



Climate change took center stage at the Democratic National Convention

### Health Education for Sri Lankans & others

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

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Osteosarcoma of a foot bone found on a human 1.7 million years ago, living on a Paleo diet.

Johannesburg, South Africa - an international team of researchers led by scientists from the University of the Witwatersrand's Evolutionary Studies Institute and the South African Centre for Excellence in Palaeosciences today announced in two papers, published in the *South African Journal of Science*, the discovery of the most ancient evidence for cancer and bony tumours yet described in the human fossil record.

The discovery of a foot bone dated to approximately 1.7 million years ago from the site of Swartkrans with definitive evidence of malignant cancer, pushes the oldest date for this disease back from recent times into deep prehistory. Although the exact species to which the foot bone belongs is unknown, it is clearly that of a hominin, or bipedal human relative.

Edward Odes, a Wits doctoral candidate and lead author of the cancer paper, and co-author on the tumour paper, notes "Modern medicine tends to assume that cancers and tumours in humans are diseases caused by modern lifestyles and environments. Our studies show the origins of these diseases occurred in our ancient relatives millions of years before modern industrial societies existed".

The cancer in a foot bone, a metatarsal, was identified as an osteosarcoma, an aggressive form of cancer which usually affects younger individuals in modern humans, and, if untreated typically results in early death. "Due to its preservation, we don't know whether the single cancerous foot bone belongs to an adult or child, nor whether the cancer caused the death of this individual, but we can tell this would have affected the individuals' ability to walk or run," says Dr Bernhard Zipfel, a Wits scientist and an expert on the foot and locomotion of early human relatives. "In short, it would have been painful."

EurekAlert-28<sup>th</sup> July 2016

## Accepting her nomination for president on Thursday, Hillary Clinton said she is "proud" of the Paris agreement and promised to hold every country accountable to their commitments to climate action, including the U.S.

"Clinton has proposed in-depth and thought-out plans to combat the climate crisis, protect our public lands and put an end to racial injustice," Michael Brune, executive director of the Sierra Club, said.

"She not only wants to complete America's transition to 100 percent clean energy, she recognizes the massive job growth opportunity it presents and wants to make America the global leader in the clean energy market. And Clinton opposes unfair trade deals and wants to overturn Citizens United, putting democracy back in the hands of the voters.

By **Climate Nexus**

EcoWatch



## Obama hails Clinton as 'most qualified nominee ever'



President Barack Obama strongly backs White House hopeful Hillary Clinton at the Democratic National Convention, warning deep Republican pessimism is fanning resentment and hate during the 2016 election cycle.



# Free emergency ambulance service launched

The inauguration of the emergency pre hospital care ambulance service established under the Ministry of Health with assistance from the Indian Government, was held today in a ceremony at Galle Face. Prime Minister Ranil Wickremesinghe, Health Minister Dr. Rajitha Senarathne, Deputy Foreign Minister Dr. Harsha De Silva and Indian High Commissioner to Sri Lanka Y.K. Sinha were among the distinguished guests who were present at the ceremony. Indian Prime Minister Narendra Modi also addressed the ceremony via a video message.

The project is being implemented through a grant assistance of around US\$7.55 million from the Indian Government. Project elements include an emergency response center, deployment of 88 ambulances in the Southern and Western Provinces and recruitment and training of nearly 600 Sri Lankan personnel to implement the project.

The emergency ambulance services would be provided free of cost to the beneficiary.

Pix by Indika Handuwala



Sunday Times

## Uncle Sam's Stake (Race) to Capitol Hill.

The much hyped-up; sought after; eagerly anticipated; and awaited race to the "White House" is surely "hotting-up" in leaps & bounds. Every celebrity and Leading Citizen and Statesmen are balancing the scale with vehement support to one party or the other.

At the inception of the election campaign trails we have experienced and were in a certain way entertained by the haggling; heckling; and confrontations. In addition we heard the rhetoric and wishful thinking and intended promises of what's good for the Nation and the implementation of such, which in their educated reasoning will surely lead to prosperity.

Argument for the pros & cons for their mandate were not without brickbats and snide remarks at each other; with each one trying to out-do the other. In the foray to seek the Party Nomination the Republican Candidate had to run the gauntlet with the many others who were vying for nomination. The confrontations were vociferous and the arguments made very convincing, interesting; and at times entertaining. Slingshot mud at each other and making it appear like a "mud-bath".

