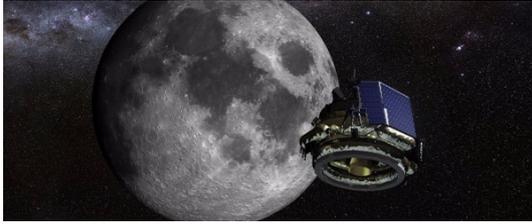


Fermented foods with good nutrition are more likely to help a person live longer.

Holiday on the Moon is possible



[Moon Express Approved for Private Lunar Landing in 2017, a Space First](#)

Read Article

How much water should you drink a day

You lose about 10 cups of water every day just living, urinating, sweating, in your breath and you need to compensate that amount. One can assess whether one is dehydrated from the volume of urine pass per day and from the colour. Darker the urine, like the colour of concentrated apple juice, you are less hydrated. Drink sufficient water to keep the urine a lighter and pale in colour, then you have drunk adequate amount.

You can assess wh...

[Continue Reading](#)

Donald Trump's Sniffling: What Causes Sniffles When You Don't Have a Cold?

Many watchers of the presidential debate noted that Donald Trump kept sniffing. He said he didn't have a cold, so what else might have caused the sniffing?

[Read More](#)

[Breast cancer prevention drug listed on PBS](#)



During his final UN General Assembly address, President Obama pressed for a "sense of urgency" in bringing the Paris agreement into force and for scaling up ambition on climate action. He also called for more clean energy investment in developing countries. According to the United Nations, 30 countries are expected to formally join the Paris agreement during Wednesday's event at the UN.

A group of 375 members of the National Academy of Sciences, including 30 Nobel Prize winners, warned that a U.S. withdrawal from the Paris agreement would hurt the nation's international credibility and undermine the climate pact. In an open letter, the scientists voiced concern about Donald Trump, saying, "It is of great concern that the Republican nominee for president has advocated U.S. withdrawal from the Paris accord." The U.S. should continue to be a global leader on climate no matter the result of the election, the scientists advocated.



[Stephen Hawking + 374 Top Scientists: Trump's Climate Denial Would Have 'Severe and Long-Lasting' Consequences](#)
Climate Nexus-EcoWatch

"Climate change is a known fact, and today's letter speaks to the disastrous threat that those who deny science pose to our country and the world," Sierra Club Legislative Director Melinda Pierce said. "In signing the Paris climate agreement, more than 190 countries recognized the need to act, yet America now faces the possibility of electing a candidate who would tear up this accord and steer us straight into further climate disruption."

Health & Views' has a vision 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 readers, and we expect reciprocation by reading, for their health & longevity

Health editor

- Please note our new email address:

haroldgunatillake1@gmail.com

Health Benefits of Eating Lettuce



Lettuce is one of the healthiest foods put on this planet. The green leafy vegetable contains many health benefits, such as maintaining normal blood sugar levels, fighting off inflammation, reducing the risk of heart disease and helping people lose weight. There are many different varieties of lettuce: Romaine, Chinese, crisp head, butterhead and summer crisp.

Romaine lettuce contains twice the protein, three times the Vitamin K, four times the iron, eight times the Vitamin C, and seventeen times the Vitamin A that iceberg lettuce does. Choose the Romaine variety over the others to reap the multitude of health benefits. Besides, no salad is complete without a few slices of the green leafy vegetable.
BabaMail

Chandran Rutnam Wins Top Award at Sri Lankan Oscars



Chandran Rutnam, Sri Lankan Film Producer and Director won the Trendsetter Award for his contribution to Sri Lanka's Cinema. The Hiru Golden Film Awards was held at the Nelum Pokuna on September 10, 2016. Celebrities and guests walked on a Golden Carpet.

The Hiru Golden Film Awards was a multi million dollar show with popular actors, actresses, musicians and dancers flown in from India. Best Promising Actress went to Dinakshie Priyasad (left) for her performance in "A LOVE LIKE THIS". The award was presented by popular Bollywood Star Madhuri Dixit.



Michelle Obama hugs former President George W. Bush while President Barack Obama and former first lady Laura Bush look on at the opening of the Smithsonian's National Museum of African American History and Culture in Washington, D.C., on Saturday.

The Smithsonian's 19th and newest addition is the first national museum dedicated exclusively to showcasing the rich history and culture of African-Americans.

Legislation for the museum was first sanctioned by former President Bush in 2003.

On Saturday, 13 years later, President Obama called the opening of its doors "an act of patriotism."

"This national museum helps to tell a richer and fuller story of who we are," he said. "By knowing this other story, we better understand ourselves and each other."

"It binds us together. It reaffirms that all of us are America, that African-American history is not somehow separate from our larger American story." Today.com



'Saturday Night Live' season premiere pits Clinton against Trump: 'Prunes or Tang'

Last night's episode went heavy on the (way-too-real) political humor.

[READ MORE](#)

Future King



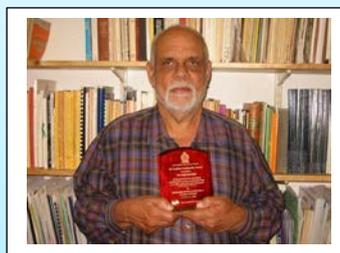
Prince George- Happy Birthday- 3 years old

When life gives you melons, you're dyslexic

Proud member of the D-squad Catherine Deveny shares some advice for parents of dyslexic kids.



Listen to Victor Melder in Sinhala from Melbourne



<http://www.sbs.com.au/yourlanguage/sinhalese/en/content/sri-lankan-library-melbourne-victor-melder-sri-lanka-library>

Sydney Festival

One month until we launch our 2017 program



With only a month to go until we announce our 2017 program, it's all hands on deck at Sydney Festival HQ. Mark your calendars - we can't wait to share the Western Sydney program with you on 25 October and our complete Festival program on 26 October.

In other Festival news, our subscribers can purchase pre-sale tickets to *Ladies in Black* previews for January 3, 4 and 5 now. Purchase them [here](#), before Wednesday 28 September, when they become available to everyone.

We're also sharing a few giveaways from our friends at Belvoir, Parramatta Lanes Festival and Century Entertainment.

The count down has begun!

ARTICLE

For the Middle-Aged Heart: Diet or Exercise?

New research says both get the job done equally well, as long as you lose some weight.

Tips for Beautiful Teeth and Gums

Are You Likely to Develop IBS?

Almost 16,000 women are expected to be diagnosed with breast cancer during 2016, and more than 200,000 currently live with the disease, in Australia.

The McGrath Foundation survey identified six risk factors for the disease: being a woman; a strong family history; smoking; growing older; drinking; and starting menstruation earlier or menopause later.

VIDEO: McGrath Foundation CEO Petra Buchanan speaks to ABC News Breakfast (ABC News)

Bollywood dance workshops in Sydney, Brisbane, Canberra

Bollywood flash mobs will pop up in Sydney, Brisbane and Canberra during the festival, led by Gilles Chuyen



Bollywood flash mob run by Gilles Chuyen
Bollywood dance flash mob workshop run by Gilles Chuyen. Location unknown.

Supplied: Confluence Festival of India

Weight Loss

Successful weight loss and healthy weight management depend on sensible goals and expectations. Most people should lose weight gradually and check with your physician before beginning a weight loss program.

[Read more about weight loss](#) »



A group of expat Sri Lankans from Oz was seen at the Senani restaurant in Wace Park, Kandy, enjoying a luscious lunch. This restaurant is famous in Kandy for exquisite cuisines. The panoramic view of the Kandy lake and the city is magnificent.

Clinton Outlines Plans for Health Care in a Leading Medical Journal

Editors at the New England Journal of Medicine invited Hillary Clinton and Donald Trump to explain how they plan to improve health care and control health care costs in the U.S.

