



U.S., China Formally Join Paris Climate Agreement

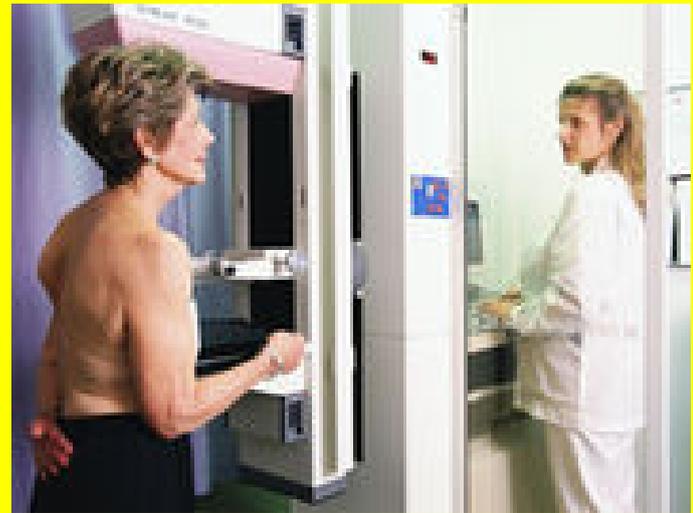
By **Climate Nexus**

- The U.S. and China **formally joined** the Paris agreement a day before the **G20 Summit** in Hangzhou, raising hopes that the climate accord could **enter into force** this year.



- President Barack Obama, President Xi Jinping of China and United Nations Secretary General Ban Ki-moon exchange greetings at the conclusion of a climate event at West Lake State House in Hangzhou, China, Sept. 3. Official White House Photo / Pete Souza
- The two countries are the first major emitters to join the climate pact, bringing the total number of nations to **26 comprising 39 percent** of global emissions. For the agreement to enter into force, 55 countries representing 55 percent of global emissions must join.
- At the end of the summit, G20 leaders **committed** to ratifying the agreement and said they "welcome efforts to allow its entry into force by the end of 2016."
- Joining the Paris agreement is President Obama's latest step toward cementing his **climate legacy** and ensuring that the U.S. remains a global leader on the issue.
- "Nearly two years ago, the United States and China stood shoulder to shoulder to proclaim their commitment to solving **climate change**, kickstarting the process that culminated in a worldwide climate agreement in Paris," **Ken Berlin**, president & CEO of The Climate Reality Project, said.
- "Now, the world's two largest emitters and two largest economies have taken the next step by formally joining the Paris Agreement. This continued cooperation and leadership on the eve of the gathering of the G20 sets a bold precedent for the rest of the world's major economies to follow and highlights the interrelationship between expanding economic prosperity and solving the climate crisis.
- "Now it's time for the rest of the world to follow the U.S. and China, formally accept the Paris Agreement, and get to the hard work of implementing and increasing their commitments to solving climate change."

Cancer Surgeons Advise Against Removal of Healthy Breast



- MedicineNet Newsletters! (HealthDay News) -- **Only certain women with cancer in one breast should have their healthy breast removed in an attempt to prevent cancer**, a leading group of breast surgeons maintains. The new position statement from the American Society of Breast Surgeons comes at a time when more **breast cancer** patients are asking doctors to remove the unaffected breast -- a procedure known as **contralateral prophylactic mastectomy**. "Contralateral prophylactic mastectomy is a growing trend that has generated significant discussion among physicians, patients, **breast cancer** advocates and media," said position statement lead author Dr. Judy Boughey. She is professor of surgery at Mayo Clinic in Rochester, Minn. However, "it is important for patients to understand it does not improve their **cancer** outcome and for them to understand the pros, cons and alternatives to [contralateral prophylactic mastectomy]," she said in a society news release. The surgeons' group believes the procedure should generally be discouraged in average-risk women, whose chances of developing **breast cancer** in the healthy breast are only 0.1 to 0.6 percent a year. And research shows that most women with cancer in one breast gain no cancer-prevention benefit from removal of the healthy breast, the society said.

Health professionals shift blame over asthma drug's severe side effect warnings

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

News about How Low-profile Dilip Stunned The Big Names



Chances are you haven't heard of Dimbulla wines. Don't worry, until recently a lot of Hunter Valley wine people probably hadn't either.

But they do now.

Located in the "back blocks" at the far northern end of wine country, this tiny operation with a very low profile stunned the industry when they were awarded best overall red wine at the recent Hunter Valley Wine Show.

Not only that, but in territory where shiraz is the undisputed red wine king, they did it with a blend made up mostly (75 per cent) of the Meriterranean varietal tempranillo, and the remainder shiraz.

And at a modest \$25 a bottle at that. Talk about put the cat amongst the pigeons. Sri Lankan-born Sydney businessman Dilip Kumar is the man behind Dimbulla which, incidentally, is a tea growing region in the highlands of Sri Lanka where he was born. "It was a big surprise," he admits. "I knew it was a good wine, but it's the first blend to win the trophy, so I was shocked. I thought we might be a chance for a trophy, but not wine of show."

Extract from the Maitland Mercury

Iron deficiency anaemia

Iron deficiency anaemia is quite common among women especially during child bearing age, among rich and the poor equally. It is difficult to explain why the rich and the affluent classes also should suffer from iron deficiency when they could well afford to buy foods rich in iron. The poorer classes suffer from malnutrition and iron deficiency due to poverty and the unhealthy environments they dwell.

Another reason why young women, including the teenagers become anaemic is due to irregular excessive uncontrollable menses. Doctors call this 'menorrhagia'. The simplest way to control this problem is to go on the contraceptive pill which automatically regulates the menses.

You must see your doctor if you are pale and find it difficult to do your daily routines.

The common symptoms are- extreme fatigue, pale skin, general body weakness, shortness of breath, chest pain, frequent infections, headaches, brittle nails rapid heartbeat and so on.

Your doctor will do the necessary investigations to find out the cause, and invariably in most cases no cause is found.

In a situation when no specific cause is found consuming a high iron containing foods daily, will help.

Such foods are:

- Meat: any form of meat, including pork, has high concentrations of iron in the muscle tissues. Food has two types of iron-heme iron and non-heme iron. Heme iron is found in meat, fish and poultry and is the form of iron is most readily absorbed from your gut.
- Plant based iron sources contain non-heme iron, which is absorbed less efficiently than meat iron.
- Organ meats provide significant amounts of iron. In the past people recovering from chronic illnesses were given liver as the concentration of iron is very high and easily absorbed.
- Beef, poultry Lamb and seafood supply most of the heme-iron and those subjects having low iron in the blood should eat these foods daily to keep the iron level at optimum levels.

Men need 8 milligrams and women need about 18mg up to the age 50, and only about 8mg during the post-menopausal period. Pregnant mothers need about 27mg of iron per day.

- Fish: Seafood has much iron. Some of them whether from farm grown or otherwise have much iron, such as in Tuna, sardines, and mackerels. Shrimps and oysters are packed with iron.
- Dark, Leafy Vegies: There are many dark green vegetables containing iron. Some of them are spinach, kale and collards
- Tofu, beans, garbanzo, asparagus, broccoli have non-heme type of iron. Sipping a glass of fruit drink with vitamin C helps to take in iron better.
- Breakfast oat cereals are loaded with iron. Add some slices of fruit to boost the iron.
- Eggs have a healthy dose of iron. Each egg has 4.33 mg of iron in 100g.
- Other sources of iron are dried beans, soya beans, peas, dried fruits, whole grains including brown rice.
- Nuts and dried fruits like cashew or pistachios, raisins, prunes, dates and peaches, all have a fair amount of iron in them.
- Watermelon in each slice can have about 3 mg of iron. Bananas have about 1mg and an apple has 0.5mg.
- Chocolate lovers would like to know that you could pick up some iron when you nibble dark chocolate. A 3-ounce piece gives 7mg,
- Tea: Drinking black or pecko tea frequently can reduce the absorption of iron from food. There are substances in tea that binds the dietary iron preventing absorption.
- Athletes: Long distance runners and those with chronic gastro-intestinal disorders may lose iron.

Too much iron in the body results in a disorder called hemochromatosis, affects the body's ability to control how much iron is absorbed. Blood removal may be required when the iron content is high.