The fight within the Party went unabated; until the Interest/Lobby Groups; the Corporate Sector and Lobby Groups had to cave-in to the Voice of the Masses and nominate the Candidate that was not favourable to their liking.

On the other end of the spectrum we have had a rather quiet and peaceful campaign by the Democrats. The vibrancies and the "loudness" was clearly absent and subdued, as opposed to that of the Republicans. The ultimate nominee having a past Political and Governmental experiences that was and is flaunted most lavishly in this campaign.

We have now come into the "home stretch" of the Presidential Race; with all eyes and the World's anticipation and focus on a very important event in the World's Political Arena. The race is now between the two duly nominated Candidates

Now the haggling; heckling; confrontations and promises will be between the two nominees. It's, no doubt, going to be a very audible Political Pickle. As some would say – "washing dirty linen"; making a large contribution to the debates.

To this end, one must be reminded that the bottom line is – "How the Taxpayers hard earned money that fills the State Coffers; is going to be spent".

The two Knights in shining armour are now going to joust each other in the arena; with the masses and the World looking on in awe and high expectation. The outcome is that one is going to take the fall. How "gracefully" is left to be seen.

The ride uphill to Capitol Hill is surely a steep one. The obstacles are many to reach this Utopia. But having reached the Summit; the race isn't quite over. The Governance, no doubt, is going to be a "rocky" one indeed. Implementation of the new policies are going to be an uphill task.

The final result will be whether Trump will trump his opponent and "triumph"; or if Clinton will catch the glint of the voters eye and decimate the opponent.

Whatever the final result; let it not be a case of "Heads you win; and Tails I lose". There is so much at stake and one can only hope and pray that saner counsel will prevail in these times of such strife and turmoil in most parts of the World.

In conclusion; I'm reminded of an old prediction I heard as a boy some 65 years ago – "That America will withdraw unto themselves in the future". The other prediction I heard at the same time was that - "Mankind will kill Nature & Nature will kill mankind". The later prediction has almost virtually dawned on us; in the "Global Warming" that is currently experienced by us human beings. I wonder if the prediction of withdrawal will dawn on us too. Only time will tell, I guess.

Noor Rahim

Alzheimer's / Dementia

Neurology / NeuroscienceClinical Trials / Drug Trials

## Resveratrol study offers new insight into Alzheimer's

Written by [Tim Newman](#)

A follow-up study investigating the effects of resveratrol on Alzheimer's disease brings new detail regarding the immune response within the brain. Although it is not being heralded as a cure, the molecule and its effects will help focus further research.

Editor: Oh boy!- here is your chance to gulp red wine



Could resveratrol be the key to Alzheimer's treatment?

# High-salt diet may harm liver

Written by [Catharine Paddock PhD](#)

213SHARE It is well known that consuming too much salt is linked to high blood pressure. Now, a new study suggests it may also lead to liver damage in adults and developing embryos.



Most of the salt we eat comes from processed foods and foods prepared in restaurants.

The new study, led by Jinan University in Guangzhou, China, is published in the *Journal of Agricultural and Food Chemistry*. Our bodies need salt - the chemical name for which is sodium chloride - to carry out essential functions. For example, sodium ions help control the transport of water and carry electrical impulses in nerves. However, according to the Centers for Disease Control and Prevention (CDC), most Americans consume too much sodium - most of it from salt. Excess sodium intake is linked to high blood pressure, a major cause of heart disease and stroke. The average daily sodium intake for Americans aged 2 years and older is over 3,400 mg of sodium - more than double the 1,500 mg limit recommended by national dietary guidelines for most American adults.

Most of the salt people consume in the US does not come from the salt shaker - it is already in food by the time it reaches the table - it comes from processed foods and foods prepared in restaurants. So, while asking people to reduce salt intake has some effect in that they can look at labels to pick lower salt products, there is also a need to get producers to reduce sodium content of packaged and prepared foods.

# Bernie Sanders: 'This Election Is About Climate Change'

Bernie Sanders reaffirmed his endorsement of Hillary Clinton, saying, "This election is about climate change, the greatest environmental crisis facing our planet, and the need to leave this world in a way that is healthy and habitable for our kids and future generations. Hillary Clinton is listening to the scientists who tell us that—unless we act boldly and transform our energy system in the very near future—there will be more drought, more floods, more acidification of the oceans, more rising sea levels."

# Aspirin Dos and Don'ts



Millions of people pop these pills to help prevent heart attacks, blood clots, and much more. But aspirin isn't safe for everyone.

