism. This picture illustrates a lens in development (shown next to a dime) that offers better color vision.

What to Expect After Cataract Surgery

After surgery, your eyes may itch and feel sensitive to light for a few days. You may need to wear a shield or glasses for protection, and you may be prescribed eyedrops to speed the healing process. It takes about 8 weeks for the eye to completely heal even though changes in vision are apparent shortly following the surgery. You may still need glasses for distance vision or reading, after the surgery, and it is likely that you will require a new prescription after your eye has healed.

Risks of Cataract Surgery

Cataract surgery does not commonly result in complications. When complications occur, they are usually related to infection, bleeding, or changes in eye pressure. All of these are treatable when recognized early. The risk of retinal detachment is slightly increased, and this complication requires emergency treatment. In some cases, lens tissue is left behind to support the IOL, and this tissue can become cloudy over time, forming an "after-cataract." This can be permanently corrected with a laser treatment.

e-medicinehealth

Advanced Prostate Cancer increasing In US the numbers are increasing between the ages 55 to 69, with a 92 percent jump seen over a period of 10 years.

This reveals that every male after the age of 55 must have a PSA screening test annually. When you are over 70 years screening is discouraged, as anyhow you'll live for another 10 years without problems due to the shorter life expectancy. People with a history of prostatic cancer in the family should start the screening tests a...

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Healthy Fats Can Help Prevent Type 2 Diabetes: Study

(HealthDay News) -- Eating more healthy [fats](#), like nuts, seeds and vegetable oils, while limiting animal fats and refined carbohydrates, can help prevent or control [type 2 diabetes](#), new research suggests.

The large study found these dietary changes can lower [blood sugar](#) levels and improve [insulin](#) sensitivity.

"The world faces an epidemic of [insulin resistance](#) and [diabetes](#). Our findings support preventing and treating these diseases by eating more fat-rich foods like walnuts, sunflower seeds, soybeans, [flaxseed](#), fish and other vegetable oils and spreads, in place of refined grains, starches, sugars and animal fats," said study co-leader Dr. Dariush Mozaffarian. He is dean of the Friedman School of Nutrition Science and Policy at Tufts University in Boston. "This is a positive message for the public. Don't fear healthy fats," Mozaffarian said in a university news release.

Beans

They're loaded with healthy protein and fiber, but they also have hard-to-digest sugars that cause gas and cramping. Your body doesn't have enzymes that can break them down. Bacteria in your gut do the work instead, giving off gas in the process.

Try this tip to get rid of some of the troublesome sugars: Soak dried beans for at least 4 hours and pour off the water before cooking.-

WebMD



Health Education for Sri Lankans & others



Which has more calories? Bacon or Eggs?

Four sizzling strips of pan-fried bacon have 168 calories. Two large scrambled eggs have 182 calories. But that doesn't mean you should pig out on pork. Bacon is high in saturated fat and sodium. WebMD

Reviewed by [Kathleen M. Zelman, RD, LD, MP](#)

Is Pork a red or a white Meat? Pork becomes lighter when it's cooked, but it's actually a red meat, according to the U.S. Department of Agriculture.

Artificial Sugar

Chew too much sugar-free gum made with sorbitol and you might get cramps and diarrhea. Food made with this artificial sweetener can cause the same problems.

The FDA warns that you might get diarrhea if you eat 50 or more grams a day of sorbitol, though even much lower amounts reportedly cause trouble for some people.

ARTICLE

Why Root Canals Are Necessary

[Read about root canal cost, pain, symptoms, signs, and recovery.](#)
[Learn about the root canal procedure and recovery.](#) [Read more...](#)



Dentistry Medications



[Learn about medications used in dentistry to control pain, prevent infection, and more.](#) [Read more...](#)

Aloe Vera (Aloe barbadensis)

Aloe Vera has been used for improving skin conditions as the ancient Egyptians called it the "plant of immortality." A succulent plant with rejuvenating and soothing properties, aloe vera holds many benefits for the skin. It has been used topically for thousands of years to improve skin conditions. It contains vitamins A, C, E, B1, B2, B3, B6, and B12. Aloe Vera also contains over 200 other naturally occurring nutrients such as enzymes, amino acids and sterols. Aloe gel is extracted from the leaves of the plant and when applied to the skin, softens dead skin cells leaving the skin feeling soft and smooth.

<http://www.justnaturalskincare.com/hair-grow-new-hair/>

One can of cola has about 10 teaspoons of sugar, 150 calories, 30-55 milligrams of caffeine and is loaded with harmful artificial flavors and coloring. The major culprit in the cola ingredient list, however, is high-fructose corn syrup,



Turmeric: The countless health benefits of this miracle spice

Turmeric, popular in Asia for more than 4,000 years, aids in a variety of ailments.



How adding 100 calories of these 'healthy' fats can cut your diabetes risk

A new study finds replacing carbs with healthy fats can reduce the risk of diabetes.



