

Magnesium: This mineral helps the body make serotonin, which in turn produces melatonin, the brain chemical that sets your body clock. Take 200 to 300 mg of [magnesium](#) citrate daily with dinner. Balance it with calcium (which aids absorption) by taking 400 mg of calcium daily with lunch.

Health Education for Sri Lankans & others

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

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[Sri Lankan Newspapers](#)

<https://youtu.be/stBB96X4jNo>

You like it-Hot or Cold?

Every morning, former Victoria's Secret model Lindsay Ellingson heats up a kettle to begin the day with a glass of warm water. It was from an [Ayurveda specialist](#) that she learned about the benefits of doing so — the body supposedly has an easier time absorbing warm water, and it also helps soothe the stomach.



This latest claim about the temperature of drinking water sparked some confusion. Articles often recommend that people drink cold water because the chilled water helps burn more calories. Should we toss out our ice cube trays and invest in a kettle? When it comes to good health and weight loss, does it matter if our water is warm or cold?

Editor: This is a personal choice and how you are brought up. A cool glass of water in the morning before work-out is refreshing and stimulating. Yes, when cold water gets into the stomach, warming up burns about 3 calories, very insignificant.

'Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information. We do this by selecting health information from various sources relevant to issues applicable to our people can make better decisions to help their health and well-being
Health editor

What are Angiotensin inhibitors and blockers?

Written by Dr Harold Gunatillake-
Health writer

Let's talk about angiotensin before we discuss its actions in the body. Angiotensin is a hormone secreted by the kidneys, and its main function is to constrict arteries in the body. It has no effect on veins as there are no smooth muscles in them to constrict. When arteries constrict by angiotensin participation the blood pressure will increase. Angiotensin also stimulates the release...

[Continue Reading](#)

Mangoes

They pack a powerful nutrition punch.

Bursting with over 20 vitamins and minerals, mangoes are loaded with good nutrition and health benefits. Just one cup provides 100% of our daily vitamin C needs, helping to strengthen our immune system, keep our teeth and gums healthy, and support collagen formation—hello, beautiful skin! Mangoes are also rich in fiber, a nutrient that helps you to fill up—not weigh you down.



Mangoes may temper inflammation.

Mangoes contain several anti-inflammatory compounds, including vitamin C and beta carotene. And a recent study published in the journal of *Molecular Nutrition & Food Research*, found that mango has the potential to enhance the diet as a source of gallic acid and gallotannins which may possess anti-inflammatory and anti-carcinogenic properties.-WebMD

Ed:Should diabetics eat mangoes? Mangoes have natural sugars, yet your blood sugar level may spike after eating mangoes. Check your blood sugar an hour after eating a mango

Reducing nerve damage-beet

A 2012 review of published studies also suggests that alpha-lipoic acid, an [antioxidant](#) found in beets, may help reduce the nerve damage that can occur in patients with diabetes.

But the benefits may be limited to injections of alpha-lipoic acid. "It is unclear if the significant improvements seen with the oral administration of alpha-lipoic acid are clinically relevant," the researchers write in the *International Journal of Endocrinology*.



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WELL

[Thumb Suckers and Nail Biters May Develop Fewer Allergies](#)

Thumb sucking and nail biting worries parents, but now new research shows that children with those bad habits may develop fewer allergies later in life.

Gene Wilder's Death: How Do People Die from Alzheimer's?

Legendary comedic actor Gene Wilder has died at age 83 from complications of Alzheimer's disease. But what exactly does it mean to die from Alzheimer's?

[Read More](#)



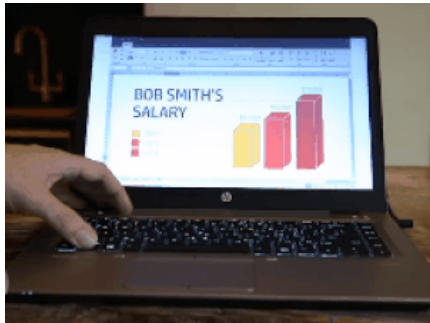
Always focus on your health as much as you focus on your body



[Australian companies embroiled in bribery scandals in Sri Lanka and Congo](#)



Two companies are being investigated over alleged bribery scandals linked to the presidents of Sri Lanka and the Congo, after the firms sought to secure multi-million dollar contracts in those countries.



[Keep prying eyes off your laptop with this built-in privacy filter](#)

[See this](#)

- An Australian-first trial will use CT scans to determine **how soon a heart attack could occur** in a patient. The [trial uses 3D-generated images of the heart](#) to rate how bad calcium build up is



What Is Cholesterol?

Cholesterol is a natural substance made by the body. Most of the cholesterol in our bloodstream (75%) is produced by the liver, and the remaining 25% comes from the foods we eat. We all know that elevated blood cholesterol levels are not good for your health, but the right levels of cholesterol actually play a vital role in maintaining cell membranes and synthesizing hormones. The Centers for Disease Control reports that one-third of adults have high cholesterol levels. **High Cholesterol Symptoms** Usually, high cholesterol does not produce any symptoms and you may not know your blood cholesterol is too high. Too much cholesterol can build up in your arteries, causing atherosclerosis, or hardening of the arteries. This restricts blood flow through the arteries and can lead to serious medical problems such as heart attack or stroke.

Forget the 'U turn' you have read about cholesterol. Keep your cholesterol numbers in your blood within normal range, by exercising, eating low saturated fatty and low sugar diets, keeping your weight normal, and relaxing with your loved ones.

Editor



[Sneezing already? Why your fall allergies might keep getting worse](#)



The surprising reason your symptoms could be getting worse in future years.



At the Humanitarian Awards held at the United Nations Headquarters in New York, Alston Koch, Sri Lankan Ambassador for Tourism, poses with Miss New York. A very tall reigning Miss New York 2016 for Miss USA 'Serena Bucaj comes down to my height in jest as we prepare for the 'big' entrance to join the 'Royal' table at the Humanitarian Gala Ball at the United Nations Headquarters, New York.

By The Ring of Fire | Health | 6h

[Did Johnson & Johnson's Talcum Powder Cause Ovarian Cancer?](#)



Baby powder is one of the most commonly-used household products in America—but **could it be a major cause of ovarian cancer?** Earlier this year

[Senior Years May Truly Be Golden for Happiness](#)



[Coffee Cravings May Spring From Your DNA](#)



The Yazidi – People of the Peacock Angel



Compass producer Olivia Rousset travels to Kurdistan where the Yazidi people are fighting for survival.

For centuries these followers of an ancient religion have been persecuted and unfairly labelled as devil worshippers. Now the Yazidi face genocide, with ISIS killing, kidnapping, enslaving and driving hundreds of thousands from their ancestral lands. Can their faith and culture survive this ongoing persecution?

Eating lean beef is healthy

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.

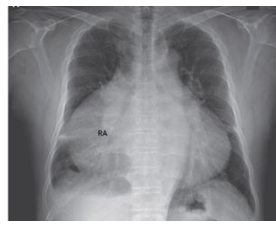
Lamb



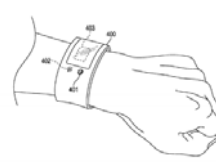
Like beef, lamb is a good source of protein, omega-3 fatty acids, vitamin B12, niacin, zinc, and iron. Irish lamb stew, full of healthy vegetables and lean cuts of lamb, is a great meal to share with friends. WebMD



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.
[Read More](#)



Giant Heart: Unusual Condition Means Heart is 80% of Man's Chest
 A 57-year old man who went to the emergency room for swelling of his extremities learned that his symptoms had an unusual cause: a massively enlarged chamber of his heart, according to a brief report his case.
[Read More](#)



An Apple wearable heart reader may be its next big thing

[See this](#)

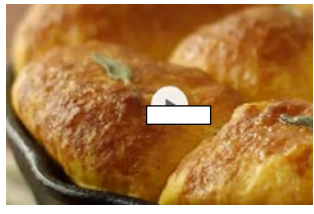
Air Pollution May Raise Stroke Risk Factor

High levels of fine particulate matter pollutants may raise risks of carotid artery stenosis – narrowing of the neck arteries that often precedes stroke.