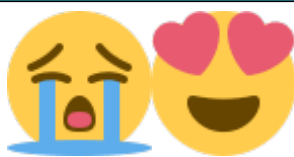


When visiting Sri Lanka on your next holiday, always drink "King coconut water" (Thambili) for your thirst and dehydration. They are available on every country road side, waiting for you. It is a natural "God given" organic drink to quench your thirst. No wonder the island is labelled "Paradise"

Get a CRP test — a marker for cardiovascular risk — even if your cholesterol levels are fine

# Say Cheese for White Teeth!

The casein and whey protein in cheese can help keep your tooth enamel in top form by reducing demineralization. A bonus: Cheese also has vital, tooth-building calcium. Don't forget to include vitamin D in your diet, which helps your body absorb calcium. A few vitamin D-rich foods include milk, egg yolks, and fish.



THIS IS SO CUTE  
[vine.co/v/iPAnIZdQEeL](https://vine.co/v/iPAnIZdQEeL)



# 6 cast-iron pan myths busted, and the one thing you should never do

Cast-iron pans are inexpensive and one of the best searing powerhouses. But can you use soap on it? We break down 6 myths about it.

[Read More](#)



# Buddhist Sculptures Discovered in Ruins of Ancient Shrine

The sculptures, one of which may depict the Gautama Buddha, show the religious life of the ancient city of Bazira.

# Hypertension

The leading cause behind hypertension, also called high blood pressure, is an intake in sodium. The second cause is a magnesium deficiency, and it is a notable symptom of this deficiency. It might be worth considering a magnesium supplement before resorting to strong prescription medication.



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

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## Gut Microbiota and nutrition

- | [GMFH Editing Team](#)
- [Diet, News Watch, Probiotics](#)
- Tagged: [Diet](#) [nutrition](#) [probiotics](#) [prebiotics](#)

The power of food to impact your health is not a new idea, but it is only with emerging research on the human gut microbiota that scientists are beginning to understand exactly how this happens. Whether you eat a strawberry or a hamburger, the food components enter your digestive system and encounter the intestinal microbes. Through a series of complex events, the microbes living in your gut influence how your body processes the food. And in turn, the food can change the microbial community living inside you. The products of these diet-microbiota interactions can profoundly change your health. 'You are what you eat' has never been so true!

## Banking on Your Workout

Do you exercise? That's great. But if you sit down for most of the rest of your day, that's a problem. You need to be active all day long. Little bursts count. If you have a desk job, take a short walk every hour to boost your circulation, even if it's just to your break room and back. Binge-watching your favorite show? Get up and dance, or do push-ups during the commercials.



## Numba Thama - Official Video - Janaka Sooriyabandara

5 days ago • 2,548 views

Evoked Music

## Daily chocolate intake linked to lower risk of diabetes, heart disease

Written by [Honor Whiteman](#)

Could a doctor's visit one day result in a prescription for chocolate? According to a new study, it is possible. Researchers suggest that consuming a small amount of chocolate every day may lower the risk of diabetes and heart disease.



*Eating chocolate every day could lower the risk of diabetes and heart disease, say researchers.*

Study co-author Prof. Saverio Stranges - visiting academic of the University of Warwick Medical School, United Kingdom, and scientific director of the Department of Population Health at the Luxembourg Institute of Health (LIH) - and colleagues publish their findings in the *British Journal of Nutrition*.

Chocolate is often perceived as a treat that should only be enjoyed from time to time. Given its high fat and sugar content, this is no surprise; overconsumption can lead to health problems, such as tooth decay and [obesity](#).

However, studies are increasingly suggesting regular, moderate chocolate consumption may yield significant health benefits, particularly when it comes to dark chocolate.

Dark chocolate has the highest cocoa content, which means it has the highest levels of [antioxidants](#) - specifically, flavonoids - which are molecules that can [prevent some forms of cell damage](#).

For their study, Prof. Stranges and colleagues analyzed the chocolate consumption of 1,153 people aged 18-69 who were part of the Observation of Cardiovascular Risk in Luxembourg (ORISCAV-LUX) study.

Data on chocolate intake were gathered from participants' completion of a food frequency questionnaire.

The team set out to investigate whether chocolate intake is associated with [insulin resistance](#) - where the body's cells [do not effectively respond to insulin](#), raising the risk for [type 2 diabetes](#) and [heart disease](#).

They also assessed how chocolate consumption affected liver enzyme levels, which is a measure of liver function.

