

**Health Education for Sri Lankans & others**  
Health education for our Sri Lankan community globally for their well-being and longevity

Like Page



Every year six million children die from malnutrition before their fifth birthday.



Love gardening? Then you'll love our brand new Kindle book: [605 Secrets For A Beautiful, Bountiful Organic Garden: Insider Secrets From A Gardening Superstar](#).

Do you have a few favorite "go-to" herbs? Why not grow them in water and keep them close at hand on the kitchen window sill or right on the counter? Water-grown herbs are just as flavorful as those you grow in the garden. You don't have to mess with soil or worry about regular watering or changing seasons.

Most herbs will be happy growing in water, but those propagated from cuttings are easier to start in water. Seed-grown annuals like cilantro, mustard, and dill are a bit tricky because you need to sow the seeds in soil or some other medium and then transfer the seedlings to water. Soil to water transition is not impossible, but it may not always work out because soil-grown roots are a bit different from water roots.

**Peppermint** – This is the most popular mint for medicinal uses because it contains high amounts of the volatile substance menthol. It gives a unique cooling sensation on the skin or tongue, but without actually causing any temperature variation. Growing peppermint in water is easy; just put fresh cuttings in water to grow new plants.

**Spearmint** – This is another mint variety closely related to peppermint. In fact, peppermint is a natural hybrid of [spearmint](#) and an aquatic mint that is commonly known as water mint.

**Oregano** – This pungent herb is worth growing indoors because you can use the leaves to flavor almost any vegetable. Take cuttings of fresh growth and pot them up in water. Start pinching the growing tips as soon as the plant starts to grow well.

**Basil** – Basil would love the warmth of your kitchen and grow happily in a water-filled container as long as you provide it good light. Take cuttings any time before it starts flowering. If you have several varieties of basil, growing cuttings in water is the best way to preserve your collection during winter.

<http://www.naturallivingideas.com/herbs-vegetables-plants-to-grow-in-water/>

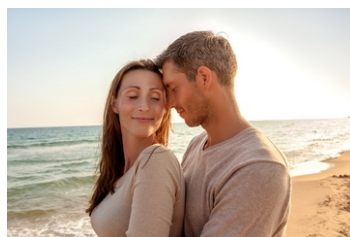


**Obama: 'One of the Most Urgent Challenges of Our Time Is Climate Change'**

President Obama announced plans for more regulations to combat climate change in the coming months and...

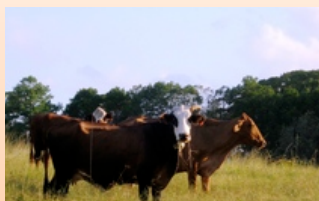
**Global temperatures in July were 0.84 C (1.51 F) above the 1950-1980 average, making it the hottest month since record keeping began, as well as the hottest July ever.**

## New Theory on Why Men Love Breasts



Straight men are programmed to love breasts so that they'll play with them during sex, which triggers the woman's maternal bonding circuitry.

[Read More »](#)



**All About the Paleo Diet**

The Paleolithic - or Paleo diet as it is commonly referred to, is a buzz word at the moment



**'Huge' increase in Americans exercising. And the healthiest city is...**

Thanks to loads of parks and a population committed to health, Washington D.C. once again leads the nation as the fittest city.

[Read More](#)

## Cinnamon

There's a reason most of us drool when we walk by a bakery, and cinnamon is a big part of it. Just the smell of this heavenly spice is enough to curb fatigue, ease frustration and increase alertness. Researchers believe consumption of cinnamon may inhibit the progression of certain types of Alzheimer's cells. But, don't be afraid of other spices and herbs, they all get a gold star. One teaspoon of cinnamon adds a whopping 7,000 ORAC points to your diet.

[www.today](#)

The Sri Lankan Down Under

[View this email in your browser](#)

Dr Hector Perera from London writes:

## Other than rice and curries, so many other foods can be cooked by boiling

One might say not many people are interested in eating rice and curries so my scientific energy saving cooking is not suitable for the people live in England. Actually my method applies for saving energy in cooking and boiling of so many other types of foods such as for boiling vegetables, starchy foods such as noodles, pasta, potatoes, eggs, meats, sauces, stocks and soups. Now who would say the people in England do not eat these kinds of food that could be cooked using my energy saving technique. This is the reason I think my method is widely applicable. I always mentioned my method can be used by majority of people other than eating rice and curries like Asians.

### How much energy can be saved?

Let me remind again, this scientific energy saving cooking can save around 60% energy wasted in cooking. I have cooked the above kinds of foods in my scientific energy saving method and it works for them as well. Only if anyone is interested in saving energy and wanted to avoid any cooking aroma deposited on them while cooking may adopt my method of cooking. If anyone wastes energy in cooking that means wasting money or actually burning money. I have challenged for any energy saving experts in England yes in England to step forward and disprove my method and if they disproved my method, I have placed a substantial sum of money to give away.

### Suppose if I was right, what would I get?

When I demonstrated this technique to The Sustainable Energy Authority in Sri Lanka they approved and awarded me a certificate and the Invention Commission accepted the technique and they filmed my work then added to their official web site. Many TVs in Sri Lanka gave me a chance to demonstrate this technique so that the public would benefit. In May 2014 Sirasa TV gave 45 minutes to demonstrate the technique in a live cooking programme so that the public would benefit further. This work is still available in Google search under my name.

### Why my work is not given any attention in England

One of my questions is if my work is good enough for Sri Lanka's Sustainable Energy Authority then for The Invention Commission and for many different TV shows including the one with Sirasa TV, why this work is not good enough to be shown in any TV in England. May be I haven't approached the right people.

I am not a cook or a chef but a BSc MSc PhD qualified chemistry teacher and I apply nothing but science for energy saving and smell avoiding while cooking. I am making use of some scientific laws that are more than two centuries old. If the good old steam engine could pull tons of steel and climb, "Kadugannawa Hill" and why not this steam power cannot cook some rice and other food? I am prepared to demonstrate again for the benefit of the public. If I am not confident of my work, who would say that I would be stupid to place £50,000 yes fifty thousand sterling as a challenge. If I was disproved by any energy saving expert in England or by any famous British TV chef then I will give away that challenged money. According to science, every action must have an equal and opposite reaction. Your comments are welcomed [perera6@hotmail.co.uk](mailto:perera6@hotmail.co.uk)

## Vital Muscle Vitamin

*Dietary supplementation of Vitamin D may enhance muscle strength, among young healthy adults.*



Muscular man - image from Shutterstock

Vitamin D is most widely recognized to exert bone and immune effects. PB Tomlinson, from the University of London (United Kingdom), and colleagues completed a meta analysis of published studies of vitamin D and muscle strength in healthy adults (ages 18 to 40 years), covering a total of 310 subjects. Selected trials lasted from 4 weeks to 6 months and dosages differed from 4000IU per day to 60,000IU per week. Upper and lower limb muscle strength both showed a standardized mean difference of 0.32, for which the investigators "[suggest] vitamin D supplementation significantly increased muscle strength."

[VIEW NEWS SOURCE](#)

## Coffee



### Featurepics

Coffee is practically a magic bean when it comes to mood lifting: The caffeine in coffee can **boost mental focus and alertness and athletic performance**. Coffee consumption may also protect against Type 2 diabetes and decrease the risk of depression. But the less you consume, the better it works.

Ramsey recommends avoiding very sugary coffee drinks, which cause bloating.

**Suggested serving:** Coffee has about 150 mg of caffeine per cup. Limit consumption to about 300 mg caffeine per day and consume it once a day, at the time you want to be most alert, TODAY nutrition editor Madelyn Fernstrom said.

## Apple Cider Vinegar for Acne



source



Apple cider vinegar also shares some key properties with typical acne treatments. If you have some of this lovely vinegar in your kitchen, why not apply it to your acne? It will kill bacteria and promote a greater cell turnover. BabaMail

## New diabetes treatment 'easier, cheaper' option



About 20,000 Australians suffering type 2 diabetes will be able to swap twice daily injections for a weekly treatment, and save around \$1,600 per year under a new medicine to be placed on the PBS.



## What Causes Psoriatic Arthritis?

The exact cause of psoriatic arthritis is unknown, but it is believed to involve genetics, the environment, and a malfunction of the immune system. A genetic marker HLA-B27 is found in more than 50% of psoriatic arthritis patients with spinal inflammation. Other genes common in psoriatic arthritis patients have also been found. Stressors or changes in the immune system may affect the development or progression of the disease. Infectious agents and environmental factors are also being investigated as possible causes.

## Tips for helping your kids develop a healthy relationship with food



# The Whole World Is Celebrating This News: Diabetes Vaccine Officially Revealed !

July 20, 2016danilpetrovski4@gmail.com

This disease, if uncontrolled, leads to heavy complications such as feet ulcers and amputation, kidney failure, blindness, heart attack, neuropathy etc.

But now, there are an amazing news on the scientific field. It was officially presented diabetes vaccine, which promises to be a solution for the disease progression and even reverse its effects.

According to the researchers, this alternative treatment can be used both in children and adults, and that does not cause side effects. They also exposed that although immunization is no cure, there are notable improvements in patients that were sampled. They also noticed, although each patient is unique and the disease progression depends on several factors, there were a significant improvements in patients who received this treatment.