[Air pollution - image from Shutterstock](#)
 Two internal carotid arteries sit on either side of the neck and provide most of the brain's blood supply. When accumulated plaque breaks off from a narrowed section of an internal carotid artery and blocks smaller vessels in the brain, stroke can occur. Mostly by-products of combustion engines and burning wood, fine particulate matter pollutants (PM 2.5) are particles in the air that measure less than 2.5 millionths of a meter in diameter. A number of previous studies suggest that PM 2.5 may be linked to heart attack risks. Jonathan D. Newman, from New York University's Langone Medical Center (New York, USA), and colleagues analyzed medical test records from over 300,000 men and women living in the metro-New York City area. The team observed that people living in zip codes with the highest average levels of fine-particulate-matter pollution were significantly more likely to show signs of narrowing (stenosis) in their internal carotid arteries, as compared to those living in zip codes with the lowest pollution levels. Specifically, subjects in the top fourth of tri-state zip codes, ranked by average PM 2.5 levels, were about 24% more likely than those in the bottom quarter to have shown signs of carotid artery stenosis.

[VIEW NEWS SOURCE...](#)



Skillet Pumpkin Rolls
 Slathered with sage butter and baked to golden perfection

Cancer now kills more men than heart disease in these 12 countries: Belgium, Denmark, France, Israel, Italy, Luxembourg, the Netherlands, Norway, Portugal, Slovenia, Spain and the United Kingdom, the study showed.

6 Things You Should Know About Bug Repellent

A new report from Made Safe, Bug Repellent: What's In It?, examines common active ingredients in...



These are the top 5 best drones available today

[See this](#)



Avocado
 Eat it on your sandwich, or serve it up in guacamole. Tasty avocado is good for your heart and may help with osteoarthritis symptoms, thanks to healthy fats. An extra benefit? When you eat avocado with other foods, it helps your body better absorb their nutrients. Half a medium avocado is one serving and about 115-160 calories. [WEbMD](#)



Bill McKibben: It's Time to Declare War on Climate Change

We're under attack, said author and climate campaigner Bill McKibben, and the only way to...

"When we honour the Earth, We honour"

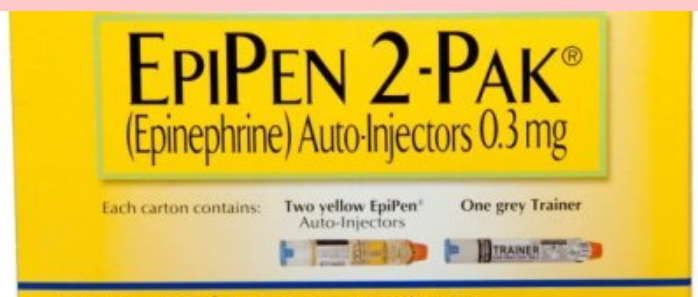
Australians unlikely to face 'outrageous' EpiPen price hike

Australians are reassured they are unlikely to face big price hikes for the EpiPen, a life-saving anti-allergy device, despite a controversial 400-per-cent-cost increase in the United States.



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.



Nutritional properties of beets

Beets are low in **calories**, containing just 43 calories per 100-gram serving. They are high in levels of antioxidants which mop up damaging molecules called free radicals that can harm blood vessels.

They are also high in phytonutrients called betalains, which help reduce **inflammation**.

In addition, beets are a rich source of **folate**, with each 100-gram serving providing 20 percent of the recommended daily intake of this B **vitamin**. They are a good source of manganese, providing 14 percent of the recommended daily intake of the mineral per 100 grams.

They also contain no **cholesterol** and very small amounts of fat.

Each 100 gram serving of raw beet contains:

- 9.96 grams of **carbohydrates**, made up of 7.96 grams of sugar and 2.0 grams of dietary fiber
- 1.68 grams of protein

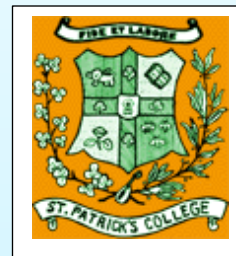
Other vitamins and minerals contained in beets include:

Beets contain a wide range of vitamins and minerals, including calcium, iron, and potassium.

- Thiamine (B1): Riboflavin (B2): Niacin (B3): Pantothenic acid (B5): Vitamin B6
- **Calcium**: Iron: **Magnesium**: Phosphorus: **Potassium**: Sodium: Zinc

Beets are also a rich source of dietary nitrates, which are thought to benefit blood vessel and nerve cell health.

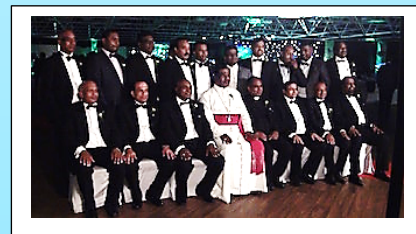
MNT



Past Pupils of St Patrick's College Celebrates in Harrow

To celebrate Jaffna St Patrick's College Alumni Gala Dinner Dance, friends gathered at Byron Banqueting Hall, Harrow for an incredible evening of friendship, fellowship, good food and wine on 30 July 2016. The gala was orchestrated through the tireless efforts of the UK-OBA and Executive Committee who organized the stellar event. A festive atmosphere was present as the crowd entered the ballroom, which was aglow, ladies in colorful saree, men in dinner suit with black tie accents as far as the eye could see. Chief guest Rt Rev Dr Justin Ganapragasam Bishop of Jaffna. Guest of Honour Fr Jero Selvanayagam, Rector St Patrick's College, Jaffna. It was truly a night to remember - InterSector

<https://youtu.be/vxCxqpRQIQa>



What is Shingles?



If you've ever had the chickenpox -- and almost all adults have -- there's a good chance the virus is still at large in your body. The varicella zoster virus can lie dormant for decades without causing any symptoms. In some people, the virus wakes up and travels along nerve fibers to the skin. The result is a distinctive, painful rash called shingles.

What Does the Shingles Rash Look Like?

The shingles rash can be a distinctive cluster of fluid-filled blisters -- often in a band around one side of the waist. This explains the term "shingles," which comes from the Latin word for belt. The next most common location is on one side of the forehead or around one eye. But shingles blisters can occur anywhere on the body.

WEBMD

Brazil Nuts



This snack is rich in selenium, which helps protect your body from tiny, damaging particles called free radicals. One study found that young people who didn't have enough of this nutrient in their diets were more likely to be depressed. The researchers couldn't say that low selenium caused depression, though. Just one Brazil nut has almost half your daily requirement of the mineral so be careful to limit how many you eat. Other foods with this mineral include brown rice, lean beef, sunflower seeds, and seafood. WebMD



Should you floss before or after brushing your teeth?

Dentists say...

[Read More](#)

Possible concerns and drug interactions with beets

A diet that contains high levels of nitrates could reduce the effectiveness of organic nitrate and nitrite medications, which are used to treat **angina**. This diet could also reduce the effectiveness of PDE-5 inhibitor drugs, which are used to treat **erectile dysfunction**.

Nitrates in poorly stored beet juice can also be converted to potentially harmful nitrite if exposed to certain types of bacteria.

It should also be noted that a small percentage of people experience beeturia, in which their urine turns red after eating beets. Beeturia has no known harmful effects.



Bakers are making healthier bread thanks to freshly milled flour

Sri Lankan bakeries must bake whole grain bread and stop making bread with processed wheat flour, for the prevention of chronic diseases like diabetes

[Could magnesium regulate blood pressure?](#)



'Bagpipe lung' death prompts warning for wind musicians





Music makes beer taste better

Tiny crystals in your inner ear

They're tiny crystals. And if they move out of place, you can feel dizzy and like your head is spinning. This is called vertigo. It can happen for many reasons, like hitting your head, a migraine, ear surgery, or spending a long time on your back. You're more likely to get it as you get older. It may go away on its own, but if not, there are treatments to help. WebMD

Fermented in Norway



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

Alzheimer's News

Tau protein is an essential part of the brain, but it can also be its worst enemy.