MNT



## The power of meditation: Science shows all the ways it's good for us

It seems like everyone loves meditation, but does it live up to the hype? Researchers are impressed with how it can impact well-being.

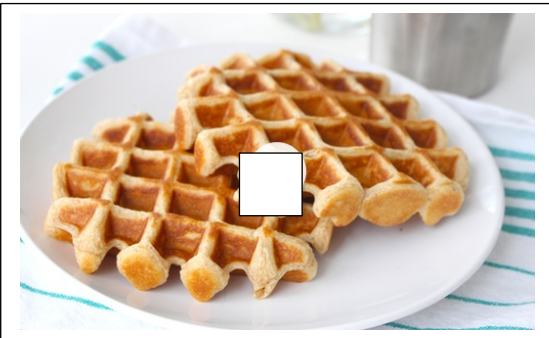
[Read More](#)



## Quick Tip #31: Relief from gastric problems

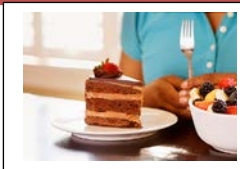
*One of the common health problems seen today is that of passing wind, due to certain gastric disorder...*

by [Radhika](#)



## Peanut Butter Waffles Are The Most Amazing Thing You've Never Thought Of

If you have diabetes, don't worry that you'll never taste your favorite ice cream or pie again. You can still have desserts, but save them for special occasions and only have a small scoop or a thin slice. Sugar is a type of carbohydrate, and carbohydrates make your blood sugar go up more and faster than protein or fat. If you have diabetes, you'll need to track your carbs. If you crave something sweet, have a piece of fruit. WebMD



# Gout Medications

## A Comprehensive Look at Gout Medications

If you suffer from gout then there are two ways your doctor can treat your gout with medication. First there the preventive gout medication, those that you take daily to keep uric acid levels normal and medication that help you during gout attacks, when you are most in pain, discomfort and wanting relief. The medication your doctor recommends will be based on your present health status and your personal preferences. Most likely your doctor will combine a short term and long term option for ideal results. Gout medications are divided into either short-term or long-term. Short-term medication will treat your gout attack providing you with pain relief and reduced inflammation on the affected joint. At the same time it can prevent from another attack taking place. With these medications once you take the first dose, usually you can expect relief from your symptoms within 24 hours of use. Your doctor will usually prescribe you a medication that will be used for a short period of time and no longer than a week.

**The list of short-term medications include the following:**

**Colchicine:** the most effective pain relief drug designed to block inflammation and reduce swelling caused by the uric acid crystals lodged in your joint(s). It comes in the form of a tablet and goes by the brand name Colcrys. [Colchicine](#) has also been shown to [reduce gout flare-ups by 85%](#)! So if you feel a flare-up coming, this is an effective way to stop a potential painful gout attack in its' tracks. Low doses of colchicine are usually well tolerated but higher doses can lead to some side effects like nausea, vomiting and diarrhea.

**Nonsteroidal anti-inflammatory drugs (NSAIDs):** [NSAIDs](#) are an anti-inflammatory medication that can be available over the counter (Motrin, Advil and Aleve) at your local pharmacy and if you want higher dosages they will only be available with a prescription from your doctor (Celebrex, Indocin, Anaprox and Voltaren). It comes in the form of a pill or capsule which can be taken orally and can also be available as a topical gel. NSAIDs will reduce pain and swelling by blocking the enzymes and proteins involved in the inflammatory process. Side effects can include nausea, rashes, hives and even heartburn.

**Corticosteroids:** If you are unable to tolerate NSAIDs or colchicine then this is your final option. Depending on the drug they can taken as a pill or injected into the muscle where the joint(s) is affected. Prednisone is the most commonly prescribed corticosteroid. Corticosteroids will help reduce pain and swelling from inflammation providing almost immediate relief from [gout symptoms](#). A special note if you are diabetic, you may experience changes in your blood sugar levels when taking corticosteroids.

Long-term gout medications are only prescribed after you've completed some blood work and it has been confirmed that you suffer from hyperuricemia and/or high uric acid levels. So these medications work to keep uric acid levels healthy as well to prevent any future gout flare-ups or attacks. It should be noted to not take any of these medications while suffering from a gout attack. Taking any of these medications while suffering from a gout attack can worsen your condition.