Good advice by Dr Harold

Some ref: to WebMD



The Secret to the Perfect French Fry

How do you get a fry that's perfectly crispy on the outside and chewy on the inside?

Sugar Industry Tried to Bias Heart Research, Study Says

The sugar industry may have downplayed studies showing that eating too much sugar can cause heart disease, and instead tried to place the blame on too much fat in the diet, a new study says.

[Read More](#)



Booming Without Borders

It's a dangerous trend with no end in sight. Obesity and diabetes are on the rise around the globe. Take a look at the shocking data.

This situation does not apply only to the United States alone, just drive down Galle Road, Marine Drive or Rajagiriya, Nawala areas, in Colombo late night and you might think you are in US.

There are many hot food outlets in the major cities like Colombo, Kandy and Galle, and the young ones seem to enjoy their dinners at these outlets. For most young people eating out daily is cheaper and saves time and these food joints are full of them and eating without knowing consequences- www.today.com

The government is working to control alcohol consumptions especially among the poorer working people who become poorer with a drinking problem.

Some of these workers spend more money at the taverns and starve their families, quite a normal traditional phenomenon in Sri Lanka.

Obesity and over eating are as bigger problem more among the affluent classes.

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.

Eating complex carbohydrates and whole grains—as well as lean proteins and healthy fats—keeps your **blood sugar** levelled and keeps you satisfied for longer periods of time, so you can avoid getting "hungry" and resist the temptation for a mid-afternoon cookie or **coffee** pick-me-up

Muscle cramps facts

A muscle cramp is an involuntarily and forcibly contracted muscle that does not relax.

Almost everyone experiences a muscle cramp at some time in their life.

There are a variety of types and causes of [muscle cramps](#). Muscle cramps may occur during [exercise](#), at rest, or at night, depending upon the exact cause.

[Dehydration](#) is a common cause of muscle cramps. Numerous medicines can cause muscle cramps. Most muscle cramps can be stopped if the muscle can be stretched.

It is not known exactly what causes muscle cramps to develop. Insufficient stretching before [exercise](#), exercising in the heat, and muscle [fatigue](#) may all play a role in their causation. Imbalances in the levels of [electrolytes](#) (sodium, potassium, chloride, calcium and phosphate) in the blood can also lead to muscle cramps. Medicine.net

The Brain Freeze

Oh no, not again! Another frozen treat, another brain freeze. "Ice cream headaches" happen when something cold touches nerves in the roof of the mouth, triggering blood vessels in the front of your head to swell. This rapid swelling causes the familiar, jabbing pain of a brain freeze. An easy solution? Try eating ice cream or other cold foods more slowly to avoid getting a headache. Medicine.Net



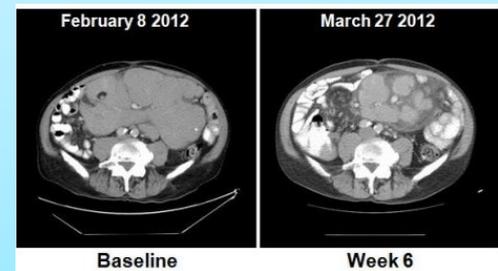
Ocean Warming Is 'Greatest Hidden Challenge of Our Generation'



A new IUCN report, Explaining ocean warming: causes, scale, effects and consequences, sets out the most recent and...

'Like taking Panadol': Cancer drug given fast-track approval in US

An Australian drug that melts away cancer in some stage four patients is given fast-track approval in the United States, but Australian patients cannot yet access it.



Cornbread-Crusted One-Skillet Sausage Pie

Sausage and kale are cooked together and baked with a cornbread topping for a comforting, family-friendly one-skillet meal.

[Read More](#)

Sudden Blurry Vision

An abrupt and dramatic loss of vision may be a sign of a problem with the blood flow to your eye or your brain. Immediate medical attention can prevent serious damage and may even save your life. Even if your vision gets better quickly, it might still be a warning of a stroke or the beginning of a migraine headache
WebMD

Bulging Eyes

Graves' disease causes your thyroid gland to release too many hormones, which can lead to this problem. It also may cause diarrhea, weight loss, and hand tremors. Medication or surgery can help control the amount of hormones your thyroid makes, but they won't cure the underlying disease -- and may not help your eyes.
WebMD

Blurred Vision

This can be a sign of diabetes, which causes too much sugar in your blood. If it isn't well managed, you may get diabetic retinopathy (when tiny blood vessels in your eyes leak blood and other fluids). You may have blurred vision and find it hard to see at night. Doctors can use a laser to seal the leaks and get rid of unwanted new blood vessels. This may affect your side vision, but it can save your central vision.

WebMD

Lankan-Australian "News-King":



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Onion Skin Extract Lowers Blood Pressure

Taking a dietary supplement made from onion-skin has been shown to lower blood pressure in people with hypertension.



Fresh onions - image from Shutterstock

People suffering from hypertension may benefit from taking a dietary supplement made from onion skins. Researchers from the University of Bonn, Germany, studied the effects of taking a dietary supplement of the polyphenol quercetin, which is derived from onion skins, on blood pressure in overweight-and-obese patients with pre-hypertension and stage I hypertension. A total of 70 subjects were randomised to receive 162 mg/d quercetin from onion skin extract powder or placebo for 6-weeks. Results showed that the quercetin supplement decreased 24-hour systolic blood pressure by 3-6 mmHg when compared with placebo. The supplement also significantly decreased day-time and night-time systolic blood pressure in participants with hypertension. Blood pressure changes in non-hypertensive participants were not significant. The authors note that quercetin had no effect on numerous vasoactive biomarkers including endothelin-1, soluble endothelial-derived adhesion molecules, asymmetric dimethylarginine, angiotensin-converting enzyme activity, endothelial function, parameters of oxidation, inflammation, lipid and glucose metabolism. The authors concluded: "Supplementation with 162 mg/d quercetin from onion skin extract lowers ambulatory blood pressure in patients with hypertension, suggesting a cardioprotective effect of quercetin. The mechanisms responsible for the blood pressure-lowering effect remain unclear." Quercetin is found in onions, kale, apple skins, berries, citrus fruits and tea.

[VIEW NEWS SOURCE..](#)

Brüll V, Burak C, Stoffel-Wagner B, et al. Effects of a quercetin-rich onion skin extract on 24 h



Simple balance test

How well can you keep your balance? If the answer is "pretty well," you may just pass this test. Did you know that every year, one in three Americans over 65 takes a spill at one point or another? Though it may seem silly, the medical consequences, in some cases, turn out to be quite severe.

This test helps to determine your risk for falls as you age.

Test yourself: Stand up straight with your arms crossed. Lift up either leg, starting a timer as you do so, and hold that leg up with your knee bent for as long as you can without touching the other leg or uncrossing your arms. Don't use a support.

Fried, Grilled or Baked Foods? They May Affect Type 2 Diabetes Risk

[Type 2 Diabetes: Learn the Warning Signs](#)
[Diabetes Friendly Dining](#)

[Type 2 Diabetes: Test Your Medical IQ](#)

FACEBOOKTWITTEREMAILPRINT ARTICLE

By Serena Gordon

HealthDay Reporter

Latest Diabetes News

- [Antibiotics in Kids May Help Spur Type 1 Diabetes](#)
- [Fatty Fish May Curb Eye Risks for Diabetics](#)
- [Health Tip: The Pluses of Using an Insulin Pump](#)
- [When Diabetes Strikes, Move to Lower Risk to Eyes](#)
- [Health Tip: Warning Signs of Nerve Damage](#)
- Want More News? Sign Up for MedicineNet Newsletters! –
- Changing the way you cook could help reduce your risk of getting [type 2 diabetes](#), a new study suggests.

Boiling, steaming and poaching look like the safest way to go, researchers say.

When you fry, grill or bake foods -- also called dry-heat cooking -- foods produce substances called advanced glycation end products (AGEs).

Higher levels of AGEs have been linked to [insulin resistance](#), [stress on the body's cells](#) and [inflammation](#), according to the study authors. These are troublemakers in terms of [diabetes risk](#).





This is How Professionals Cut Pineapples...

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What Is Atrial Fibrillation?



