

Common asthma tablet linked to serious psychotic episodes in children



Parents are calling for new warning labels on a common asthma tablet that has been linked to cases of suicidal thoughts and depression in children as young as four.



Could red meat give you kidney failure? Too much beef, steak and lamb 'increases risk of renal collapse'



People consuming the highest amounts - the top quarter - of red meat had a 40 per cent increased risk of developing kidney failure compared with people consuming the lowest amounts.

Celiac disease

The only way to live symptom-free from celiac disease or a gluten intolerance is to always avoid foods with gluten. You may lose weight by eating gluten-free, but gluten-free doesn't mean calorie-free. Eating fruits and vegetables is great, but make sure you're getting all the nutrients necessary for a healthy diet. Talk to your doctor or a dietitian about eating healthy while eating gluten-free.

Pope Francis: Destroying the Environment Is a Sin

Jax Jacobsen

Destroying the environment is a sin, Pope Francis said in a message from Vatican City. "Global warming continues," the pontiff said in a message released Thursday. "2015 was the warmest year on record, and 2016 will likely be warmer still. This is leading to even more severe droughts, floods, fires, and extreme weather events."



Pope Francis has sought to highlight the importance of environmental stewardship in his speeches. © Mazur/catholicnews.org.uk

He would like "caring for the environment" to be added to the traditional Christian works of mercy, which also include visiting the sick and feeding the hungry. The pope last year declared 2016 to be the "Year of Mercy," and urged Catholics to meditate on how they could reflect the love of God in the world.

He tied environmental concerns to the growing global migrant crisis.

"Climate change is also contributing to the heart-rending refugee crisis," he said. "The world's poor, though least responsible for climate change, are the most vulnerable and already suffering its impact." Catholics should use this year to reflect upon sins they may have committed against the environment, and also urged forgiveness for the "selfish" capitalist system which advocates "profit at any price."

"Economics and politics, society and culture cannot be dominated by thinking only of the short-term and immediate financial or electoral gains," the pope said. "Instead, they urgently need to be redirected to the common good, which includes sustainability and care for creation."

Pope Francis also targeted the indifference of many to environmental issues-Extract only

<https://www.thetreeofawakening.com/karma/>



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Eat less sugar for better metabolic health

The study, published in *Obesity*, followed 43 obese children with chronic metabolic conditions such as hypertension. The researchers changed their diets for nine days, substituting their normal snacks and drinks with ones that kept the calorie counts the same but restricted sugar - so instead of sugary yogurts, pastries, and cereals, the kids were fed hot dogs, bagels, fruit, and pizza. The results were "striking," says lead author and pediatric endocrinologist Robert Lustig, MD. Even though the children were eating the same amount of calories, just eliminating added sugar from their diets improved almost all areas of their metabolic health, such as lower blood pressure, LDL ("bad") cholesterol, blood sugar, and insulin levels, and improved liver function tests. Plus, even though the experiment was designed to maintain weight - the children were given more food whenever they started to lose weight - the kids told researchers that they felt fuller on the lower-sugar diet.
msn.com

VIDEO

5 Things to Know About Fiber

For one, you're probably not getting enough. Learn how to add more to your diet.

High Commissioner's speech at TSCA (NSW) Silver Jubilee

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With 610 horsepower and Audi's Quattro all-wheel drive system, the R8 dives into turns and blasts through the straightaway.

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Molasses or other things can give bread a brown color. Read the ingredient list.

The word "whole" should always appear before the name of the grain, such as whole wheat, whole oats, or whole rye. And it should be the first thing on the ingredient list.

Don't be misled by labels that say "multi-grain," "stone-ground," "100% wheat," "cracked wheat," or "seven-grain." These usually aren't whole grain. WebMD



We're all for helpful household hacks that either make our life easier or better (preferably both). Meet these three household plants that will actually improve air quality and help rid your environment of toxins. It's not just that these plants are healthy. Visually, these plants are architecturally interesting and would fit right in to any modern decor. We say get one or get all three... You're only growing fresh air, right?

[Find out which plants are best!](#)

What is Dehydration?

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. The body is very dynamic and always changing. This is especially true with water levels in the body. We lose water routinely when we breathe and humidified air leaves the body; sweat to cool the body; and urinate or have a bowel movement to rid the body of waste products.

In a normal day, a person has to drink a significant amount of water to replace this routine loss.

Causes of Dehydration: Diarrhea
Diarrhea is the most common reason a person loses excess water. Diarrhea consists of unusually frequent or unusually liquid bowel movements and excessive watery evacuations of fecal material. Persistent diarrhea is both uncomfortable and dangerous, as a significant amount of water can be lost with each bowel movement. Worldwide, more than four million children die each year because of dehydration from diarrhea.

Causes of Dehydration: Vomiting
Vomiting is the act of forcible emptying of the stomach, in which the stomach has to overcome the pressures that are normally in place to keep food and secretions within the stomach. The stomach almost turns itself inside out - forcing itself into the lower portion of the esophagus (the tube that connects the mouth to the stomach) during a vomiting episode. Constant vomiting can be a serious cause of fluid loss and it is difficult for a person to replace water if they are unable to tolerate liquids.