**The list of long-term gout medications include the following:**

**Allopurinol:** Typically considered the holy grail of gout drugs, allopurinol is a [xanthine oxidase inhibitor](#) which means that it inhibits the activity of xanthine oxidase, an enzyme involved when your body metabolizes purines thus reducing the production of uric acid. It goes by the brand name of Zyloprim or Lopurin, [allopurinol](#) can take up to six months to take effect in some patients. So you may experience some flare-ups during this period.

**Febuxostat:** it functions the same way as allopurinol by decreasing uric acid levels in the blood. [Febuxostat](#) goes by the brand name Uloric. It is metabolized by the liver, so it's considered safe for those suffering from kidney disease.

**Probenecid:** goes by the brand name of Benemid and Probalan, works as a preventive by reducing uric acid. It is mostly prescribed to gout sufferers whose kidneys don't properly excrete uric acid so probenecid can help them increase excretion.

**Lesinurad:** goes by the brand name Zurampic and is the new kid on the block in helping lower uric acid levels in the blood. It's often being used in combination with allopurinol to treat gout in those patients that can't achieve their uric acid targets will only allopurinol.

**Pegloticase:** it is a medication for about 3% of the gout population who are intolerant to all other gout medication options. It is administered via intravenous infusion every two weeks and is considered a last resort option. It goes by the brand name Krystexxa.

The truth is and you know who you are, (cause I've been personally guilty of this as well) is that many gout sufferers after they haven't had a gout attack or flare-up in a long time, will wonder if they should keep taking their medicine. Nothing will happen at first but after a while a gout attack will hit you. Without treatment, future attacks are likely to occur and to be more severe. Following a gout diet and change of lifestyle ( a diet specific to gout sufferers as described in my ebook and on this website) is imperative as well! Some of you may be able to get off your medication, while others will not. For now, a cure to treat gout forever is not available, that's why dietary changes and lifestyle changes are so important to avoid worsening your condition.

Posted by [Spiro Koulouris](#)

- See more at: [http://goutandyou.com/gout-medications/?utm\\_source=Subscribers&utm\\_campaign=60fc64857f-Gout\\_Medications&utm\\_medium=email&utm\\_term=0\\_82bcc8dffa-60fc64857f-204012397&mc\\_cid=60fc64857f&mc\\_eid=339a8a5271#sthash.w8uluCHt.dpuf](http://goutandyou.com/gout-medications/?utm_source=Subscribers&utm_campaign=60fc64857f-Gout_Medications&utm_medium=email&utm_term=0_82bcc8dffa-60fc64857f-204012397&mc_cid=60fc64857f&mc_eid=339a8a5271#sthash.w8uluCHt.dpuf)

## Testosterone Supplementation Beneficial to Men with Heart Disease



Human heart - image from Shutterstock

In a recent study, a research team from the Intermountain Medical Center Heart Institute studied 755 male patients, ranging from 58-78 years, who all had severe coronary artery disease, the most common type of heart disease. They were separated into three different groups, receiving varied doses of testosterone, administered intravenously or by gel. At the end of the first year, 64 patients who weren't taking any testosterone supplements had serious adverse cardiovascular events, whereas only 12 who were taking medium doses of testosterone and 9 who were taking high doses did. At the end of 3 years, 125 patients who had not received testosterone therapy suffered severe cardiovascular events, whereas only 38 medium-dose and 22 high-patients did. Patients who were given testosterone as part of their follow-up treatment did much better than patients who had not been given testosterone supplementation. The non-testosterone-therapy patients were 80 percent more likely to suffer an adverse event. "Although this study indicates that hypo-androgenic men with coronary artery disease might actually be protected by testosterone replacement, this is an observational study that doesn't provide enough evidence to justify changing treatment recommendations," said Dr. Muhlestein, co-director of cardiovascular research at the Intermountain Medical Center Heart Institute. "It does, however, substantiate the need for a randomized clinical trial that can confirm or refute the results of this study." This new study confirms the findings of a previous study from the Intermountain Medical Center Heart Institute, which found that testosterone therapy did not increase the risk of experiencing a heart attack or stroke for men with low testosterone levels and no prior history of heart disease.