Atrial fibrillation (AFib) is a heart rhythm abnormality caused by a problem with the heart's electrical system. Normally, the heart's electricity flows from the top chambers (atria) to the bottom chambers (ventricles), causing the normal contraction. In atrial fibrillation the electrical flow is chaotic causing the heartbeat to become irregular.

Warning Sign: Uneven Pulse

Atrial fibrillation causes an irregular heart rate. If you check your pulse, you will often feel a "fluttering." When atrial fibrillation is new in onset or poorly controlled by medications you will often feel your heart racing. This rapid, abnormal heart rate can be dangerous if not treated and controlled quickly.

Warning Sign: Dizziness

If your heart goes into atrial fibrillation you may experience dangerous and frightening symptoms. AFib may cause symptoms such as:

- Dizziness
 - Feeling of palpitations
 - Shortness of breath
 - Chest pain
 - Fatigue or exercise intolerance
- Medicine.net

ARTICLE

Alzheimer's Symptoms to Look Out For

Learn to spot these seven stages and symptoms of Alzheimer's disease. Find out what to expect from the different stages of Alzheimer's. [Read more...](#)

<https://youtu.be/ecobbcoGqCo>

5 Health Benefits of Chia Seeds and How to Add Them to Your Diet

Chia seeds are rich in polyunsaturated fats, especially...



97% of Most Species-Rich Places on Earth Have Been Seriously Altered by Humans

James Cook University's Prof. Bill Laurance has taken part in a study to map the ecological effect of...



Confluence - A Festival of India in Australia

702 ABC Sydney is celebrating the conversations, stories and culture of the Indian community. [More](#)

Industrial Revolution Kick-Started Climate Change Much Earlier Than Previously Thought



Our new study, published Wednesday in Nature, reveals that warming in some regions actually began...



Mount Everest Climbers May One Day Climb Ice-Free

Dan Zukowski

The Himalayan Mountains and Tibetan Plateau, dubbed the "Third Pole" for having the largest ice mass on Earth after the polar regions, are rapidly losing their glaciers. Eighteen percent of China's glaciers have vanished in the past 50 years according to the Chinese Academy of Sciences. Air pollution and rising air temperatures are combining to increase glacial melt, threatening water supplies for one billion people.



Mount Everest is Earth's highest mountain.

Glacial surfaces are vulnerable to the effects of black carbon. What, exactly, is black carbon? The U.S. Environmental Protection Agency (EPA) defines it as "the most strongly light-absorbing component of particulate matter (PM), and is formed by the incomplete combustion of fossil fuels, biofuels and biomass." Airborne black carbon absorbs sunlight, creating local atmospheric warming. Deposited on glaciers, it darkens the surface, allowing the sun to warm the snow and ice just as wearing dark clothing on a summer day can make you feel the heat.

It's not just China's famous pollution or fossil fuel burning that's to blame. It's also yak dung. Traditional Tibetan use of biomass such as animal dung for cooking and heating, along with open burning of garbage and crop waste, was found to be a greater contributor to the creation of black carbon in certain areas of the Himalaya-Hindu-Kush and Tibetan Plateau than burning of fossil fuels. A new study published this week in *Nature Communications* concludes that "the results of this extensive observation-based source-diagnostic study provide strong isotope-based evidence that biomass-sourced BC [black carbon] plays a quantitatively more important role in TP [Tibetan Plateau] glacier melting than fossil fuel-sourced BC, especially in the inland TP, and presumably arises mainly from domestic sources." The research was conducted by the Institute of Tibetan Plateau Research, Chinese Academy of Sciences.

How Can Coffee Improve Your Skin?

This invigorating coffee scrub not only smells great, but moisturizes and exfoliates.



Instead of Supporting Trump, Here's What the Koch Brothers Are Doing With Their \$750 Million

Though they still refuse to support Trump, the Kochs apparently feel they have to do something with...



When you're born, you have about 300 bones. By the time you're a grownup, you've only got 206. The reason: As babies grow, some of their bones fuse together.

Some infant bones are made entirely of soft, flexible tissue called cartilage that's slowly replaced by hard bone as the baby develops.

Can Carbon Dioxide Be Safely Stored Deep Underground for Tens of Thousands of Years?

By Tim Radford

Geologists have resolved one great problem about the capture of carbon dioxide from coal-fired or gas-fired power stations and its sequestration deep in the Earth, with what appears to be the prospect of rock-solid carbon storage.

Once there in the right **rock formations**, there's no reason why it should escape.

That is, it won't react with groundwater, corrode the rocks around it and dissolve its way back to the surface in 10,000 years—or even 100,000 years.

And scientists report in **Nature Communications journal** that they can say this with confidence because they have identified natural reservoirs of CO2 at least 100,000 years old, deep under the rocks near the town of Green River in Utah in the U.S. and they have drilled into the formation to check the water chemistry

The implication is that the rock that caps the reservoir can resist corrosion for at least 100,000 years. In the timetables of **climate change**, this is long enough to be considered safe.

Costly and Risky

The research resolves just one concern about the challenge of carbon capture and storage. **An experiment in Iceland** confirmed that it could work in the short term, but the latest study suggests it could go on working in the long term.

The bigger problem is whether it can be made to work at all. **Independent studies have decided that the technology is both costly and risky** and in any case the response by the energy industry suggests that the approach is **not being prosecuted with any enthusiasm**.

But since carbon dioxide emissions from the cities and power station chimneys of the planet are driving global warming, sea level rise and potentially catastrophic climate change, humans must either drastically reduce fossil fuel use or find ways of capturing carbon dioxide emissions from fossil fuel combustion. EcoWatch



America's No. 1 Killer Is Changing

Cancer has passed heart disease as the leading cause of death in nearly half of U.S. states, according to a new report.

[Read More](#)

Deadly Case of 'Bagpipe Lung' Highlights Danger of Fungal Infections



One man's fatal lung infection highlights a rare danger that musicians may face: getting sick from fungi growing within their instruments, according to a recent report of the case.

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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.



Mind-Body Link Traced to Specific Brain Regions

[Read Article](#)



22 zucchini recipes that prove this is the best vegetable ever

Is there anything you can't make with a zucchini? From fries to cake, here's how you can eat zucchini for breakfast, lunch & dinner.

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Proxima b could be the planet Earthlings escape to

Astronomers have located an Earth-like planet next to our nearest neighboring star, Proxima Centauri, which could be our new home in the distant future.

[See this](#)

Beef

It gets a bad rap. While it can be unhealthy to eat too much fatty red meat, lean red meat doesn't raise your cholesterol and contains nutrients like protein, vitamin B12, iron, niacin, and zinc. Beef tenderloin is a lean, delicious -- and healthy -- way to go.

Sources



Lamb

Like beef, lamb is a good source of protein, omega-3 fatty acids, vitamin B12, niacin, zinc, and iron. Irish lamb stew, full of healthy vegetables and lean cuts of lamb, is a great meal to share with friends.

Goat

This isn't on many menus in the U.S., but three-quarters of the world eats it. It has far less fat and calories than other red meats, and has plenty of vitamins and nutrients. It also has very little saturated fat -- even less than chicken. An Indian goat curry might be a good way to get familiar with it. Goat meat though expensive is very popular in Sri Lanka. WebMD



Replacing just one sugary drink with water could significantly improve health

Virginia Tech



Foods that can help manage blood sugar

People with diabetes should first make sure that they have a regular eating routine. Having a source of fiber, slow-digesting [carbohydrate](#), lean protein, and healthy fat with each meal helps to control blood sugar levels throughout the day.

People should limit quick-digesting carbohydrates like white bread and pasta. Instead, they should opt for slower-digesting carbohydrates with extra nutrients like vegetables, whole grains, beans, and berries. These cause a smaller spike in blood sugar.

Pumpkin seeds

Pumpkin seeds are high in [magnesium](#). The body needs magnesium for over 300 processes, including breaking down food for energy.

A lack of magnesium is linked to [insulin resistance](#), a main cause of diabetes. For every 100-milligram-a-day increase in magnesium intake, the risk of developing [type 2 diabetes](#) falls by [around 15 percent](#).

Two tablespoons of pumpkin seeds contain 74 milligrams of magnesium. This is around a quarter of the recommended daily amount.