Why is this Called "Gun Powder" Chicken?

When something is called "gun powder" you know it's going to have some spice.

Age-Related Macular Degeneration (AMD)

Age-related macular degeneration is an eye disease with onset at any age, usually after age 60, that progressively destroys the macula, the central portion of the retina that helps with focus. It rarely causes total blindness as only the center of vision is affected.

There are two types of AMD: wet and dry. In wet AMD, abnormal blood vessels behind the retina start to grow, leaking blood and fluid, causing loss of central vision, which may occur quickly. In dry AMD, the light-sensitive cells in the macula slowly break down causing central vision to diminish over time.-medicine.net

Men need more proteins

How much protein you need depends on your sex, age, how much you weigh, how active you are, and other things. But yes, guys usually need more protein than women. An average man needs about 56 grams of protein a day. Women need 46 grams. A typical day with about 50 grams of protein could include: Chicken (3 ounces), two large eggs, 2 tablespoons of peanut butter, and 8 ounces of yogurt.WebMD

The surprising reason women are using Milk of Magnesia as makeup

[Read More >](#)

Glaucoma

Glaucoma is a group of eye diseases that develop due to elevated intra-ocular pressure (IOP) within the eye. The increased pressure affects the optic nerve and may cause vision loss. Glaucoma is classified either as open-angle (the more common form that is usually painless) or angle-closure glaucoma (which often occurs suddenly and is associated with pain and redness of the eye).

In the early phases of glaucoma there are often no symptoms. By the time vision is affected, the damage is permanent. Progression of glaucoma can be slowed or halted with eye drops, laser treatments, or surgery so early diagnosis is key.

People with a family history of glaucoma, the elderly, and African-Americans are at increased risk of the disease.-medicine.net

Caffeine withdrawal:

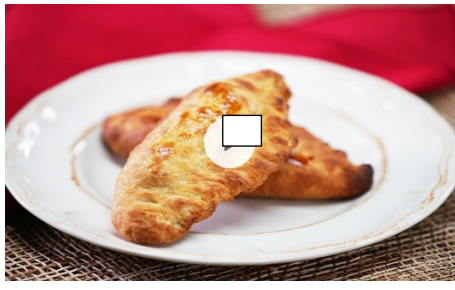
It's easy for your body to get so used to the effects of caffeine that when you don't have it in your system, you have withdrawal. A headache is one of the symptoms. This can happen when you have caffeine regularly, even as little as a cup of coffee a day.-WebMD

Cataracts

A cataract is a painless cloudy lens in the eye that causes blurry vision. It progresses slowly as we age (most people who live long enough will have some cataract-like changes to their cornea). Other causes of cataracts include diabetes, trauma, some medications, and excessive UV light exposure.

Your doctor can see a cataract while doing a routine eye exam. Treatments for cataracts include eyeglasses, magnifying lenses, or surgery. Surgery is curative as the cloudy lens is removed and replaced with an artificial one. The need for surgery and the risks involved should be discussed with your eye doctor.-medicine.net

In the evening, eat a handful of cherries, which scientists discovered are jam-packed with melatonin, the same hormone created by your body to regulate sleep pattern. (Check out how [drinking tart cherry juice leads to sleeping 90 more minutes a night.](#))



Here is Your New Go-To Finger Food

Chicken and cheese make these empanadas a must have

Being well hydrated is associated with healthier body weight, new study finds

Meghan Holohan
TODAY

When it comes to water and weight, the recommendations can be confusing. Should people drink water before meals to eat less? Should it be **cold**? Does drinking more water keep the pounds off? A new study finds a relationship between dehydration and being overweight or obese — but that doesn't mean chugging water leads to healthier weight.

"We found that U.S. adults who are inadequately hydrated had higher BMIs than people who are adequately hydrated," Dr. Tammy Chang, an assistant professor of family medicine at the University of Michigan and an author of the study, told TODAY.



ARTICLE

A Look at Invasive Breast Cancer

This type of cancer starts in the milk ducts and spreads into the breast tissue. Here's what you need to know.

ARTICLE

Breast Cancer Treatment Options

When are surgery and radiation the right steps? How about chemotherapy? Get the details on all your options.

Incidence of Cancer is high among diabetics. Please control your diabetes with diet and medication to minimise the incidence-Ed.

A study included more than one million adults with [cancer](#). The researchers found that people diagnosed with type 2 diabetes were 23 percent more likely to have been diagnosed with cancer during the 10 years prior to their [diabetes](#) diagnosis than people without the [blood sugar](#) disorder.

Coffee prevents the incidence of large bowel cancer

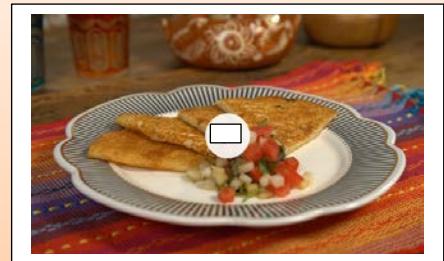


The American Journal of Clinical Nutrition reported that drinking four cups of coffee a day lowered the incidence of colorectal cancer by 15 percent.