[VIEW NEWS SOURCE...](#)

*The Intermountain Medical Center research team will presented their study at the American*

## Soft Drinks

**Research shows that people who drink a lot of soft drinks are more likely to have non-alcoholic fatty liver disease (NAFLD). Studies don't prove that the drinks were the cause. But if you down a lot of sodas and have been meaning to cut back, this could be a good reason to switch what you sip.**

# Why good posture matters

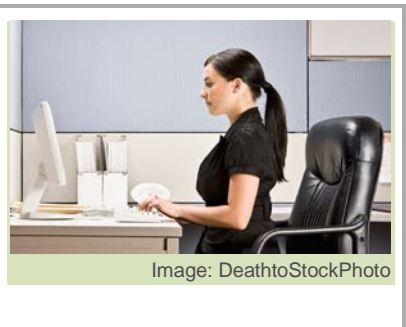


Image: DeathtoStockPhoto

"Stand up straight." That's timeless advice we've probably all heard at one time or another. It's worth heeding. Good posture is important to balance: by standing up straight, you center your weight over your feet. This also helps you maintain correct form while exercising, which results in fewer injuries and greater gains. And working on balance can even strengthen your abilities in tennis, golf, running, dancing, skiing — and just about any other sport or activity.

Not an athlete? It still pays to have good balance. Just walking across the floor or down the block requires good balance. So do rising from a chair, going up and down stairs, toting packages, and even turning to look behind you.

Poor posture isn't necessarily a bad habit, either. Physical reasons for poor posture include:

- Inflexible muscles that decrease range of motion (how far a joint can move in any direction). For example, overly tight, shortened hip muscles tug your upper body forward and disrupt your posture. Overly tight chest muscles can pull your shoulders forward.
- Muscle strength affects balance in a number of ways. The "core muscles" of the back, side, pelvis, and buttocks form a sturdy central link between your upper and lower body. Weak core muscles encourage slumping, which tips your body forward and thus off balance. Strong lower leg muscles also help keep you steady when standing.

The good news: You can improve your posture with a few simple exercises. Balance-specific workouts address posture and balance problems with exercises that build strength where it counts and stretches that loosen tight muscles. Quick posture checks in the mirror before and during balance exercises can also help you get the most from your regular workout. And increasing your core strength and flexibility can help you improve your posture noticeably in just a few weeks.

## Good posture means:

- chin parallel to the floor
- shoulders even (roll your shoulders up, back, and down to help achieve this)
- neutral spine (no flexing or arching to overemphasize the curve in your lower back)
- arms at your sides with elbows straight and even
- abdominal muscles braced
- hips even
- knees even and pointing straight ahead
- body weight distributed evenly on both feet.

When sitting down, keep your chin parallel to the floor; your shoulders, hips, and knees at even heights; and your knees and feet pointing straight ahead.

For more on improving your balance, buy [Better Balance](#), a Special Health Report from Harvard Medical School.



## Cardiff University microwave device to help diabetics

By Max EvansBBC News  
Scientists have created a portable blood glucose measure for diabetics which uses microwaves instead of pricking the skin.

Currently, diabetics have to test their blood several times a day or use inserted devices known as continuous blood glucose monitors (CGMs).

But a new monitor created by Cardiff University's School of Engineering can be discreetly stuck on to the skin.

Prof Adrian Porch said: "It will help with the management of the condition." He added: "Conventional methods of monitoring blood glucose require the extraction of blood.

"Our device is non-invasive - it does not require the extraction of blood apart from the initial calibration."

Prof Porch said the monitor, developed with Dr Heungjae Choi, can be stuck on to the arm or side of the body using an adhesive.

It also has a longer shelf-life because it is not chemical in its action.

The data it collects can then be monitored continuously on a computer or mobile app.

And while the idea of sticking a microwave emitter to someone's body may sound disconcerting, Prof Porch said it's entirely safe.

"It uses microwaves, but the levels are very, very low. Nowhere near the levels used in domestic cooking.

"Think about a mobile phone, we're about a thousand times less than that level."

## Vitamin A

There are two main types of it. One comes from animal sources of food. You need it to help you see at night, make red blood cells, and fight off infections. The other is in plant foods and can help prevent an eye problem called age-related macular degeneration and to cells all over your body. Eat orange veggies and fruits (like sweet potato and cantaloupe), spinach and other greens, dairy products, and seafood such as shrimp and salmon. Too much vitamin A can hurt your liver, though.

## Exercise: It does so much more than burn calories



The benefits of regular physical activity go beyond burning calories. For example, 150 minutes of moderate to vigorous intensity physical activity per week can significantly decrease the risk of dying prematurely.

## Red Meat consumption

Walter Willett and his group at the Harvard School of Public Health looked at red meat consumption in an article for the *Archives of Internal Medicine*.<sup>[12]</sup> I was invited to write the editorial; the title was "Holy Cow! What's Good for You Is Good for the Planet."<sup>[13]</sup> Basically, they looked at more than 100,000 people from both the Physicians' Health Study and the Nurses' Health Study and found that red meat consumption was strongly and significantly correlated with increased risk for premature death from prostate, breast, colon cancer, heart disease, and diabetes.