[Read More](#)

Is urine sterile ... and how useful is it as a survival tool?



If you watch a lot of reality television or shows about bushcraft, you'd be forgiven for thinking that your best chance of surviving in a battle against the elements is to drink your own urine. After all — it's sterile, right?

The Invisible Factor

Do you really believe that when you leave this world there will be nothing? That you won't exist? I'm not talking about religion. I'm referring to you, your soul, your mind. Call it anything you like. There will always be something left when you go. Those who fear leaving this world the most are the ones with regrets, the ones who hurt others.

Let's look at an example. Imagine a situation. Think of a person you don't like. Think of a way to upset that person. Now imagine that you have executed your plan. You smile as you see this person feeling uncomfortable and eventually hurt and upset. You have just created "bad karma" for yourself. You deliberately harmed someone. Your intentions were bad. It is intention that creates karma. Good intentions will always create "good karma". You can hide your intentions from others but not from yourself or the universe. You are a small cog within many other cogs. When you move, you move all the other cogs. The treeofawakening.com



Prince George, Princess Charlotte adorably attend garden party for military families

The young British royals stole the show at a garden party thrown for the children of military members.

[READ MORE](#)



FEATURED

Tinnitus: Why Are My Ears Ringing?

What is tinnitus? Explore tinnitus causes, symptoms, remedies, treatments, and prevention tips. Learn about pulsatile tinnitus.

[READ MORE](#)

Cancer-Causing Chemical Found in Drinking Water of 218 Million Americans

Drinking water supplies for two-thirds of Americans are contaminated with the carcinogenic chemical made notorious by...



Half of all Australians suffer from chronic diseases, but 85 per cent believe they're healthy: report

By Emily Bourke

About 50 per cent of Australians are living with a chronic disease and 63 per cent of adults are now considered overweight or obese, according to the latest report by the Australian Institute of Health and Welfare.

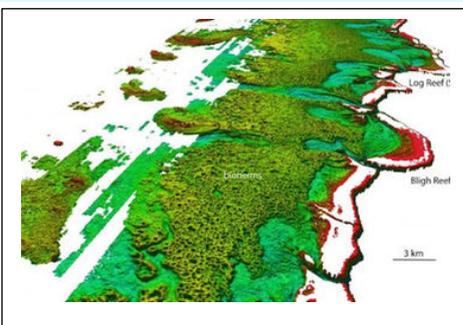
- Key points:
- 85 per cent of Australians said they were in good or excellent health
 - Aboriginal and Torres Strait Islander Australians have lower life expectancy rates
 - Australia is 1.5 times worse than the OECD average for obesity rates

Despite those findings, the report also found 85 per cent of Australians said they thought they were in good or excellent health.

The report provided disturbing rates of chronic diseases caused by lifestyle choices, prompting calls for a large injection of funds for prevention programs.

It also said that 95 per cent of Australians did not eat the recommended servings of fruit and vegetables, more than 10 per cent smoked daily and almost 20 per cent drank to 'risky levels'.

ABC News
Short version



Surprise! Another Massive Reef Is Hiding Behind the Great Barrier Reef
The 2,300-square-mile reef was hiding in plain sight.
[Read More](#)

[10 Percent of the World's Wilderness Has Been Lost Since 1990s](#)
Wilderness areas around the world have experienced catastrophic declines over the last two decades, with one-tenth of global wilderness lost since the 1990s, according to a new study.
[Read More](#)



7 anti-aging foods you should be eating today

What we eat can cut the risk of developing chronic diseases that make us old before our time.

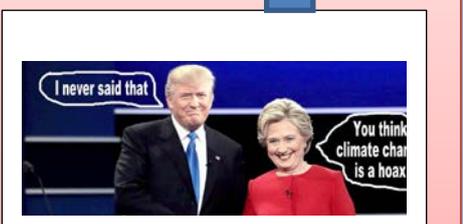
[Read More](#)

The Best Back Exercises for Preventing Injury and Reducing Pain

Certain exercises can help prevent back injuries, but it's important to know which ones will help you and which ones could actually lead to injury.

[Read More](#)

11 Times Trump Said 'Climate Change Is a Hoax'



Though moderator Lester Holt did not ask a specific question on climate changeduring the ...



WARNING: The Health Hazards of Well-Done Steaks!

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Yogurt-be aware of sugar as lactose

Yogurt is full of healthy calcium and protein, but even low-fat flavored yogurt can have 17 to 33 grams of sugar per 8-ounce serving (although some of that sugar may be naturally occurring, such as lactose) -- that's about as much as 2 scoops (1 cup) of chocolate ice cream. When shopping, look for ones that are lower in sugar. Or, buy it plain and toss in the fruit of your choice.

High Triglycerides in your blood

If your doctor detects high levels of triglycerides in your blood you need to take it seriously. You need triglycerides in your blood for good health, but too much can give you problems. It is another form of fat or lipid in your blood like good and bad cholesterol. They are all one big family and they team up to maintain a reasonable healthy level in your blood.

The problem with high triglycerides is that it can raise your risk of heart disea...

[Continue Reading](#)

Artificial Sugar

Chew too much sugar-free gum made with sorbitol and you might get cramps and diarrhea. Food made with this artificial sweetener can cause the same problems.

The FDA warns that you might get diarrhea if you eat 50 or more grams a day of sorbitol, though even much lower amounts reportedly cause trouble for some people.

Diet and Weight Loss: The Best Ways to Eat

By Sara G. Miller, Staff Writer |



Credit: Jeremy Lips for Live Science

Low carb, or low fat? Should you go Atkins, Zone or Paleo? Or does it even matter which diet you choose when you want to lose weight? Most weight loss experts say that shedding pounds comes down to a simple formula: calories in versus calories out. In other words, if you burn more calories than you take in, you'll lose weight.

However, the question of exactly how to cut calories — in a healthy, sustainable way — has often perplexed dieters. To find the best diets for weight loss, Live Science conducted a months-long search for information. We spoke with many weight loss experts and dove deep into the most well-regarded studies on the topic done to date. We wanted to know what these studies found and, ultimately, determine the best approaches to healthy eating for weight loss.

We found that the calorie equation reigns supreme as the most important aspect of losing weight, but also that there's still plenty of room to choose a diet that fits your personal preferences. For example, Dr. Frank Hu, a professor of nutrition and epidemiology at the Harvard University T.H. Chan School of Public Health, told Live Science that "the No. 1 factor is still a calorie deficit, so the question is, what kind of styles or what kind of foods can help people achieve a calorie deficit, and what can sustain the calorie deficit?" [\[What Are Calories?\]](#)

(What all experts did not agree on, however, was the calorie question: Is a calorie *really* a calorie?) [\[The Great Calorie Debate\]](#)



Does Sugar Make Kids Hyper?
If a child eats cotton candy, a chocolate bar or any other kind of sugary treat, will a hyperactive frenzy follow? While some parents may swear that the answer is "yes," research shows that it's just not true.

[Read More](#)

Ever come across the idea that chronic pain is all in the head? Dr Tasha Stanton says that's one of the five common myths about the condition that affects one in five Australians. [Here are the other myths.](#)



Oysters



Shutterstock

"Oysters are incredibly low in calories and decrease inflammation," says New York nutritionist Bonnie Taub-Dix, R.D. and author of "Read It before You Eat It."

Taub-Dix says oysters are heart-healthy and contribute to that great feeling after eating because they improve overall circulation. Oysters are also very high in essential nutrients like omega-3 fatty acids. And, of course, they've long been considered an aphrodisiac.

"Oysters are always on the menu around Valentine's Day," says Taub-Dix. Oysters are also a great source of zinc — an undervalued mineral, said Ramsey — and vitamin B12. Zinc has a role in helping our bodies fight off stress and is [essential to the part of the brain that regulates mood and memory.](#)

Harvard Women's Health Watch

Regardless of your age or family history, a stroke doesn't have to be inevitable. Here are some ways to protect yourself starting today.