MNT

Sri Lankans need to eat more Mushrooms

Written by Dr Harold Gunatillake-health writer "Can mushrooms improve immunity, reduce heart disease, and even fight and reverse cancer, as believed?"
...[Continue Reading](#)



You Won't Find This Quesadosa At Taco Bell

This Indian pancake with Mexican filling gives us all the feels.

Dietary Mineral Helps Tame Blood Pressure

Sufficient dietary levels of magnesium might be a boon to good blood pressure.

[READ MORE](#)



Here's what you need to know before you start pickling and canning

[Read More](#)

Your brain remains connected with your body through wires

This network is called your peripheral nervous system, and it has two major parts. One controls the things you don't have to think about, like your heartbeat or digestion (autonomic nervous system). The other (somatic nervous system) connects your senses to your brain and lets you move your muscles. Your brain is your body's control center, and your spinal cord is its message hub. Together, they make up your central nervous system.

Your brain is always "talking" to the rest of your body. Messages go through your spinal cord to your arms, legs, and all your other body parts and organs.

WebMD

Fiber



Oatmeal and bran cereals are a heart-healthy way to start your day. They've got soluble fiber, which helps lower your LDL "bad" cholesterol.

Other good sources are beans and whole grains like barley. You can also get it as a supplement, like psyllium, but a diet that's got lots of fiber is best. WebMD

Sterols And Stanols



You find these nutrients in some fruits, veggies, nuts, and seeds. They block your body from absorbing cholesterol. Almonds, peanuts, olive oil, and Brussels sprouts are good choices.

Also look for foods that have sterols and stanols added in, like margarine, orange juice, and yogurt. Supplements could be a helpful way to lower your cholesterol, but check with your doctor. WebMD

Drugs That May Cause Weight Gain

Several other prescription drugs are linked to weight gain. The list includes antipsychotic drugs (used to treat disorders like schizophrenia and bipolar disorder), along with medications to treat migraines, seizures, high blood pressure, and diabetes. Work with your doctor to find a medication that treats your symptoms and lessens side effects.

Indulge Your Craving for Carbs to sleep

Carbohydrate-rich foods complement dairy foods by increasing the level of sleep-inducing tryptophan in the blood. So a few perfect late night snacks to get you snoozing might include a bowl of cereal and milk, yogurt and crackers, or bread and cheese WebMD

Garlic

When you spice up your food, you might also protect your heart. People have used garlic as medicine for centuries, and studies on supplements show it may have benefits for your blood pressure and cholesterol levels. Talk to your doctor before you try any pills, since it may raise your risk of bleeding and interfere with meds you take. WebMD

Improving exercise performance—drinking beet juice

Research has also suggested that drinking beet juice may improve the ability of muscles to take up oxygen during exercise and improve exercise tolerance.

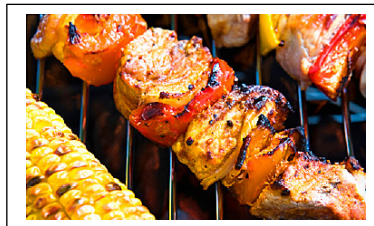
Exercise helps reduce the risk and slow the progression of heart disease and other cardiovascular disorders. This particularly benefits people with diabetes as they are at a high risk of such conditions. MNT

Extra Pounds

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

WebMD

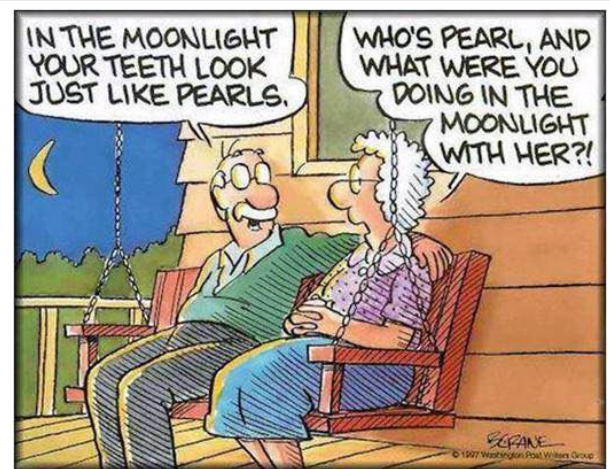
At the Barbe'



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.

On a charcoal grill, medium or low heat gives coals a slight red glow and a covering of gray ash. If you can hold your hand above the heat at cooking height for 4-5 seconds, you should be good to go

.WebMD



Vinegar- Have you ever wondered why most of the salad dressings include vinegar? It has more to it than just the taste. Vinegar is one of the most used forms of fermented food in our daily routine.



Source: Flickr: Fruit Balsamic Vinegars: Justin Marx - See more at: <http://healthyhints.com.au/the-not-so-big-deal-about-fermented->

by Kabhi (follow)



Why Are Korean Tacos Worth the Hype?