Dean Ornish



Surangani ta malu.mp4

## Should You Fast Before a Cholesterol Test?



By **RONI CARYN RABIN**  
Repeated studies have found no clinically significant differences between results from cholesterol tests done on a full stomach and those done after fasting.

## Health Education for Sri Lankans & others



@HealthforSriLankans

# What foods can help fight the risk of chronic inflammation?

A new study by the University of Liverpool's Institute of Ageing and Chronic Disease has identified food stuffs that can help prevent chronic **inflammation** that contributes to many leading causes of death.

Inflammation occurs naturally in the body but when it goes wrong or goes on too long, it can trigger disease processes. Uncontrolled inflammation plays a role in many major diseases, including **cancer, heart disease, diabetes** and **Alzheimer's disease**.

Diets rich in fruits and vegetables, which contain polyphenols, protect against age-related inflammation and chronic diseases.

## Cell-to-cell communication

Polyphenols are abundant micronutrients in our diet, and evidence for their role in the prevention of degenerative diseases such as cancer and cardiovascular diseases is already emerging. The health effects of polyphenols depend on the amount consumed and on their bioavailability.

T-cells, or T-lymphocytes, are a type of white blood cell that circulate around our bodies, scanning for cellular abnormalities and infections. They contribute to cell signalling molecules (cytokines) that aid cell-to-cell communication in immune responses and stimulate the movement of cells towards sites of inflammation, infection and trauma. Cytokines are modulated by fruit and vegetable intake.

Little is known about the relative potency of different (poly)phenols in modulating cytokine release by lymphocytes.

MNT



Soda usually contains high amounts of sugar. People with diabetes should avoid drinking them.

## 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

## Acupuncture Aimed at Blood Pressure

*Traditional Chinese therapy may markedly lower blood pressure, with the effects persisting for 90 days.*



Electroacupuncture - image from Shutterstock

Acupuncture is a longstanding Chinese medicine therapy, and a team from University of California/Irvine (California, USA) submits data that validates its effects on mild to moderate hypertension (high blood pressure). John Longhurst and colleagues enrolled 65 hypertensive men and women, who were not receiving any hypertension medication, in a study in which 33 were assigned to receive electroacupuncture – a form of the practice that employs low-intensity electrical stimulation – on both sides of the inner wrists and slightly below each knee. Seventy percent (70%) of these subjects displayed a noticeable drop in blood pressure -- an average of 6 to 8 mmHg for systolic blood pressure, and 4 mmHg for diastolic blood pressure. These improvements persisted for a month and a half. Also in this group, the team identified significant declines in blood concentration levels of norepinephrine (41%), which constricts blood vessels and increases blood pressure and glucose levels; and renin (67%), an enzyme produced in the kidneys that helps control blood pressure. In addition, the electroacupuncture decreased aldosterone (22%), a hormone that regulates electrolytes. Modest but clinically significant, the study authors submit that the blood pressure reductions could suggest a technique that could be especially useful in treating systolic hypertension in patients over 60 years.

[VIEW NEWS SOURCE...](#)

# The lowdown on glycemic index and glycemic load

If you have diabetes, you probably know you need to monitor your carbohydrate intake. But different carbohydrate-containing foods affect blood sugar differently, and these effects can be quantified by measures known as the glycemic index and glycemic load. You might even have been advised to use these numbers to help plan your diet. But what do these numbers really mean — and just how useful are they?

## What these numbers measure

The glycemic index (GI) assigns a numeric score to a food based on how drastically it makes your blood sugar rise. Foods are ranked on a scale of 0 to 100, with pure glucose (sugar) given a value of 100. The lower a food's glycemic index, the slower blood sugar rises after eating that food. In general, the more cooked or processed a food is, the higher its GI, and the more fiber or fat in a food, the lower its GI.

But the glycemic index tells just part of the story. What it doesn't tell you is how high your blood sugar could go when you actually eat the food. To understand a food's complete effect on blood sugar, you need to know both how quickly it makes glucose enter the bloodstream and how much glucose it can deliver. A separate measure called the glycemic load does both — which gives you a more accurate picture of a food's real-life impact on your blood sugar. Watermelon, for example, has a high glycemic index (80). But a serving of watermelon has so little carbohydrate that its glycemic load is only 5.