In a healthy brain, tau proteins stabilize the brain cells and make sure they get all the nutrients they need. However, in people with Alzheimer's disease, tau proteins — for unknown reasons — collapse into twisted strands called tangles. These twisted strands of "toxic tau" now do the opposite of what they're supposed to do: In its toxic form, tau protein keeps the brain cells from getting nutrients and other essential supplies, and the cells eventually die.

2. Toxic tau can spread through the brain and worsen Alzheimer's disease.

Once the tau protein gets out of control and becomes toxic tau protein, there seems to be a chain reaction that ultimately destroys the brain. Researchers at Columbia University Medical Center recently showed that toxic tau can even jump from one brain cell to another. This might explain why in the early onset of the disease, Alzheimer's affects primarily one area of the brain but in the disease's later stages we see damage throughout most of the brain, Alzheimer's always gets progressively worse, never better.

Brain injuries can fuel the formation of toxic tau protein. Recent studies have shown that repeated brain injuries like concussions can cause normal tau proteins to change their shape and become toxic tau proteins, setting off a chain reaction that kills brain cells.

Experts think that the formation of toxic tau through brain injuries might be what drives a condition called "Chronic Traumatic Encephalopathy," or CTE, a disease of the brain found in athletes with a history of repetitive brain trauma, leading to memory loss, confusion and depression.

4. Exercise seems to improve levels of tau protein in patients with Alzheimer's.

In a study presented at last year's Alzheimer's Association International Conference, researchers made older patients in the early stages of Alzheimer's do aerobics on a treadmill for 45 minutes to an hour, four times a week. After six months, the scientists saw that levels of tau protein in the patients' spinal fluid fell and they also had better blood flow in the memory centers of their brains. Even though exercise can't heal Alzheimer's, these findings suggest aerobics can impact Alzheimer's-related changes in the brain — in this case, by decreasing the tau protein levels. NBC News

Quote of the Day

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."

— Buddha

Cholesterol never did a U turn; it was just misrepresented and misunderstood. 80 per cent of the cholesterol required by the body for its metabolic processes, including making of hormones and for cell membranes and others, are made in the liver. Some cholesterol is made in the lining of the intestines and individual cells in the body. Even if you do not eat cholesterol containing fatty foods, the liver can manufacture for its body needs.

[READ MORE](#)



Why Does Coffee Make You Poop?

[Read Article](#)

Ulcers: Spicy Food and Stress Cause Stomach Ulcers.

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

Medicine.net

Beans for constipation

Beans have more than 10 grams of fiber per cup serving that's more than almost any other fiber source. Beans have a great mixture of soluble and insoluble fiber, both of which helps the food keep moving through the [intestines](#).



Celiac Disease: Celiac Disease is a Rare Childhood Disease.

False. Celiac disease is a disease that affects children and adults. It affects 1 in 133 otherwise healthy people in the U.S. Celiac symptoms are often apparent in children who experience failure to thrive, diarrhea, and retarded growth, but symptoms can manifest for the first time in adults as well. Symptoms that emerge in adulthood may include abdominal pain, bloating, and distention. Gas and diarrhea may be present. People who have celiac disease have impaired nutrient absorption in the small intestine which may lead to anemia, skin rashes, and bone thinning (osteoporosis). It's common for people who have celiac disease to suffer for many years before they receive the correct diagnosis and treatment. People who have celiac disease must adhere to a strict, life-long gluten-free diet. Gluten is a protein found in wheat, barley, and rye. Celiac disease patients need to remain on a gluten-free diet even if they are not experiencing symptoms. The reason gluten is dangerous for those with celiac disease is that it triggers an autoimmune reaction that damages the living of the small intestine. If enough damage occurs, it adversely affects the absorption of nutrients. Trace amounts of gluten can be dangerous and cause damage even if overt symptoms are not apparent. Medicine.net

Be informed about Health issues. After all it's all about your body

Green Tea

Main Benefits: Strengthens tissue cells

Pages could be written about the many health benefits of green tea, and no list of healthy herbal teas would be complete without it. It strengthens tissue cells to help protect the body from aging (and age-related diseases) and is high in antioxidants, which prevent cell damage caused by pollutants. Green tea can help fight cancer, heart disease and diabetes and has a number of other benefits too. You can find out more here. The Japanese drink gallons of it, and they have the highest life expectancy of any nationality. BabaMail



Health Education for Sri Lankans & others

Fish Oil lowers Triglycerides

Omega-3s like DHA and EPA in fish oil and other sources can lower triglycerides, a type of fat in your blood. But to lower high triglyceride levels you need 2-4 grams of DHA/EPA a day.

You'd have to take a lot of fish oil supplements to get that amount. And you can't be sure how many omega-3s are actually in a supplement, because the FDA doesn't regulate them as closely.

You have a couple of options, both of which involve your doctor. You can take high doses of non-prescription fish oil under your doctor's care. Or there are prescription medicines available with high doses of fish oil. If you don't have high triglycerides? Find a favorite fish to eat!

Our Body of Water

The majority of the body is made up of water with up to 75% of the body's weight due to H₂O. Most of the water is found within the cells of the body (intracellular space). The rest is found in the extracellular space, which consists of the blood vessels (intravascular space) and the spaces between cells (interstitial space).



Basil Basics

Wake up your food with this beautiful herb. Here's how to pick it, store it, and use it.

To choose Coconut oil or not

When it comes to choosing oils or any other fats, keep in mind:

- Coconut oil has the same calories as all other fats, about 120 calories/tablespoon.
- You don't want to swap heart-healthy unsaturated fats —like nuts, seeds, and other plant oils — for a saturated fat like coconut oil.
- If you enjoy coconut oil, it's OK to use it sparingly. It's also okay to replace other sources of saturated fat with coconut oil, if you like its taste better.
- You can eat all kinds of heart-healthy fats every day.
- You should limit saturated fat to about 22 grams per day, or 10 percent of your daily calories.

If you love coconut oil's flavor, by all means, cook with it, but keep your intake modest until scientific studies document more of its health risks and benefits.

Don't want to consume coconut oil? Use it as a "topical fat" on your skin and hair. Coconut oil has been recommended as a body lotion, moisturizer, eye cream, massage oil, hair conditioner, lip balm, and more.

Can't wait to try out coconut oil? Share these tips on how to use it with your friends on [Pinterest](#). [www.Today.com](#)



The 10th annual Sydney Underground Film Festival kicks off Thursday 15 September with the Australian premiere of Todd Solondz's *Wiener-Dog*. The opening night extravaganza includes complimentary pizza, beer, wine, ice-cream and popcorn.

Use the promo code SYDFEST before 5 September when purchasing tickets to save \$5 on the standard ticket price.

[LEARN MORE](#) >

Cochlear in the inner ear

It's full of tiny hair cells and fluid that pick up on the eardrum's vibrations and send signals to your brain. There, your brain turns them into something you can understand: sound.

Drinking Alcohol Linked to 7 Types of Cancer

By Peter Russell

WebMD Health News

Reviewed by [Brunilda Nazario, MD](#)

A new analysis finds compelling evidence that drinking alcohol can cause at least seven types of cancer.

It found that heavy drinkers are at the highest risk, but even low to moderate drinkers are more likely to get certain cancers than non-drinkers.

The review of evidence, published in the journal *Addiction*, also says studies claiming alcohol can help protect against heart diseases should be treated with skepticism.

Health experts say the review strengthens the need to increase public awareness that drinking alcohol is a cause of cancer.

The new analysis by Professor Jennie Connor, PhD, of the University of Otago in Dunedin, New Zealand, examined studies on alcohol and cancer over the last 10 years.

It finds sufficient evidence to conclude that drinking increases the risk for areas of the body that come into direct contact with alcohol and where it may damage DNA, which is a known cause of cancer. The seven areas are:

Mouth and throat

Esophagus

Larynx, or voice box

Liver

Colon

Rectum

Breast

While previous reviews have only been able to note a link between alcohol and cancer, the latest examination of the most recent research is strong enough to say that alcohol is a cause of these cancers, according to the analysis.

"There is strong evidence that alcohol causes cancer at seven sites, and probably others," Connor writes.