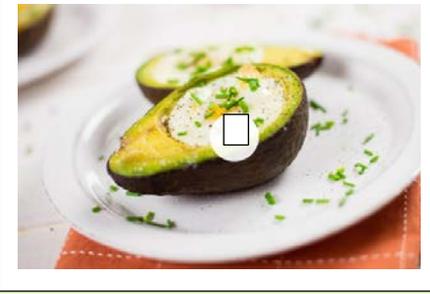
Age makes us more susceptible to having a stroke, as does having a mother, father, or other close relative who has had a stroke.

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



Why Are Electric Vehicles Only 1% of Total Monthly U.S. Auto Sales?

Electric vehicles (EVs) are cleaner, greener and more fun to drive. Different mileage ranges, prices and...



Baked Eggs In Avocados



Pop eggs into the center of an avocado and bake them for this creamy breakfast dish

What Is Rheumatoid Arthritis (RA)?



Learn about the symptoms, diagnosis, and treatment of this autoimmune disease.

[VIEW SLIDESHOW](#)

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

By Karen Reed

This article was reposted with permission from our media associate [Positive Health Wellness.](#)

Quote of the Day

"Do your little bit of good where you are; its those little bits of good put together that overwhelm the world."



Is Your Toothpaste

Toxic?



Popular toothpastes, even many marketed as "natural," contain harmful ingredients including endocrine disruptors, inflammatory agents and...

How Does Listeria Get into Veggies?

About 30,000 cases of precut vegetables are being recalled in many Southeastern states because they could be contaminated with Listeria. But how, exactly, do the bacteria get there?

[Read More](#)



What's a Vomitorium?

Read Article

Check your BP to prevent kidney damage

If you suffer from high blood pressure and/or type 2 diabetes, two very common conditions these days, you will probably also suffer kidney damage. Don't leave these conditions untreated - take your daily meds to reduce your blood pressure and control your insulin levels. Without them, you're almost guaranteed to suffer kidney damage.

Instagram now allows users to zoom into pictures and video

[Read More >](#)

How Common Is Schizophrenia?



Facts About Sweetbreads

Sweetbreads are neither sweet, nor are they breads. Sweetbreads are organ meats — the thymus or pancreas glands of calves and lambs.

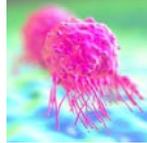
[Read More](#)

Drinking Soda

A study conducted on employees working at Osaka University in Japan found that drinking 2 or more soda drinks a day (either diet or regular) may well be connected to a higher risk of kidney disease. The study included 12,000 people, and those who drank larger quantities of soda were found to have protein in their urine, which is one of the first signs of kidney damage. However, early detection can reverse the disease with proper treatment.

Artificial Intelligence Detects Breast Cancer with Near 100% Accuracy

AI researchers have developed a powerful tool that may make breast biopsies unnecessary.



By using artificial intelligence, a computer can find breast cancer 30 times faster than a single doctor can. AI scientists at Houston Methodist have programmed software to do almost all the work of accurately interpreting a patient's mammogram (breast x-ray) with 99 percent probability. This groundbreaking work was published in the journal *Cancer*, and may lead to breast biopsies becoming obsolete.

Breast Cancer, Mammograms, and the Cost of Diagnosis

According to the Centers for Disease Control and Prevention, mammograms in the US employ huge resources to decrease breast cancer mortality. Almost 67% of women over 40 have regular mammograms. The number of physician appointments due to mammogram procedures has grown to over 12 million per year, and outpatient visits to hospitals have grown to 3 million. Despite all this, there are many false positive results (looks cancerous, but is not). What happens then is an anxiety-causing ordeal for the patient, with more tests and a biopsy. This makes the whole procedure time-consuming and costly.

AI Does the Work of Hundreds of Clinicians

The computer software thinks intelligently like a medical professional with a trained eye. This is accomplished through machine learning, a new and powerful way to make computers think like humans. By sifting through millions of breast cancer records, the computer builds a knowledge base that gives it the ability to interpret a patient's mammogram with unparalleled accuracy and speed. When putting the software through its trial runs, researchers used 500 patients at risk of breast cancer. The AI algorithm assessed all patient reports, diagnostic data, and mammograms. Surprisingly, it took a few hours for the computer to make a cancer risk diagnosis for all 500 patients. Contrastingly, it took two physicians over 50 hours to access the cancer risk of just 50 patients.

If the math is correct, one computer armed with the new artificial intelligence could do the work of over a hundred clinicians. This software could save doctors hundreds of hours of time, and give breast cancer patients shorter waiting times and an accurate diagnosis. This gives doctors the ability to rapidly assess the risk of cancer in their patients, and whether or not further tests are necessary.

[VIEW NEWS SOURCE...](#)

A Medical Mystery of the Best Kind: Major Diseases Are in Decline



The leading killers — cancer, heart disease and stroke – are coming later in life in wealthy countries as people in general live longer in good health. July 8, 2016 By GINA KOLATA

Sip Before Dining

Drinking 500 mL of water 30 minutes prior to a meal may assist weight management goals, among obese men and women.

Regular physical activity and health diet are key elements for effective weight management. Helen Parretti, from the University of Birmingham (United Kingdom), and colleagues enrolled 84 obese adults in a study in which subjects drank either 500 mL of tap water 30 minutes prior to a main meal ("preloading"); or no pre-meal beverage (but asked to imagine having a full stomach before the main meal). Each subject was given a weight management consultation at the study's start, and at 2 weeks. Study participants who preloaded with water lost, on average, 1.3kg (2.87lbs) more than those in the control group. Further, those consuming water before all three main meals in the day reported a loss of 4.3kg (9.48lbs) over 12 weeks; those who only preloaded once, or not at all, only lost an average of 0.8kg (1.76lbs). The study authors submit that their data is "preliminary evidence that water preloading before main meals leads to a moderate weight loss at follow up."

[VIEW NEWS SOURCE...](#)

For stiffness of your lower back



Most people as they age find that the back gets stiff and uncomfortable on getting up in the morning. A warm shower and a bit of mobility by walking seem to help.

If you want a very mobile spine with no pain and restricted movements with age, do this exercise every morning? Before you get out of bed whilst lying on your back bend your left knee and raise as shown in pic (courtesy: BabaMail) Raise your right ankle and cross it over the raised left thigh. Grab the left thigh with both hands and pull towards your chest. Hold this position for 10 seconds. Do the same with alternate legs. Adapted from BabaMail



Photos: For the First Time, a Drone Carried Blood Samples from a Remote Village Drones are now delivering on the promise of bringing better health care to remote corners of the world.

[Read More](#)

Secret of slimming

"The best food someone on a diet should eat? The same foods they should eat when they're not on a diet, but just less of them," said Dr. Frank Sacks, a professor of cardiovascular disease prevention, also at Harvard's School of Public Health. All of the experts we spoke with agreed that those foods should include the staples of a "healthy" diet — fruits, vegetables, whole grains and healthy fats. These foods are important not only for achieving or maintaining a healthy body weight but also for good health in general.

Metabolism what it means.

Metabolism is the biochemical processes that occur in our bodies for survival. The process is the same for men and women at any age. Through these processes all organisms live, produce energy, breath, build muscles, stores fat, circulates blood, eliminate waste material, and so on. The organs in our body are akin to machines. Metabolism is the process that makes the machines work to give energy for living. In other words metabolism is how your body c...

[Continue Reading](#)

Just one large bowl a day may have the power to protect against cancer, according to research by top US university Harvard

The findings showed that 70 grams of whole grain per day (the equivalent of one serving) lowered the risk of death from cancer and cardiovascular disease by 20% by lowering cholesterol.