The creator of this autohemotherapy, Dr. Jorge Gonzalez Ramirez, to explain the procedure, indicated that after five cubic centimeters of blood is taken from the patient, it is mixed with 55 ml of saline, and then cooled on five degrees Celsius.

When blood is drawn from the body, it has an average temperature of 37 degrees, and when is cooled on 5 degrees a thermal shock occurs which corrects metabolic and genetic mistakes. This mixture then is injected into the patient and gradually corrects the problems. The vaccine lasts 60 days and this treatment is for about one year.

"This vaccine is much more than a drug; It is a medical practice. We see it as an alternative, a possible solution to stop chronic degenerative complications: stroke, hearing loss; amputation, kidney failure and blindness, among many others," said Jorge Gonzalez.

To avoid complications, patients should collaborate with the doctors, because it's an treatment option, not a 100% cure. Along with this vaccine, patient should continue with their regular exercise and diet to achieve the maximum results in order to avoid the complications that follow this disease, and moreover to reverse them.

Diabetes is an epidemic of the modern world. Share this article with your friends and relatives, it may change many lives.

## Turmeric

Long used in Indian and Caribbean cooking, turmeric is starting to show up in everything from bottled smoothies to beauty products. Turmeric is getting lots of attention because the active ingredient in it, curcumin, has potent anti-inflammatory properties and has been shown to be beneficial in treating symptoms of Crohn's disease, Irritable Bowel Syndrome and stomach ulcers. There is also research (in both animals and humans) that shows that curcumin may help prevent and slow the spread of cancer, make chemotherapy more effective and protect healthy cells from radiation damage.

www.today.com



## What Do You Do When You Can't Order Delivery?

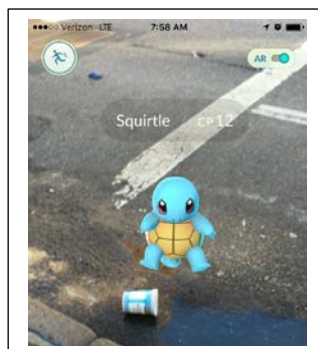
Never again be lost in the woods without pizza.

## Alcohol Can Cause Certain Cancers, Study Says

Drinking alcohol may cause seven different types of cancer, a new meta-analysis finds.

[Read More](#)

## The Psychology of 'Pokémon Go': What's Fueling the Obsession?



The augmented-reality game 'Pokemon Go' scratches some basic psychological itches.

[Read More](#)



## The Experience of a Pure Mind is Enlightenment - Gen-la Kelsang Dek...

2 hours ago • 44 views

New Kadampa

+ 3

## Antioxidants and Aging

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

**Putting bread in the fridge will actually make it go stale quicker.**

**Bread from the grocery store will stay fresh for 2 to 4 days if you leave it on the counter. Bakery bread, which usually has fewer preservatives, will keep 1 to 3 days. WebMD**

## Hepatitis Types and Liver Risks

Hepatitis means inflammation of the liver. It can be caused by several viruses. The main types in the United States are A, B, and C. Type A symptoms are often similar to a stomach virus. But most cases resolve within a month. Hepatitis B and C can cause sudden illness. However, they can lead to liver cancer or a chronic infection that can lead to serious liver damage called cirrhosis.

**Contamination Spreads Hepatitis**  
Hepatitis A is spread by eating food or drinking beverages that have been contaminated with the feces of an infected person. You can also get infected through close contact with a person who has hepatitis -- for example, by changing a diaper or through sexual contact. Poor sanitation and poor hygiene increase the risk. Hepatitis B and C are spread mainly through infected blood, semen, or other body fluids.

**Hepatitis A Risks: Produce and Drinking Water**  
Hepatitis A outbreaks have been traced to eating contaminated fresh fruits, vegetables, and salads. Wash produce well before eating, even if you plan to peel it. You can also get hepatitis A by drinking contaminated water. Boil river or lake water. Visiting a developing country? Stick to bottled water and skip ice unless it's made from bottled water. Vaccines are available for hepatitis A and B, but not C.-Medicine.net

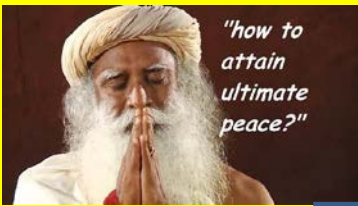


## Paper in a Top Medical Journal Has Unexpected Author: Barack Obama

July 13, 2016 | Article

In an unusual move for a sitting president, Barack Obama has published a scholarly paper in a scientific journal.

[Read More](#)



### Sadhguru- How to be peaceful?

4 days ago • 3,315 views



[know Thyself -](#)

+ 1

## Why Does Cooking Oil Go Rancid?

Cooking oil is an essential kitchen ingredient — that is, until it goes rancid. The culprits behind this expiration can be found in pretty much every kitchen. They include exposure to light, heat, water, certain microbes and the very air people breathe.

[Read More](#)



### Blue wine is coming to America! Get ready to pour yourself a glass

[Read More](#)

Avoid alcohol, caffeine and tobacco in the evening. All three types of beverages can interrupt your sleeping habits.

It is Avocado season in Sri Lanka, coinciding with the Kandy Perahera season. 60 years ago, we did not realise the nutritional value of avocados. A tree will bear thousands of fruits and we played football with them. Today, it is a precious superfood.

They are very high in antioxidants including two nutrients called Lutein and Zeaxanthin, very essential for good eye health.

They prevent the risk of cataract and protect you from macular degeneration. Being having monounsaturated...

[See More](#)

## Health Education for Sri Lankans & others

[@HealthforSriLankans](#)

### Pain Trigger: Cheese

Cheese lovers, take note -- your favorite food may be the reason for all those headaches. Aged cheese, such as blue cheese, cheddar, parmesan, and Swiss contain high amounts of a substance called tyramine. This notorious headache trigger is also found in some processed meats and beverages.

**Solution:** Keep a food diary to help spot links between foods and headaches, so you'll know what to avoid. -medicine.net

## How Caffeine Helps headaches

When your head hurts, you want relief fast. Whether it's a run-of-the-mill [tension headache](#) or a [migraine](#), [caffeine](#) can help. That's why it's an ingredient in a lot of popular pain relievers. It can make them as much as 40% more effective.

Sometimes you can stop the pain in its tracks just by having caffeine alone. Caffeine helps reduce [inflammation](#), and that can bring relief. It also gives a boost to common headache remedies. Whether you use [aspirin](#), [ibuprofen](#), or [acetaminophen](#), they work faster and better and keep the pain away for longer when combined with caffeine. - WebMD

## Look after your kidneys

Our kidneys are marvellous organs and we take them for granted, and more concerned about the health of our hearts and cholesterol levels. Even when you harm the kidneys, they are desperately trying to help you, even after 80 per cent of the kidney tissue is damaged.

They re-absorb minerals and nutrients from your filtered urine, produce hormones, and excrete waste products and toxins from your blood and maintain the pH of your blood.

Drinking too much of Soda drinks can harm your kidneys. Too much caffeine in coffee, tea and soft and soda drinks causes your blood pressure to shoot up and your kidneys will suffer.

Cut down on added salt in your food. Excess salt increases the BP and strains your kidneys.

Kidneys need lots of water to function well and to flush the excretory products. The National Kidney Foundation recommends drinking at least 10-12 glasses of water every day.

Magnesium deficiency increases absorption of calcium through the gut and develops kidney stones. Take magnesium in tablet form daily or eat plenty of leafy vegetables, seeds, nuts and beans. Fresh avocados are full of magnesium.

Lack of vitamin B6 damage your kidney functions. According to a study carried out at the University of Maryland, a vitamin B6 deficiency increases the risk of the formation of kidney stones. Vit B6 is found in fish, liver, potatoes, starchy vegies, chickpeas and non-citrus fruits.

Too much of pain-killers like aspirin, paracetamol, non-steroid anti-inflammatory drugs can damage your kidneys. Restrict and take them occasionally.

Statins can cause damage to the kidneys- be aware.

If you suffer with diabetes and high blood pressure you need antihypertensive drugs like ACE inhibitors and ARBs and tight sugar control is essential. You need to do blood tests like creatinine, eGFR, urea, electrolyte levels in your blood, and micro-albumin in your urine. Get these check-ups regularly- neglecting them may end in end-stage failure of kidneys and then dialysis will be imminent.

Limit your daily alcohol intake, and most herbal medicines may damage your kidneys.

Dr Harold-Health writer

## What is a well-balanced diet?

You thought that a well-balanced diet was composed of about 40% of carbs, 30% of fats of which 10% saturated fat and the rest proteins. The truth is that we have boarders in our gut needs to be fed, the allies looking after our health, wellbeing and longevity. Including foods that they love form a complete well-balanced diet.



We have over tens of trillions of micro-organisms, including at least 1000 different species of known bacteria with more t...

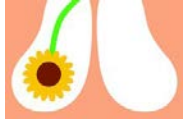
[Continue Reading](#)

Eating bread for three meals a day adds up the salt. A slice of wheat bread has about 147mg of sodium. If you eat toast in the morning, bread with curries for lunch and dinner, you're just loading up on carbohydrates lot of salt. Too much salt raises blood pressure, heart attack or stroke.