-medicine.net



Health Education for Sri Lankans & others

Cholesterol Has Done A U Turn!

by Dr. Harold Gunatillake - Health writer

The food that is considered bad and contributing to heart disease are those containing high saturated fats and not cholesterol

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....

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5 Morning Rituals for a Healthy Life



Many of us start the morning by brushing our teeth, taking a shower and making a cup of...

Salt

In some people, too much salt can raise the amount of protein in your urine and speed up kidney decline. It also may lead to kidney stones, which can cause nausea, severe pain, and trouble peeing.

WebMD

Studies show that the body requires more energy to process a high-protein diet, which means that as your body digests high-protein foods, your metabolic rate rises.

Make an All-Purpose Cleaner



You can use lemon peels and vinegar to make a great and natural all-purpose cleaner. Do this by filling a container with lemon peels. Add vinegar until the peels are covered and sealed with a tight-fitting lid. Put the container away and forget about it for two weeks. After two weeks, strain the lemon peels from the vinegar and add water to the lemon vinegar. This mixture will clean the greasiest and dirtiest spots around the house and you'll never have to buy an all-purpose cleaner again!

BabaMail

Each heart beats 42 million times a year, endlessly pumping blood through a network of arteries, veins and capillaries that, if lined up end-to-end, would circle the Earth 2½ times.

Red Meat

Protein is essential to a healthy diet. But if your kidneys don't work normally, high-protein diets -- especially those with lots of red meat -- can overtax them. Check with your doctor. You may need to eat small portions of different types of protein. Eggs, fish, beans, and nuts are all good sources.

WebMD

Metabolic Rate

Your metabolic rate is strongly influenced by your body composition. People with more muscle and less fat generally have a faster metabolic rate, while people with more fat and less muscle generally have a slower metabolic rate. WebMD

The Sri Lankan
Down Under

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Reasons You Should Never Eat Hot Dogs



1. THEY CONTAIN GROSS STUFF.

Don't believe me? In a brilliant, bold move, [TIME](#) submitted a Freedom of Information Act request to learn what foreign objects people had reported finding in the diggity dogs. The ones that should make you want to hurl most (and never order another dog again)? A clump of hair (maybe eyelashes) and a silverfish (yes, the insect).

2. THEY'RE BASICALLY SALTY DOGS.

One link sets you back a whopping 600 milligrams, which is nearly half of what the Dietary Guidelines of America recommends for a mindful daily salt intake.

3. THEY MAY CAUSE CANCER.

Yeah, yeah, you're no stranger to the negative press that hot dogs get, but the findings are real: Diets high in processed meats have been linked directly to cancer, particularly colon cancer. You're likely familiar with the naughty "N" word in hot dogs, too. Nitrates are the real enemy, which can have a reaction in the stomach that forms cancer-causing compounds.

4. THEY'RE MADE OF TRIMMINGS...

That juicy dog meat isn't made up of anything worthy of a single bite. After a pork production plant carves steaks and chops, the trimmings—which make up the dogs—are scraped into a stainless steel vat. YUM.

5. ...WHICH ARE MEAT SMOOTHIES.

Mmm, how delicious does that sound? Before the hot dogs are baked, they're a thick, smooth mixture that resembles a liver mousse, but is so not that. [msn lifestyle](#)

Keep your body on the alkaline-side

While acidity is necessary for effective digestion of food, an overall alkaline PH in your body is considered healthier, primarily because many diseases thrive in an acidic environment. Diseases of a degenerative nature like osteoporosis, arthritis and cancer have all been associated with a chronically high acidity level in the body. Baking soda water will therefore bring about a worthwhile dietary change

Have you ever thought about drinking baking soda? After reading through its wonderful health benefits you may want to start. Also called bicarbonate of soda or sodium bicarbonate, this outstanding ingredient, dissolved in water, has long been used to relieve symptoms associated with arthritis, indigestion, heartburn and infection. Consumed in moderate amounts and at appropriate times this unusual drink can reap many benefits to the body. [BabaMail](#)

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Dolly the Sheep's Clone 'Sisters' Are Healthy in Old Age

Four cloned sheep that are genetically identical to Dolly, the first cloned mammal, are still healthy even in old age, a new study found.

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SLIDESHOW

Sore Throat or Strep Throat?

There are many reasons for a sore throat, and these symptoms make it more likely that you have strep throat.

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Vegetarian Samosas



STRETCHING

ENHANCES THE BODY'S RANGE OF MOTION,
DECREASES RISK OF INJURIES
AND IMPROVES YOUR ATHLETIC
PERFORMANCE.



What better way to loosen up than to incorporate some easy stretches into your daily routine? Stretching every day not only enhances the body's range of motion, it also decreases the risk of injuries and improves your overall athletic performance. Check out these five quick stretches that can be done anytime, anywhere! #ToneUpTuesday

[Start stretching!](#)



Was Jesus a Real Person?