"Added to that, porridge is a low GI food which keeps steady, avoiding peaks and troughs," says Emer.

"This means you feel fuller for longer so you don't crave unhealthy snacks. The bigger the oats, the slower they pass through your digestive system so it takes longer to feel hungry again."

Natasha Holt



Spinach

Low potassium intake [is linked](#) with a higher risk of diabetes and diabetes complications.

Spinach is one of the best sources of dietary potassium, with 839 milligrams per cup when cooked. One cup of [banana](#) has about 539 milligrams of potassium.

- Throw a handful of spinach into a smoothie
- Add spinach to sandwiches instead of iceberg lettuce

We should eat more wild and farmed seafood -- including shellfish, such as shrimp, oysters, and crab -- but we should avoid fish with high mercury content. Four kinds of fish -- tilefish, shark, swordfish, and king mackerel -- have relatively high mercury content and should be eaten only occasionally. Pregnant women should avoid these fish (and limit white albacore tuna to 6 ounces per week).WEBMD

Pretty awesome observation from Steve Jobs in his final days



I have come to the pinnacle of success in business. In the eyes of others, my life has been the symbol of success. However, apart from work, I have little joy. Finally, my wealth is simply a fact to which I am accustomed. At this time, lying on the hospital bed and remembering all my life, I realize that all the accolades and riches of which I was once so proud, have become insignificant with my imminent death.

In the dark, when I look at green lights, of the equipment for artificial respiration and feel the buzz of their mechanical sounds, I can feel the breath of my approaching death looming over me.

Only now do I understand that once you accumulate enough money for the rest of your life, you have to pursue objectives that are not related to wealth.

It should be something more important: For example, stories of love, art, dreams of my childhood. No, stop pursuing wealth, it can only make a person into a twisted being, just like me.

God has made us one way, we can feel the love in the heart of each of us, and not illusions built by fame or money, like I made in my life, I cannot take them with me. I can only take with me the memories that were strengthened by love. This is the true wealth that will follow you; will accompany you, he will give strength and light to go ahead.

Love can travel thousands of miles and so life has no limits. Move to where you want to go. Strive to reach the goals you want to achieve. Everything is in your heart and in your hands.

What is the world's most expensive bed? The hospital bed. You, if you have money, you can hire someone to drive your car, but you cannot hire someone to take your illness that is killing you. Material things lost can be found.

But one thing you can never find when you lose: life. Whatever stage of life where we are right now, at the end we will have to face the day when the curtain falls.

Please treasure your family love, love for your spouse, love for your friends. Treat everyone well and stay friendly with your neighbours.

Sent by Estelle Cader-Melbourne

Stevia-Artificial Sweetener

Stevia sweeteners are made from the leaf of the stevia plant. They can be as much as 300 times sweeter than regular sugar, but have zero calories. For a sweetener, stevia often can have a bitter aftertaste. Because the stevia leaf has to be processed to make the sweetener, some question whether stevia really can be called all natural.

Vegemite can be brewed into cheap form of beer, scientists say

By Allyson Horn



PHOTO: Raising a toast with Vegemite beer is cheap but not so tasty, researchers found. (Supplied: UQ)

MAP: Brisbane 4000

Queensland researchers say they have proven a longstanding urban myth that a jar of Vegemite or Marmite can be brewed into a cheap and somewhat nasty type of beer.

University of Queensland researcher Dr Ben Schulz said they set out to investigate claims that the black yeast extract had been used to brew beer in Indigenous communities where alcohol was banned.

They found it was easy to make a drink that looked like ginger beer and was safe for human consumption. Dr Schulz said Vegemite had to be combined with other products to successfully brew a drink.

"Our data showed that home-brewed Vegemite beer could be easily made from sugar, Vegemite and yeast but not from just Vegemite and sugar, or sugar and yeast," he said.

"The Vegemite added the nutrients necessary for the fermentation process, but there are also many other sorts of food apart from Vegemite — such as fruits or ginger — that could provide those additional nutrients."

Dr Schulz said the end result was a bland-tasting drink that had a distinct Vegemite after-taste.

He said he also found it was extremely cheap to make.

He estimated the real-world cost of Vegemite beer would be about 9 cents per 375 millilitres, compared with the retail cost of bulk commercial beer at about \$1.60 for the same volume.

What is there for breakfast?

In most Western countries, cereals or oats would be the convenient and preferred meal. In countries like Sri Lanka, as oats and Cereals are not freely available there are other options. Oats seems to be one of the healthiest food for breakfast. Just adding adequate milk and warming up in the microwave oven for a minute is all that's necessary. You could add some sliced banana, strawberries and other fruits for more nutritional value. Oatmeal and oatbran are excellent sources of fibre, containing soluble and insoluble in equal proportions. The soluble fibre in oats has a component called beta-glucans which is proved and effective in lowering the blood cholesterol. The soluble fibre in oats form a gel in the intestines that traps the cholesterol in cholesterol rich bile, and from the digesting food before been absorbed. Oats also have a good source of a compound called tocotrienols. These are antioxidants and together with tocopherols in the oats form vitamin E. Tocotrienols also lowers the blood cholesterol.

Anti-Cancer properties

Oats like other grains contain hundreds of phytochemicals (plant chemicals), reducing the chances of getting cancer. Lignans are phyto-oestrogens found in oats linked with hormone related diseases like breast cancer. Studies have shown that women who take high fibre diets have lower circulating oestrogen levels. The insoluble fibre in oats seems to reduce the incidence of cancer in the large bowel.

Oats can be enjoyed every day for breakfast without alternating with other foods.

DR Harold

Scientists discover potential avenue to treating type 2 diabetes at early stages

Researchers at the Sanford Burnham Prebys Medical Discovery Institute (SBP) have identified a new potential target for drugs to prevent [type 2 diabetes](#). A paper published in the *Journal of Clinical Investigation* shows that blocking a cellular glucose sensor in muscle improves [insulin](#) responsiveness.

"Our new study shows that a protein called MondoA may serve as a key link between [insulin resistance](#) and accumulation of fat in muscle, which occurs in obesity-related [diabetes](#)," said Daniel P. Kelly, M.D., professor and director of SBP's Center for Metabolic Origins of Disease. "This study is the first step towards testing MondoA-targeted drugs to prevent type 2 diabetes in pre-clinical studies."

MNT

Make the Right Choice: Think of carbs as raw material that powers your body. You need them to make sugar for energy. They come in two types: simple and complex. What's the difference? Simple carbs are like quick-burning fuels. They break down fast into sugar in your system. You want to eat less of this type. Complex carbs are usually a better choice. It takes your body longer to break them down.-WebMD

More Fiber Lowers BP

Increasing dietary insoluble fiber intake may markedly lower systolic blood pressure.



Homemade bread - image from Shutterstock

Whole wheat and wheat bran foods are abundant dietary sources of insoluble fiber. GS Aljuraiban, from Imperial College London (United Kingdom), and colleagues analyzed data collected on 2,195 men and women, ages 40 to 59 years, enrolled in the INTERNATIONAL study on MACro/micronutrients and blood Pressure (INTERMAP) study. During four visits, the team collected blood pressure, dietary surveys, and urine samples. Data analysis revealed that a total fiber intake higher by 6.8 g/4184 kilojoules (6.8 g/1000 kcal) associated with a 1.69 mmHg lower systolic blood pressure and reduced to -1.01 mmHg after adjustment for urinary potassium. Insoluble fiber intake higher by 4.6 g/4184 kilojoules (4.6 g/1000 kcal) associated with a 1.81 mmHg lower systolic blood pressure. No changes to blood pressure were seen for soluble fiber intake. The study authors conclude that: "higher intakes of fibre, especially insoluble, may contribute to lower BP, independent of nutrients associated with higher intakes of fibre-rich foods."