## WELL Think Like a Doctor: A Cough That Won't Stop Solved!

A healthy middle-aged man can't stop coughing. Our readers helped solve the mystery.

By LISA SANDERS, M.D.



*An Inspirational Speaker said: "The best days of my life were the days I spent with another man's wife".  
Audience were in shock and silence.  
HE added: "and she is my Mother". A big round of Applause and laughter followed.  
One Man who listened the speech decided to crack this at home.  
After dinner, he said to his wife: the best days of my life were the days I spent with another man's wife....  
After a moment he tried to recall the second line..... By the time he regained his senses, he was on a hospital bed, recovering from burns of hot water poured by his wife.  
LESSON: Don't copy if you cannot paste*

(Wicky Wickrematunga-Face Book)



## 4 incredibly smart reasons to make your own cleaning products

Making your own cleaning products for the home is super easy, fun, and saves tons of money.

[Read More](#)

## Always Wash Your Face Before Bed

No matter how dry your skin, gentle cleansing at night is essential. Makeup, sunscreen, bacteria, dead skin cells, dirt, and oil build up on your face during the day. They can work their way into your pores, causing inflammation. Wash gently without scrubbing to avoid irritating your skin. There's no need to wash again in the morning. Just rinse your face with water when you wake up.

### Cleanser: Soap or Non-Soap?

Harsh detergents in soap can strip away the natural moisturizing oils in your skin. This can cause dryness, irritation, and inflammation. Soap-free cleansers work on your skin the same way as soap, but they're made of milder ingredients that don't deplete skin's oils.

WebMD

## What Are Steroids?

The word has different meanings. Steroids are chemicals, often hormones, that your body makes naturally. They help your organs, tissues, and cells do their jobs. You need a healthy balance of them to grow and even to make babies. "Steroids" can also refer to man-made medicines. The two main types are corticosteroids and anabolic-androgenic steroids (or anabolics for short).

### What Are Corticosteroids?

They're medicines that quickly fight inflammation in your body. These lab-made steroids work like the hormone cortisol, which your adrenal glands make. Cortisol keeps your immune system from making substances that cause inflammation. Corticosteroid drugs, like prednisone, work in a similar way. They slow or stop the immune system processes that trigger inflammation.

### What Do Corticosteroids Treat?

They help treat conditions that cause irritation and swelling. They can ease symptoms of:

- Rheumatoid arthritis
- Asthma
- Chronic obstructive pulmonary disorder (COPD)
- Lupus and other autoimmune disorders
- Multiple sclerosis
- Rashes and skin conditions like eczema

Your doctor may also suggest you take them for a short time to treat allergic reactions, like a severe poison ivy rash.

### How Do You Take Them?

There are many forms of corticosteroids. Which one your doctor recommends depends on why you need it and the part of your body that's affected. Your medicine might come in a:

- Pill or liquid
- Inhaler
- Nasal spray
- Shot
- Skin cream
- Tube that goes into a vein (IV)

### Corticosteroid Side Effects

These depend on the dose and how long you take the drug. Short-term use can cause weight gain, puffy face, nausea, mood swings, and trouble sleeping. You might also get thinner skin, acne, unusual hair growth, and spikes in blood sugar and blood pressure. Because corticosteroids turn down your immune system, taking them makes you more likely to get infections.

### Long-term Effects

Taking high doses of corticosteroids for a long time can cause serious side effects. Using them for more than 3 months can cause brittle bones that break easily (osteoporosis). Kids who take them for a long time might grow more slowly. Other side effects are muscle weakness, eye problems (including cataracts), and a higher risk of diabetes.

WebMD

## Jelly Cubes are the New Ice Cubes

Turn your favorite summer cocktail into a dessert – these jellies are so refreshing and perfect for summer!



## Sprains and Strains

People who play sports or are physically active are familiar with stretched or torn ligaments, muscles, and tendons. Both cause swelling and inflammation. Sprains can give you bruises. Strains may trigger muscle spasms. Use RICE for early treatment -- rest, ice, compression, and elevation. Take an over-the-counter (OTC) pain reliever. See a doctor if it's numb or tingles, you can't move a joint, or it doesn't get better within a week.

## What Is Rheumatoid Arthritis?

Rheumatoid arthritis (RA) is an autoimmune disease where the body attacks itself, causing chronic joint inflammation. While it primarily affects joints, it can also cause inflammation of organs as the disease progresses. People with RA may experience an increase in symptoms—called flares—that can last for days or weeks. They may also have periods of remission where they have few or no symptoms. There is no cure for rheumatoid arthritis, but medications can slow the progression of the disease and ease symptoms. What Is the Difference Between Normal, Healthy Joints and Arthritic Joints?

Arthritis refers to more than 100 conditions that affect the musculoskeletal system, specifically, the joints. The joints are the parts of the body where bones connect. When arthritis is present, the joints may become inflamed, stiff, red, and painful. Rheumatoid arthritis is one type of arthritis classified as 'systemic,' meaning it can affect the entire body. Damage from RA may occur in tissues surrounding the joints including the tendons, ligaments, and muscles. In some patients, symptoms may extend to the skin and eyes, and internal organs including the liver, kidneys, heart, and lungs.

**What Causes Rheumatoid Arthritis?**  
The exact cause of rheumatoid arthritis remains unknown, but several risk factors have been identified. Women are diagnosed with RA more often, and it is suspected estrogen may play a role. Several studies have shown there is a genetic component to developing RA. Cigarette smoking appears to increase the risk of developing the disease. Occupational exposure to certain dusts such as silica, wood, or asbestos can also lead to a higher risk for developing the illness. It is thought there may be a viral or bacterial infectious cause of RA but that is still being studied.

MedicineNet.com

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.

## Aloe vera contains dozens of active compounds

The part of the aloe vera plant that is used medicinally is the leaves, the major components of which are the green outer rind and the colorless inner gel. Aloe vera products are made from either of these components, or both.

The aloe vera plant contains at least 75 active compounds, "which notably include [vitamins](#), enzymes, minerals, anthraquinones, monosaccharide, polysaccharides, lignin, saponins, salicylic acids, phytosterols, and amino acids," note the authors, who also cite studies suggesting some of these compounds play a role in improving blood glucose control.

The plant also contains trace elements such as chromium, magnesium, manganese, and zinc, known to be important for glucose metabolism by improving the effectiveness of insulin.

Studies of oral aloe vera as a remedy for a range of chronic diseases - such as [asthma](#), [glaucoma](#), [high blood pressure](#), inflammatory bowel disease, and diabetes - have produced limited or inconsistent evidence.

However, oral aloe vera is becoming more popular, and evidence about its effect on lowering blood glucose has been mounting, so the researchers decided to analyze it.

MNT

[Combining carbs with protein](#) containing tryptophan—like a cup of whole grain cereal with fat-free milk—will make you sleepier than having just one of the two. Carbs help release the sleep-triggering chemical into your bloodstream, which tells your brain it's time to log off.

## Make your own air-conditioning using ice and a fan.

Water and ice can turn your fan into an A/C. Place a shallow bowl of ice in front of the fan, turn it on, and feel your body temperature drop.

# Aloe vera should be investigated as diabetes treatment, study says

Written by [Catharine Paddock PhD](#)

Diabetes is a global epidemic and a leading cause of disease and death. The fact fewer than half of patients with type 2 diabetes have their disease well controlled highlights the need for new, affordable, effective medications that are not limited by unfavorable side effects. Now, a pooled analysis of nine studies that examined the effect of oral aloe vera in people with diabetes and pre-diabetes suggests the medicinal plant should be further investigated as an antidiabetic compound.



*Aloe vera should be further investigated as a potential antidiabetic compound, say researchers after analyzing evidence that it lowered blood glucose in patients with diabetes and pre-diabetes.*

The analysis is the work of researchers at the David Grant USAF Medical Center at Travis Air Force Base in Fairfield, CA, who report their findings in *The Journal of Alternative and Complementary Medicine*.

The analysis shows people with diabetes whose fasting blood glucose (FBG) is above 200 mg/dl may benefit the most from treatment with oral aloe vera.

[Diabetes](#) is a lifelong condition where blood sugar is too high, resulting in damage to organs if not treated. There are 382 million people worldwide living with diabetes, with [type 2 diabetes](#) accounting for the vast majority of cases.

The authors note that in the United States - where some 21 million people have the disease - the cost of treatment and loss of productivity in 2012 due to diabetes was \$245 billion. The global cost is expected to "exceed a staggering \$490 billion" by 2030.

People with diabetes are more likely to seek complementary and alternative medicines than people without diabetes. A popular remedy is aloe vera (*Aloe barbadensis*), a plant used medicinally by the Chinese, Egyptians, Greeks, Indians, Japanese, and Mexicans for thousands of years.

More recently, aloe vera has been used as a skin application to treat seborrheic dermatitis, [psoriasis](#) vulgaris, and genital [herpes](#), and orally as a laxative.

MNT

Get tips from supermodels [Alessandro Ambrosio and Adriana Lima](#) about the Brazilian dishes of their home country



Not using the upside down triangle when making eye contact.

## 4 body language mistakes successful people never make

If you want to get along and get ahead, you need a good understanding of body language. Are you making these common mistakes?