- Brush pumpkin seeds with olive oil, season with cumin, and bake until brown and toasted
- Make pumpkin seed butter by blending whole, raw pumpkin seeds in a food processor until smooth

Walnuts



Walnuts contain fiber, protein, and healthy fats.

The combination of fiber, protein, and healthy fats in walnuts makes them a great alternative to simple carbohydrate snacks like chips or crackers.

The fatty acids in walnuts can increase good [cholesterol](#) while decreasing harmful cholesterol. This may reduce the risk of heart disease or [heart attack](#).

People with diabetes are at a greater risk for these conditions. People whose diets include large amounts of nuts put on less weight than those that do not, according to a study in the [American Journal of Clinical Nutrition](#). Weight loss can help to reduce blood sugars.

- Add crushed walnuts to yogurt, oats, or salad
- Make a trail mix treat with walnuts, [pumpkin](#) seeds, and dark chocolate chips MNT

Please share this newsletter with friends, colleagues and the family

How is calcium harmful to the body?

Answer by [Cher1058](#)

Calcium is an essential body mineral, but excessive calcium can be harmful.

About 99% of the body's calcium are stored in the bones. The rest is located in the blood and tissue fluids. Calcium is necessary for blood clotting, containing cells, and neuromuscular functions. The constant level of calcium in the blood and tissues is maintained by the action of calcitonin and parathormone generated by the parathyroid gland.

When there is an excessive blood calcium level in the body, calcitonin secretion *increases*. Calcitonin lowers calcium concentration in the blood and body fluids by decreasing the rate of bone *resorption*, but in addition, increasing the calcium *absorption* by the bones. Without the proper secretion of calcitonin, hypercalcemia occurs; a harmful rise in blood calcium level.

Hypercalcemia can lead to kidney stones because the urinary system retains calcium, additionally increasing blood calcium levels. The digestive system increases absorption of calcium, causing abdominal pain, vomiting, and constipation. Hypercalcemia can also lead to hyperactivity of cardiac muscle which can cause heart arrhythmias.

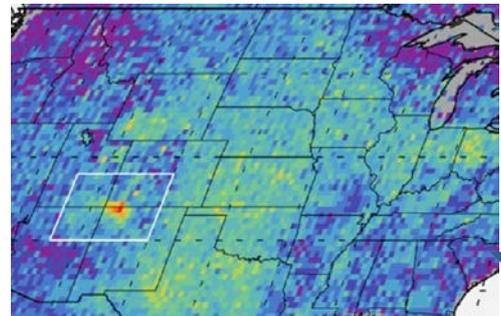
Avocado

The avocado is the only fruit that is a good source of healthy fat. Avocados also provide about 20 different [vitamins](#) and minerals and are especially high in [potassium](#), vitamins C, E, and K, lutein, and [beta-carotene](#).

Eating foods that contain healthy fats may help increase fullness. Eating fat slows the digestion of carbohydrates, which helps to keep blood sugar levels more stable. Avocado is high in fiber too, with half a fruit containing 6-7 grams. According to the Department of Internal Medicine and Nutritional Sciences Program of the University of Kentucky, high fiber intake is associated with a significantly [lower risk for diabetes](#).

[Eating high-fiber foods](#) can also reduce [blood pressure](#) and cholesterol levels, improve weight loss, and make insulin more efficient.

- Spread avocado on toast in the morning instead of butter
- Use avocado instead of mayonnaise in chicken or egg salad



NASA: Methane 'Hot Spot' Linked Directly to Natural Gas Leaks

The National Aeronautics and Space Administration released a new study Monday examining...

Meat consumption and climate change

By Jordyn Cormier



Cars are often used as the golden standard of environmental destruction. We know that our driving is hurtful to the environment. But, what about a burger? We don't instinctually associate **meat consumption** with **climate change**, but does the dark side of the meat industry give cars a run for their money? Which is actually worse—cows or cars?

Livestock emissions make up anywhere between **14.5 and 18 percent** of total global greenhouse gas emissions. Comparably, the transportation sector is responsible for around **14 percent** of emissions. By those numbers alone, our current system of meat production is extremely damaging. Perhaps more looming, however, is that while transportation creates CO2, livestock farming is hugely responsible for producing methane. As you may know, methane is **23 times more potent** when it comes to warming the planet.



The first private moon mission gets the green light

[See this](#)

Organic is always healthier.

Organic food can mean fewer pesticides for your family, but there's no real evidence that it's more nutritious. If you're thinking about going organic, then apples, peaches, strawberries, and spinach may be a good place to start. When they are grown conventionally, they can carry more pesticide residue than other produce. Worry less about produce with skin you don't eat, like oranges and avocados. Whether or not it's organic, make sure to wash produce well. WEbMD



Forget the floss? There's little proof it protects your teeth or gums

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By Rodale Wellness | Health | Jul 20

The Most Amazing Protein-Packed Fruit You've Never Heard Of

By Katie Maguire Held



When you hear the phrase "**vegan protein**," you probably think of soy, **nuts**, beans, **quinoa**—the



Does caffeine really stunt your growth? 7 common health worries

Should you avoid exercise when you're sick? Does caffeine really stunt your growth? NBC News medical contributor Dr. Natalie Azar quizzes Kathie Lee and guest co-host Tony Danza on whether seven common health beliefs are facts or myths. (Run time: 4:35)

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100% of McDonald's Chicken Now Raised Without Antibiotics



When McDonald's announced earlier this week that it has eliminated antibiotics important in...

Americans Heavier Than 20 Years Ago

There's no doubt about it: Americans are getting heavier and heavier.

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What Is DVT?



Deep vein thrombosis is a blood clot that forms inside a vein, usually deep within your leg. About half a million Americans every year get one, and up to 100,000 die because of it. The danger is that part of the clot can break off and travel through your bloodstream. It could get stuck in your lungs and block blood flow, causing organ damage or death. WEbMD

/



Why Does Ice Cream Cause Brain Freeze?

[Read Article](#)

Hope you enjoy reading this health material

Cases of Aggressive Prostate Cancer on the Rise, Research Finds

BY MAGGIE FOX

Advanced Prostate Cancer Cases on the Rise, Study Suggests

Cases of aggressive prostate cancer appear to be on the rise, researchers reported Tuesday.

The good news is it's still rare for prostate cancer to spread. Just 3 percent of cases have already started spreading when men are diagnosed and prostate cancer overall has not become more common, the team found. And the American Cancer Society [strongly questioned](#) the findings and the methods used to get them.

The researchers -- who were looking for evidence to support a return to widespread prostate cancer screening -- found that cases of metastatic prostate cancer -- the type that has started to spread in the body -- nearly doubled in men aged 55 to 69 since 2004. The reason is not yet clear.

"One hypothesis is the disease has become more aggressive, regardless of the change in screening," said Dr. Edward Schaeffer, chair of urology at Northwestern University Feinberg School of Medicine and Northwestern Medicine, who led the study.

"The other idea is since screening guidelines have become more lax, when men do get diagnosed, it's at a more advanced stage of disease. Probably both are true. We don't know for sure, but this is the focus of our current work," Schaeffer continued.

"ONE HYPOTHESIS IS THE DISEASE HAS BECOME MORE AGGRESSIVE, REGARDLESS OF THE CHANGE IN SCREENING."

In 2012, the U.S. Preventive Services Task Force (USPSTF) [recommended against using a blood test](#) called a prostate-specific antigen (PSA) test to check most healthy men for prostate cancer.

"You should know what the science says about PSA screening: There is a small potential benefit and there are significant potential harms," the USPSTF says. It said the test found very few men with prostate cancer that needed treatment, and caused men to be needlessly treated for slow-growing prostate tumors that never would have harmed them. Sometimes that treatment meant side effects, from impotence to incontinence.

The American Cancer Society supports this cautious approach to screening and questioned Schaeffer's study.

"This study makes a dramatic claim about an issue all of us have been watching eagerly: namely, whether less PSA screening might lead to more advanced cancers. But the current analysis is far from adequate to answer that question sufficiently," the group's chief medical officer, Dr. Otis Brawley, said in a statement.

"Epidemiologists learned long ago that you can't simply look at raw numbers. A rising number of cases can be due simply to a growing and aging population among other factors," Brawley added.