We are born with a sweet tooth

Humans are hardwired to prefer sweet from birth. Sugars are a type of carbohydrate. When we eat carbs, they stimulate the release of the feel-good brain chemical serotonin. Most brain cells are influenced in some way by serotonin. This includes brain cells related to mood, sexual function, sleep, memory and learning, and appetite. No wonder sweet things make us feel so good. WebMD

Beware of sweet drinks

Soda, fruit drinks and juices, sports drinks, energy drinks, and other sugar-sweetened beverages are the No. 1 source of added sugar in American diets. A recent study found that drinking one or two sugary drinks a day raises the risk of type 2 diabetes by 26% compared with those who limit sweet drinks to just one a month.

But sugar alone isn't to blame for diabetes. Diets that are high in calories from any source, like sugar or fat, lead to weight gain -- and being overweight raises your chance of type 2 diabetes. WebMD



[NASA space dust mission could reveal origins of life](#)

NASA is preparing to send its OSIRIS-REx probe to an asteroid, where it will scoop up 4.5-billion-year-old dust that could reveal how the materials necessary for life, such as carbon and ice, made their way to Earth.



[Weight-Loss Supplement May Induce Mania in Certain People](#)

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[10 things we didn't know about coconut oil: From myths to miracle uses](#)

It's no secret that coconut oil is pretty amazing, but some things we've heard seem too good to be true, so we asked the experts.

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[California Freeways Will Soon Generate Electricity](#)

Energy conservation is probably not the first thing that comes to mind when you think...



[More Proof Everything Is Better With a Fried Egg](#)

Even this 3-ingredient pasta dish can be made gourmet with a fried egg on top.



[Who's Really Happier: Young People or Older People?](#)

[Read Article](#)

[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.

[WebMD](#)



Dolly Parton performs on TODAY, reveals secret to 50 years of marriage

The iconic country singer is just as adorable as ever, and is celebrating an amazing nuptial milestone.

[Read More](#)

[Closeness to Family, Not Friends, Helps You Live Longer](#)

Friends may warm the heart, but they won't help you live longer, new research shows. Rather, older adults are more likely to enjoy a few extra golden years if they're close with family members, sociologists have found.

[Read More](#)



[Is Butter Really Back?](#)

I understand why there is so much confusion around butter and...

Margarine so popular is a transfat-man-made plastic fat not very healthy.

Spreading a layer of butter on your slice of bread daily causes no health problems. Butter is nutritious
Editor

The first baby conceived by a technique that uses DNA from three people [has been born](#), scientists say



[The Real Breakfast of Champions](#)

Colorful fruit on top of a superfood acai base makes this a gold medal breakfast.

[Facts About Kombucha, the Fermented Tea Drink](#)



Fans of kombucha attribute several unproven health effects to the tea. While it does contain several important nutrients, there is no official medical research on the health benefits of the drink.

[Read More](#)

['Don't take nude selfies' and other reasons men treat women with contempt](#)

[Earth's Atmospheric Oxygen Levels Continue Long Slide](#)



Atmospheric oxygen levels have declined over the past 1 million years, although not nearly enough to trigger any major problems for life on Earth, a new study finds.

eLanka, Lankan-Australian "News-King":

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Breast density study targets cancer link and prevention



A pilot study into breast density among young women is being launched by West Australian researchers in the hope of reducing cancer risk later in life.



Clean your home with only these 2 ingredients

Whether you're tackling a grimy oven or sprucing up your countertops, these earth-friendly products are great alternatives to harsh chemical products.

[Read More](#)

Why should diabetics eat only Basmati rice?

Basmati polished or wholegrain rice is recommended for diabetics to eat if you are a determined rice eater. Basmati is a low energy food, and the daily serving is about 150g provides about 200 calories. Whole grain Basmati has the lowest glycaemic index (GI), which means that when it is digested it releases the energy slowly keeping blood sugar levels more stable and not giving rise to glucose spikes.

Basmati rice being long grain h...

[See More](#)

PUSH-UP + ARM-LIFT COMBO: THIS EXERCISE WILL WORK YOUR ARMS, SHOULDERS AND CORE.



Everyone wants Michelle Obama's arms, but they won't just magically appear on your body. You have to put in the work! And if you're already fit, your body can get used to doing typical arm exercises like pull-ups and dips. What you need is a new challenge: Meet the push-up and arm lift combo. This exercise will work your arms, shoulders and core. You can do it anywhere, no weights or machines required. #ToneUpTuesday

[Learn how to master this move!](#)

Calls to stop giving overseas-trained doctors visas to address rural shortage



A program intended to bring overseas-trained doctors to rural areas has failed, senior members of Australia's medical community say, as they urge the Federal Government to stop giving visas to foreign doctors.



Will a Protein Become the Next Big Sweetener?

Brazzein, a fruit protein, is 2,000 times sweeter than sugar, and has fewer calories.

As consumers become more aware of their caloric intake, sugar and high-fructose corn syrup are losing their popularity and being replaced by low and no-calorie alternatives. A fruit protein called brazzein has attracted attention as a potential sugar substitute as it is sweeter than sugar and contains fewer calories, but producing the protein in large amounts has been difficult. Engineering microorganisms to make the protein has not shown high quality results, and purifying it from the West African fruit that makes it naturally on a commercial scale would be complicated. Fortunately, Kwang-Hoon Kong and colleagues are working on a new approach, where brazzein is produced by yeast. Using *Kluyveromyces lactis*, researchers were able to have the yeast overproduce two proteins that are needed for assembling brazzein. This process allowed the team to produce 2.6 times more brazzein than they had before, and created the protein to be 2,000 times sweeter than sugar, according to a panel of tasters. With this new step in commercial production of brazzein, the protein shows promising potential in becoming a popular substitute for calorie-wary consumers.

[VIEW NEWS SOURCE...](#)

Use herbs and spices with fatty foods and meats before grilling

Shutterstock

Surprise! Herbs and spices contain vitamins, minerals and more than 2,000 other plant nutrients. In a study from Penn State University, researchers discovered that an herb and spice blend added to a fatty meal could reduce some of the negative effects of the high fat dish. They found a 30 percent reduction in triglycerides after the fatty meal that included the herbs and spices compared to the same meal without herbs and spices. In a number of other studies, when herbs and spices are added to animal proteins like meats, chicken, and burgers in marinades or directly, they reduced the production of harmful compounds (like HCAs) produced during cooking by 44-70 percent. Be sure to spice up your cookouts with herbs and spices like rosemary, garlic powder, oregano, thyme, cinnamon, black pepper, ginger, paprika and others!

[www.today](#)



[Shuttleworth](#)

Diet Supplement May Help Prevent Kidney Stones: Study

Lanka, [Lankan-Australian "News-](#)



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Nutritional content of okra

According to the [National Nutrient Database](#), one cup of raw okra (around 100 grams) contains:



One cup of raw okra contains 66 percent of an adult's recommended daily vitamin K intake.

- 33 [calories](#)
- 1.93 grams of protein
- 0.19 grams of fat
- 7.45 grams of [carbohydrate](#)
- 3.2 grams of fiber
- 1.48 grams of sugar

One cup of okra provides the following percentages of recommended daily nutrient intake:

- 66 percent of vitamin K
- 50 percent of manganese
- 35 percent of vitamin C
- 22 percent of [folate](#)
- 14 percent of [magnesium](#)
- 13 percent of thiamin
- 11 percent of vitamin B6

Okra also provides a lesser amount of [calcium](#), iron, vitamin A, niacin, phosphorus, and [copper](#).

MNT

People should keep okra dry and in the crisper drawer in a paper or plastic bag to keep it from getting slimy or moldy. Fresh okra does not last for more than 3-4 days. Users should not wash okra until it is ready to be used.