Harvard School of medicine

## Unsweetened tea

Unsweetened black tea is a good alternative for people who drink soda for the caffeine boost it provides. It can be made iced as well, which provides the same refreshing benefit as a cold soda. The small amounts of caffeine can also help the body to process sugar, helping to control weight.

## This is serious- see your eye specialist regularly Problems With Vision

Diabetes can lead to glaucoma (increased pressure in the eye) and cataracts (clouding of your eye's lens). It also can damage the blood vessels in the retina at the back of your eye, a problem that doctors call diabetic retinopathy. All of these conditions can worsen your vision and even lead to blindness. By the time you notice your eyesight fading, serious harm may already have happened. So see your eye doctor regularly. WebMD

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# THE MYSTERIOUS AXMAN'S JAZZ

(DON'T SCARE ME PAPA)

By JOSEPH JOHN BAVILLA  
Author of the Novel Sophie Tucker  
Cross Novelty Song  
"Gimme Back My Husband, You've  
Had Him Long Enough", Etc.



Source: [www.jazzatlincolncenter.tumblr.com](http://www.jazzatlincolncenter.tumblr.com)



## High-cholesterol diet, eating eggs do not increase risk of heart attack, not even in persons genetically predisposed, study finds

### Date:

February 11, 2016

### Source:

University of Eastern Finland

### Summary:

A new study shows that a relatively high intake of dietary cholesterol, or eating one egg every day, are not associated with an elevated risk of incident coronary heart disease. Furthermore, no association was found among those with the APOE4 phenotype, which affects cholesterol metabolism and is common among the Finnish population. In the majority of population, dietary cholesterol affects serum cholesterol levels only a little, and few studies have linked the intake of dietary cholesterol to an elevated risk of cardiovascular diseases. Globally, many nutrition recommendations no longer set limitations to the intake of dietary cholesterol.



Eggs. The consumption of eggs, which are a significant source of dietary cholesterol, was not associated with the risk of incident coronary heart disease.

Credit: © valery121283 / Fotolia

## Scientists peel back the carrot's genetic secrets

*The study identified genes responsible for carotenoid - the pigment responsible for Vitamin A in carrots.*

WASHINGTON: Scientists have gotten to the root of the carrot, genetically speaking.



Researchers said on Monday they have sequenced the genome of the carrot, an increasingly important root crop worldwide, identifying genes responsible for traits including the vegetable's abundance of vitamin A, an important nutrient for vision.

The genome may point to ways to improve carrots through breeding, including increasing their nutrients and making them more productive and more resistant to disease, pest and drought, the researchers said.

The vitamin A in carrots arises from their orange pigments, known as carotenoids. The study identified genes responsible for carotenoids as well as pest and disease resistance and other characteristics. In addition to eyesight, vitamin A also is important for immune function, cellular communication, healthy skin and other purposes.

The researchers sequenced the genome of a bright orange variety of the vegetable called the Nantes carrot, named for the French city. The carrot genome contained about 32,000 genes, a typical total for plants, which average around 30,000 genes, which is more than the human genome.

"Carrots are an interesting crop to work on because of their wide range of diversity. They are familiar to everyone, and generally well-regarded by consumers, but like most familiar things, people don't necessarily know the background stories," said University of Wisconsin horticulture professor and geneticist Phil Simon, who led the study published in the journal *Nature Genetics*.

Worldwide carrot consumption quadrupled between 1976 and 2013 and they now rank in the top 10 vegetable crops globally, the researchers said. In the past four decades, carrots have been bred to be more orange and more nutritious, with 50 percent more nutrients.

### Latest Comment

*Science for profit finds the carrot to be the important item to understand instead of solving how to feed the billion poor humans or how to come up with a cure for cancer....start doing science for the poor! Lilly Lilly*

The earliest record of carrots as a root crop dates from 1,100 years ago in Afghanistan, but those were yellow carrots and purple ones, not orange ones. Paintings from 16th century Spain and Germany provide the first unmistakable evidence for orange carrots.

Knowledge of the carrot genome could lead to improvement of similar crops, from parsnips to the cassava, the researchers said. Close relatives of carrots include celery, parsley, parsnips, coriander, cilantro, dill, fennel, cumin and caraway. The common weed called Queen Anne's Lace is a wild carrot.

While orange carrots are most commonly grown, some purple and yellow carrots are grown from the Middle East to South Asia, while some red carrots are grown in Asia. TOI

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