"In addition, in this study, the rise they detected began before USPSTF guidelines for screening changed. There may or may not be a rise in the rates of metastatic disease; but because of a flawed analysis, this study does not answer that important question."

What is Abdominal Pain?

The abdomen is an anatomical area that is bounded by the lower margin of the ribs and diaphragm above, the pelvic bone (pubic ramus) below, and the flanks on each side. Although abdominal pain can arise from the tissues of the abdominal wall that surround the abdominal cavity (such as the skin and abdominal wall muscles), the term abdominal pain generally is used to describe pain originating from organs within the abdominal cavity. Organs of the abdomen include the stomach, small intestine, colon, liver, gallbladder, spleen, and pancreas. Abdominal pain can range in intensity from a mild stomach ache to severe acute pain. The pain is often nonspecific and can be caused by a variety of conditions.

What Causes Abdominal Pain?

Abdominal pain is caused by inflammation (for example, appendicitis, diverticulitis, colitis), by stretching or distention of an organ (for example, obstruction of the intestine, blockage of a bile duct by gallstones, swelling of the liver with hepatitis), or by loss of the supply of blood to an organ (for example, ischemic colitis). To complicate matters, however, abdominal pain also can occur for unclear reasons without inflammation, distention, or loss of blood supply. An important example of this latter type of pain is the irritable bowel syndrome (IBS). These latter types of pain are often referred to as functional pain because no recognizable (visible) causes for the pain have been found.

Characteristics of the Pain - The Way the Pain Begins

When does the pain occur? Always? More often in the morning or at night? If the pain comes and goes, about how long does it last each time? Does it occur after eating certain types of foods or after drinking alcohol? During menstruation? These are typical questions your doctor may ask that may help determine the cause. For example, abdominal pain that comes on suddenly may suggest a sudden event such as the interruption of the supply of blood to the colon (ischemia) or obstruction of the bile duct by a gallstone (biliary colic).

Characteristics of the Pain - Location

Your doctor may ask: Is the pain throughout your abdomen or is it confined to a particular area? Where in your abdomen does the pain seem to be located?

The location of the pain can help diagnose certain causes such as appendicitis, which typically causes pain in the middle of the abdomen, which then moves to the right lower abdomen, the usual location of the appendix. Diverticulitis typically causes pain in the left lower abdomen where most colonic diverticula are located. Pain from the gallbladder (biliary colic or cholecystitis) typically is felt in the middle, upper abdomen, or the right upper abdomen near where the gallbladder is located.

Medicine.net

Kiwi fruit for constipation

- The luscious green flesh of the kiwi may be just what the doctor ordered. One medium kiwi has about 2.5 grams of fiber and lots of [vitamins](#) and nutrients that are important for good health, including the intestines.
- A kiwi is a berry. And like most berries, it has edible seeds. You can even eat the peel, although most people prefer to eat just the flesh.
- A 2013 study of adults reported in [Advances in Food and Nutrition Research](#) found that eating kiwi promotes regular bowel movements. A previous study by researchers in Taipei also found eating two kiwis a day increased the number of bowel movements in adults with constipation. [Continue Reading](#)

Sweet potatoes for constipation

- One medium baked sweet potato with skin has 3.8 grams of fiber, which can help get things moving along. This high fiber content in sweet potatoes helps prevent constipation. The skin contains most of the fiber so leave it on for the biggest benefits.
- Regular baked potatoes are also a good source of fiber, with 3 grams in a small baked potato. Leave the skin on, and high-calorie toppings such as butter or sour cream off. [Continue Reading](#)



[These are the best phones of 2016 so far](#)

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IBS Symptoms

The hallmark of IBS is the presence of abdominal pain that is associated with constipation, diarrhea or both. The pain and alterations in bowel habit may be mild and not interfere with normal activities or they may be severe and limit activities. Frequent diarrhea can lead to the need to constantly be near to a bathroom

IBS Causes

The exact cause of IBS is not known. It is believed to be caused by abnormal activity of the muscles of the intestines and/or the nerves that control the muscles. This can lead to abnormal patterns of contraction of the intestinal muscles that result in pain, constipation, or diarrhea. Secretion of fluid into the intestine also might be increased. Abnormalities of the intestinal muscles cannot be seen even under the microscope. If the pattern of intestinal motility is studied, it may be abnormal.

Who's at Risk for IBS?

IBS is more common in women than men, almost twice as common. Although the symptoms can begin at any age, they most commonly begin in people in their 20s. There seems to be an increased prevalence of IBS among relatives of individuals with IBS. Anxiety or stress do not cause IBS, but they make the symptoms of IBS worse.

IBS Diagnosis

There are no tests for diagnosing IBS. Occasionally the activity of intestinal muscles is studied and found to be abnormal. It usually is the typical symptoms of IBS - abdominal pain associated with constipation, diarrhea or both - that suggest the diagnosis.

Since many other abdominal disorders also cause these problems, it often is necessary to do tests to make certain that other gastrointestinal/abdominal diseases are not present.

How IBS Impacts Daily Life

When the symptoms of IBS are mild, they do not interfere with activities of daily life. When they are severe they may limit activities because of the pain or the need to go to the bathroom. Patients with IBS and diarrhea need to be constantly aware of the location of the nearest bathroom. Patients even may avoid going out socially to avoid the embarrassment of frequently going to the bathroom.

Stress and IBS

Stress worsens the symptoms of IBS just as it worsens the symptoms of most other disorders. But stress causes few if any disorders. Nevertheless, reducing stress is one reasonable approach to improving the symptoms of IBS. Sometimes reducing stress is enough to make patients comfortable, but usually more is required especially when symptoms are severe.

Troublesome symptoms of IBS can cause stress which, in turn makes the symptoms more troublesome - a vicious cycle.

IBS Triggers

Practically speaking, it is important to identify any factors that aggravate the symptoms of IBS, whether it be certain activities, certain foods or some medications. No specific foods have been linked to IBS so there is not "IBS diet." Nevertheless, it may be worthwhile to keep a food diary that may help to identify foods that are associated with worsening of symptoms. The foods then may be avoided.

Medicine.net

5 of the Most Nutritious Vegetables on the Planet

By Maggie McCracken

Kale, cabbage, broccoli, brussels sprouts and cauliflower may all look different, but they're actually remarkably similar. These five veggies are all part of the Cruciferae family. We laymen commonly refer to them as cruciferous vegetables. In addition to being closely related, these five vegetables also have something else in common: They're some of the most nutritious vegetables on the planet.



We're not saying you shouldn't ever deviate away from the cruciferous family, but really, these five vegetables can fulfill a lot of your nutritional needs.

They're rich in vitamins A, C and K, as well as the B-vitamin group, including the ever-important folic acid.

Phytonutrients are a group of nutrients that can only be found in plants, hence their title, phyto- (Greek for "plant") nutrients. The phytonutrient group glucosinolates is prevalent in [cruciferous vegetables](#). In fact, according to World's Healthiest Foods, we simply can't get enough glucosinolates in our diet without consuming these kinds of veggies.

This is crucial because these phytonutrients play an important role in cancer prevention.

We already know that calcium is important for bone health, but did you know that you can actually get plenty of calcium from cruciferous vegetables such as broccoli and kale? They may actually be preferable to dairy as a calcium source, because they are [absorbed better](#), are paired with vitamin K (important for calcium absorption) and don't have the negative health effects of dairy.

Finally, like all [plant foods](#), cruciferous vegetables contain tons of fiber, which is great for our bodies. Fiber moves through the digestive tract, clearing the intestines, promoting regular bowel movements and increasing nutrient absorption. In fact, adequate [fiber intake](#) may just be the most important component in a [weight loss](#) program, according to Harvard University

Omega-3s can be obtained from cheaper vegetable seeds

You are by now taking fish oil capsules or eating oily fish like salmon, tuna at least twice a week for your DHA and EPA fatty acids benefitting your body in many ways, such as lowering your triglycerides, and bad cholesterol numbers which blocks your arteries,, keeping your blood vessels elastic and linked to heart health. Omega -3s also reduce the risk of irregular heartbeats.

Sri Lankans in Sri Lanka don't seem to get ...