Okra is used as a thickener in many dishes. It can be roasted, pickled, sautéed, fried, stewed, or boiled. Cutting okra and cooking it in moisture releases the slimy juice that increases the thickness of soups and stews.

Some people do not enjoy the "gummy" texture that okra gets when it is chopped and prefer to cook the whole pods quickly to avoid it.



Okra should be kept dry, and only washed when it is ready to be used.

Possible health benefits of eating okra

Eating fruits and vegetables of all kinds has long been linked with a reduced risk of many lifestyle-related health conditions.

Many studies have suggested that eating more plant foods like okra reduces the risk of conditions such as [diabetes](#), [heart disease](#), and [obesity](#). Eating more plant foods may also help with increasing energy levels and keeping a healthy complexion and hair.

Cancer

Lectin is a type of protein found in okra, beans, peanuts, and grains. Lectin from okra was used in a study to treat human [breast cancer](#) cells. The treatment reduced [cancer](#) cell growth by 63 percent and killed [72 percent](#) of the human cancer cells.

People who do not eat enough folate are at a higher risk for breast, cervical, pancreatic, lung, and other cancers. Researchers are unsure of why folate intake and cancer risk are connected.

There is no evidence that taking a folate supplement lowers the risk for cancer. As a result, getting folate from food like okra is important. Getting enough folate is especially important for women who are pregnant and people who are dependent on alcohol.

More studies need to be done to see if okra has an effect on cancer in humans.

Diabetes

In a [2011 study](#), researchers made a powder from the peel and seed of okra to treat rats with diabetes. The rats that were treated with the powder had lower blood sugar and fat levels than rats that did not receive the powder.

Heart health

According to the [American Heart Association](#), eating foods that are high in fiber can reduce harmful [cholesterol](#) levels in the blood. High-fiber foods lower the risk of heart disease, [stroke](#), obesity, and diabetes. Fiber can also slow heart disease in people who already have it.

People should aim to get at least 25 grams of fiber per day from vegetables, fruits, and legumes. It is best to choose whole grains over processed grains like white breads and snack cakes. Okra has 3.2 grams of fiber per cup.

Osteoporosis

Foods that are high in vitamin K like okra are good for the bones. Vitamin K helps the bones to absorb calcium. People who eat a low amount of vitamin K are more likely to have [fractures](#).

Okra and leafy greens such as Swiss chard, arugula, and spinach add vitamin K and calcium to a diet. Just one cup of okra has 66 percent of an adult's daily need for vitamin K.

Regularity

Eating fiber helps to prevent [constipation](#) and maintain a healthy digestive system. Fiber in the diet also helps to reduce appetite and may aid in weight loss.

Risks and precautions for eating okra

Okra is rich in fructans, a type of carbohydrate that can cause [diarrhea](#), gas, cramping, and bloating in people with bowel problems. People with [irritable bowel syndrome](#) and other gut conditions are more likely to be sensitive to foods high in fructans.

Okra is also high in oxalates. The most common type of [kidney stone](#) is made of calcium oxalate. According to the [National Institute of Diabetes and Digestive and Kidney Diseases](#), high oxalate foods can increase the risk of these stones in people who have had them previously. Other high oxalate foods include spinach, rhubarb, and Swiss chard.

Okra contains a compound called solanine. Solanine has been linked to joint pain, [arthritis](#), and long-lasting [inflammation](#) for a small percentage of people who may be sensitive to it. Solanine is found in many fruits and vegetables including potatoes, tomatoes, eggplant, [blueberries](#), and artichokes.

Ketone drink may help athletes unlock greater human metabolic potential

Written by [Hannah Nichols](#)

A study in *Cell Metabolism* reports that nutritional ketone - in the form of a drink - enables athletes to function with different metabolism that enhances their performance.



Over the course of 30 minutes, athletes that consumed the ketone drink added an extra 400 meters to their distance traveled.

Normal metabolism turns the food you eat into the energy it needs by the burning of carbs and fat gained from a balanced diet.

Ketosis is a metabolic process that occurs when the body does not have enough glucose for energy and goes into "starvation mode." The body breaks down internal fat stores for energy to make ketones that feed the brain.

The Defense Advanced Research Projects Agency (DARPA), the research branch of the United States Army sent out a \$10 million request for the development of an efficient food that soldiers could take onto a battlefield.

The ketone drink was developed for soldiers to generate energy from ketones rather than carbs or fats by biochemist Prof. Kieran Clarke, at the University of Oxford, United Kingdom, and Dr. Richard Veech, at the National Institutes of Health, MD.

The ketone ester drink has previously made it through safety studies, whereby it was proven that the drink has no adverse effects. This [new study](#) examines the effectiveness of the ketone supplement and shows it can improve performance for certain activity types.

The drink allowed highly trained endurance athletes to clock up an extra 400 meters distance to their workouts. The supplement works by temporarily switching the primary source of cellular energy from glucose or fat to ketones.

"It's really interesting; with a single drink of nutritional ketone you can do the same exercise with completely different metabolism," says Dr. Pete Cox, a clinician at the University of Oxford and first author on the paper.

"Given the findings of this study, which challenges our fundamental understanding of human [physiology](#), it will be tempting for many to focus on pursuing the endurance and sport-related avenues, but it would be a great shame if the metabolic basis of this work was not further explored," he adds.

Hormone That Reverses Cell Aging in Humans Identified

Danazol, a synthetic male hormone, reverses cell aging, potentially leading to new treatments to counter diseases caused by cell deterioration.

The human body has hidden secrets scientists are just now discovering. Scientists have known that the human body can heal itself naturally, and now they realize that it can ultimately regenerate dying cells. During a clinical trial, the discovery of a new hormone found in males has shown some promising results in countering the effects of [aging](#). The discovery does not promise a [prolonged life-span](#), but rather a way to help people lead healthier lifestyles.

In later experiments, researchers from the United States and Brazil used a synthetic male hormone, known as a danazol steroid, to arouse the production levels of telomerase, a well-known enzyme. Telomerase is best known for keeping cells young by preventing DNA telomerase cells from shrinking.

The process stops the generation of telomerase, and attaches itself to the end of the body's chromosome.

One of the biggest challenges associated with aging is the rapid decrease of telomerase DNA protection. Every time a cell in the body splits or multiplies, the telomeres increase in length. Eventually, the cell will fail to reproduce itself any longer, and die or naturally age. When telomerase is present, it keeps the telomeres in place, and even aids in the process of cell division.

Finding Can Combat the Negative Impact of Telomerase Degeneration

In past studies, evidence presented shows how aging cells can be stopped by increasing telomerase, which is produced naturally by human cells, and is continually multiplying. This process is similar to blood-forming cells. A lack of telomerase can [increase the risk](#) of cancer and have a negative impact on the internal organs. Most recent studies show that prescription steroids are responsible for generating telomerase on demand, confirming what scientists had previously witnessed in the laboratory.

Armed with this relatively new knowledge, new medical treatments can be produced for serious diseases like [aplastic anemia](#), which causes premature aging of the bone marrow stem cells. In the study danazol was distributed over a two-year period, to 27 patients with aplastic anemia, which was caused by the mutation of telomerase genes. The discovery can also produce treatment for scarred lungs, and pulmonary fibrosis.

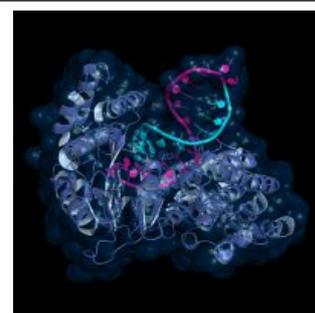
Over a two-year period, a person will lose from 100 to 120 telomere base pairs (DNA building blocks) each year. However, people with telomerase deficiencies could lose from 200 to 600 base pairs over the same course of time. When participants were given the new treatment, the length of telomere cells stopped shrinking, and increased by an average of 386 base pairs. Hemoglobin mass increased, which meant patients no longer needed to rely on blood transfusions.