"From a public health perspective, alcohol is estimated to have caused approximately half a million deaths from cancer in 2012; 5.8% of cancer deaths worldwide. The highest risks are associated with the heaviest drinking, but a considerable burden is experienced by drinkers with low to moderate consumption."

The review also found some evidence to show that stopping drinking could reverse the risk of throat, larynx, and liver cancers.

Zucchini

Boasting a hefty 95 percent water, zucchini is a no brainer when it comes to incorporating higher water volume foods into your diet this summer. Versatile



, satisfying and loaded with nutrients including vitamins A and C, these guys have a ton of healthy benefits and may help to lower your cholesterol and blood pressure, while providing anti-inflammatory benefits.

Baked Zucchini Fries

[Get the recipe](#)

Toss this veggie into the food processor the next time you're whipping up some homemade hummus for a unique spin on a classic dip.

[www.today](#)

Increased meat consumption, especially when cooked at high temperatures, linked to elevated kidney cancer risk

Diets high in meat may lead to an increased risk of developing [renal cell carcinoma](#) (RCC) through intake of carcinogenic compounds created by certain cooking techniques, such as barbecuing and pan-frying. As part of a new study from The University of Texas MD Anderson Cancer Center, published online in the journal *CANCER*, researchers also discovered that individuals with specific genetic mutations are more susceptible to the harmful compounds created when cooking at high temperatures.

Renal cell carcinoma, the most common form of kidney cancer, is expected to be diagnosed in over 60,000 new patients this year and claim approximately 14,000 lives, according to the American Cancer Society. The incidence of RCC has been rising for several decades, and many suggest that a Western diet is partially, to blame.

One of the proposed culprits of a Western diet is higher-than-average meat consumption, which has been linked to increased [cancer](#) risk. However, it has not always been clear why eating more meat elevates cancer risk, explained Stephanie Melkonian, Ph.D., postdoctoral fellow, Epidemiology and lead author of the study.

A possible mechanism could be ingestion of meat-cooking mutagens, harmful compounds created when the meat is cooked in a certain way. Cooking meat at high temperatures or over an open flame, such as when barbecuing or pan-frying, is known to result in the formation of carcinogens, including 2-amino-1-methyl-6-phenyl-imidazo(4,5-b) pyridine (PhIP) and amino-3,8-dimethylimidazo(4,5-f) quinoxaline (MeIQx).

The kidney is a biochemically active organ responsible for filtering many harmful toxins from the body, and therefore it make sense to investigate the effects of dietary intake, including carcinogens, on kidney cancer risk, said Melkonian. MNT

Physical inactivity costs world billions of dollars, Sydney University study finds

By Brooke Boney



PHOTO: [Physical inactivity cost the Australian economy \\$805 million in 2013.](#) (ABC News)

The global cost of physical inactivity for 2013 has been calculated at \$US67.5 billion (\$A90 billion), in a world-first study by the University of Sydney.

The findings, published in the journal *Lancet*, include the cost burden of lifestyle diseases on health budgets as well as the cost of [premature death relating to physical inactivity](#).

The burden in developing countries was calculated differently because the consequences of lifestyle diseases is often premature death.

Sydney University senior research fellow Melody Ding said the cost included the healthcare expenses linked to chronic diseases such as diabetes and heart disease.

"These are the diseases associated with physical inactivity," Dr Ding said.

"It also includes the cost of productivity losses when people die prematurely because of physical inactivity."

The study included data from 142 countries, taking in 93.2 per cent of the global population.

Australia shared a huge portion of the cost.

In 2013, the total cost burden of physical inactivity on the Australian economy was \$805 million, including \$640 million in direct costs and \$165 million in productivity losses.

Why height matters

People's height is partly determined by genetics, but nutrition and environmental factors also play a role, the researchers said. Because conditions such as childhood illness and poor nutrition during pregnancy and childhood can stunt growth, the average height of people can serve as a proxy for how healthy their nation is, the researchers said.

Moreover, being taller is associated with longevity, higher education and [better earnings](#), the researchers wrote in the study. Tall people are also less likely to experience heart disease and stroke, and taller women and their children are less likely to have complications before and after childbirth, they said. [\[Blossoming Body: 8 Odd Changes That Occur During Pregnancy\]](#)

But it's not all rosy for tall people. Research shows that [tall people are more likely to get some cancers](#), including colorectal, breast and ovarian cancers, and possibly pancreatic and prostate cancers, they said.

livescience

Can we live without cockroaches?

Worldwide, cockroaches are a significant food source for many birds and small insectivorous mammals, such as mice and rats. (Even [humans eat them](#) in some parts of the world.) None of these animals rely solely on cockroaches for food, Kambhampati said, so they probably wouldn't go extinct, but their numbers would drop. Parasitic wasps, which specialize in parasitizing cockroach eggs, do rely entirely on the cockroach. "These would almost certainly become extinct," Kambhampati told [Life's Little Mysteries](#).



The disappearance of cockroaches would mess with something truly vital for us all, called the nitrogen cycle.

"Most cockroaches feed on decaying organic matter, which traps a lot of nitrogen," Kambhampati said.

"Cockroach feeding has the effect of releasing that nitrogen (in their feces) which then gets into the soil and is used by plants. In other words, extinction of cockroaches would have a big impact on forest health and therefore indirectly on all the species that live there."

In short, we really, really need cockroach poop.

By Natalie Wolchover

Follow Natalie Wolchover on Twitter [@nattyover](#). Follow Life's Little Mysteries on Twitter [@lilmysteries](#), then join us on [Facebook](#).

[View this email in your browser](#)



How to Make Golden Milk



This delicious golden milk recipe has me excited to drink up before I go to sleep! All you have to do is combine 1 cup of almond or coconut milk, ½ t ground turmeric, ½ t ground ginger, ¼ t cardamom and 1 tsp honey. You can also add a pinch of black pepper if you wish. Whisk the ingredients together, strain over a mug and enjoy! You can also warm your non-dairy milk before hand if you'd like a warm cuppa.

Ecowatch.com

Why has an Indian state imposed a 'fat tax'?

By Supriya Menon Kerala



Kerala is the first state in India to introduce a "fat tax" on burgers, pizzas, doughnuts and tacos served in branded restaurants.

The recently-elected Communist government says the 14.5% tax is aimed at making people more conscious about food choices and curbing obesity.

"This is more of a preventive measure as Kerala's food habits are changing dramatically. People are eating a lot of junk food and rejecting traditional food," says Finance Minister Thomas Isaac.

Kerala has the most number of people suffering from obesity after the northern state of Punjab in India, according to a national family health survey. With increasing affluence, lifestyle diseases are on the rise and the government aims to check this with the fat tax.

Get the last bit of power from an old car battery



If your **battery appears to be drained**, or just needs a little kick to get it started, then aspirin is the surprising answer. Crushing two pills into each battery cell should create a chemical reaction that transforms the battery fluid's sulfuric acid into acetic acid. This should give you just enough power to drive your car to a nearby garage.

BabaMail

Asian Mushroom May Combat Obesity

Liquid extract of the Ganoderma lucidum (reishi) mushroom may counteract obesity-related inflammation and metabolic dysfunction



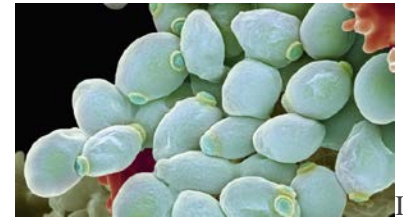
Ganoderma lucidum mushrooms - image from Shutterstock

In that obesity is associated with low-grade chronic inflammation and intestinal dysbiosis, scientists have become increasingly interested in ways to modulate the gut microbiota as a potential approach to address weight. Researchers from Chang Gung University (Taiwan) investigated the activity of a mushroom used in traditional Oriental medicine. *Ganoderma lucidum* (lingzhi or reishi) is a medicinal mushroom that appears to exert anti-diabetic effects. Employing a laboratory animal model, the team observed that extract of *Ganoderma lucidum* reversed gut dysbiosis otherwise induced by a high-fat diet, and increased the ratio of "good" bacteria. Consequently, there was less toxin seepage through the gut wall. The mushroom extract reduced body weight, inflammation and insulin resistance. The study authors report that: "Our results indicate that [*Ganoderma lucidum*] and its high molecular weight polysaccharides may be used as prebiotic agents to prevent gut dysbiosis and obesity-related metabolic disorders in obese individuals."