You've probably heard about them. Now's your chance to make them at home.

Skewered Fish

Skewers are great for cooking whole small fish like fresh sardines, which are loaded with heart-healthy fats. You can easily grill several fish at once. Insert one skewer through each fish near the base of the head. Insert a second skewer near the tail. That holds the fish firmly in place, so they're easy to turn. Brush them and the rack lightly with olive oil and cook the fish, turning once, just until they flake easily. WebMD



The death rate in the United States hit an all-time low in 2014, but heart disease and cancer were still the top two causes of death, new data from the National Center for Health Statistics shows.

Blood sugar levels were 10 per cent lower after the hot bath than after cycling for an hour. Bath keeps your body consistently warm.



[Here Is How You Can Grow Your Own Avocado At Home From A Pit!](#)



A Bar Of Soap Under The Bed Sheets May Help Leg Cramping

Can a bar of soap cure nighttime leg cramps? According to many people's anecdotal accounts, the answer is a definite "yes". People say that putting a bar of fresh soap (unscented) in their bed at night relieves their leg cramps and helps them sleep better. As to why this

Layering and Peeling; during the Seasons.

*Layering & Peeling are two words that govern our attire significantly
To keep up with the vagaries of the current season
But not so much with the fashion conscious society
With the layering of clothes to ward off the Winter
Cold in unkempt fashion*

*It's Summer-time where fashion gives way to practicality
With the peeling of heavy clothing to counter the heat and heat exhaustion
With skimpy clothes to face the elements; and an iced drink for the thirsty
That's Summer-time in all its "pleasant hardship" and consternation*

*The in-between seasons we look forward to most eagerly and lovingly
To don those clothes that are the fashion
And to imbibe Nature's gift in all its splendour and beauty
And to be able to move around in gay abandon*

*These are the four seasons we encounter yearly
Making our life-style, one of anticipation
With the advent of Nature's theatrics making it an amazing reality
As the days "whiz" by in quick succession*

*Noor Rahim
June 22, 2016*

The Second Kandyan War – 1815:

Over ten years lapsed since the 1st Kandyan War and the Kandyan Kingdom was having a growing rift between the Native Nobility and King Rajasinghe; which led to the virtual invitation by the Nobility for the British to invade the Kingdom. In 1815 the British Expeditionary Forces invaded the Kandyan Kingdom and captured the King. The deposed King Sri Vikrama Rajasinghe was exiled to Vellore in South India; where he died 17 years later.

In March of 1815 the British signed a Treaty called the "Kandyan Convention" with the Nobility of the Kandyan Kingdom; which was in fact an "Agreement of Annexation", with other stipulations in keeping with the governance of the land. With the signing of this "Convention" the British were ultimately able to take control of the whole Island of Sri Lanka which had eluded the two earlier Colonial Powers that were unable to do so; and were only able to only control the Low Lands and coastal regions of Sri Lanka. One never knows if the British could have achieved their goal of capturing the Kandyan Kingdom if the Native Nobility had not conspired with them?

One of the most important points in the Agreement was: "The religion of Buddhism was declared inviolable and its rights to be maintained and protected". This was one of the reasons for the "Uva Rebellion" of 1817 – 1818; which was also called by some as the 3rd Kandyan War.

Extract from the book-"Narration of the History of our Proud Ancestral (Orang Jawa) Heritage" by Noor R Rahim.

Health Education for Sri Lankans & others

@HealthforSriLanka
ns



Aspirin sharply reduces cancer risk

FROM CORRESPONDENTS IN PARIS

A SMALL, daily dose of aspirin significantly diminishes the risk of death from a wide range of cancers, according to a landmark study released today.

Earlier work by the same team of scientists showed that the century-old remedy for aches and pains, long a staple of family pharmacies, can help ward off colon cancer. The new study, published in the British medical journal *The Lancet*, reveals for the first time that aspirin also helps protect against prostate, lung, brain, and throat cancers, among others.

"These findings provide the first proof in man that aspirin reduces deaths due to several common cancers," said Peter Rothwell, a professor at the University of Oxford and lead author of the study.

Professor Rothwell and colleagues reviewed eight previous clinical trials involving a total of more than 25,500 patients. In each, some subjects took aspirin and others look-alike placebos.

None of the studies were originally designed to measure the impact of the drug on the incidence of cancer.

During the trials, which lasted four-to-eight years, doses of aspirin as low as 75 milligrams - a fraction the normal dose for a headache - cut cancer deaths overall by 21 per cent.

Risk was especially reduced after five years of treatment with the drug, by 30 to 40 per cent

IF YOU DON'T LIKE MY DIAGNOSIS YOU COULD SEEK A SECOND OPINION



I'VE ALREADY DONE THAT! YOU'RE ABOUT THE TENTH

The perks of sex extend well beyond the bedroom...