TODAY.COM|BY A. PAWLOWSKI



Is All That Flossing Really Worth It?

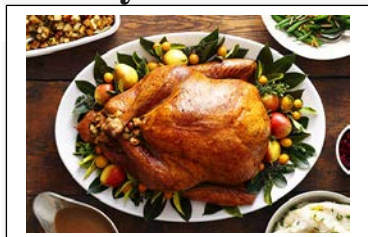
Hovorka and Thabit believe that the future is bright for the artificial pancreas. The U.S. Food and Drug Administration (FDA) are in the process of reviewing one artificial pancreas, and the authors note that it is [possible the device will be approved as early as next year](#). Furthermore, the National Institute of Health Research (NIHR) in the U.K. have announced that closed-loop systems could **reach clinical use** by the end of 2018. "This will largely be dependent upon regulatory approvals (but there is a reassuring attitude of regulatory agencies such as the U.S. FDA towards these therapies) and whether infrastructures and support are in place for the healthcare professionals providing clinical care," say the authors. "Structured education will also need to continue to augment efficacy and safety of this therapy," they add.



## How to season a cast iron pan so you can use it for a lifetime

[Read More](#)

## Turkey



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

## Vitamin B12

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



## Southern Fried Chicken with an Indian Twist

Tandoori fried chicken brings all the spice to this Southern staple.

## Treat acne with tomato paste and aspirin.

Believe it or not, you can combine crushed aspirin with tomato paste to create an intense face mask. The combination will exfoliate your skin, and the salicylic acid will help calm things down. Plus, tomato paste contains both vitamin C and vitamin A, which commonly appear in anti-aging products. Let it dry on your face for 15 minutes (even if you feel silly); you'll see a difference.



### Smaller Portions in Japan

Little dishes typically mean fewer calories. Studies show that people who eat bigger portions are more likely to be overweight and less healthy. A soup starter, along with plenty of water, will help you walk away satisfied. And it's not just the small helpings. The traditional Japanese diet doesn't include a lot of red meat, and research shows that can be a good thing.

WebMD

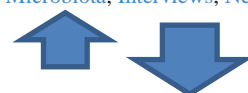
## Vitamin A

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. WebMD



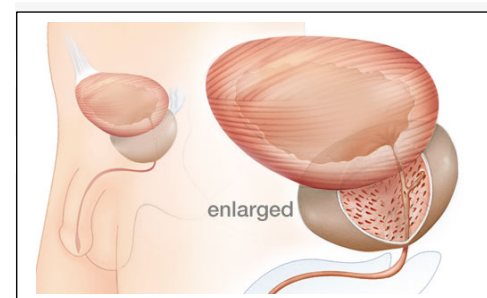
## An interview with José Clemente: "Early life changes in microbiota as a result of C-Section may be responsible for diseases in children later on"

- 22 JUN 2016 | [GMFH Editing Team](#)
- [C-Section](#), [Gut Microbiota](#), [Interviews](#), [News Watch](#)



For a long time, babies were thought to be born germ-free. Now we know they carry some bacteria and that the delivery mode can influence the microbiota they are starting life with and even their health.

Researcher José Clemente, assistant professor at Icahn School of Medicine at Mount Sinai in New York City, investigates whether we can revert the effects of an abnormal microbial colonisation after, for instance, a C-section. He attended the 5<sup>th</sup> Gut Microbiota for Health World Summit 2016, held in Miami and we had the opportunity to interview him and talk about the importance of gut microbiota at early life. We hope you enjoy the interview.



## What is an Enlarged Prostate?

An enlarged prostate occurs when a man's prostate gland slowly grows bigger as he ages. More than half of men over age 60 have this condition, also called benign prostatic hyperplasia (BPH). Some men have symptoms and others don't. The exact causes are unknown, but one thing is sure: BPH is not cancer and it does not lead to cancer. The prostate sits below the bladder and produces fluid for semen.

### Symptom: Difficulty Urinating

With an enlarged prostate, it may take you longer to get the flow of urine going, and the flow may be weaker than it used to be. You may dribble urine or feel as if there's still some inside even though you're finished urinating. These symptoms happen because the pressure on the urethra makes it narrow, so your bladder must work harder to pass urine.

WebMD

[Allergies Less Common in Kids Who Suck Thumb, Bite Nails](#)





## Is it OK to eat eggs every day?

If you're healthy, you can eat eggs guilt-free. But how many and how often?

[Read More](#)

Vertigo is the feeling that you or your surroundings are spinning. Lightheadedness is when you feel unsteady or about to faint. Both are often described as dizziness, which can lead to balance problems, falls, and broken bones.

[Continue](#)



[Scientists Uncover A Shocking Discovery Underneath The Easter Island Heads! Unbelievable!](#)



[The Older Ladies Anthem... This is Great!](#)



## **Deadly Degrees: Why Heat Waves Kill So Quickly**

An intense heat wave in the Southwest has claimed four lives. How does heat kill?

[Read More](#)

## **“Do probiotics alter the fecal composition of healthy adults?”**

**Dr. Mary Ellen Sanders**, Executive Science Officer for the **International Scientific Association for Probiotics and Prebiotics (ISAPP)**, wrote a commentary on the article, published in **BMC Medicine**.

**“Do probiotics alter the fecal composition of healthy adults? The answer seems to be no,”** Sanders says in an email to GMFH editors. But she says, in the widespread **media coverage** of this study, many assumed that because one mechanism was ruled out, all mechanisms were ruled out.

“Controlled intervention trials in healthy adults have shown benefits of probiotics,” she says. (See these meta-analyses on probiotics for the prevention of **upper respiratory tract infections, urinary tract infections, allergy, and CVD risk**.) **“This article suggests that the primary mechanism of probiotic benefits may not be altering the composition of the fecal microbiota.”**

But Sanders says **alternative mechanisms exist**: “Probiotics may act through changing the function of the resident microbes, not their composition. They may interact with host immune cells. They may inhibit opportunistic pathogens that are not dominant members of the microbiota. They may promote microbiota stability. They may change the composition of microbiota in the small intestine or the proximal large intestine. So **the fact that they don’t change the composition of fecal microbiota does not mean that there is no means for them to impact host health.**”

Sanders’ BMC Medicine article raises the question of whether a more fruitful line of study would be to examine **how probiotic strains may promote stability of the existing gut microbiota**. This kind of study would require comparisons of fecal microbiota at different points in time—before and after exposure to a stressor—in the same individual.

“This **recent systematic analysis** encourages us to think more broadly about how probiotics might benefit healthy individuals,” says Sanders. “More research is needed to clarify the mechanism or mechanisms of probiotic action.”

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

### **Preface.**

The aim of this book is to remind the Sri Lankan Malays on whence and how their ancestors arrived in Sri Lanka. It is also meant to re-ignite; reminisce and hopefully resuscitate the Language (Bahasa Ibu); Customs & Traditions of our Ancestors (Adat Istiadat Nenek Moyang Kita) and a few of the Recreational Activities (Kegiatan Rekreasi Tradisional) that our Malay Ancestors brought along with them, when they arrived in Sailan (now Sri Lanka) from Batavia (presently called Jakarta).

TO RE-KINDLE  
(MENGHIDUPKAN)

TO REMINISCE  
(MENGINGATKAN)

TO RESUSCITATE  
(MEMBANGKITKAN)

The book is written primarily as a service to the shrinking Malay Community in Sri Lanka; and whoever wishes to learn about the Malays in Sri Lanka. The main objective is to ensure that our younger generation and the future generations will be aware of our Malay History/Heritage; lest it be forgotten. The period covered is the period in which the majority of our Malay Community arrived in Sri Lanka with the Dutch Armies, from Batavia (Presently known as Jakarta).

The information contained in this book is mainly based on the memory of the author which dates back to the late 1930's/Early 1940's; and the subsequent research done into the past to further clarify in what it was in the yesteryears; to what it is in the present day. It is by no means a complete compilation of our proud ancestry; but hopefully gives the Readers a deeper and explanatory insight into what it was and what it is, in the present day.

Noor Rahim

June 2016.

For further information contact the author - rahimnr73@hotmail.com

***Eating more eggs is a fantastic way to give yourself a health boost.***

***Eating whole eggs is vital: the goodness of eggs is found in the yolk (containing over 90 percent of an egg’s calcium and iron) and the white (containing almost half the egg’s protein).***



## A Decades-Old Study, Rediscovered, Challenges Advice on Saturated Fat

By ANAHAD O'CONNOR

The study, whose data had never been fully analyzed, found that a diet of low-saturated fat did not reduce mortality. Some top nutrition experts said the study was flawed.

## You should drink at least eight glasses of water per day.

There's no evidence to back that up. The Institute of Medicine recommends that men get about 125 ounces of water daily and that women get 91 ounces, but that includes water from all foods and beverages. Most people get enough hydration unless they're exposed to heat stress or they're very active for a long time.

The average person gets about 20% of their water for the day from food. An apple is 84% water. Bananas are 74% water. Broccoli is 91% water. Even foods that you might not think of as moist -- a plain bagel (33% water), ground beef (56%), American cheese (39%) -- help.

It doesn't take long to get dehydrated -- especially in hot, humid weather. So don't exercise hard, outdoors, when it's too hot and humid. You'll need to take longer breaks, shorten the workout or intensity level, and dress appropriately.