[VIEW NEWS SOURCE...](#)

Fungal infection 'threat' to human health

By James GallagherHealth editor, BBC News website



Image

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Fungal infections kill more people than malaria or breast cancer but are not considered a priority, say scientists.

Prof Neil Gow, from the University of Aberdeen, said more than one million people die from fungal infections around the world each year.

Yet there are no vaccines and there is a "pressing need" for new treatments, he said.

The warning comes as doctors in England say a new strain of fungi is causing outbreaks in hospitals.

There are more than five million types of fungi, but only three major groups cause the majority of deaths in people:

- Aspergillus - which affects the lungs
- Cryptococcus - which mainly attacks the brain
- Candida - which infects mucosal membranes including in the mouth and genitals

Prof Gow said: "Most people know about mild fungal infections, but nobody's ever died from athlete's foot. "However, a million people die a year from fungal infections and we need to understand these different types of infection and how to deal with them."

The Academy of Nutrition and Dietetics offers these helpful hints:

- Store spinach in a [plastic](#) bag in the refrigerator's crisper.
- Pack spinach loosely and don't wash it before storing.
- Before eating, always wash spinach.
- Eat within four days of storing in the refrigerator.

-- Diana Kohnle

Mixed News on Drinking and Heart Health

Booze may reduce heart attack odds, but up likelihood of another condition, study says

By Dennis Thompson
HealthDay Reporter
Texans living in "dry" counties are more likely to suffer [heart attacks](#) and [congestive heart failure](#) than people living in nearby "wet" counties, where [alcohol](#) sales are legal, a new study reports.

But they're also less likely to suffer from [atrial fibrillation](#), a condition where irregular heart rhythms raise the risk of [stroke](#).

"It appears that [alcohol](#) is not necessarily all good or all bad for the heart -- it's more complex than that," said senior author Dr. Gregory Marcus, director of clinical research for the University of California, San Francisco Division of Cardiology. "One size does not fit all," Marcus added. "These data suggests that there may be some in whom alcohol -- presumably in moderation -- would be of benefit, and others where it would do harm."

Residents of wet Texas counties, for instance, have a 9 percent lower risk of [heart attack](#) and 13 percent lower risk of congestive heart failure, according to the study.

But there was a downside, too: folks with easy access to alcohol appeared to have a 5 percent greater risk of [atrial fibrillation](#), the researchers found.

Cardiologists have long debated whether alcohol can be good or bad for the heart. Some previous studies have found that moderate alcohol consumption -- two drinks a day for men, one for women -- might reduce [heart attack](#) risk, but overall the data has been inconsistent, researchers said in background notes.

Butter not significantly linked to ill health, says study

Written by [Yvette Brazier](#)

Eating butter has only a small negative impact on total mortality, it does not worsen cardiovascular health, and it may help to protect against diabetes, according to research published in *PLOS One*.



Butter is bad for you...or is it?

Saturated fat is generally considered unhealthy, and dietary guidelines recommend avoiding it. In 2014, the United States Department of Agriculture (USDA) noted that consumption of butter in the U.S. was at an all-time high. In view of this, the authors of the current study felt that an investigation into the impact of butter consumption would be "highly relevant and timely."

A growing number of experts have been rethinking the focus on isolated macronutrients, such as saturated fats, and their impact on chronic conditions. Instead, there is a call toward food-based paradigms. This type of approach might better take into account, for example, the fact that the specific fatty acid profile of one food that is rich in dairy fat will be different from the profiles of other foods.

The argument goes that a range of items that are similarly high in dairy fats may also contain other substances that could have different lipid and metabolic effects.

For example, dairy products such as yogurt and certain cheeses have been found to have metabolic properties that may help to prevent [type 2 diabetes](#), despite being dairy fats.

Could dairy fat be good for cardiometabolic health?

Butter has a high level of saturated dairy fat content, but how this impacts total mortality, cardiovascular health, and [diabetes](#) is unknown. Researchers from Tufts University in Boston, MA, led by Laura Pimpin Ph.D., a former postdoctoral fellow at the Friedman School of Nutrition Science and Technology, wanted to see if there were any links between butter consumption, chronic disease, and all-cause mortality.

The researchers carried out a meta-analysis, in which they systematically reviewed data for 636,151 people in nine research studies, in order to calculate the relative risk of consuming butter.

The studies covered 15 country-specific cohorts, and the subjects were followed up for a total of 6.5 million person-years.

During the follow-up period, there were 28,271 deaths, 9,783 cases of cardiovascular disease (CVD), and 23,954 cases of new-onset type 2 diabetes.

The authors considered standard consumption of butter consumption to be 14 grams a day, as estimated by the USDA. This is approximately one tablespoon of butter.

Across the nine studies, average butter consumption varied between one third of a serving per day to 3.2 servings per day.

Overall, each daily serving of butter was linked either minimally with a risk of CVD, not at all with total mortality, and inversely with diabetes, apparently offering some protection against this chronic condition.

Eating walnuts may help prevent colon cancer

Written by The Daily Meal

A team of researchers from UConn Health and The Jackson Laboratory for Genomic Medicine found that eating walnuts can reduce one's risk of getting colon cancer.



Could walnuts be the key to preventing colon cancer?

In the study, mice that were fed walnuts (totaling seven percent to 10.5 percent of their total [calories](#)) developed fewer instances of [colon cancer](#). Seven to 10.5 percent of daily total calories coming from walnuts is equivalent to a human eating about an ounce of walnuts every day.

[Read about top foods for brain health](#)

"Our results show for the first time that walnut consumption may reduce colon [tumor](#) development," said Daniel W. Rosenberg of UConn Health, principal investigator on the study.

"There is accumulating evidence that eating walnuts may offer a variety of benefits related to health issues like [cancer](#). This study shows that walnuts may also act as a probiotic to make the colon healthy, which in turn offers protection against colon tumors."

[Click here for 10 of the best nuts for your health](#)

Walnuts contain more polyunsaturated fatty acids than any of the commonly eaten tree nuts. They also contain significant amounts of [vitamin E](#).

"But walnuts are not merely the sum of their chemical parts, and it may be as a whole food that they pack the most significant anti-cancer punch against colon cancer, the third most common cancer in the world," says Kim Krieger of UConn Communications.

"Other studies have shown walnuts have promise warding off diseases connected to diet and lifestyle, including [heart disease](#), [diabetes](#), and neurological disorders."

Written by The Daily Meal

Enjoy an Authentic Sri Lankan Rice & Curry for \$12.90 at Cinnamon's Cafe & Kitchen, Glen Waverley. Eat in or Take Away - Lunch or Dinner (03) 9574 9686



Like
Where can you go in Sydney for a Sri Lankan Rice & Curry?
May be Blue Elephant, Pennant Hills



Cut down on Fructose containing foods.

Did you know that Sri Lankans have very high incidence of non-alcoholic fatty livers. Alcohol too can give rise to fatty liver. The danger of fatty liver is that the next stage is Cirrhosis.

Fatty livers are diagnosed on blood tests and liver scans.

Fructose sugar is the culprit for non-alcoholic fatty livers.

Fructose is a simple sugar found in varying quantities in all fruits.

American foods and beverages including cakes, corn syrup is...

[See More](#)

Garlic



Garlic is rich in allicin, a compound that helps fight infections such as the common cold. What's more, it helps to protect your body from other harmful microbial bodies, such as bacteria, yeast or parasites.

All you need to do to benefit from garlic's antibiotic properties is just ensure that you include it as a regular food in your diet.

BabaMail

Fructose Feeds Fat

The simple carbohydrate is linked to increase in fat deposits and body weight.