Sex is not only pleasurable, did you know it's also good for you? It's true. The benefits of sex range from slashing stress levels to lowering your risk of cancer and heart attacks. Sex facilitates bonding and feelings of intimacy with your partner. This kind of connectedness does more than make you feel warm and fuzzy, it actually reduces anxiety and boosts your overall health.

How would you like a stronger immune system or better sleep? Action between the sheets can help you get all of this and more.-MedicineNet

Our Ancestors Arrival and Domicile in Sri Lanka (Tiba dan Tinggal).

Narration of the History of our Proud Ancestral (Orang Jawa) Heritage.

By Noor R. Rahim

Well over 95% of our Ancestors arrived in Sialan (Sri Lanka), or ZEYLAN (as the Dutch called the Island), from Batavia (presently called Jakarta), with the Dutch Troops (1640 - 1796).

It is a known fact that our Malay Ancestors arrived in Sialan (now Sri Lanka) with the Dutch VOC (*Vereenigde Oostindische Compagnie*, VOC, "United East India Company") in the year 1640. Most of them as part of the Dutch Army that overthrew and got rid of the Portuguese from the Island. This resulted/enabled the Dutch to keep the so called and very important "SPICE ROUTE" (Sea Route) connecting the seaway from West to the East for their own dominance and International trade purposes.



It was in the year 1658 that the Dutch Authorities in the Dutch East Indies decided to make Sialan a place for their exiles, comprising of dissident Royalty and Politicians; their retainers; supporters and other dissidents that they deemed were a threat to their security. In this article only those exiles that have left or created known and recognized and documented achievements are mentioned.

In addition to their fighting prowess, loyalty and dedication, our ancestors brought along with them, their own Language; Traditions & Customs; Culinary Prowess; Forms of Recreational Activities (inclusive of sports & martial arts); Arts & Craft; and their "easy going way of life". There were many Malays who attained Sainthood and are enshrined in Sri Lanka. These will be expanded upon in detail later on.

Extract only.

Further reading in later issues



6 tips for the best fried chicken of your life

These under-the-radar tricks will help you create lip-smacking fried chicken that'll have your eyes rolling to the back of your head.

[Read More](#)



6 Serious Symptoms Women Shouldn't Ignore

Weakness or pain in the legs could be signs of deeper problems. Here are more red flags that may signal trouble ahead.

[Read Article >](#)

Diabetics when travelling

Carry it On

Always take your medications and medical supplies with you; never pack them in checked luggage. The American Diabetes Association recommends you keep a carry on bag with you at all times with needed items, such as:

all your insulin and syringes you need for your trip
blood and urine testing supplies (along with extra batteries for your glucose meter)
all oral medications (including an extra supply just in case)
any other medications or medical supplies, such as glucagon, anti-diarrheal medication, antibiotic ointment, anti-nausea drugs
your ID and diabetes identity card

In addition to medications and devices, bring airtight snack packs of crackers or cheese, peanut butter, fruit, a juice box, and a form of sugar (such as hard candy or glucose tablets) to treat low blood glucose if it occurs.

MedicineNet.com

What Causes Vertigo?

[Can it be treated with a simple head exercise?](#)
[Could antihistamines help prevent it? Find out.](#)

Has Butter Gotten a Bad Rap?

[Healthy Eating Slideshow: Fat-Fighting Foods](#)



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WEDNESDAY, June 29, 2016 (HealthDay News) -- Spread the news: Butter may not be the unhealthy food many Americans believe it to be, new research suggests. However, that doesn't mean that butter provides any real health benefit, the researchers were quick to add. "Overall, our results suggest that butter should neither be demonized nor considered 'back' as a route to good health," study senior author Dr. Dariush Mozaffarian, dean of the Tufts University School of Nutrition Science and Policy in Boston, said in a university news release. His team's review of the data on butter and health found no significant rise in risk of death or [heart disease](#) for people who favored the spread.

Tips for diabetics

Breeze Through Airport Security

If your trip involves air travel, it's ok to put your glucose meter, insulin, or insulin pump through the X-ray machine. However, you can always ask to have your carry-on items hand-inspected if you have concerns.

In order to bring syringes or insulin delivery systems on an airplane, you must have a vial of insulin presented with a professional, preprinted pharmaceutical label that clearly identifies the medication. Bring the original insulin box with the label displayed on it. Any lancets must be capped, and brought on board with a glucose meter that has the manufacturer's name printed on it. Glucagon kits should be kept in their original containers with preprinted pharmaceutical labels.

MedicineNet.com

Lower Your Blood Pressure

Are you one of the millions of people who suffer from high blood pressure? Sex can help you lower it. Many studies have documented a link between intercourse specifically (not masturbation) and lower systolic blood pressure, the first number that appears on a blood pressure test. That's good news for individuals looking for an easy adjunct to lifestyle (diet, exercise, stress reduction) and medication strategies to get blood pressure into a healthy range. Sex sessions cannot replace blood-pressure lowering drugs to control high blood pressure, but they may be a useful addition. MedicineNet.com

Oatmeal

Oatmeal, also known as porridge, is a popular breakfast food made from oats.