[Read Article](#)



Mindful meditation — sitting quietly while focusing on breathing and being "present"—improves sleep quality in older adults better than other relaxation techniques, according to a recent study. Researchers found that meditation seemed to improve sleep better than sleep medications. Meditation quiets the mind. Give it a try today - and you might just sleep better this evening. #MindfulMonday

[How to get started](#)



Crush your Garlic cloves

Do you slice and cut garlic into smaller bits and add on to your preparations, or crush the clove before slice and cut into tiny segments?

Crushing of garlic is very essential to break down the beneficial phytonutrients in the clove.

The phytochemical is called alliin. On crushing, the latter is converted by an enzyme called alliinase into allicin, which further breaks down into further phytochemicals. Allicin is further broken down into ajoene, dally...

[See More](#)

Breast Cancer Awareness



The outlook for women with breast cancer is improving constantly. Due to increased awareness, opportunities for early detection, and treatment advances, survival rates continue to climb. In the U.S., October is Breast Cancer Awareness Month and the campaign is designed to increase breast cancer awareness. There are many organizations that support Breast Cancer Awareness Month and provide assistance within early detection plans. Organizations also put together breast cancer fundraisers such as walks and events that support breast cancer research and help fund patients with socio-economic disadvantages.

Medicine.net

The Law of Karma

When birds are alive, they eat ants.
When the birds die, the ants eat the birds.

One tree makes a million matchsticks. Only one matchstick is needed to burn down a million trees.

You may be powerful now, but your circumstances can change.

Karma is powerful. Don't hurt anyone. Be good and do good.

Is Beer Vegan?

Is beer **vegan**? The short answer is usually yes. However, occasionally, cruelly produced ingredients are used in beer, such as **milk** (mostly in milk stouts) or **honey**. A few beers are also clarified using isinglass (made from fish bladders). We've compiled this resource, not to make going vegan seem more daunting for those who want to give it a try but as a resource for people who want to make sure that they're not consuming any animal-derived ingredients.

Exercise plan for you Walking, weight lifting, and yoga

This plan has three different types of exercise: aerobic activity or cardio (walking), strength or resistance training (weights), and flexibility training (yoga). And all of them are important.

Walking and other cardio workouts like jogging, cycling, swimming, and tennis boost the power of your heart and lungs. Weight lifting builds muscle, keeps your bones strong, and helps with balance and coordination. Yoga can increase your range of motion and lower your chances of getting injured.

WebMD

Breast Cancer Symptoms

Breast cancer may or may not cause symptoms. Some women may discover the problem themselves, while others may have the abnormality first detected on a screening exam. Common breast cancer symptoms include the following:

- Non-painful lumps or masses
- Lumps or swelling under the arms
- Nipple skin changes or discharge
- Noticeable flattening or indentation of the breast

Change in the nipple

Unusual discharge from the nipple

Changes in the feel, size, or shape of the breast tissue

Medicine.net

"Metabolism" is how your body converts or uses energy for activities such as breathing, digestion, building muscle, storing fat, and circulating blood -- things you need to do to live.

Your "metabolic rate" is the rate at which you burn calories. It's not the same as your metabolism.

Strictly speaking, "metabolic rate" is the rate at which you burn calories while your body is at rest -- something that is more properly referred to as your "resting metabolic rate," or, measured a slightly different way, your "basal metabolic rate." WebMD

Several things affect your metabolism and metabolic rate. Genes play a very important role. They're one reason that some people stay thin no matter how much they eat, while others find it harder to lose weight. Your lifestyle, particularly diet and exercise, also matters. So does your age: Your metabolism is likely to slow down as you get older.

Daily Dose of Coconut Oil Generates Powerful Health Benefits

Posted on Aug. 4, 2016, 6 a.m. in Functional Foods Cardio-Vascular Nutrition Weight and Obesity

Recent study shows that just one tablespoon of coconut oil daily could promote weight loss and improve cardiovascular health



Coconut oil - image from Shutterstock

Coconut oil has previously been thought of as a "bad fat", as it contains saturated fatty acids. Recent studies have shown that natural sources of saturated fats are actually not only not "bad", but are beneficial, particularly for the brain. A new study, conducted at the Postgraduate Program in Cardiology at the School of Medicine, Universidade Federal do Rio de Janeiro, evaluated the health effects of extra virgin coconut oil. The study focused primarily on how coconut oil affects HDL cholesterol and a range of other measurements, such as body weight, size, and circumference. Participants were all hypertensive, 63.2% male, with ages ranging from 54 to 70 years. 94.5% had blood lipid profiles indicating dyslipidemia and were taking standard cholesterol-lowering drugs. For the first three months, 136 participants were put on a standardized diet. For the third month and onward, the 116 who completed the first phase were placed in two intervention groups. The first group contained 22 participants who remained on the diet. The remaining 92 were put on the diet and given an additional 13 ml of extra virgin coconut oil daily (equivalent to approximately one tablespoon). The results at the end of the three months showed that the group of participants taking coconut oil saw a decrease in all six of the bodily parameters measured, including weight (reduction of .6 kilograms), body mass (reduction of .2 kg), waist circumference (reduction of 2.1 cm), neck perimeter (reduction of 4cm), systolic blood pressure (reduction of 3.3 points), and diastolic blood pressure (reduction of 3.5 points). Participants also saw a 3.1 to 7.4 mg increase in HDL cholesterol. The researchers concluded that "nonpharmacological interventions are essential for risk factor control in secondary prevention among patients with coronary disease. Our study showed that a diet rich in extra virgin coconut oil seems to favor the reduction of WC and the increase of HDL-C concentrations, raising with secondary prevention for CAD patients."