New Discovery Opens the Door for Future Research

While scientists are optimistic at the possible new treatments and medical breakthroughs, every success comes with a price. The use of sex hormones has notable side effects, such as digestive system problems, fatigue, and mood swings.

Knowing how to overcome one of life's biological barriers, such as aging, is a valuable and major accomplishment for future research projects. As of now, the elixir to the fountain of youth, or staying young forever is out of reach. At this moment, the possibilities of new medical miracles in science are looking more promising than ever.

[VIEW NEWS SOURCE...](#)



Telomerase - image from Shutterstock

The Law of Karma

Karma is a Buddhist term which comes from Sanskrit and relates to fate and action. You alone are responsible for your actions. It is the law of cause and effect, an unbreakable law of the cosmos. **You deserve everything that happens to you, good or bad.** You created your happiness and your misery. One day you will be in the same circumstances that you put someone else in. Your actions create your future. What you are experiencing right now is what karma wants you to experience. **Every feeling, every thought, has been prepared especially for you,** so you can learn from your past.

The reason your fate is never truly set is because you have free will. Therefore your future cannot already be written. That would not be fair. Life gives you chances. This is one of them.

[Australians spend eight times more hours on screens than with loved ones: survey](#) ←

Australians spend an average of 46 hours per week looking at their screens, but just six with family and friends, a new survey by charity R U OK? finds, with psychologists fearful it could be at the expense of mental health.



Walnuts

These nuts may help protect you against prostate cancer and keep your brain sharp as you age. And, according to one study, you're more likely to eat healthy overall if they're a regular part of your diet. Try them on an apple walnut salad.

WebMD

[Parents Who Feed Children Vegan Diet Could Be Jailed for Year Under Proposed Italian Law](#) ↑

An Italian member of parliament has proposed a controversial new bill that would put parents behind bars

Early Prostate Cancer Diagnoses

But so are routine screenings as a result of guideline changes for the disease.

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[Click here: A must watch!](#)



Why Do People Sleepwalk?

[Read Article](#)



[6 lessons from the country with the world's healthiest children](#)

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Peanuts

Because they grow underground and not on trees, peanuts technically are legumes -- who knew? But nutritionally they're like nuts. They're full of protein and other vitamins, so throw some in your trail mix -WebMD

[Join the Herd on World Elephant Day](#) ↑



This World Elephant Day, you can Join the Herd here and commit to ensuring a brighter future for...



SLIDESHOW

[Pancreatic Cancer](#)

[Steve Jobs, Patrick Swayze, and other famous people have raised awareness about this serious form of cancer. Here's what you need to know.](#)

Brain-Controlled Machine Training Helps Paralyzed Patients Move Legs | Video

Researchers at Duke University have been training paralyzed patients with brain-controlled devices, including robotic exoskeletons, to move their legs again. Partial neurological recovery with this training is suggested by the study.

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Get a taste of Brazilian comfort food: [Beef stroganoff, remixed, and shrimp stew](#)

Cynthia Presser shares a recipe for a stick-to-your-ribs Brazilian dish -- Brazilian Stroganoff -- while Danielle Noce makes shrimp stew.

[Read More](#)



No need to panic if you find one on your chest. Many women have lumps caused by fluid-filled sacs called cysts or by a buildup of scar-like tissue. A new lump or mass that is hard, painless, and has rough edges is more likely to be cancer.

Watch for breast pain, swelling, dimpling, nipples that hurt or leak liquid, or any redness or thickening of the skin. Always see your doctor if you notice anything different. Back then, the condition was so common among religious women, most of whom had no children, that it became known as nuns' disease.

Women who have many children and get pregnant at a younger age have a lower risk. That may be because pregnancy reduces a woman's total number of periods. Scientists think having more period-related hormones may raise the chances of getting breast cancer.

Anyone with breast tissue can get the disease, even men. But some things make it more likely. Breast cancer in your family -- on your mother's side or your father's -- raises your chances of getting it. You're also more likely to get it if you've had it before. Most women have some risk factors, but most don't get the disease.

One in 8 women in the U.S. will get the disease in her lifetime. Breast cancer is 100 times more common among women, although men can get it too. Age is another factor -- 2 out of 3 women with invasive breast cancer are 55 or older.

Regular mammograms lower your chances of dying from the disease. The test is an X-ray of the breast. It can find cancer before you can feel it or have symptoms. The American Cancer Society says most women should get one every year after age 45.

Though it can be uncomfortable, the test won't harm you. The amount of radiation used is very small.

WEbMD

Although green peas are loaded with protein, they are considered a starchy vegetable like white potatoes, and we should limit starchy vegetables to five cups each week. Plant-derived protein foods include kidney beans, pinto beans, black beans, garbanzo beans (chickpeas), lima beans, black-eyed peas, split peas, and lentils. We should eat more of these sources of protein (although you should limit peas because of their starchy content).

Caffeine addiction

Caffeine is a stimulant that excites the brain. While some stimulants, such as nicotine, are considered addictive, you aren't likely to become addicted to caffeine if you consume it in moderation. However, some people can become dependent on caffeine.

Some studies have shown that moderate consumption of caffeine may reduce your risk of diabetes, gallstones, Parkinson's disease, and liver disease. Despite these studies, though, doctors aren't recommending caffeine consumption as a means to reduce your risks of disease. Medicine.net

Chickpeas contain saponins, phytic acid and protease inhibitors, all of which can protect your cells from free radical damage and oxidative stress.

Diabetics must eat starchy carbs

Did you know that you eat basically two varieties of carbs, both equally beneficial to your health and survival? They are classified as starchy ones and leafy ones. One cannot survive on the healthy leafy veggies alone you need starchy ones too to feel full, satiated and get the required micronutrients.

Just imagine you eat many cupful of healthy gotukola or kale, you'll never be satisfied how healthy they are, and not been able to concentrat...

[Continue Reading](#)

A whole grain includes the entire grain seed, or kernel. Examples of whole grains are popcorn, wild rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, brown rice, and whole-grain barley, rye, and wheat. These foods may be eaten by themselves or found as ingredients in such foods as bread, cereals, and crackers. Multigrain bread usually is not 100% whole grain. WebMD

Nighttime Eating Makes You Fat

Put this diet myth to bed. There's no conclusive proof that late-night meals cause you to put on weight. What we do know is that too many calories cause weight gain, and many night eaters do tend to overeat and choose high-calorie foods. Still, eating right before bedtime can lead to heartburn and indigestion. So try to stick to regular -- and earlier -- mealtimes.

WebMD

Did you know one in two Australians will get cancer in their lifetime? This **feature story** takes a look at [what it actually means to live in the disease's long shadow](#)



FEATURED

Top Causes of Back Pain



How much exercise do you need to prevent heart disease, cancer?

There's no doubt that regular exercise can help reduce your risk of serious health issues. New research reveals just how much we need.

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Types of Breast Cancer

Inflammatory Breast Cancer

Inflammatory breast cancer is a rare type of cancer that often does not cause a breast lump or mass. As seen in this photo, it often causes thickening and pitting of the skin, like an orange peel. The affected breast may also be larger or firmer, tender, or itchy. A skin rash or reddening of the skin is common. These changes are caused by cancer cells blocking lymph vessels in the skin. Inflammatory cancer of the breast typically has a fast growth rate.

Invasive Ductal Carcinoma

Invasive (or infiltrating) ductal carcinoma (IDC) is the most common type of breast cancer. About 80% of all breast cancers are invasive ductal carcinomas. Invasive ductal carcinoma refers to cancer that has broken through the wall of the milk ducts and has invaded the breast tissues. Invasive ductal carcinoma can spread to the lymph nodes and possibly to other areas of the body.