WebMD

## Why gluten-free foods aren't always good for you

[Read More >](#)

## Why Is Heart Death Progress Waning?

America's war on heart disease and stroke may have suffered a setback.

[READ MORE](#)

## Tips for diabeticsDon't Forget About Time Zones

Travel across time zones may affect the timing and amount of your insulin doses. If you are traveling eastward, you lose time and thus your day is shorter and you may need less insulin. When you travel westward you gain time, making your day longer and possibly requiring more insulin. Your doctor can recommend any adjustments you may need to make in your insulin regimen. Keep your watch set to the time of your travel origin to help you to remember when to take your insulin. Reset your watch to local time the morning after you arrive. MedicineNet.com

## Lack of Sleep

There are two issues at work with sleep and weight gain. First, if you're up late, the odds are greater that you're doing some late-night snacking, which means more calories. The other reason involves what's going on in your body when you're sleep-deprived. Changes in hormone levels increase hunger and appetite and also make you feel not as full after eating. WebMD

## Herbal Supplements

**Even if the label says "natural," it may not be OK for you. For instance, some people take an herb called kava kava for menopause symptoms or to help them relax. But studies show that it can keep the liver from working right. That can lead to hepatitis and liver failure. Some countries have banned or restricted the herb, but it's still available in the U.S. You should always talk to your doctor before you take any herbs to make sure they're safe.**

WebMD

## Tips for diabetics

### See Your Doctor Before You Go

Having diabetes means you should plan ahead before you travel. Part of this is to see your doctor before you leave. Get a check-up and make sure your diabetes is in control.

If you need immunizations for your destination get them at least one month before departure. This way, if the shots make you sick you'll have time to recover.

You'll need two important items from your doctor: a letter and prescriptions. The letter should explain in detail what you need to manage your diabetes while you're away, such as taking diabetes pills or insulin shots. It should also list insulin, syringes, and other medications or devices you used, along with allergies or food sensitivities.

Your doctor should also prescribe any insulin, diabetes medications, and syringes you will need; you should have more than enough to last throughout your trip. In the United States, prescription rules vary depending on the state and your prescription may help in cases of emergency. If you are traveling abroad, research prescription laws where you will be going as laws may be very different.

MedicineNet.com

## Antidepressants

An unfortunate side effect from some antidepressants is weight gain. Talk to your doctor about making changes to your treatment plan if you think your antidepressant is causing weight gain. But never stop or change your medication on your own. Realize that some people experience weight gain after beginning drug treatment simply because they're feeling better, which leads to a better appetite. Also, depression itself can cause changes in weight.

WebMD

## Sugar



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

## Eggs help to prevent cataracts and to protect eye - sight ...

*A good dietary intake of eggs, spinach, and broccoli is associated with a significant decrease in cataracts (up to a 20% decrease) and age-related lens and retinal degeneration, the leading cause of blindness in the elderly (up to a 40% decrease).*

Eggs are a good source of the antioxidants lutein and zeaxanthin, which play an important role in keeping the eyes healthy.

It accumulates in the eye where these nutrients protect against some types of harmful, high-energy wavelengths of light. Getting enough lutein and zeaxanthin is therefore very important from childhood onwards throughout the life cycle.

## Eggs can help to promote weight loss

*Eggs with toast have a 50% higher satiety index than regular breakfast cereals.*

*Several studies have reported that starting the day with an egg breakfast increases satiety in overweight people and may help with weight loss.*

# 7 things you can do to prevent a stroke



Age makes us more susceptible to having a stroke, as does having a mother, father, or other close relative who has had a stroke.

You can't reverse the years or change your family history, but there are many other stroke risk factors that you can control — provided that you're aware of them. "Knowledge is power," says Dr. Natalia Rost, associate professor of neurology at Harvard Medical School and associate director of the Acute Stroke Service at Massachusetts General Hospital. "If you know that a particular risk factor is sabotaging your health and predisposing you to a higher risk of stroke, you can take steps to alleviate the effects of that risk."

Here are seven ways to start reining in your risks today, before a stroke has the chance to strike.

## 1 Lower blood pressure

High blood pressure is a huge factor, doubling or even quadrupling your stroke risk if it is not controlled. "High blood pressure is the biggest contributor to the risk of stroke in both men and women," Dr. Rost says. "Monitoring blood pressure and, if it is elevated, treating it, is probably the biggest difference women can make to their vascular health."

**Your ideal goal:** Maintain a blood pressure of less than 120/80. But for some, a less aggressive goal (such as 140/90) may be more appropriate.

**How to achieve it:**

- Reduce the salt in your diet to no more than 1,500 milligrams a day (about a half teaspoon).
- Avoid high-cholesterol foods, such as burgers, cheese, and ice cream.
- Eat 4 to 5 cups of fruits and vegetables every day, one serving of fish two to three times a week, and several daily servings of whole grains and low-fat dairy.
- Get more exercise — at least 30 minutes of activity a day, and more, if possible.
- Quit smoking, if you smoke.

If needed, take blood pressure medicines.

## 2 Lose weight

Obesity, as well as the complications linked to it (including high blood pressure and diabetes), raises your odds of having a stroke. If you're overweight, losing as little as 10 pounds can have a real impact on your stroke risk.

**Your goal:** Keep your body mass index (BMI) at 25 or less.

**How to achieve it:**

- Try to eat no more than 1,500 to 2,000 calories a day (depending on your activity level and your current BMI).
- Increase the amount of exercise you do with activities like walking, golfing, or playing tennis, and by making activity part of every single day.

**Click here for the other 5 ways to reduce your stroke risk »**



## The best healthy snacks of 2016, according to Good Housekeeping

The editors at Good Housekeeping reveal their top picks for the best snacks of the year

[Read More](#)



## This Bread is Bananas – B-A-N-A-N-A-S

Tres leches gives banana bread a Latino twist.

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

What is it about drinking hot beverages that may lead a person to develop cancer?

### If you are a diabetic

Consider forgetting white foods – flour, pastas, rice, white breads, white potatoes, etc. This might seem impossible when you first start out, but over time it might be the biggest favor you can do for your long-term blood sugar control. Begin by cutting out white breads and then maybe eliminating other categories one by one. All of these foods have a high glycemic index, which means they can spike

By Ilene Raymond Rushe

## What DASH Can Do for You

The DASH Diet can help lower your blood pressure and cholesterol levels, which is good for your heart. In fact, DASH stands for Dietary Approaches to Stop Hypertension, or high blood pressure.

Even if you don't have high blood pressure, the DASH Diet is worth a look. It may help you lose weight because it's a healthier way of eating. You won't feel deprived. You'll have lots of vegetables, fruits, and low-fat dairy products while cutting back on fats, cholesterol, and sweets. WebMD

## Home for Madurangi Fernando & family - An appeal from Combined Charities



Photo of Mandurangi Fernando and her family members. The house that they lived in was in a very bad situation and they couldn't stay any longer and we were able to find a rented house for them to stay.

**They request our help to build a small house. Please consider their request.**

**Cost for the house is Rs 600,000.00**

**Father – Rammuni Rusiru Buddika Silva**

**Mother – M.K. Umalika Madurangi**

**Fernando Daughter – R. Uhasha**

**Banuli Silva Age: 8 Son – R. Rushith**

**Banula Silva Age: 5**

**The details to send your donation are shown below!**

Deposits to Commonwealth Bank of Australia: BSB 063620 - Combined Charities account number 1076206

**Please make cheques payable to "Combined Charities" & mailed c/- 37 Katunga Crescent, Broadmeadows 3047.**

Gluten is a protein found primarily in wheat, barley, and rye. These grains are processed and used as starches and binders in many processed foods. You can also find gluten in medicines, lip balms, and vitamins.



SLIDESHOW

## What Is Schizophrenia, Exactly?

It can cause a range of behaviors and may be confused for other disorders. Know the red flags, and when to get help.



## Are you dehydrated? 9 symptoms you should never ignore

Staying cool and hydrated is crucial to having a happy and healthy summer.

[Read More](#)

## Vitamin C-Prevents Cell Damage

Vitamin C helps you get rid of chemicals that damage your cells and DNA. It's considered an antioxidant: It neutralizes "free radicals" in your body created by pollution, cigarette smoke, sunlight, radiation, and simply turning food into energy. That could help keep many parts of your body working better for longer and protect you from diseases, including Alzheimer's and cancer.

## The risks of active surveillance for men with intermediate-risk prostate cancers

**Charlie Schmidt**, Editor, Harvard Medical School Annual Report on Prostate Disease

Men diagnosed with slow-growing prostate tumors that likely won't be harmful during their lifetimes can often avoid immediate treatment. Instead, they can have their tumor monitored using a strategy called active surveillance. With this approach, doctors perform periodic checks for tumor progression and start treatment only if the cancer begins to metastasize, or spread. Active surveillance has become popular worldwide, but doctors still debate which groups of men can safely use this strategy.