[VIEW NEWS SOURCE...](#)

Olive oil contains monounsaturated fatty acids including oleic acid. They are good for your heart but tend to put on weight

Coconut oil contains saturated fats but consuming as little as a table spoon of virgin coconut oil daily will slim you.

Editor's note

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Looking through the Eyes of Alzheimer's Disease

What do your eyes have to do with the development of Alzheimer's disease? A lot, according to scientists.



Research scientists are nearing a major breakthrough that may help in detecting the progression of Alzheimer's. The new technology will allow medical professionals to look in the back of the eyes, for signs of Alzheimer's before any symptoms occur. Clinical trials are expected to begin soon, according to a new paper source. The document, called, "Early detection of amyloidopathy in Alzheimer's mice by hyperspectral endoscopy," is an expansion of previous work performed in working with cells. The work cites the detection of changes in the retina of mice, which were exposed to the disease intentionally. Researchers conclude that early detection of the disease is crucial for two main reasons. The first concern for early detection concludes that effective treatment need to begin well before the first onset of neurological signs. The second concern reintegrates the fact that current drugs are not accurate or cannot be used in testing the effectiveness of the early onset of Alzheimer's. Scientists do believe that their creation of an early diagnostic tool could be instrumental in the development of drugs. Looking through the eye of the disease, to see the brain is a main advantage of the newly found technology. What makes this all so exciting, is that the retina of the eye is connected to the brain, and the central part of the nervous system. The nervous system is the hardest hit area when Alzheimer's is present. With an opportunity to look at the disease from the inside out, scientists can gain access to the retina, and make observations, as to how the brain changes in real-time.

How Positive Changes Look

According to the author, Swati More, PhD, changes in the eyes retinas of mice with Alzheimer's could be seen, before the normal time in which neurological signs are present. These results reveal the closest and perhaps the most accurate case scenario for expected outcomes, associated with this new technology. Researchers are hoping that the model will help them identify new techniques to aid in enhancing the function of the brain, in patients diagnosed with the early stages of Alzheimer's. This new technology could prolong brain function, and delay severe or disabling symptoms, which leaves patients incapacitated.

Ugly Truth about Alzheimer's

Despite the conversations people have about Alzheimer's, the facts remain the same. The disease plagues millions of people nationwide, and contributes to mental and physical disabilities. People with this disease are no longer lively, they fail to thrive, and they lose their cognitive skills. The once sharp memory is no more, and memories of yesterday are no longer intact. The latest reports from the Alzheimer's Association for 2016 states that more than five million Americans are living with Alzheimer's disease, and it is the 6th leading cause of death. This year alone, treatment for patients with the disease will cost \$236 billion dollars, and caregivers spend more than \$5,000 per year on care. The facts reveal that Alzheimer's disease cause more death than breast and prostate cancer combined, and by the year 2050, medical care will rise to a cruel \$1 trillion dollars.

[VIEW NEWS SOURCE...](#)

Aspirin-for Acne



Acne medication often contains salicylic acid, and, luckily, so does aspirin. So instead of forking out for something you probably already have at home, try grinding up a single pill to make a paste which you can apply to the affected areas of your skin. BabaMail



Wine slushies

Try this brilliantly easy way to enjoy your wine on a hot day.

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Your thyroid regulates your metabolism. It does that by making hormones that affect almost every aspect of how your body performs: how fast or slow you burn calories, when or whether you build proteins or store energy as fat, and how your body responds to other hormones.

Not surprisingly, disorders of the thyroid can cause problems for your metabolism. An underactive thyroid ("hypothyroidism") produces fewer-than-normal thyroid hormones, causing a slower metabolism, and, consequently often causes weight gain. An overactive thyroid ("hyperthyroidism"), on the other hand, can cause the metabolism to speed up, often resulting in weight loss.

WebMD

"The secret to living well and longer is: eat half, walk double, laugh triple and love without measure."

The Powerful Healing Benefits of Ginger

By Michelle Schoffro Cook



Who doesn't love ginger cookies or spice cake? The signature ginger flavor adds a delightful taste to almost anything to which it is added.