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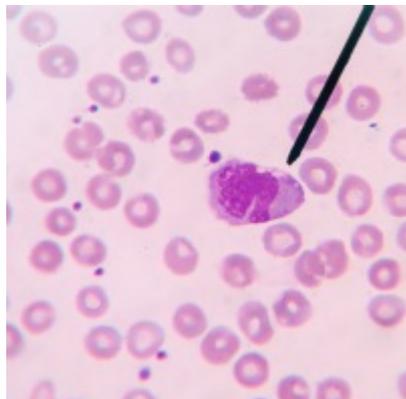


Quote of the Day

"Thousands have lived without love, not one without water."

Saturated Fats Damage Health by Promoting Inflammation

Eating high levels of saturated fat triggers an influx of immune system cells into tissues, thereby promoting inflammation and tissue damage.



Monocyte - image from Shutterstock

New research supports the view that eating large amounts of saturated fat is unhealthy. Dr Kevin Woollard, of the Department of Medicine at Imperial College London, and colleagues conducted a study on mice that have an unusually high level of saturated fat circulating in their blood. Results showed that the presence of saturated fat in the blood caused monocytes to migrate into the tissues of vital organs. Once in the organs, the migrated monocytes are turned into macrophages, some of which went on to absorb fat and transform into 'foam cells'. Both the foam cells and macrophages then trigger the production of a signalling molecule called CCL4, which attracts more monocytes into the tissue. This process continues until the level of saturated fats in the blood return to normal. It is thought that this mechanism has evolved to remove fat from the blood. However, the researchers believe that there is a downside to this mechanism, in that the migrating monocytes may worsen tissue damage because they exacerbate ongoing or underlying inflammation. This is not of great concern if blood levels of saturated fats are only elevated very occasionally, but having permanently elevated saturated levels could mean that the migration of monocytes is happening on a routine basis. "Modern lifestyles seem to go hand-in-hand with high levels of fat in the blood. This fat comes from the food and drink that we consume; for example, you'd be surprised how much saturated fat a latte contains, and some people drink several through the course of the day," said Dr Woollard. The researchers also found that the just one type of monocyte is involved in the process, thus opening up the possibility of the development of a therapeutic drug which targets these particular monocytes, thereby preventing any damage caused by fatty build up in blood vessels and organs.

[VIEW NEWS SOURCE...](#)

Anti-Inflammation for Anti-Aging

To live 100+ years, management of inflammation helps the body ward off diseases.



Centenarian - image from Shutterstock

Severe inflammation is an aspect of many aging-related diseases, and the lifelong accumulation of molecular damage resultant from chronic inflammation has been suggested to serve as a major contributor to the process of aging. Thomas von Zglinicki, from Newcastle University (United Kingdom), and colleagues studied data collected on Japanese centenarians (men and women age 100 years), and older. The team measured potential drivers of the aging process – namely, blood cell numbers, metabolism, liver and kidney function, inflammation and telomere length. The investigators observed inflammation to be "the prime candidate amongst potential determinants of mortality, capability and cognition up to extreme old age." They also observed that the children of centenarians, who have a good chance of becoming centenarians themselves, maintained their telomeres at a 'youthful' level corresponding to about 60 years of age even when they became 80 or older. As such, the study authors write that: "Centenarians and their offspring were able to maintain long telomeres, but telomere length was not a predictor of successful ageing in centenarians and semi-supercentenarians. We conclude that inflammation is an important malleable driver of ageing up to extreme old age in humans."

[VIEW NEWS SOURCE...](#)

Lots of Red Meat, an Earlier Grave?



By Dennis

Thompson
HealthDay Reporter

(HealthDay News) -- If you turn to red meat as your main source of protein, you could be shortening your life, a new study suggests.

People who get more of their protein from plant sources have an overall lower risk of dying early than those who consume a lot of animal protein, the researchers said.

However, not all animal proteins carry the same level of risk, said lead researcher Dr. Mingyang Song. He is a nutrition research fellow with the Harvard T.H. Chan School of Public Health in Boston.

And many of the red meat eaters also had unhealthy habits such as drinking and smoking, the researchers said.

"We found protein from red meat, particularly processed red meat, is strongly associated with mortality," he said. "The protein from fish or chicken is not really associated with mortality."

The study findings make a case for including more plant protein in your daily diet:

Generic Biologic Drugs Seem as Effective as Originals

(HealthDay News) -- Generic biologic drugs are similarly effective to brand-name counterparts in treating rheumatoid arthritis, inflammatory bowel disease and psoriasis, a new study says.

Biologics are medications made from living cells. They are complicated to manufacture and companies that make brand-name versions say cheaper generic versions aren't interchangeable with their products. The patents of many brand-name biologics are expiring and the use of generic versions (called biosimilars) could save patients and the healthcare system significant amounts of money, the Johns Hopkins University researchers noted.



Ever Wonder What a REAL Tango Looks Like? So Beautiful

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[Five years from now, will there still be bananas?](#)



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

Sex is not only pleasurable, did you know it's also good for you? It's true. The benefits of sex range from slashing stress levels to

lowering your risk of cancer and heart attacks. Sex facilitates bonding and feelings of intimacy with your partner. This kind of connectedness does more than make you feel warm and fuzzy, it actually reduces anxiety and boosts your overall health.

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

Get Less Colds & Boost Your Immune System

More sex equals fewer sick days. That's what the results of studies comparing sexually active people to those who are not sexually active say. Sex boosts your body's ability to make protective antibodies against bacteria, viruses, and other germs that cause common illnesses. Of course, there's more to cultivating a robust immune system than having a healthy sex life. Eating right, exercising, getting adequate sleep, and keeping up to date with vaccinations all contribute to having strong and healthy defenses against contagious illnesses.

Boost Your Libido

Believe it or not, the best antidote for a waning libido is to have sex! Having sex actually boosts desire. And if pain and vaginal dryness make it challenging for some women to have sex, sexual activity can help combat these problems, too. Sex boosts vaginal lubrication, blood flow to the vagina, and elasticity of the tissues, all of which make for better, more pleasurable sex and heightened libido.

Improve Women's Bladder Control

Urinary incontinence affects about 30% of women at some point in life. Having regular orgasms works a woman's pelvic floor muscles, strengthening and toning them. Orgasms activate the same muscles that women use when doing Kegel exercises. Having stronger pelvic muscles means there's less risk of accidents and urine leaks.

Lower Your Blood Pressure

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

Counts as Exercise

Like every other kind of physical activity, sex burns calories, too! Sitting and watching TV burns about 1 calorie per minute. Having sex increases your heart rate and utilizes various muscle groups, burning about 5 calories per minute. Regular sex cannot replace sessions at the gym, but a having an active, healthy sex life is a nice way to get some extra physical activity.

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.



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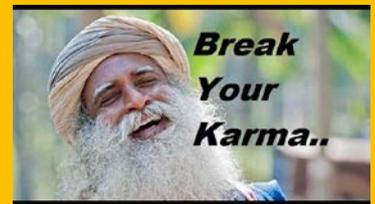
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Avocados plenty

The Perahera season is starting in a few days in Kandy and a variety of home grown fruits are galore and the vendors are making preparations for their harvest. The smell of durian fruit is all over, in the streets and most homes. Mosquitoes so abundant have disappeared temporarily when normally they buzz, and the biting starts at dusk. Meanwhile, the monkeys on coconut trees wait to aim a nut on your head, which could be hazardous. Let's talk about avocados fo...

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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.

Medicine.net

How your social standing affects your health

In his first Boyer Lecture, Sir Michael Marmot draws attention to the links between deprivation of social conditions, ill health and crime.



Fogo de Chao's Brazilian Grilled Lamb Chops

The famed Brazilian steakhouse chain Fogo de Chao shares their recipe for succulent grilled lamb chops served with refreshing mint jelly.

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Brains of overweight people 'ten years older' than lean counterparts at middle-age

University of Cambridge

Underweight Seniors & Alzheimer's Risk

Having a lower weight may increase older adults' risk of Alzheimer's disease.

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Calcium Supplements Linked to Higher Risk of Dementia in Some Women

August 17, 2016 | Article

Taking calcium supplements may raise the risk of developing dementia in women who have previously had a stroke, or have early signs of other cerebrovascular disease.