[Continue reading the article »](#)

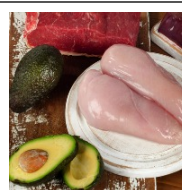
## Vitamin B3 May Delay Aging

*Scientists have enhanced the global antioxidant capacity of cells for the first time, leading to a delay in aging and an increase in longevity.*

Most attempts to show that oxidative damage is relevant for aging have not been successful, including many trials with antioxidant compounds. Because of this, although the accumulation of oxidative damage with aging is uncontested, most scientists believe that it is merely a minor, almost inconsequential, cause of aging. A team of scientists from the Spanish National Cancer Research Centre (CNIO) headed by Manuel Serrano, in collaboration with a group from the University of Valencia, directed by José Viña, and researchers at IMDEA Food from Madrid, have attempted to increase the global antioxidant capacity of the cells, instead of just one or a few antioxidant enzymes. They concentrated on increasing the levels of NADPH, which is a simple molecule that is of prime importance in antioxidant reactions, yet has also had not been yet studied in relation to aging. They employed a genetic approach to increase NADPH levels, generating transgenic mice with an increased expression throughout their bodies of one of the most crucial enzymes for the production of NADPH, glucose-6-phosphate dehydrogenase (otherwise known as G6PD).

The results, were published in the journal *Nature Communications*, and show that an increase in G6PD and as a result, in NADPH, increased the natural antioxidant defenses, shielding it from oxidative damage, decreasing aging-related processes such as insulin resistance, and increasing longevity. Furthermore, when the scientists analyzed long-lived transgenic animals, they found that their levels of oxidative damage were lower than in non-transgenic subjects of the same age. They found no difference in the tendency of these animals to develop cancer. The biggest surprise was when the team measured the aging process in the transgenic mice. They discovered that the animals with high levels of NADPH delayed their aging, metabolized sugar better and presented better coordination as they aged. Also, transgenic females lived 14% longer than the non-transgenic mice, though no significant effect was seen in the longevity of the males. "This increased longevity, although modest, is striking taking into account that until now attempts to increase longevity by manipulating individual antioxidant enzymes had failed," said Pablo Fernández-Marcos, co-first author of the study and researcher at IMDEA Food. The researchers in the study point to the use of pharmacological agents or nutritional supplements that increase NADPH levels as possible tools for delaying the aging process in humans and age-related diseases, such as diabetes, and others. Vitamin B3 and its derivatives are responsible for the synthesis of NADPH precursors and are potential candidates for future studies.

[VIEW NEWS SOURCE...](#)



- image from Shutterstock

## New guidelines propose that surgery be considered a standard treatment option for diabetes

New clinical guidelines published 24 May 2016 and endorsed by leading international [diabetes](#) organisations, including the International Diabetes Federation (IDF), call for bariatric surgery, involving the manipulation of the stomach or intestine, to be considered a standard treatment option for [type 2 diabetes](#). The guidelines, published in *Diabetes Care*, recommend surgery to induce weight-loss for certain categories of people living with type 2 diabetes, which accounts for the majority of the estimated 415 million cases of diabetes worldwide(1). The recommendation is based on evidence from multiple clinical trials that bariatric surgery can improve blood glucose levels more effectively than lifestyle or pharmaceutical interventions in obese people with type 2 diabetes.

Overweight and [obesity](#) are major risk factors for type 2 diabetes. Bariatric surgery involves the removal of part of the stomach or a reroute of the small intestine. Although it is as safe as other common operations such as gallbladder surgery, there are risks of complications and long-term nutritional deficiencies that require rigorous long-term follow-up by expert teams.

"The management of type 2 diabetes is placing an increasing burden on individuals and families, national health systems and countries," said Dr David Cavan, Director of Policy and Programmes at IDF. "It is therefore important that effective treatment options are made available to all people living with type 2 diabetes."

Type 2 diabetes is a major cause of blindness, kidney failure, lower limb amputations, [heart attacks](#) and [stroke](#). IDF estimated that in 2015 over USD670 billion was spent globally to treat diabetes and prevent complications (1). Despite this, less than 50% of people with type 2 diabetes currently achieve the appropriate blood glucose levels to avoid or reduce the risk of long-term complications.

The new guidelines, which emerged from the Second Diabetes Surgery Summit (DSS-II) held in London in September 2015 as a collaboration between IDF, Diabetes UK, American Diabetes Association, Chinese Diabetes Society and Diabetes India, recommend bariatric surgery for people with type 2 diabetes who have a [BMI](#) of 40 and those with a BMI of 30 who are not able to adequately control their blood glucose levels through other means. This threshold is lower for people of Asian descent.

MNT

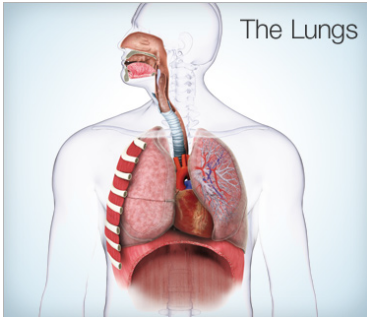
[http://www.youtube.com/embed/9e\\_NHQRk2So](http://www.youtube.com/embed/9e_NHQRk2So)

[Sri Lanka - DJI Phantom 2 Vision + - YouTube](#)

# Your Breathing

There is an old proverb that states, "Life is in the breath. He who half breathes half lives."

If you have [allergies](#), [asthma](#), or other breathing problems, this proverb may sound very familiar. But a greater understanding of your breathing problems, along with an accurate medical diagnosis and effective treatment, can help you regain control. It doesn't matter what type of breathing problem you have. Daily control is vital to living an active, productive life.



## SLIDESHOW

[A Visual Guide to Understanding Bronchitis Start](#)

[Take WebMD's Lung Disease Health Check](#)

What Causes Breathing Problems?

There are many causes of breathing problems. Some people have difficulty breathing when they get a cold. Others have trouble breathing because of occasional bouts of acute [sinusitis](#). Sinusitis can make it difficult to breathe through your nose for a week or two until the inflammation subsides and the congested sinuses begin to drain.

Many breathing problems are chronic or long-term. These common breathing problems include chronic sinusitis, allergies, and asthma. These problems can cause a host of symptoms such as nasal congestion, runny nose, itchy or watery eyes, chest congestion, cough, wheezing, labored breathing, and shallow breathing.

The nasal passage is a pathway for viruses and allergens to enter your lungs. So the nose and sinuses are often associated with many lung disorders. A sinus or nasal passage inflammation may trigger reflexes and cause asthma attacks. And the No. 1 trigger for asthma is allergies. More than 50 million Americans have hay fever or other allergies. And 17 million Americans have asthma. Oftentimes, asthma and allergies occur together. When they do, they can make life miserable if left untreated.

Millions of Americans have breathing problems because of chronic obstructive pulmonary disease, or COPD, which includes emphysema and chronic [bronchitis](#). Breathing problems may also stem from other serious problems such as [lung cancer](#), [tuberculosis](#), pneumonia, and lung disease related to HIV/AIDS.

Which Tests Are Used to Diagnose Breathing Problems?

Doctors diagnose breathing problems by performing a physical exam, taking a patient history and family health history, and using different tests. For instance, pulmonary function tests, also known as lung function tests, are frequently used to assess lung function in people with asthma. These tests include spirometry and a test known as methacholine challenge.

WebMD

## Which Tests Are Used to Diagnose Breathing Problems? continued...

Spirometry is a simple breathing test. It measures how much air you can blow out of your lungs and how fast you can blow it. This breathing test is used to determine the amount of airway obstruction. A methacholine challenge test may be performed to help establish [a diagnosis of asthma](#). Your doctor will know which test is best for your situation.

In some cases, the doctor may take an X-ray to see the structures inside your chest, including the heart, lungs, and bones. A chest X-ray is a good test to diagnose pneumonia. It can't, though, identify most breathing problems by itself. For some people with breathing problems, a CT scan of the chest is needed. This scan looks for any problems in the lungs. A CT scan uses X-rays and a computer to create detailed images.

If you suffer with chronic sinusitis, your doctor may order a special sinus CT scan. This scan will be used to evaluate your sinuses. Once the problem is diagnosed, your doctor may prescribe effective treatment to help resolve the breathing difficulty.

## Can Allergy Tests Determine the Cause of Breathing Problems?

[Allergy tests](#) may help your doctor identify the cause of your breathing problems. There are several types of allergy tests your doctor might use. One of them is the prick technique. In this test, the doctor first puts a tiny drop of allergen on your [skin](#). Then the doctor makes a puncture with a needle directly in the drop of allergen extract. If you are allergic to the specific allergen, your body will react to it by turning red at the site. You may also experience itching and swelling at the site of the allergen placement. Another type of skin test involves your doctor injecting the allergen extract directly under the skin using a syringe. Other allergy tests include:

allergy blood tests (called a RAST or radioallergosorbent test)  
a challenge test, in which the doctor introduces tiny amounts of the suspected allergen by inhaled, oral, or other routes  
These tests are used less frequently than the skin testing.

After performing allergy tests, your doctor may know what's triggering your breathing problems. Then the doctor will be able to treat your [allergy symptoms](#) more effectively.

## How Are Breathing Problems Treated?

Substances that cause breathing problem are known as triggers. Avoidance of triggers is the No. 1

**way** to control [allergies and asthma](#). As an example, wearing a dust mask when doing housework or yard work may cut down on your exposure to allergy triggers. Avoiding a furry pet, washing bed linens at least once a week, staying indoors during peak pollen times, and changing the filter on your air conditioner frequently may also help prevent serious problems if you have allergies.