But taste is not the only reason to love this amazing spice. Not only is ginger a delicious addition to food, it is also one of the best natural medicines around. And, now there is more reason than ever to turn to ginger for its impressive healing abilities: research shows that this spice sensation kills **breast cancer** stem cells.

While cancer is made up of a range of cells, its **stem cells** have the ability to self-renew and give rise to a large number of cancer cells and have shown resistance to numerous chemotherapy drugs. As a result, these cells have been the target of widespread investigation. It is believed that targeting these cells will help to effectively kill cancer cells and tumors. However, to date, **cancer stem cells** have posed a serious obstacle to cancer therapy as they are often the cause of cancer relapse.

According to research in the online medical journal *PLoS One*, the herb ginger or gingerroot as it is also called, holds promise in the destruction of cancer stem cells and cancer in general. That's because ginger contains several substances that have been found to kill stem cells and interfere with their ability to renew.

Specifically, ginger contains the anti-cancer compounds known as gingerols and 6-shogaol. The study found that these compounds effectively targeted breast cancer stem cells and prevented them from renewing. While it is possible that these ginger compounds will have the same effect on other types of cancer, they were not explored in this particular study.

Other research published in the *International Journal of Preventive Medicine* found that these compounds and two others found in ginger showed significant anti-cancer properties. While more research is needed, the authors of the PLoS One study state that ginger and an extract of its constituent 6-shogaol, is "a promising therapeutic agent which should be further followed up for breast cancer treatment."

Men tend to have a higher metabolic rate than women because women have a higher proportion of fat.

PJ Harvey tickets on sale now



"Right from the first song, PJ Harvey's current live show is a tour de force of beautiful savage artistry." Kory Grow, Rolling Stone.

Award-winning indie rock legend PJ Harvey returns to Sydney Festival in January for an exclusive performance.

The high priestess of dark rock will perform on our shores for the first time since her 2012 Sydney Festival concert. Backed by her 10-piece band, this theatrical and brilliant new live show has had European and US audiences spellbound.

Beloved early classics, war-torn new anthems and PJ's legendary voice make both new and old alike feel fiercer than ever.

PJ Harvey will play at the new ICC Sydney Theatre in Darling Harbour on Sunday 22 January. Tickets go on sale tomorrow at 8am AEST. An allocation of tickets will also be held for Sydney Festival customers, on sale from 27 October.

For all the details and to purchase tickets click [here](#).

Fatty Liver: All You Need to Know About Nonalcoholic Fatty Liver Disease

"Pure water is the world's first and foremost medicine."

New Biological Drug for RA Approved

A new drug to treat rheumatoid arthritis and other inflammatory diseases has been approved.

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The rise of antibiotics link to type 1 Diabetes

One theory to explain the increase in type 1 diabetes involves the interaction between [antibiotics](#) and gut bacteria. The microorganisms that live in our gut - the microbiome, or "healthy" bacteria - have evolved alongside humanity and are now indispensable to our normal functioning.

Incredibly, there are more bacteria living within us than there are cells in our body. You could say that we are more them than us. Among other roles, some believe that the gut biome helps train the developing immune system to not be overly sensitive. In other words, by being introduced to microbes as we grow, the immune system learns to be less trigger-happy. Over recent years, childrens' exposure to microbe-destroying antibiotics has steadily risen. By the age of 10, the average American child has received 10 courses of antibiotics.

Antibiotic use can alter the microbiota and have lasting effects on immunological and metabolic development, resulting in autoimmunity. We're eager to see how these findings may impact the discovery of type 1 diabetes preventive treatments in the future and continued research in the area of vaccines."

Jessica Dunne, director of Discovery Research at Juvenile Diabetes Research Foundation

Can vitamin E help improve the appearance of scars?

Sauerkraut Boosts Digestion

Choose the unpasteurized kind, because pasteurization (used to treat most supermarket sauerkraut) kills active, good bacteria. This sour, salty food -- and the similar but spicy Korean dish, kimchi -- is also loaded with immune-boosting vitamins that may help ward off infection.

Magnesium

Spinach is good for you, but do you know why? Along with beans, peas, whole grains, and nuts (especially almonds), it's a good source of magnesium. Put some or all of these foods on your plate to help prevent disease. If you have stomach or intestinal problems, type 2 diabetes, or long-term alcohol abuse, or if you're an older adult, you're more likely to be short on magnesium WebMD

G20 Emissions Pledges Are Nowhere Near Adequate

The promises made by the G20 group of the world's leading economies to meet the...

Mac King's Infamous Rope Trick



FEATURED

How to Know If It's a Concussion

Concussions are a common type of traumatic brain injury. Learn about symptoms, treatments, and diagnosis.

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<https://cdn.streamable.com/video/mp4-mobile/h6bd.mp4>

Yogurt

Yogurt is one of the most familiar sources of probiotics -- "good" bacteria that keep a healthy balance in your gut. Studies suggest that probiotics can help ease lactose intolerance. They also may help tame gas, diarrhea, and other digestive problems. You can pay extra for special digestive yogurt brands, but any with "live and active cultures" listed may help.