Ductal Carcinoma in Situ (DCIS)

Ductal carcinoma in situ (DCIS) is considered to be a non-invasive or pre-invasive breast cancer. Ductal means that the cancer starts inside the milk ducts, carcinoma refers to any cancer that starts in the skin or other tissue (including breast tissue) that line or cover the internal organs, and in situ means "in its original place." The difference between DCIS and invasive cancer is that in DCIS, the cells have not spread through the walls of the milk ducts into the surrounding breast tissue.. DCIS is considered a 'pre-cancer', but some cases can transform into more invasive cancers.

Invasive Lobular Carcinoma

Invasive (or infiltrating) lobular carcinoma (ILC) is the second most common type of breast cancer after invasive ductal carcinoma. Lobular means that the cancer started in the milk-producing lobules, which empty out into the ducts that carry milk to the nipple. Invasive lobular carcinoma refers to cancer that has broken through the wall of the lobule and begun to invade the breast tissues. Invasive lobular carcinoma can spread to the lymph nodes and possibly to other areas of the body.

Mucinous Carcinoma

Mucinous (or colloid) carcinoma of the breast is a rare form of invasive ductal carcinoma. In this type of cancer, the tumor is composed of abnormal cells that "float" in pools of mucin, part of the slimy, slippery substance known as mucus. Mucus lines most of the inner surface of our bodies, such as our digestive tract, lungs, liver, and other vital organs. Breast cancer cells can produce some mucus. In mucinous carcinoma, mucin becomes part of the tumor and surrounds the breast cancer cells.

"Pure" mucinous carcinomas make up only 2-3% of invasive breast cancers. Approximately 5% of invasive breast cancer tumors have a mix of mucinous components in addition to other types of breast cancer cells.

Triple-Negative Breast Cancers

Testing negative for estrogen receptors (ER-), progesterone receptors (PR-), and HER2 (HER2-) on a pathology report means the cancer is "triple-negative". These negative results indicate the growth of the cancer is not supported by the hormones estrogen and progesterone, nor by the presence of too many HER2 receptors. Therefore, triple-negative breast cancer does not respond to hormonal therapy (such as tamoxifen or aromatase inhibitors) or therapies that target HER2 receptors, such as Herceptin. However, other medicines can be used to treat triple-negative breast cancer.

Paget's Disease of the Nipple

Paget's disease of the nipple is a rare form of breast cancer in which cancer cells collect in or around the nipple. The cancer usually affects the ducts of the nipple first then spreads to the nipple surface and the areola. A scaly, red, itchy, and irritated nipple and areola are signs of Paget's disease of the nipple. One theory for the cause of Paget's disease is that the cancer cells start growing inside the milk ducts within the breast and then break through to the nipple surface. Another possibility is that the cells of the nipple itself become cancerous.

Medicine.net



One-pot Brazilian chicken and rice

[Vote for this recipe](#)



SLIDESHOW

13 'Grate' Facts About Cheese

This dairy product gets a bad rap, but it can be a healthy part of your diet. We share tips for serving it, plus 5 tasty recipes.



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

Dissolving Calcium oxalate kidney stones

It looks like a fascinating medical breakthrough has been made – revolutionary research has found that a natural fruit extract is capable of dissolving the calcium oxalate crystals that form kidney stones. These findings provide a solid basis for what could lead to the biggest leap forward in kidney stone treatment of the past 30 years.

The findings were published in the August 8th, 2016 online edition of *Nature* by the study's lead author, Jeffrey Rimer, who is an associate professor of chemical engineering at the University of Houston. The study marked the first time that a compound called hydroxycitrate has shown to be effective at inhibiting calcium oxalate growth.

When hydroxycitrate is placed under certain conditions, it has the ability to actually dissolve the calcium oxalate that forms kidney stones. The results, as published in the aforementioned journal, were actually the findings from a combination of experimental computational and human studies.

BabaMail

Chickpeas (like all legumes) are an amazing source of **iron**, which your body uses to produce more red blood cells. Those red blood cells carry oxygen and nutrients, making you healthier overall.



These Jobs Are Linked to the Worst Heart Health

Truck drivers and social service workers have something in common: The people who work in these two occupations are the least likely to be heart healthy, according to a new report from the Centers for Disease Control and Prevention.

[Read More](#)

Experts assess changes to breast cancer screening recommendation

A new article discusses the evidentiary support for the recent changes made by the American Cancer Society in its recommendations for **breast cancer** screening. In addition to modifying the suggested ages for annual and biannual mammography, the new recommendations also focus on patient preference in decision making.

The authors discuss the subtle but very important difference between the sensitivity and false positive rates for mammography. Among asymptomatic women, even though approximately 84% of breast cancers are detected by mammography, approximately 95% of all positive mammograms are false positives. The authors note that the emphasis on patient involvement in making health decisions could be problematic due to the difficulty patients may have in understanding this technical distinction.

"Our goal was to caution asymptomatic women that positive mammograms are vastly more likely to be false positives than actual evidence of **cancer**," said Dr. William Skorupski, co-author of the *Significance* article. "For most women, a false positive mammogram is about 19 times more likely than a true positive," added co-author Dr. Howard Wainer. Article: [Breast cancer screenings: Does the evidence support the recommendations?](#) William P. Skorupski, Howard Wainer, *Significance*, doi: 10.1111/j.1740-9713.2016.00937.x, published 1 August 2016.

Diabetics Should Think Twice Before Starting the Paleo Diet

There is no long-term evidence showing the benefits of the Paleo diet for those with type 2 diabetes, and it may actually do more harm than good.



Associate Professor Sof Andrikopoulos of the University of Melbourne Department of Medicine, stated in the Medical Journal of Australia that those with type 2 **diabetes** should not get too hyped up about the Paleo diet that is being promoted in social media on dozens of websites. There have been only two trials worldwide of less than 20 participants, each with type 2 diabetes. One had no control diet, and neither of the trials lasted more than 12 weeks. Therefore, the long-term effects on diabetes sufferers and solid conclusions about the impact of glycemic control on weight were not determined.

Andrikopoulos states that the Paleo diet insists that people avoid refined sugar and processed food, which would be a positive benefit and consistent with worldwide dietary guidelines. However, it also advocates cutting out dairy and whole grains, which are important sources of calcium and fiber.

Some celebrities make matters worse, by also making the diet zero-carb and high-fat, which could cause rapid weight gain and increase the risk of heart disease. If a person is already overweight, or lives a sedentary life, it could be risky to adopt a high-fat diet and could actually be dangerous if he or she has diabetes.

Andrikopoulos believes that diabetes sufferers benefit most from exercise and the Mediterranean diet with its fats from fish, olive oil, legumes and low refined sugar. Additionally, extra virgin olive oil has been shown to **beneficially impact** post-meal blood sugar and cholesterol levels, as well as to **reverse metabolic syndrome**.

A knowledgeable academic, Professor Andrikopoulos is also the President of the Australian Diabetes Society. His recommendation is that patients with type 2 diabetes consider the paleo diet claims with extreme caution and, instead, seek out the advice of their general practitioners, other health care professionals, registered dietitians, and diabetes organizations.

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Gallstones Linked to Higher Heart Disease Risk

By Amy Norton
HealthDay Reporter

-- People who've ever suffered **gallstones** may have a slightly increased risk of developing **heart disease** down the road, a large new study suggests.

In a group of more than one-quarter million U.S. adults, researchers found those with a history of gallstones were 17 percent more likely to develop **heart disease** over the next few decades.

Gallstones and **heart disease** share some of the same risk factors -- such as **obesity**, **type 2 diabetes** and unhealthy **cholesterol levels**. But those risk factors couldn't completely explain away the finding, the researchers said. To cardiologist Dr. Richard Stein, the study makes a "pretty convincing" case that gallstones, themselves, are a risk factor for heart disease.

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