Medications are also important in treating breathing problems. Allergy drugs such as [antihistamines](#) and decongestants may make it easier to breathe for some people with allergies. These medications can be delivered orally or through nasal sprays.

In addition, [inhaled steroids](#) may give relief to some with chronic allergies and sinusitis. These drugs work to reduce inflammation in the airways. Allergy shots are yet another way to reduce sensitivity to allergens and may give relief to some breathing problems.

Asthma is treated with inhaled or oral drugs that help open airways and reduce the primary inflammation in the airways. These [asthma medications](#) help ease or even prevent airway obstruction and excessive mucus production. People with asthma must control inflammation in order to keep the airways open and reduce sensitivity to [asthma triggers](#).



## A Pizza Addict Gets His Brain Scanned

Meet Carlo, a man looking to discover the age-old question,



## Here's the Secret to What Gives Pasta Its Flavor

Primavera means "spring" in Italian and this dish is full of spring

## Microbiota in our Gut

If you were to take a gram of your own faeces and analyse it, you would discover that it contains a [greater number of bacteria](#) than there are humans on the planet. As surprising as it may seem, it's true that the human body is **home to over 100 trillion microorganisms**, which, if gathered together on a scale would weigh around 2kg. They live mainly in the colon, feeding on what we eat and leave over for them, e.g. fibres. We could say we offer them bed and board. In return, they break down some components in food that we are not able to digest – like certain types of fibre – as we lack the tools to do it ourselves. Among the produced molecules, we could highlight the short-chain fatty acids that supply energy to the gut cells and train our immune system. These bacteria even produce some vitamins that we need. [Therefore, this tiny world is essential for our health.](#)

It is known that there is a [very close relationship between our diet and the diversity and balance of the community of bacteria](#) we host, which has repercussions on our digestive health. In fact, this was one of the key topics discussed at the [Gut Microbiota for Health World Summit, which took place in Barcelona in March](#). **A balanced diet helps promote a well-structured microbiota**, in which the different species of microorganisms coexist in a system of control and balance.

**GMFH Editing Team**

## Evidence-Based Guidelines for Probiotic Products Now Available to US Doctors

| Kristina Campbell

- [Probiotics, Research & Practice](#)

When patients ask about taking a probiotic product to address a symptom, **physicians often have difficulty making evidence-based recommendations** and are faced with the time-consuming task of finding and comparing results from published clinical studies.

Making recommendations has recently become easier with the use of **a new tool for physicians: the US edition of the Clinical Guide to Probiotic Products**. The new guide lists the brand names of probiotic products available in the US, along with each product's strain(s), format, recommended dosage, and CFU (colony-forming units) per dose. Most importantly, **the chart details the level of evidence that supports the use of that product for various adult and pediatric health indications.**

"Patients often choose probiotics at health food stores, based on what the product label says or what someone at the store tells them," says [Dan Merenstein](#), MD, Research Division Director and Associate Professor of [Family Medicine](#) at Georgetown University Medical Center in Washington, DC (USA). Merenstein says **the chart will help him steer his patients in the right direction**, increasing the likelihood that they will find a probiotic product suited to their needs.

"A lot of people think one probiotic is the same as every other probiotic, and the nice thing here is it shows **they have different indications and they've been studied for different reasons**," says Merenstein.

The guide lists both single strain and multi-strain products, and is available [online](#) or through [amobile app](#). The [Alliance for Education on Probiotics](#) developed the tool through an unrestricted educational grant, with lead author Dragana Skokovic-Sunjic under the direction of an expert review board. A [similar guide for Canada](#) has been available since 2010.

Merenstein also notes that the chart lays out **different choices for patients, including 'functional foods' with added probiotics**. He says, "One of the beautiful things is that the chart shows there's a lot of products out there. There's a decent amount of evidence and a decent number of products."

Merenstein says, however, the chart will not be relevant to every case he sees as a physician. "Many people take probiotics for [general health](#), just like they take multivitamins," he says. "The chart doesn't address general health, and I think that's a limitation."

### Cancer patient receives first penis transplant in US

Massachusetts General Hospital has confirmed that Thomas Manning of Halifax, Massachusetts, received the transplanted penis in a 15-hour procedure last week. The organ was transplanted from a deceased donor.

### Painkillers may extend duration of chronic pain

The short-term decision to take painkillers can have devastating consequences of making pain worse and longer lasting, a new research has warned. The findings could explain the explosion of painkiller addiction in the past few decades.

## Dietary supplement may prevent and reverse severe damage to aging brain, research suggests

A dietary supplement containing a blend of thirty [vitamins](#) and minerals - all natural ingredients widely available in health food stores - has shown remarkable anti-aging properties that can prevent and even reverse massive brain cell loss, according to new research from McMaster University.

It's a mixture scientists believe could someday slow the progress of catastrophic neurological diseases such as Alzheimer's, [ALS](#) and Parkinson's.

"The findings are dramatic," says Jennifer Lemon, research associate in the Department of Biology and a lead author of the study. "Our hope is that this supplement could offset some very serious illnesses and ultimately improve quality of life."

The formula, which contains common ingredients such as vitamins B, C and D, [folic acid](#), [green tea](#) extract, cod liver oil and other nutraceuticals, was first designed by scientists in McMaster's Department of Biology in 2000.

A series of studies published over the last decade and a half have shown its benefits in mice, in both normal mice and those specifically bred for such research because they age rapidly, experiencing dramatic declines in cognitive and motor function in a matter of months.

The mice used in this study had widespread loss of more than half of their brain cells, severely impacting multiple regions of the brain by one year of age, the human equivalent of severe [Alzheimer's disease](#). The mice were fed the supplement on small pieces of bagel each day over the course of several months. Over time, researchers found that it completely eliminated the severe brain cell loss and abolished cognitive decline.

"The research suggests that there is tremendous potential with this supplement to help people who are suffering from some catastrophic neurological diseases," says Lemon, who conducted the work with co-author Vadim Aksenov, a post-doctoral fellow in the Department of Biology at McMaster.

"We know this because mice experience the same basic cell mechanisms that contribute to neurodegeneration that humans do. All species, in fact. There is a commonality among us all."

MNT

## Kidneys: Facts, Function & Diseases

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

[Read More](#)

Get a little rhythm. Music has been shown to inspire exercisers to go longer and harder. Remember the theme song from *Rocky*? Or *Chariots of Fire*? Just about any music that inspires you can add energy to your steps and keep you motivated. Start with songs that have a slower beat to warm up, then choose higher-energy ones for the middle of your walk, and finish with a slower, relaxing tune. You can even alternate fast and slow songs for a musical interval walk. Just remember to keep the volume low and use only one earbud if you're walking outside.

## Alas! The Much Awaited “Awakening Season” Has Arrived.

At long last; we see the arrival of one of the most anticipated gift of the Good Lord. One that bears good tidings of warmth and colour to Mother Earth; the Homo sapiens; and to the Flora and Fauna that abodes and abounds the Good Earth. A season that brings out the active life styles; the colours and rosiness into the lives of all and sundry.

If one should observe in its' entirety one cannot but realise that the trees and the vegetation that shed their coats in Winter have now donned them on once more; and we the humans that donned layers of clothing in the Winter have now shed them. What a reversal! – One that we never give thought to; but take for granted; or in reality, take scant notice of.

The hitherto bare trees have now sprouted leaves and buds in exhibiting their lush; luxurious; and colourful kaleidoscopic splendour. Enhanced by the green green grass at home (not forgetting the Dandelions, of course); and the myriad varieties of flowers that have sprouted out of their hibernation. We the humans that were covered in those colourful toques; gloves; scarfs; fancy jackets & boots are now sans all these heavy equipment and running hither and tither in minimum clothing. The bushy tailed squirrels are now back to their normal and the lucky birds that flew away to warmer climes are now back to their regular perch and hunting grounds.

The sunrise and sunset heralds a blazon display in the sky, in all its' colourful splendour, to start off the day; and repeats its' performance at sunset to remind one of the departure of daylight. Akin to the curtain rise and curtain fall at the theatre. The warmth it brings along within the day sure brings the heat which we craved for during the winter days. It warms our bodies and the cockles of our heart to see, feel and enjoy the brightness and the surrounds; coupled with the myriad activities that are possible due to the changes that have occurred in the weather and the prevailing conditions.

It is fun to see the neighbourhood come alive and active. Nature sure helps to wake up the hibernating community and set off into the “springing into life” mode. The season of confinement is thus “temporarily” a thing of the past; as we look forward to enjoy ourselves in “the wide open atmosphere”.

The air is filled with the sweet smell of freshness and the welcome smell of vegetation and fragrance of flowers. However, the pollen in the air will no doubt affect those with allergies; but there is nothing that prevention will not cure. Hence do not let this small obstacle prevent you from enjoying the “awakening season”. In addition to these fragrances you also experience the wafting of man-made aroma of burning meat. That's right; it is the barbeque season at its inception. One that continues for months to come and heralds the many get together parties that are prevalent during this period.

On the negative side will be the pungent smell of the fuel burning lawn mowers and their noise pollution. But a necessity to beautify the landscape by grooming up of Mother Nature's gift.