Potassium

Like most Americans, you probably need more of this mineral. It's good for your blood pressure and may lower your risk for kidney stones and bone loss. Your muscles and nerves need it to work right, too. It's found naturally in milk, potatoes, sweet potatoes, bananas, avocados, and legumes.



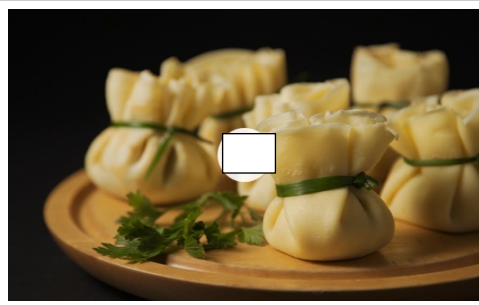
Mini Deep Dish Pizzas are the New Personal Pan

Everything you love about deep dish, all to yourself.

Cutting Calories Can Lower Inflammation

We often hear that certain foods or vitamins can lower inflammation in the body, but a new study suggests that there's a simple thing we can do to cut inflammation: Eat less.

[Read More](#)



How Do You Turn a Crepe Into a Dumpling?

Chicken crepes like you've never thought to make them before.

What is alendronate (Binosto, Fosamax)?

[Alendronate](#) is in the group of medicines called bisphosphonates (bis FOS fo nayts). It alters the cycle of bone formation and breakdown in the body. Alendronate slows [bone loss](#) while increasing bone mass, which may prevent bone fractures.

Alendronate is used in men and women to treat or prevent [osteoporosis](#) that is caused by [menopause](#) or by taking [steroids](#). Alendronate is also used to increase bone mass in men who have osteoporosis, and to treat [Paget's disease](#) of bone in men and women.

Stop using alendronate and call your doctor at once if you have a serious side effect such as: [chest pain](#); difficulty or pain when swallowing; pain or burning under the ribs or in the back; severe [heartburn](#), burning pain in your upper stomach, or coughing up blood; new or worsening heartburn; [fever](#), body aches, flu symptoms; severe joint, bone, or muscle pain; new or unusual pain in your thigh or hip; jaw pain, numbness, or swelling.

Fosamax can cause Macular Degeneration

RESPECT YOUR PARENTS

THEY PASSED SCHOOL WITHOUT GOOGLE.



[Turkish Delight](#)

This is a beautiful recipe but takes patience.

9 Out of 10 Strokes Could Be Prevented, Study Finds

(HealthDay News) -- [Stroke](#) is a leading cause of death and disability but the vast majority of strokes are preventable, according to a new study.

Researchers discovered that 10 controllable risk factors account for 90 percent of all strokes worldwide. Of these modifiable risk factors, [high blood pressure \(hypertension\)](#) is the most important.

"The study confirms that [hypertension](#) is the most important modifiable risk factor in all regions, and the key target in reducing the burden of [stroke](#) globally," said study co-leader Dr. Martin O'Donnell. He is an associate clinical professor in the Population Health Research Institute at McMaster University in Hamilton, Canada, and the HRB-Clinical Research Facility in Galway, Ireland.

Preventing strokes is a major public health priority and strategies for reducing people's risk should be based on key preventable causes of [stroke](#), the researchers said.

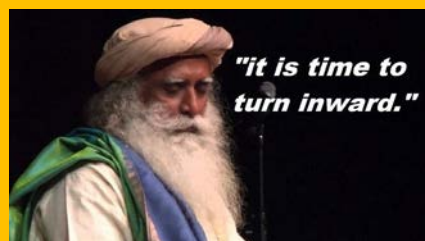
The study, published July 15 in *The Lancet*, involved nearly 27,000 people from every continent.

Obesity, type 2 diabetes, and heart disease: Your gut bacteria affect your body's [metabolism](#). They determine things like how many calories you get from food and what kinds of nutrients you draw from it. Too much gut bacteria can make you turn fiber into fatty acids. This may cause fat deposits in your [liver](#), which can lead to something called "[metabolic syndrome](#)" -- a condition that often leads to [type 2 diabetes](#), [heart disease](#), and obesity. WebMD

(NaturalNews) Many Americans were already aware that excessive sugar in their diets could cause a number of health problems, but a new study has found that too much of the sweet stuff can actually lead to premature death.

According to researchers at the Centers for Disease Control and Prevention (CDC), too much additional sugar - such as that found in regular soda, candy, cookies and cakes - can substantially increase your risk of death due to heart disease.

"The risk of cardiovascular disease death increases exponentially as you increase your consumption of added sugar," the study's lead author, Quanhe Yang, a senior scientist with the CDC, said.



Sadhguru- good intentions alone won't produce good results..

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10 Useful Things You Didn't Know Microwave

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Read More Books to Increase Longevity

New study determines that reading books may help us live longer by as many as two years, and the more frequently you read, the better.

Brisk Walking May Help Ward Off Diabetes



(HealthDay News) -- Brisk [walking](#) may be more effective than jogging in controlling [blood sugar](#) levels in people with prediabetes, a new study suggests.