There are several different types of oatmeal including rolled oats (old-fashioned), instant, and steel-cut.

All oatmeal starts with whole raw oats, which are harvested and cleaned. The outer shell, or hull, is removed, leaving the edible grain or "groat" behind. People can buy and consume oat groats, but they need to be cooked for 50-60 minutes to soften.

Steel-cut oats are made when the groats are chopped with a metal blade. Steel-cut oats cook more quickly - about 20-30 minutes - because they are further broken down.

Rolled oats or old-fashioned oatmeal is made by steaming and rolling the groats into flakes. This cuts cooking time down to 3-5 minutes.

Instant oats or "quick oats" are made by further steaming and rolling the oats, bringing the cook time down to as little as 30-60 seconds.

The texture of steel-cut, old-fashioned, and instant oats differs widely, and which one is best is a personal preference. People who have tried quick oats and not enjoyed their softer texture should try the harder steel-cut oats.

The nutritional profile of each cut of oats is the same when they are plain. However, many instant oats have added sugar and flavorings and are often high in sodium. Also, the higher the level of processing, the quicker the speed of digestion, and the higher the glycemic index, a measure of how quickly blood sugar rises when eating.

How does oatmeal affect people with diabetes?

Oatmeal is mainly a source of [carbohydrate](#). Carbohydrates are converted to sugar when digested and increase sugar levels in the bloodstream. Carbohydrates that have fiber cause a slower release of sugar into the bloodstream, lowering the potential spike in blood sugar after a meal.

A diet that is high in processed carbohydrates, especially from sugar and packaged processed foods, increases the risk of blood sugar spikes after a meal because they are digested quickly.



Oatmeal contains complex carbohydrates which are useful for managing blood sugar levels.

Foods that digest quickly can cause quick blood sugar spikes and make it difficult to manage blood sugar levels, especially when eaten alone, which often happens at breakfast.

Vegetables, fruits, and whole grains contain complex carbohydrates that are full of fiber and nutrients that fuel the body and give sustained energy.

People should form their meals and snacks around these healthy carbohydrates. Adding in some protein and healthy fat gives a nutritionally complete meal. Some foods contain all three of these components in one, while others may need to be paired up. Mixing proteins and fats with carbohydrates can further slow down digestion, which can help minimize spikes.

Oatmeal contains complex carbohydrate with little protein or fat. Healthy fats are a necessary part of the diet and help people feel full and satisfied. Protein helps to keep people fuller longer and will promote more stable blood sugar levels when paired with a complex carbohydrate.

By combining a complex carbohydrate, lean protein, and healthy fat, people can reduce hunger and cravings while providing all three of the body's required macronutrients.

First, start with one half cup of plain oats. Avoid pre-sweetened or flavored oats. Add a source of healthy fats like walnuts, almonds, chia seeds, hemp seeds, or pecans. As a bonus, nuts and seeds also add a little bit of protein.

People can cook their oats in milk or add milk to the oats after they are cooked for more protein. Cow's milk or soy milk are the best milks for an extra protein boost because almond milk and coconut milk are not good sources of protein. However, these also provide more carbohydrate.MNT



Greece: The 'Real' Mediterranean Diet

There are many cultures and eating practices throughout the Mediterranean, but the traditional Greek diet is the one that's been shown to lower the risk of heart disease and cancer. It's all about fruits and vegetables, more cheese than milk, more fish than meat. And, of course, drizzle everything in olive oil, which has the "good fat," and wash it down with a little wine. WebMD



Fermented in Norway

If you let certain foods sit for a long time in water or salt, or other spices, the chemistry and taste change. This is fermentation, and fermented foods are natural sources of probiotics -- good bacteria that affect everything from digestion to mood. Cultures across the globe ferment vegetables, fruits, milk, and meat. In Norway, they ferment trout for up to a year and serve it uncooked. Hmm ... maybe start with vegetables. WebMD



Courtesy: Leif Parsons

Drinking over 6 cups of Tea daily will impact on your iron absorption. Most tea pluckers in the tea estates in Sri Lanka, are endemic and the main cause may be due to excessive tea consumption freely available beverage for them in the estates.

3 cups of tea per day are recommended.

Harold-Health writer

The water inside the coconut shell is packed with nutrients that nourishes the nut as it prepares to germinate and start growing into a new coconut tree, which is exactly what would happen if you let a coconut fall from the tree to the ground and leave it there, given the proper moisture and soil conditions. Coconut water is high in many vitamins and minerals, especially potassium. Because it contains electrolytes, it is considered one of the best natural rehydrating drinks in the tropics. Pasteurized coconut water retains most of the minerals, and is frequently sold as a sports drink. Since fresh coconut water deteriorates so quickly once it is exposed to air, it is best obtained and consumed in the tropics where it can be purchased fresh, with all the nutrients and enzymes intact. Packaged coconut waters must be pasteurized, destroying some of the nutrients. It has been reported that during World War II coconut water was used in emergencies as IV fluids, since the nutrient-packed water is completely sterile inside the coconut until the hard shell is cracked and it is exposed to air.-www.tropicaltraditions.com

Spare the Meat, Skip the Type 2 Diabetes?