Fructose - image from Shutterstock

Due in large part to an ever-increasing presence of high-fructose corn syrup in prepared foods, fructose – a simple carbohydrate derived from fruit and vegetables, has become a predominant component of the standard American diet. Researchers from the Beckman Institute for Advanced Science and Technology at the University of Illinois (Illinois, USA), studied two groups of mice for two-and-a-half months: one group was fed a diet in which 18% of the calories came from fructose – mimicking the intake of adolescents in the United States, and the other was fed 18% from glucose. Not only did the fructose-fed mice display significantly increased body weight, liver mass, and fat mass in comparison to the glucose-fed mice, they also were less active. The study authors report that: "The present study suggests that fructose per se, in the absence of excess energy intake, increases fat deposition and [body weight] potentially by reducing physical activity."

[VIEW NEWS SOURCE...](#)

Apple Cider Vinegar



This miracle vinegar, which is made from fermented apple extract, is a nutritional powerhouse, and great for maintaining excellent health. This is because it's both antiseptic and antibiotic, making it great for combating bad bacteria.

It's also great for balancing the pH level (acidity vs. alkalinity) in the body, which means that bacteria have a lesser opportunity to breed.

BabaMail

Anti-Aging Secret of Pomegranates Finally Revealed

A molecule in pomegranates, generated by gut microflora, enables muscle cells to protect themselves against one of the major causes of aging.



Pomegranates - image from Shutterstock

Until recently, the scientific evidence that pomegranates are truly the superfood that we've all been led to believe has been unsubstantial. To add to this, some questionable marketing tactics have raised doubts as well. A team of researchers from the Ecole Polytechnique Federale de Lausanne (EPFL) and the life science company Amazentis decided to investigate the fruit more closely and discovered that there is a molecule within pomegranates that is transformed by microbes in the gut, allowing muscle cells to protect themselves against one of the major causes of aging.

Mitochondria are the powerhouses of cells, containing inner compartments that are no longer capable of carrying out their vital function as they age. The dysfunctional mitochondria accumulate within the cell since the cells are unable to recycle them. This affects the health of many tissues, including muscles, which become gradually weaker with time. This buildup of mitochondria is also believed to be a potential cause in other diseases of aging, such as Parkinson's disease. The researchers identified a molecule, urolithin A, that was able to reboot the cell's ability to recycle the components of the dysfunctional mitochondria on its own. "It's the only known molecule that can relaunch the mitochondrial clean-up process, otherwise known as mitophagy," said Patrick Aebischer, co-author of the study. "It's a completely natural substance, and its effect is powerful and measurable."

The researchers at first tested their hypothesis on the nematode *C. elegans* (worms). This is a common approach for aging testing, as after just 8-10 days it's already considered elderly. They found that the lifespan of worms exposed to urolithin A increased by more than 45% as compared to the control group. When they then tested the molecule on rodents, they found a large reduction in the number of mitochondria, which indicated that a hearty cellular recycling process was occurring. They also found that the older mice (around 2 years old), showed 42% more endurance when running than mice of the same age that were in the control group.

It should be noted that the fruit itself does not contain the miracle molecule, but rather its precursor. That molecule is converted into urolithin A by microbes that are present in the intestine. Therefore, there can be a wide range of urolithin A produced, depending on the species of animal, as well as the flora present in the gut microbiome. In some cases none at all will be produced, so the pomegranate juice would be ineffective. For these cases, however, the researchers are already working on developing a solution. They founded a start-up company, Amazentis, which has come up with a method to deliver finely calibrated doses of urolithin A and they're currently conducting their first clinical trials testing humans.

[VIEW NEWS SOURCE...](#)

Sugar: should we eliminate it from our diet?

Written by [Honor Whiteman](#)

Sugar seems to have developed a reputation as the big bad wolf in relation to health. *Medical News Today* have reported on numerous studies associating sugar intake with increased aging, cardiovascular disease, obesity and even cancer. Such research has led to many health experts around the globe calling for reductions in recommended sugar intake, with some saying we should cut out sugar completely. But is it really that bad for our health? We investigate.



Sugar is a crystalline carbohydrate that makes foods taste sweet. There are many different types, including glucose, fructose, lactose, maltose and sucrose.

Put simply, sugar is a crystalline [carbohydrate](#) that makes foods taste sweet. There are many different types of sugar, including glucose, fructose, lactose, maltose and sucrose - also known as table sugar.

Some of these sugars, such as glucose, fructose and lactose, occur naturally in fruits, vegetables and other foods. But many of the foods we consume contain "added" sugars - sugar that we add to a product ourselves to enhance the flavor or sugar that has been added to a product by a manufacturer.

The most common sources of added sugars include soft drinks, cakes, pies, chocolate, fruit drinks and desserts. Just a single can of cola can contain up to 7 tps of added sugar, while an average-sized chocolate bar can contain up to 6 tps.

It is added sugars that have been cited as a contributor to many health problems. In December 2014, *MNT* reported on a study in the journal *Open Heart* claiming added sugars may [increase the risk of high blood pressure](#), even more so than sodium. And in February 2014, a study led by the Centers for Disease Control and Prevention (CDC) associated high added sugar intake with [increased risk of death from cardiovascular disease \(CVD\)](#).

Perhaps most strongly, added sugars have been associated with the significant increase in [obesity](#). In the US, more than a third of adults are obese, while the rate of childhood obesity has more than doubled in children and quadrupled in adolescents over the past 30 years.

A [2013 study](#) published in *The American Journal of Clinical Nutrition* suggested that consumption of sugar-sweetened beverages increases weight gain in both children and adults, while a review paper from the World Health Organization (WHO) notes an increase in the consumption of such beverages correlates with the increase in obesity.

How to cope with Positional Vertigo

Written by Dr Harold Gunatillake FRCS, FIACS, MBBS, AM (Sing), FICS

Vertigo in layman's term means that your immediate environment like in a room starts spinning, whirling or tilting. It is a sensation you feel during an attack. Dizziness is different and you do feel light-headed or lose balance like a drunkard.

A sudden drop of blood pressure when you get up from a seated position causes dizziness due to the sudden momentary drop of circul...

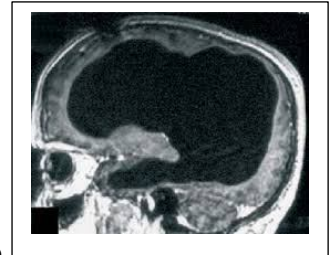
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A civil servant missing most of his brain challenges our most basic theories of consciousness

Which bit causes consciousness? (Reuters/ Neil Hall)
WRITTEN BY Olivia Goldhill

Not much is definitively proven about consciousness, the awareness of one's existence and surroundings, other than that its somehow linked to the brain. But theories as to how, exactly, grey matter generates consciousness are challenged when a fully-conscious man is found to be missing most of his brain.

Several years ago, a 44-year-old Frenchman went to the Hospital complaining of mild weakness in his left leg. It was discovered then that his skull was filled largely by fluid, leaving just a thin parameter of actual brain tissue.



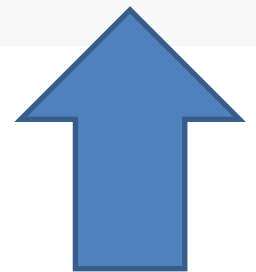
And yet the man was a married father of two and a civil servant with an IQ of 75, below-average in his intelligence but not mentally disabled. (Feuillet et al/ The Lancet)

Doctors believe the man's brain slowly eroded over 30 years due to a build up of fluid in the brain's ventricles, a condition known as "hydrocephalus." His hydrocephalus was treated with a shunt, which drains the fluid into the bloodstream, when he was an infant. But it was removed when he was 14 years old. Over the following decades, the fluid accumulated, leaving less and less space for his brain.

While this may seem medically miraculous, it also poses a major challenge for cognitive psychologists, says Axel Cleeremans of the Université Libre de Bruxelles.

"Any theory of consciousness has to be able to explain why a person like that, who's missing 90% of his neurons, still exhibits normal behavior," says Cleeremans. A theory of consciousness that depends on "specific neuroanatomical features" (the physical make-up of the brain) would have trouble explaining such cases.

Science can't totally explain consciousness, and it never will

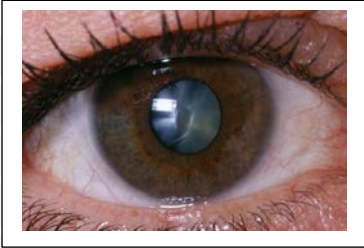


There are several major scientific theories that attempt to explain how exactly how our brains have consciousness. But all of them, argues Lisa Miracchi, an...