People with prediabetes have higher-than-normal blood [sugar](#) levels but not so high that it's full-blown [diabetes](#). The "gold standard" approach to [diabetes prevention](#) involves [weight loss](#), [diet](#) and [exercise](#).

"We know the benefits of lifestyle changes ... but it is difficult to get patients to do even one behavior, not to mention three," said study author Dr. William Kraus. So he and his colleagues wanted to know if [exercise](#) alone could achieve similar benefits.

"When faced with the decision of trying to do [weight loss](#), [diet](#) and exercise versus exercise alone, the study indicates you can achieve nearly 80 percent of the effect of doing all three with just a high amount of moderate-intensity exercise," said Kraus, a professor of medicine at Duke University in Durham, N.C.

The study included 150 people with prediabetes who were divided into four groups. One group followed a gold-standard program that included a low-fat, low-calorie diet and moderate-intensity exercise equivalent to 7.5 miles of brisk walking a week.

The other participants were assigned to one of three exercise groups: low amount at moderate intensity equivalent to walking briskly for 7.5 miles a week; high amount at moderate intensity equal to walking briskly for 11.5 miles weekly; and high amount at vigorous intensity equivalent to jogging for 11.5 miles a week.

After six months, patients using the three-pronged approach had an average 9 percent improvement in oral [glucose](#) tolerance -- a measure of how readily the body processes [sugar](#) and an indicator used to predict progression to [diabetes](#).

Among those who did exercise only, there was a 7 percent improvement in the moderate-intensity 11.5-mile group; a 5 percent improvement in the moderate-intensity, 7.5-mile group; and a 2 percent improvement in the vigorous-intensity 11.5-mile group.

Use of surgery, genetic modification in sport 'could create super athletes'

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

Chillies make you slim



It is a known fact that people eating spicy food, including chillies help you to lose weight. This could be one of the reasons why Indians including people from Kerala tend to be slimmer compared to Asians and Caucasians who don't indulge in spicy hot foods. These foods increases your metabolism, makes you feel hot and can even make you sweat and go red in your face. *Capsaicin* a chemical found in chillies and chillies-based spices such as *cayenne* and *paprika* stimulates your metabolism and accelerates your internal machinery like using high octane gasoline in your motor vehicle.

This is referred to as diet-induced **thermogenesis**. Added spices and chillies into curries when eaten with a carbohydrate diet like rice or pasta seem to further accelerate this process. This process of thermogenesis seems to lessen with fatty foods. It is also a known fact that spicing up fatty meals with chillie powder significantly increased the levels of diet induced thermogenesis. Keep a bottle of chillie powder shaker instead of the traditional salt shaker on your dining table

WALNUTS

ARE A GOOD SOURCE OF MAGNESIUM, AND HIGH LEVELS OF MAGNESIUM HAVE BEEN LINKED TO REDUCED SYMPTOMS OF DEPRESSION.



Some foods taste so good while we're eating them, but can leave us feeling blah, bloated and guilty just moments later. But other foods are scientifically shown to lift our spirits, like walnuts. An ounce of walnuts has four grams of protein (which fills you up and helps keep blood-sugar levels steady) and two grams of fiber (also helps fill you up), plus it's a good source of magnesium. High levels of magnesium have been linked to reduced symptoms of depression. Start snacking on walnuts!

Learn about the other feel-good foods

Pineapples Halt Harmful Gut Bacteria

Enzymes found in roots and stems of pineapples show promise in the war against superbugs.



Pineapples - image from Shutterstock

Scientists working to find new ways to treat antibiotic-resistant superbugs have discovered a possibility in the stems and roots of pineapples. A group of three enzymes known as **bromelain** were initially discovered in the 1930s, but the uncovering of their antibiotic qualities happened only a few decades ago, with Australian scientists now using the enzymes to cure diarrhea in piglets. According to Rob Pike, a biochemist from LaTrobe University located in Melbourne, Australia, since pigs and humans are anatomically and physiologically similar in several ways, the enzyme has the potential to provide an alternative treatment for people. While antibiotics target bacteria, bromelain works with the cells in the gut by making it difficult for the bacteria to stick to the cells. The chance of the bacteria evolving and becoming resistant is also limited by the three enzymes targeting gut cells. Scientists hope this will be the case in humans, so diarrhea will not occur.

It is crucial to find alternative treatments for superbugs, because they are predicted to kill about 10 million people a year by 2050; more than the number of people killed by cancer. Scientists hope the new enzymes from pineapple can be used as another weapon to fight bacteria, as many antibiotics do not work as well as they used to. "The momentum to develop alternatives to antibiotics is there now because people believe antibiotics are on the way out and we need something to replace them." Professor Pike and his colleague Lakshmi Wijeyewickrema is presently developing the alternative treatment to antibiotics along with Anantara Life Science, which also conducted the animal trials.