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Go ahead and eat late at night! Plus 4 other health rules to break

It's time to dust off some of the medical and weight loss advice you've been hearing for years.

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Parenting a Child With ADHD

An important part of helping a child with ADHD to overcome their challenges is to provide positive support and encouragement.

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Healing Herb? Marijuana Could Treat These 5 Conditions

Live Science has rounded up the promising evidence that medical marijuana may help people with certain conditions.

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'Mediterranean Lifestyle' Linked to Lower Depression Risk

The Mediterranean lifestyle -- which includes not only eating well, but also exercising and socializing -- may be beneficial for people's risk of depression, a new study finds.

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Seeds

My three favorite seeds are chia, hemp and flaxseeds. You can add all three super seeds to smoothies, puddings or on top of coconut yogurt with berries. Let's look at their benefits. Chia seeds provide an excellent source of anti-inflammatory omega-3 fatty acids that have numerous benefits, including glowing skin and mental clarity. Just one ounce of chia seeds packs a whopping 10 grams of fiber. Its insoluble fiber acts as a prebiotic that feeds friendly gut bacteria and ferments into short-chain fatty acids to support gut health. Chia seeds also contain more protein than most plant foods. And they contain more calcium than milk. Hemp seeds provide healthy omega-3 fats, protein, B vitamins, magnesium, zinc and iron. Flaxseeds are another great source of omega-3 fats, dietary fiber and essential vitamins and minerals. Flaxseeds have powerful, anti-cancer, hormone-balancing phytonutrients called lignans. Freshly ground flaxseed sprinkled into a smoothie is an excellent way to ease constipation.

Dr. Mark Hyman EcoWatch



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Kale



Samantha Okazaki / TODAY

TODAY Show: Kathie Lee and Hoda raved about this deliciously simple kale salad. -- April 6, 2016

One cup of kale is an excellent source of vitamin A, vitamin C and vitamin K and magnesium, and a good source of fiber, said Zied. Kale is also high in copper, a trace mineral that works to support many vital functions.

"[Kale] is one of the healthiest foods on the planet," said Ramsay.

Suggested serving: For salads, shoot for one to two cups of raw kale. For juicing, about the same. For kale chips, homemade is best and shoot for five to 10 chips.

Recipe to try: [Homemade kale chips](#)

Dietary Fibre

Eating high fibre food is good for you

Fibre or roughage comes from unprocessed plant foods. Meat and fish have no fibre, but mainly found in vegetables, seeds, nuts, legumes and whole grain foods. They have protective benefits against a range of chronic illnesses like cancer, heart disease. Diabetes, obesity, constipation and diverticular disease. Dietary fibre consists of indigestible plant compounds, providing water and nutrients to our beneficial gut bacteria, and aiding ...

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[Uber to start using self-driving cars this month, says report](#)

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What Is DVT?

Deep vein thrombosis is a blood clot that forms inside a vein, usually deep within your leg. About half a million Americans every year get one, and up to 100,000 die because of it. The danger is that part of the clot can break off and travel through your bloodstream. It could get stuck in your lungs and block blood flow, causing organ damage or death.

Pulmonary Embolism

This is a clot that moves into your lungs and blocks the blood supply. It can cause trouble breathing, low blood pressure, fainting, a faster heart rate, chest pain, and coughing up blood

What Causes DVT?

Anything that damages the inner lining of a vein may cause DVT -- surgery, an injury, or your immune system. If your blood is thick or flows slowly, it's more likely to form a clot, especially in a vein that's already damaged. People who have certain genetic disorders or more estrogen in their system are more at risk for blood clots, too.

Who Is Likely to Get DVT?

Some people with a higher risk are those who:

- Have cancer
- Have had surgery
- Are on extended bed rest
- Are older
- Smoke
- Are overweight or obese

Hormone Therapy

Like pregnancy, birth control pills and some treatments for postmenopausal symptoms raise the amount of estrogen in a woman's blood. That can increase her risk of DVT, even if she doesn't have a blood disorder.

[Medicine.net](#)

Scientists have been working on a "plan B" for dealing with **climate change**. They say a lack of momentum for prevention has forced them to explore other possibilities including fertilising the oceans, painting the deserts white and [sending umbrellas into orbit](#)



Breast density and risk may be useful for guiding mammography screening frequency

Women between the ages of 50 and 74 may benefit from more or less frequent mammography screening than is generally recommended, depending on breast density and risk. For average-risk women with lower breast density, which comprises a large proportion of the population, triennial screening offers about the same or better balance of benefits and harms as biennial screening and is also cost-effective. Higher-risk women with dense breasts may fare better with annual screening. Findings from a collaborative modeling study are published in *Annals of Internal Medicine*.

Accepted clinical guidelines recommend biennial mammography screening for women aged 50 to 74. These recommendations also advocate shared decision making regarding screening frequency that takes into consideration an individual woman's preferences, risk level, and breast density. However, there is limited data available to guide clinicians and women in making these decisions.

MNT



Confluence Festival of India in Australia to build cultural understanding, bilateral ties

Australia's first Confluence Festival of India is offering a new take on India to foster collaboration and build cultural understanding. [More](#)

Alzheimer's Disease Symptoms: Memory Loss

Memory loss happens to the best of us, but memory loss with Alzheimer's disease is usually worse than memory loss caused by normal aging. People with mild cognitive impairment may forget information they recently learned, they may not remember important dates or events, they may repeatedly ask the same questions to get the same information, and they need to rely more and more on memory aids (such as reminder notes or electronic devices) or family members for things they used to be able to remember on their own.

Alzheimer's Disease Symptoms: Difficulty Planning

Another sign of Alzheimer's disease is a change in a person's ability to problem-solve or plan, especially with multi-step tasks. They may no longer be able to pay bills or balance a checkbook. Something as simple as following a recipe may prove challenging. It becomes increasingly difficult for the person to concentrate and they take longer than before to complete tasks.

Alzheimer's Disease Symptoms: Difficulty With Familiar Tasks

In addition to taking longer to complete tasks, a person with Alzheimer's may find it hard to complete ordinary, familiar, daily tasks such as using kitchen appliances. They may forget the rules of their favorite games or how to do their favorite hobby.

Medicine.net

Does Burned Food Really Give You Cancer?

Do you hesitate to eat a plate of barbecued food that has been blackened, because of the common belief that burned food could possibly cause cancer?



Acrylamide

Acrylamide is a chemical molecule that forms when food is cooked at high temperatures. However, while it is known to be a potential carcinogen and toxin in its industrial form, it is less clear what the link is between consuming it in food and developing [cancer](#).

History

Almost 20 years ago, construction workers building a tunnel going through the Hallandsåsridge on southern Sweden's Bjäre peninsula noticed that nearby cows were showing strange symptoms, staggering, collapsing, and some even dying. An investigation showed that they had been drinking contaminated water from a stream, and that the contamination was from acrylamide.

The workers were using its polymer, polyacrylamide, as a sealant for cracks. This was safe. However, the polymer-forming reaction was not complete, causing some unreacted acrylamide to still be present.

How is acrylamide formed?

Both the workers and a control group who had no known exposure to industrial acrylamide had their blood tested, and both had unsafe amounts of acrylamide. The chemical was then found in fried potatoes, coffee, and especially in carbohydrate-rich foods but not protein-rich ones. It was foods that had been heated above 250°F, that is roasted, fried, or baked. However, it was thought that Acrylamide must always have been formed in this type of cooking ever since the invention of cooking. It isn't found in uncooked or boiled food and less likely in meat, dairy, and fish. It doesn't matter if the food is "organic" because it is the type of food that counts.

Other chemicals in meat

Of concern are polycyclic aromatic hydrocarbons (PAHs), formed when meat juices and fat drip onto flames, and heterocyclic amines (HCAs) from reactions between molecules including sugars and amino-acids.

How should food be cooked, and is it a carcinogen?

Cook food until it goes yellow but not brown or black. This restricts the formation of acrylamide. Although scientists identified the source of acrylamide, they haven't been able to definitely establish that it is a carcinogen for humans when consumed at levels normally found in cooked food.

A 2015 review of data came to the conclusion that "dietary acrylamide is not related to the risk of most common cancers". However, it did add that a modest association for ovarian, kidney, and endometrial cancers in people who had never smoked could not be ruled out.