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

By Robert Preidt
HealthDay Reporter

TUESDAY, June 14, 2016 (HealthDay News) --

Eating a mainly plant-based diet -- especially one with lots of healthy veggies, fruit and whole grains -- may significantly lower your risk of type 2 diabetes, a new study suggests.

"This study highlights that even moderate dietary changes in the direction of a healthful plant-based diet can play a significant role in the prevention of type 2 diabetes," said study lead author Ambika Satija, a postdoctoral fellow at the Harvard School of Public Health in Boston.

"These findings provide further evidence to support current dietary recommendations for chronic disease prevention," Satija added in a school news release.

The study included information from more than 200,000 Americans. They all completed a series of questionnaires about their diet, lifestyle, medical history and current health. The information was collected over 20 years.

People who closely followed a plant-based diet low in animal-based foods had a 20 percent reduced risk of type 2 diabetes than those who didn't. However, the research didn't establish a firm cause-and-effect relationship; it only showed a link.

The researchers also found that the healthier the foods, the lower the risk seemed to be.

A healthy version of a plant-based diet lowered the risk of type 2 diabetes by 34 percent. A healthy diet included foods such as whole grains, fruits, vegetables, nuts and legumes, the study noted.

But, people who opted for less healthy foods -- though they still ate many plant-based foods -- had a 16 percent increased risk of type 2 diabetes, the study revealed. The less healthy diet included foods such as refined grains, potatoes and sugar-sweetened beverages.

The researchers also found that even a modest reduction in animal-based food consumption was linked to a lower type 2 diabetes risk. The reduced risk was seen with as little a change as going from five to six servings of animal-based foods per day to about four servings per day, the study said.

Now Pasta Is Good for Your Diet?



Latest Nutrition, Food & Recipes News

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MedicineNet Newsletters!

TUESDAY, July 5, 2016
(HealthDay News) -- Pasta may have gotten a bad rap. New research suggests pasta -- specifically noodles in this study -- might actually help you lose weight.

Moderate pasta consumption seems linked to lower chances of general and abdominal obesity, researchers found after analyzing data on thousands of Italians.

"Our data show that enjoying pasta according to individuals' needs contributes to a healthy body mass index, lower waist circumference and better waist-hip ratio," said George Pounis, first author of the study. Previous research has touted the heart-healthy benefits of the Mediterranean Diet, which is a way of eating rather than a specific meal plan. It emphasizes fruits, vegetables, grains, beans, peas and olive oil plus fish and poultry.

However, little was known about how pasta -- also a staple in the Mediterranean region -- affected health, the researchers behind the new study said. This finding fills that gap, they believe.

The results were published online July 4 in the journal *Nutrition and Diabetes*

Improving the glycemic index of bread

The glycemic index is a measurement of individual foods and their effects on blood sugar. There are three basic categories of the glycemic index: low, medium, and high.

Low-glycemic foods are those that contain little to no carbohydrates. These include:

- Green vegetables
- Nuts and seeds
- Meat
- Small berries

Medium-glycemic foods include:

- Most fruits
- Whole grains like brown rice, oats, and whole wheat

High-glycemic foods include:

- White bread
- Refined grains
- White potatoes
- Sugar

For people who want to make their own diabetes-friendly bread and are using a standard bread recipe, there are ingredients that can be added to the mix to lower the glycemic index of the final product. High-fiber, high-protein, and high-fat ingredients may be important additions to reduce the impact the bread has on blood sugar.

These ingredients include things like:

- Flaxseed meal
- Chia seeds
- Wheat bran
- Oats

Bakers will usually want to replace one-fourth of regular flour with an equal proportion of the other, healthier ingredients.

For example, if a favorite bread recipe calls for 2 cups of flour, half a cup of flour can be replaced with half a cup of flaxseed meal. Swapping out all-white flour for whole-wheat pastry flour is also a good idea.

Once the bread is baked, the glycemic index can be reduced further. People can spread on healthy fats like avocado or flaxseed oil to replace mayonnaise and other sugary, high-glycemic spreads.

MNT



Matcha Green Tea In Kyoto

In Uji, a city outside Kyoto, Emmy learns the intricacies of making matcha, experiences a traditional tea ceremony and visits a 600-

White Rice can be manipulated for slower digestion and cut down on calories

By Dr Harold Gunatillake-Health writer

There is no question, unprocessed brown or red rice is better for your health, and the environment, too.

Rice goes through a variety of processes before it's ready for cooking. After harvesting, the seeds are run through a rice huller/husker for milling to remove the outer grain husks. After this process, you're left with brown rice. The light brown colour is due...