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Health Education for Sri Lankans & others

@HealthforSriLankans

Naturally occurring sugars not so much of a problem

A single can of regular soda contains something like 140 calories of added sugar, or about 7 percent of the daily calories of someone eating about 2,000 calories per day, Yang noted.

Among the items containing the added sugar: table and brown sugar, of course; high-fructose corn syrup; maple syrup; honey; molasses; and other caloric sweeteners contained in prepared and processed foods. Not included: sugars occurring naturally in fruits and fruit juices, milk and dairy products.

Yang said that major additional sources of sugars in the diets of many Americans are desserts and fruit drinks, dairy desserts like ice cream, candy and sugar-sweetened drinks.

Obesity, high blood pressure, type 2 diabetes and risk factors for stroke and heart disease have all been linked to high sugar intakes in past studies, but most of those focused more on sugar-sweetened drinks, not total sugar intake, Yang told USA Today.

"Ours is the first study using a nationally representative sample to look at the total amount of added sugar and the association to cardiovascular disease death," he said.

The paper said Yang's team looked at overall trends in added-sugar intake and "reviewed data from more than 31,000 people over the years who participated in the National Health and Nutrition Examination Survey, which evaluates dietary habits based on in-person interviews. They found that most adults (71%) consume 10% or more of their daily calories from added sugars. About 10% of adults consume 25% or more of daily calories from added sugars."

The team also reviewed data of deaths due to heart disease (heart attacks, heart failure, hypertension, stroke) and compared added-sugar intake to deaths due to heart disease. The team controlled their results for a wide range of heart-disease risk factors like total cholesterol, physical activity, high blood pressure, smoking, diet and weight.

Double the risk with added sugar

Among their findings, which were published recently in JAMA Internal Medicine:

- Those who consume more than 21 percent of their daily calories from added sugar run double the risk of heart disease-related death than those who consume fewer than 10 percent of their calories from added sugars.

What that means: If you're on a 2,000 calorie-a-day diet and consume more than 21 percent of those calories in added sugars, that amounts to 420 calories - or about three cans of regular soda daily.

- People who consume between 17 and 21 percent of daily calories from added sugar have a 38 percent higher risk of death from heart disease.

- People who consume seven or more weekly servings of sugar-sweetened beverages run a 29 percent higher risk of heart disease-related death than those who consume one serving or less.

Yang's team said their findings were consistent across age groups, sex, weights, dietary habits and physical activity levels.

Sources:

<http://www.usatoday.com>

<http://www.livescience.com>

<http://www.cnn.com>

<http://science.naturalnews.com>

Learn more: <http://bit.ly/1iRVzjH>

Quieting tinnitus

The data showed that 36 percent of the people affected by tinnitus reported having nearly constant symptoms. What's more, about 56 percent of the men and women who had ringing in their ears had experienced the problem for longer

than five years, and 27 percent of the people with tinnitus had experienced this symptom for more than 15 years.

People who were regularly **exposed to loud noise** at their workplace or in their personal pursuits — such as **attending concerts**, riding motorcycles or using workshop tools — had higher rates of tinnitus, according to the findings.

In addition, nearly 40 percent of the adults surveyed who experienced tinnitus said they tended to notice the problem at bedtime. The quiet of bedtime may bring the sound of tinnitus to the forefront of someone's attention, which can lead to anxiety, insomnia and aggravation, Lin told Live Science. [\[7 Strange Facts About Insomnia\]](#)

Some possible remedies for tinnitus at bedtime include using a white-noise machine (a device that can play **nature sounds**, such as a waterfall, ocean waves or birds) or even turning on a fan.

Taking one of these steps can help to push the perception of tinnitus to the background so that a person can relax and fall asleep, Lin noted.

The data also revealed that only half of the people affected by tinnitus had discussed it with their doctor, and most people (85 percent) had never tried any treatment for it.

Because tinnitus is such a common problem, the American Academy of Otolaryngology-Head and Neck Surgery Foundation released its first set of treatment guidelines in 2014 to help doctors treat their patients.

Based on these guidelines, there are two treatments that doctors should recommend to people with persistent, bothersome tinnitus, Lin said.

One is the routine use of **hearing aids** because the large majority of people with chronic tinnitus have some degree of hearing loss, Lin said. A hearing aid will not only alleviate the hearing impairment but also may improve tinnitus symptoms, he noted.

The second recommended treatment is cognitive behavioral therapy (CBT), a form of psychotherapy that research has shown can improve a person's tolerance of persistent tinnitus, Lin said. CBT can convert negative or destructive trains of thought associated with tinnitus into more positive and constructive emotions, he said.

Whether tinnitus is a frequent annoyance or an occasional complaint, people who have it should make every effort to minimize their exposures to loud noises at work and at home to optimize their ear health and hearing, Lin suggested. People who are regularly bothered by it should obtain a hearing test from an audiologist and then seek further care from an ear, nose and throat specialist, he advised.

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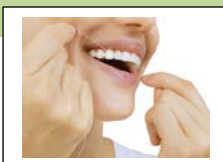
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