Metabolism is how your body changes food into energy. If your body is slow at burning calories while you rest or sleep, you probably got that from your parents, through your genes.

What you can do: Since you can't change your genes, focus on your habits. One of the best ways to pep up your metabolism is to get more exercise. Look for ways to sneak more activity into your day.-WebMD

What Are Cataracts?



A cataract is a progressive, painless clouding of the natural, internal lens of the eye. Cataracts block light, making it difficult to see clearly. Over an extended period of time, cataracts can cause blindness.

They're often related to growing older, but sometimes they can develop in younger people

How Cataracts Affect Your Vision

In a normal eye, light enters and passes through the lens. The lens focuses that light into a sharp image on the retina, which relays messages through the optic nerve to the brain. If the lens is cloudy from a cataract, the image you see will be blurry. Other eye conditions, such as myopia, cause blurry vision, too, but cataracts produce some distinctive signs and symptoms.

Cataract Symptom: Double Vision



Sometimes, cataracts can cause double vision (also known as diplopia) when you look with one eye. This is different from the double vision that comes from the eyes not lining up properly. With cataracts, images appear double even with one eye open.

Cataract Symptom: Second Sight

Sometimes, a cataract may temporarily improve a person's ability to see close-up, because the cataract acts as a stronger lens. This phenomenon is called second sight, because people who may have once needed reading glasses find that they don't need them anymore. As the cataract worsens however, this goes away and vision worsens again.

What Causes Cataracts?

The exact cause of cataracts is unknown. While the risk grows as you get older, these factors may also contribute:

- Diabetes
- Smoking
- Excess alcohol use
- Eye Injury
- Prolonged use of corticosteroids
- Prolonged exposure to sunlight or radiation

WebMD

How Your Brain Signals Your Body's Need for Food

By [Jane Kirby](#) and [The American Dietetic Association](#) from [Dieting For Dummies, 2nd Edition](#)

You may think that hunger is all in [YOUR](#) stomach and that dieting is all in your head. But [NUTRITION](#) experts know that hunger is regulated by a complex system of chemicals that send signals between your brain and your body. The cells in the hypothalamus communicate with cells in other parts of the brain to coordinate the release and uptake of chemicals that help regulate how much and what you eat. Food triggers the brain to turn the desire to eat into the act of eating. How a food smells, what it looks like, and how you remember it tasting excite chemicals within your brain.

The breakdown products of foods — amino acids from protein, fatty acids from fat, and glucose from carbohydrates — regulate hormones such as insulin, which affect the process at a cellular level. They send messages to the brain telling it that fuel is needed.

When the body needs nourishment, neurotransmitters are released. One neurotransmitter called Neuropeptide Y (NPY) is important in sending messages to various parts of the brain.

Scientists have recently identified two chemicals — ghrelin and [LEPTIN](#) — circulating in the blood that communicate with NPY.

- **Ghrelin and glucose:** According to the theory, low levels of glycogen and low [BLOOD SUGAR LEVELS](#) stimulate a spike in ghrelin and NPY's activity in the hypothalamus. As NPY is stimulated, your desire for sweet and starchy foods goes up. And when ghrelin rises, so does appetite. While you sleep, your glycogen and blood sugar stores are used up, causing the brain to release NPY. Skipping breakfast increases NPY levels so that by afternoon, you're set [UP FOR A](#) carbohydrate binge. This craving for carbs is not the result of a lack of willpower; it's an innate biological urge at work.
- **The leptin link:** After eating, [LEPTIN](#) levels increase and inhibit the firing of NPY, so you feel full. If it has been a while since you've eaten, your blood levels of glucose are low and therefore leptin is low, and ghrelin is high. The circulating levels of ghrelin peak at different times depending on when you have your heaviest meal. People who eat big lunches show ghrelin peaks at a different time than people whose main meal is at night.

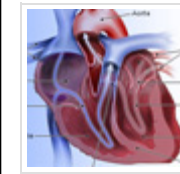
<https://www.youtube.com/watch?v=6niyopdm5CY>

Add Zing to Your Meals

Onions and garlic are your allies in the kitchen *and* in the bedroom. They help you make more and better sperm. Both raise levels of a hormone that triggers your body to make testosterone. And both have high levels of natural plant chemical called flavonoids, which safeguard your li'l swimmers against damage.

WebMD

FDA Approves First Fully Dissolvable Stent



Latest Heart News (HealthDay News) -- **The first coronary stent to be gradually absorbed by the body has been approved by the U.S. Food and Drug Administration.**

The Absorb GT1 Bioresorbable Vascular Scaffold System (BVS) is absorbed within about three years, the agency said Tuesday in a news release. The stent, a hollow mesh tube designed to prop open a formerly clogged artery, also releases the drug everolimus to limit the growth of scar tissue.

Getting adequate amounts of vitamins B6 and [B12](#), calcium, and [iron](#) can help you maintain healthy sleep patterns.

If cutting coffee cold turkey will make you miserable, have tea instead. It has about half the caffeine content of coffee and contains substances that may help calm stress. If black tea is too strong, [try green](#), which has about one-third the caffeine content of black.



How to cut a watermelon and other simple summer hacks

[Read More](#)

<https://www.youtube.com/watch?v=o9sKH3IKvRA>

Nutritional profile of oatmeal

According to the United States Department of Agriculture [National Nutrition Database](#), one-half cup of non-fortified, dry, instant oats contains:



Half a cup of instant oats contains 27 grams of carbohydrate and 0.4 grams of sugar.

- 153 [calories](#)
- 3 grams of fat
- 27 grams of carbohydrate
- 0.4 grams of sugar
- 4 grams of fiber
- 5 grams of protein

One-half cup of uncooked instant oats also provides:

- 25 percent of daily thiamin needs
- 19 percent of iron
- 28 percent of [magnesium](#)
- 33 percent of phosphorus
- 20 percent of zinc
- 147 percent of manganese
- 33 percent of [selenium](#)

Cabbage



The humble cabbage doesn't get the recognition it deserves as an antibacterial source. For starters, it's rich in sulphur, which is essential for treating infections and is even believed to be anticarcinogenic. Cabbage is also rich in vitamin C, which makes it highly effective at preventing everyday infections, including the common cold.

Try including cabbage into your everyday diet as salad, or try using it when making fermented foods (more about this below). You can also try cabbage juice (include a dash of honey for sweetness).

BabaMail

Other ways to enjoy oatmeal



Oatmeal can be combined easily with fruit and dairy products to create a quick and balanced meal.

Oatmeal doesn't just have to be for breakfast and doesn't even have to be sweet. People with [diabetes](#) can enjoy savory oatmeal as well. Making savory oatmeal is a great way to switch up a normal oatmeal routine and make a quick, healthy, complete meal.

Vegetables like mushrooms, spinach, and green [onions](#) make great mix-ins, as well as spices like black pepper and cumin. Top with a small amount of shredded cheddar or parmesan and a fried pasture-raised egg.

Healthy oatmeal recipes for people with diabetes

[Chocolate-strawberry overnight oats](#)

[Pumpkin-spiced steel-cut oats](#)

[Microwave banana oatmeal](#)

[Wild blueberry oats with coconut, ginger, and hemp](#)

[Savory oatmeal with sautéed mushroom, arugula, and fried egg](#)

Calories and human health

The human body needs calories to survive, without energy our cells would die, our hearts and lungs would stop, and we would perish. We acquire this energy from food and drink.

If we consume just the number of calories our body needs each day, every day, we will probably enjoy happy and healthy lives. If our calorie consumption is too low or too high, we will eventually experience health complications.

The number of calories food contains tells us how much potential energy they possess. Below are the calorific values of the three main components of the food we eat:

- 1 gram of [carbohydrates](#) contains 4 calories
- 1 gram of protein contains 4 calories
- 1 gram of fat contains 9 calories.