[Continue Reading](#)

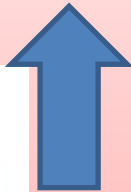
Red meat consumption linked to kidney failure

Written by Tim Newman
Published: 2 hours ago
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Millions of us may be living with lung cancer or heart disease without knowing it, health chiefs warn



Public Health England warns a persistent cough or getting out of breath doing tasks that used to be managed easily could be a sign of lung problems or heart disease.

New Supplement Can Shut Down Junk Food Cravings

A gut bacteria-based supplement reduces food reward brain activity in response to high-calorie foods.

Do you wish there was a way to take a simple **supplement** to curb your craving for those “naughty” foods that you desire but know are not good for you?

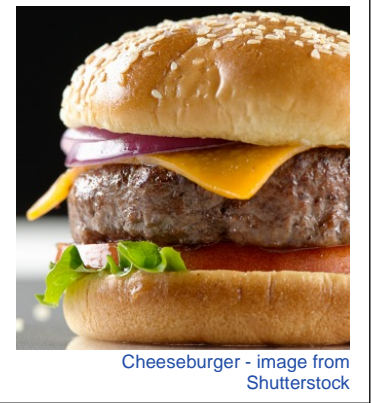
Researchers from the University of Glasgow in Scotland and the Imperial College in London have developed an “inulin-propionate ester supplement” that uses a type of fiber named inulin, containing propionate, which is a molecular compound released by gut bacteria/microbiota in the intestines.

This sends signals to the brain, making a person feel full and reduces one's appetite for high-calorie foods.

The digestion of just inulin has been documented to release the appetite-suppressing propionate by gut bacteria, but taking inulin-propionate ester releases a greater amount of propionate in the intestines and has a greater effect on appetite and weight gain.

The team's study had volunteers drink a milkshake with either the new supplement or just a dose of inulin. They conducted MRI scans on their brains while being shown pictures of different foods. Those who had digested the new supplement showed less brain activity in the parts linked to reward when they were shown pictures of food with high calories.

The same group then enjoyed a big bowl of pasta in tomato sauce until they were satisfied. Those who had the supplement in the first experiment ended up eating 10 percent less food than those who had only an inulin supplement.



Cheeseburger - image from Shutterstock

What is a sty (stye)?

A **sty** is a bump that forms on or in the **eyelid** as the result of a blocked gland. The word “**sty**” can also be spelled “**stye**.” There are two distinct types of styes: hordeolum and **chalazion**. Each has different causes and treatments.

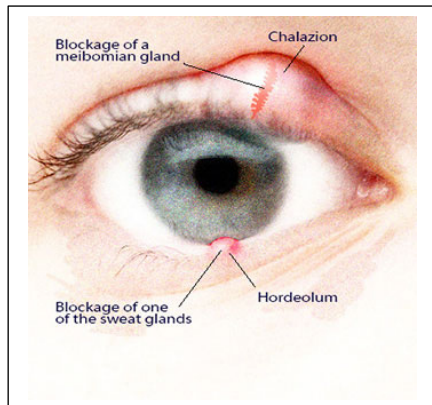
A hordeolum is a blockage of one of the sweat glands found in the skin of the lid and base of the eyelashes, or one of the small sebaceous glands found at the base of the eyelashes. Sebaceous glands secrete sebum, a waxy, oily material.

A **chalazion** is a blockage of a meibomian gland, which is a special sebaceous gland unique to the eyelids. These glands form a single row in each lid, with the body of the gland located inside the eyelid, and the opening located at the rim of the lid, posterior to the lashes. These glands secrete an oil onto the surface of the eye to prevent the water layer of tears from evaporating too rapidly from the eye's surface between blinks. Therefore, poorly functioning meibomian glands can lead to **dry eye** symptoms.

Sty Treatment

The majority of stys can be treated without medical intervention. Most stys either resolve spontaneously or resolve with simple home treatment by applying a warm compress or washcloth to the sty for about 10 to 15 minutes three or four times a day. This causes the sty to drain and resolve. Medicine.net

[Learn more about sty treatment](#) »



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The Health Benefits of Olive Oil

Olive oil is a tasty monounsaturated fat that may positively affect memory. A compound in extra-virgin olive oil called oleocanthal is a natural anti-inflammatory and produces effects similar to ibuprofen and other NSAIDs. One study of men showed that olive oil, especially extra-virgin, increased HDL, the good cholesterol that clears fat from blood vessel walls -- a condition known as atherosclerosis. WebMD

Beans for Fiber

Add fiber-rich beans to your diet three to four times a week. Fiber may help lower blood pressure, improve cholesterol, prevent constipation, and help digestion. And because you feel full longer, eating a diet high in fiber can help you manage your weight. Top a salad with chickpeas or use beans in place of meat in soups. Beans contain complex carbohydrates to help regulate glucose levels, which is important for people with diabetes. WebMD