Some studies have shown that meat that has been fried, burned, or barbecued has a higher possibility of certain cancers, but these links are hard to prove.

What should you do?

If you have concerns, you can reduce exposure by cooking in a microwave oven instead of over flames and regularly turning the meat. The food may not be as tasty because grilling, toasting or baking produce many molecules that enhance flavor.

Also, [marinating meats in beer before grilling them helps to reduce levels of cancer-causing compounds](#)

Eat less meat or use vegetables instead to replace the meat when grilling. If you have a healthy diet with plenty of vegetables, fruit, and whole grain food, none of those contain acrylamide.

[VIEW NEWS SOURCE...](#)

A fresh look at gout

Dr. Stephen P. Juraschek and his colleagues reopened data from a clinical trial carried out in 1997 called DASH (Dietary Approaches to Stop Hypertension). The landmark study demonstrated that the DASH diet - reduction in salt, an increase in whole grains, fruits, and vegetables, low-fat dairy products, and less red meat, sweets, and saturated fats - significantly improved [blood pressure](#) and [cholesterol](#).

In the DASH-Sodium experiment, more than 400 participants were given either a DASH diet or a typical American diet for 3 months. Each month, participants were given differing amounts of sodium - 1.2 grams (low), 2.3 grams (medium), or 3.4 grams (high). The higher figure equates to a standard American diet. Before the trial began and after each month, the researchers analyzed the participants' blood for various chemical markers; these included uric acid.

Dr. Juraschek and his team recently reopened the data set and analyzed the effects of each of the salt interventions on uric acid concentration.

Overall, the DASH diet led to a uric acid decrease of 0.35 milligrams per deciliter. Although that is only a moderate decrease, the team found that the change was greater for individuals who had the highest levels of uric acid at baseline. Participants with a reading of 7 milligrams per deciliter at the start of the study showed a reduction of 1.3 milligrams per deciliter.

To put that figure into perspective, drugs designed to treat gout, such as allopurinol, generally lower uric acid levels by 2 milligrams per deciliter.

"When you get as high as the reduction we believe occurred with the original DASH diet in this study, the effect starts being comparable with gout medications." *Dr. Stephen P. Juraschek*

Type 1 Diabetes rising in US

In America, more than [30 million](#) people have a [diabetes](#) diagnosis. Of these cases, around [5 percent](#) are classed as [type 1 diabetes](#). Type 1 diabetes, usually diagnosed in young adults and children, is an autoimmune disorder; it is sometimes referred to as juvenile diabetes.

The individual's immune system attacks and destroys specific cells within the pancreas - islet cells - that create [insulin](#). With the following decrease in insulin, blood glucose builds up and damages nerves and blood vessels.

The exact causes of type 1 diabetes are not understood; both genes and environmental factors are thought to play a role

Vitamin B12 deficiency

Fatigue is the most common symptom of people who have low levels of vitamin B12. But fatigue by itself can be a sign of almost any health condition — or just that you haven't been sleeping enough! Other signs of B12 deficiency include weight loss, constipation or diarrhea, nausea and vomiting, abdominal bloating and gas, numbness or tingling in the hands and feet, loss of balance, and a sore, red tongue. [WEbMD](#)

Vitamin B12 deficiencies may happen when you aren't getting the right nutrients in your diet, when your body can't absorb nutrients properly, and when you have various other problems of the digestive system.

Since most B12 in our diets comes from animal products, vegans are at risk for B12 deficiency. Crohn's and celiac disease, weight loss surgery, and chronic alcoholism can all interfere with a person's ability to absorb enough of the nutrients they need. Seniors have more problems with nutrient absorption and malnutrition as well.

What is Crohn's Disease?

Crohn's (or Crohn) disease is a disease that usually affects the small intestine and less commonly the colon, but it is capable of involving the remainder of the gastrointestinal tract - the mouth, esophagus, and stomach. The chronic inflammation that is the basis of Crohn's disease causes ulceration, swelling, and scarring of the parts of the intestine that it involves. Other names for Crohn's disease include granulomatous enteritis, regional enteritis, ileitis, and granulomatous colitis when it involves the colon.

What Causes Crohn's Disease?

The cause of the chronic inflammation in Crohn's disease is unknown. The leading theory is that inflammation is initiated by bacteria that reside within the intestine. Whereas most inflammation usually is suppressed and the disease caused by the inflammation subsides, in Crohn's disease the inflammation is not suppressed, and the inflammation continues. The continuing inflammation probably occurs because of environmental factors (i.e., the bacteria) as well as genetic factors that affect the immune system.

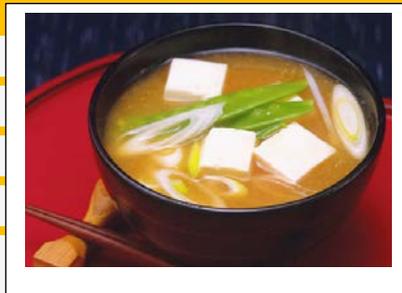
Crohn's Disease in Children & Teens
Crohn's disease most commonly affects children in their late teens and young adults in their 20s and 30s.

Nevertheless, it can affect infants and young children as well. Crohn's disease is not rare; 100,000 teens and preteens in the U.S. have Crohn's disease. For children, the social problems created by the symptoms of Crohn's disease are difficult to deal with since the disease can restrict activities. The chronic inflammation also stunts growth and delays puberty that add to the social difficulties. Emotional and psychological factors always must be considered in young people with Crohn's disease.

How Does Crohn's Disease Affect the Intestines?

The first signs of Crohn's disease are small ulcers, called aphthous ulcers, caused by breaks in the lining of the intestine due to inflammation. The ulcers become larger and deeper. With the expansion of the ulcers comes swelling of the tissue, and finally scarring of the intestine that causes stiffness and narrowing. Ultimately, the narrowing can cause obstruction to the flow of digesting food through the intestines. The deepening ulcers can fully penetrate the intestinal wall and enter nearby structures such as the urinary bladder, vagina, and other parts of the intestine. These penetrating tracts of inflammation are called fistulas. [Medicine.net](http://www.Medicine.net)

Miso Soup



A popular breakfast food in Japan, this fermented soybean paste can get your digestive system moving. Probiotic-filled miso is often used to make a salty soup that's low in calories and high in B vitamins and protective antioxidants. [WebMD](http://www.WebMD)

Renewable Energy Generation Breaks Records Every Month in 2016

By Mike Gaworecki

Electricity generation from wind, solar and other [renewable energy](#) technologies have set monthly records every month so far in 2016, based on data through June released by the [U.S. Energy Information Administration](#) (EIA) Wednesday.

"Both [hydroelectric](#) and nonhydroelectric renewables have contributed to this trend, but in different ways. After a [lengthy West Coast drought](#), hydro generation has increased and is now closer to historical levels. Nonhydro renewable generation continues to increase year-over-year and has exceeded hydro generation in each month since February 2016," the EIA said.



Nellis Solar Power Plant located within Nellis Air Force Base, northeast of Las Vegas. The power plant occupies 140 acres, contains about 70,000 solar panels and generates 14 megawatts of solar power for the base. [Wikimedia Commons](#)
According to EIA's data, net U.S. electricity generation from non-hydroelectric, utility-scale renewables—biomass, geothermal, solar and wind—through June 2016 was 17 percent higher than in the first half of 2015. Electricity generation from conventional hydropower also rose, by nearly 12 percent. Combined, production from all utility-scale renewable sources was up 14.5 percent compared to the same period in 2015.

Ed: When will Sri Lanka start with so much solar energy wasted?

"Familiarity Breeds Contempt"

They say that "familiarity breeds contempt"

*This maybe so; particularly outside a person's family circuit
But within their own family circle that they inherit
Similarity breeds a line of hereditary wealth*

*That keeps flowing from generation to generation as genetics dictate
And this brings to mind the "blood is thicker than water" edict*

*Yes! "Familiarity breeds contempt" - if you do not know your limit(s)
"Too much of anything is good for nothing" is another wise statement
Combine both and you will soon find results to your detriment
"Saner counsel must always prevail" should be the foremost thought
In such matters that require a desired and appropriately amicable result
That'll make you feel that "all's well that ends well" in which everyone benefit(s)*

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