Let's look at where the calories in one cup of large eggs (243 grams) come from:

- Fat 24 grams.
 $24 \times 9 = 216$ calories.
- Protein 31 grams.
 $31 \times 4 = 124$ calories.
- Carbohydrate 2 grams.
 $2 \times 4 = 8$ calories
- 243 grams of raw egg contain 348 calories, of which 216 come from fat, 124 from protein and 8 from carbohydrate.

MNT

How many calories do we need each day?

Not everybody requires the same number of calories each day. Our ideal calorific consumption depends on several factors, including our overall general health, physical activity demands, sex, weight, height, and shape. A 6ft tall, 25-year-old professional soccer player needs many more calories each day than a 5ft 4ins sedentary woman aged 75.

Health authorities around the world find it hard to agree on how many calories their citizens should ideally consume. The US government says the average man requires 2,700 calories per day and the average woman 2,200, while the NHS (National Health Service), UK, says it should be 2,500 and 2,000 respectively.

The FAO (Food and Agriculture Organization) of the United Nations says the average adult should consume no less than 1,800 calories per day.

[Click here for a more detailed study on how many calories you should eat.](#)



Spice It Up in India

Indian food is loaded with herbs and spices, such as turmeric, curry, ginger, and cardamom. These are full of antioxidants and other things that are good for you. They also can lend some heat to the dishes, which may help you eat less.

WebMD



André Rieu Plays Rigoletto, Delivers Us to Musical Heaven

[Show Content](#)

Health Tip: Go Easy on the Condiments



(HealthDay News) -- Condiments can quickly add fat, calories, [sugar](#) and salt to your [diet](#) without providing much nutritional value. The American Heart Association suggests these alternatives:

- Choose ketchup that is low in salt and [sugar](#). Or make your own by combining low-sodium tomato paste, [garlic](#) powder, onion powder and brown sugar.
- Opt for chopped hot peppers instead of hot sauce, which can be high in salt. Add some cayenne pepper or red pepper flakes. Or make your own hot sauce by blending jalapenos, garlic, vinegar and low-sodium tomato paste.
- Make your own salad dressing.
- Make your own [soy](#) sauce with low sodium beef or vegetable broth, vinegar, molasses, [ginger](#) powder, garlic powder, salt and pepper.
- Make your own mustard, mayonnaise and tartar sauce.

-- Diana Kohnle

Study Cites the Fats That Could Shorten Your Life



(HealthDay News) -- Hold the butter, margarine and high-fat dairy: A new study supports the notion that these "saturated" [fats](#) are bad for you. The study, which followed more than 126,000 people for three decades, found that people who ate higher amounts of saturated fats and trans fats died earlier than those who stuck to healthier unsaturated fats. Unsaturated fats include plant-based, unprocessed fats such as those found in olive, canola or soybean oil, the study authors explained. "These findings support current dietary recommendations to replace saturated fat and trans fat with unsaturated fats," concluded a team of researchers led by Dr. Frank Hu of Harvard School of Public Health in Boston.



10-Minute Grilled Shrimp and Avocado Salad

Star chef Michelle Bernstein adds major flavor to grilled shrimp with 6 ingredients you probably have in your home right now!

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Limit alcohol within 3 hours of bedtime. A cocktail helps you nod off initially but may disrupt your sleep later on as the [alcohol](#) is metabolized and its sedating effects wear off.

Health Education for Sri Lankans & others

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There's No Better Side Than Cheesy Twice Baked Potatoes

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Benefits of Pumpkin Seeds Improves your mood

Pumpkin seeds are a fantastic source of the amino acid tryptophan, which is more well-known for its presence in turkey dishes. Apart from being one of the most vital amino acids required by our bodies, tryptophan is responsible for the production of serotonin in our bodies, a substance that plays a major role in our mood control. It is also found in some other seeds, as well as poultry, red meat, fish, and more. BabaMail



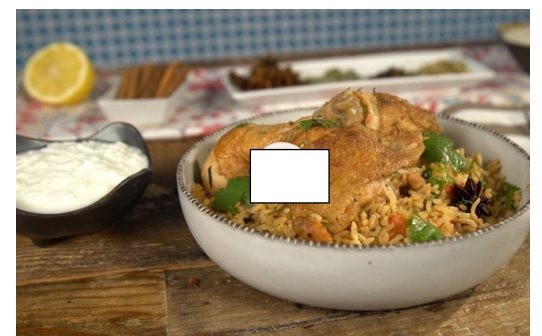
Does Caffeine Really Dehydrate You?



Caffeine is the most widely consumed psychoactive substance on the planet. It's commonly thought that caffeine is responsible for some undesirable side effects, including dehydration, but is that true?

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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.



A Super Easy One Pot Dinner

Chicken Biryani is a simple, one pot wonder.

Who Is at Risk for Psoriatic Arthritis?

About 15% of people with psoriasis will develop psoriatic arthritis. It is equally common in men and women, with most people diagnosed between the ages of 30 and 50. The exact cause of psoriatic arthritis is unknown, but it is believed to involve genetics, the environment, and a malfunction of the immune system. About 40% of people with psoriatic arthritis have a family member with psoriasis or arthritis, which suggests a hereditary link.



SLIDESHOW

The Ugly Truth About Your Toothbrush

See how to store and keep your toothbrush clean from the millions of bacteria that can cause disease and infection.

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Special Energy Drink May Alter Metabolism and Boost Performance



A specially-designed energy drink that contains ketones may help people exercise at a higher level, a new study finds.

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Tomatoes

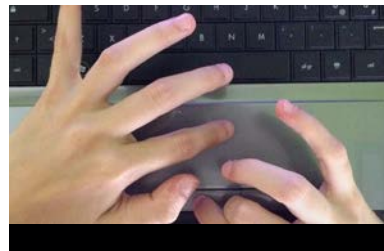
This staple salad ingredient is jam packed with water (94 percent) and studies have linked the compound lycopene — found in high amounts in tomatoes — with **protecting your tissues** against oxidative damage. It also acts as an **anti-inflammatory agent** helping to prevent prostate cancer, cardiovascular disease and even bone deterioration. Tomatoes are low in calories and high in fiber, which in addition to the water volume are the perfect waistline watching trifecta. For a super simple summer salad, halve cherry tomatoes and mix them with fresh corn, olive oil, a sprinkle of Parmesan cheese and toasted pine nuts.
[www.today](#)



Amazing Magic Show- Masters of Magic- One Of The Best Ma...

by [Magic](#)

2,323,385 views



Hackers could sniff out your passwords if you're typing nearby



[See this](#)

Yes, my carry-on luggage is also an electric go-cart

Modobag is a piece of carry-on luggage that doubles as a motorized rideable scooter. You may look odd riding one, but it's so much fun you won't care.

[See this](#)

Inflammatory Bowel Disease

(Ulcerative Colitis and Crohn's Disease): Inflammatory Bowel Disease is Caused by Psychological Problems.

False. Inflammatory bowel disease (IBD) is the term given to two intestinal disorders, ulcerative colitis and Crohn's disease. Researchers are unsure as to the cause of IBD, but a viral or bacterial infection may play a role. An infection may trigger the immune system to create inflammation in the intestines. Although stress can aggravate the symptoms of IBD, there's no solid evidence that anxiety, tension, or any other psychological factor causes the disorder.
[Medicine.net](#)

Add lean meats to your diet- if you are anemic



Though you may expect to hear that vegetables offer more iron goodness than meat like red meat, poultry and fish, the story is much more complicated. Meaty iron is a type known as 'heme iron', which can be absorbed quite well by humans so that we get enough iron in our diet. So, if you are a little low in your iron levels, add some meats to your daily menu, because leafy greens do not contain heme iron; the iron they contain is not very well absorbed by humans and mostly goes to waste.

BabaMail



Camila Alves' Brazilian Slow-Cooker Chicken

The Brazilian supermodel cooks up one of her favorite meals, a Crockpot stew teeming with chicken, beans, tomatoes, corn and olives.

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What Is Psoriatic Arthritis?

Psoriatic arthritis is a type of arthritis (inflammation of the joints) accompanied by inflammation of the skin (psoriasis). Psoriasis itself is a common skin condition characterized by scaly red and white patches on the skin. Psoriatic arthritis usually develops about 5 to 12 years after psoriasis begins.

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