It's a pleasure to see the neighbours and the neighbourhood being spruced up and beautified. The children riding their mobile devices; and some being pushed around in strollers and perambulators by their parents. You could hear the “Thud! Thud!!” of the basketball, as the kids play basketball in their driveways; not forgetting the street hockey that is played on the quiet corners of the roads and streets. All in all the children and kids are having a whale of a time into the late hours of the day as the sunlight will permit them to do so.

The season also brings out the “motoring enthusiasts” especially the motor cyclists and bikers. Adding to the noise pollution with a display in many instances of bravado or should one say “ego satisfaction”. There is also an increase in motor vehicular activity. One can only pray these motorists will not throw caution to the wind and act most cautiously; especially in the side streets and residential areas which are abound with children.

But Dear Readers the season has dawned on us and it is ours to savour. Please do so with safety in mind at all times - for yourself; your family; and others of the Community. But as the saying goes “If you think safety is an expense; then try and see what an accident will cost”.

Noor Rahim

## Fiber Intake Linked to Successful Aging

*Eating the right amount of fiber helps to avoid disease and disability into old age.*



Fiber cereal - image from Shutterstock

It is well known that a diet with adequate fiber assists in keeping people “regular.” Increased dietary fiber may also [reduce the risk of developing type-2 diabetes](#) and has been shown to [lower blood pressure](#). There is now evidence of a surprising additional benefit, discovered by the Australian researchers from the Westmead Institute for Medical Research. Associate Professor Bamini Gopinath, PhD, from the Institute's Centre for Vision Research compiled data from the Blue Mountains Eye Study, a benchmark population-based study that examined a group of more than 1,600 adults, ages 50 years and older, for systemic diseases and long-term sensory loss risk factors. The researchers explored the relationship between carbohydrate nutrition and healthy aging. The factors they examined included total carbohydrate intake, total fiber intake, glycemic index and load, and sugar intake. The fiber made the greatest difference in what the researchers called “successful aging”. They defined “successful aging” as including an absence of disability, cognitive impairment, depressive symptoms, respiratory symptoms, and chronic diseases including cancer coronary artery disease, and stroke.

According to the lead author of the paper, Gopinath, this study is the first to explore the relationship between carbohydrate intake and healthy aging, and the findings were significant enough to warrant further exploration. “Out of all the variables that we looked at, fiber intake -- which is a type of carbohydrate that the body can't digest -- had the strongest influence,” she stated. “Essentially, we found that those who had the highest intake of fiber or total fiber actually had an almost 80 percent greater likelihood of living a long and healthy life over a 10-year follow-up. That is, they were less likely to suffer from hypertension, diabetes, dementia, depression, and functional disability.” Though there was likely an expectancy that the level of sugar intake would have the largest impact on successful aging, Gopinath pointed out that the particular group they studied were older adults, whose carbonated and sugary drink intake was fairly low. This study validates similar recent findings by the researchers, that emphasize the value of the overall diet and healthy aging.

[VIEW NEWS SOURCE...](#)

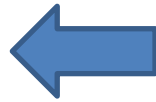
## Keep an Eye on Symptoms Daily for heart failure

If you're living with heart disease or congestive heart failure in particular, stay on top of changes in your body. One easy way to do that is to write down your symptoms when you notice them. Do you feel shortness of breath? Are your hands and feet swollen? Do you have a cough? Tell your doctor if you notice anything new. WebMD

**Health Education for Sri Lankans & others**  
[@HealthforSriLankans](#)



## Changing Your Life for Health and Happiness the Mediterranean Way



The Mediterranean diet is about more than food. It's a way to embrace life to the fullest, to find peace and happiness in everyday events, and to stay active and engaged in meaningful ways. In fact, the benefits that accrue to those who follow the key principles of the diet itself aren't solely related to single foods but to the diet as a whole, which includes not only what you eat but how you live. [More](#)

[See more from Health & Fitness](#)

## Got good fat?

Brown fat cells can burn fat to generate heat. University of Bonn researchers have discovered a new method to measure the activity of brown fat cells in humans and mice. The researchers showed that microRNA-92a can be used as an indirect measure for the activity of energy consuming brown fat cells. They showed that a small blood sample was sufficient. Results were published in *Nature Communications*, a well-known scientific journal.

People who want to lose weight often encounter boundaries: No matter what diet they try, the pounds won't drop. Being overweight and obese can have severe health consequences, and has shown to increase a person's chance of developing type-2-diabetes or cardiovascular diseases.

Prof. Dr. Alexander Pfeifer, head of the Institute of Pharmacology and Toxicology of the University Bonn, has been investigating brown fat in mice for years. He has been trying to understand how to turn unfavored white fat cells into energy-consuming brown ones. Brown fat cells can "burn" excessive energy by producing heat instead of storing fat. Prof. Pfeifer's team has discovered multiple signaling cascades and possible drug targets in rodents that are responsible for the conversion from white-energy-storing to brown-energy-consuming fat cells. However, for these basic research findings to become human treatment, clinical trials are needed to discover which drug is most efficient in activating brown fat and has few or no side effects. These clinical trials are hampered because so far no method is on the market to measure the brown fat activity without health risk and expensive equipment.

MNT

## Butter is okay, but white bread is not

Butter is not that bad for health but may have earned a bad reputation because it so often spread on unhealthy foods, such as white bread, new research suggests.

A review of nine studies involving more than 600,000 people found that butter was only weakly associated with total mortality, and not linked to cardiovascular disease at all. It even seemed to protect, slightly, against diabetes.

Although traditionally dieticians have advised people to cut down on animal fats, in the last year multiple studies have shown that they are unlikely to raise the risk of stroke, heart disease or diabetes.

The researchers said butter was a 'middle of the road' food which was unlikely to do much harm, but people could lower their risk of heart problems by switching to healthy fats like extra-virgin olive oil.

But the academics warned that foods normally associated with butter, such as bread and potatoes, could be bad for health.

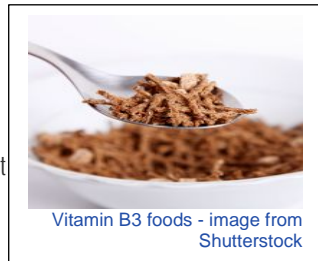
Dr Laura Pimpin, who carried out the research while at the Friedman School of Nutrition Science and Policy at Tufts in Boston, said that people who ate a lot of butter often had worse diets in general.

"Even though people who eat more butter generally have worse diets and lifestyles, it seemed to be pretty neutral overall," said Dr Pimpin, now a data analyst in public health modelling for the UK Health Forum.

"This suggests that butter may be a 'middle-of-the-road' food: a more healthful choice than sugar or starch, such as the white bread or potato on which butter is commonly spread and which have been linked to higher risk of diabetes and cardiovascular disease." Daily News

## Vitamin B3 May Delay Aging

*Scientists have enhanced the global antioxidant capacity of cells for the first time, leading to a delay in aging and an increase in longevity.*



Vitamin B3 foods - image from Shutterstock

Most attempts to show that oxidative damage is relevant for aging have not been successful, including many trials with antioxidant compounds. Because of this, although the accumulation of oxidative damage with aging is uncontested, most scientists believe that it is merely a minor, almost inconsequential, cause of aging. A team of scientists from the Spanish National Cancer Research Centre (CNIO) headed by Manuel Serrano, in collaboration with a group from the University of Valencia, directed by José Viña, and researchers at IMDEA Food from Madrid, have attempted to increase the global antioxidant capacity of the cells, instead of just one or a few antioxidant enzymes. They concentrated on increasing the levels of NADPH, which is a simple molecule that is of prime importance in antioxidant reactions, yet has also had not been yet studied in relation to aging. They employed a genetic approach to increase NADPH levels, generating transgenic mice with an increased expression throughout their bodies of one of the most crucial enzymes for the production of NADPH, glucose-6-phosphate dehydrogenase (otherwise known as G6PD).

The results, were published in the journal *Nature Communications*, and show that an increase in G6PD and as a result, in NADPH, increased the natural antioxidant defenses, shielding it from oxidative damage, decreasing aging-related processes such as insulin resistance, and increasing longevity. Furthermore, when the scientists analyzed long-lived transgenic animals, they found that their levels of oxidative damage were lower than in non-transgenic subjects of the same age. They found no difference in the tendency of these animals to develop cancer. The biggest surprise was when the team measured the aging process in the transgenic mice. They discovered that the animals with high levels of NADPH delayed their aging, metabolized sugar better and presented better coordination as they aged. Also, transgenic females lived 14% longer than the non-transgenic mice, though no significant effect was seen in the longevity of the males. "This increased longevity, although modest, is striking taking into account that until now attempts to increase longevity by manipulating individual antioxidant enzymes had failed," said Pablo Fernández-Marcos, co-first author of the study and researcher at IMDEA Food. The researchers in the study point to the use of pharmacological agents or nutritional supplements that increase NADPH levels as possible tools for delaying the aging process in humans and age-related diseases, such as diabetes, and others. Vitamin B3 and its derivatives are responsible for the synthesis of NADPH precursors and are potential candidates for future studies.

[VIEW NEWS SOURCE...](#)

**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.**

**Compiled, edited & published by  
Dr Harold Gunatillake  
To unsubscribe  
email:haroldgunatillake1@gmail.com**

Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cev)