



Discover what the latest research says about eating fat! If you're ready to lose weight, feel great and potentially reverse chronic diseases...eating more FAT may be the answer!

There's still so much confusion and misinformation out there about FAT...both the fat on our bodies, and the fats we eat. You've been told that eating fat makes you fat — and increases your risk for heart disease and other chronic illnesses — but fat is NOT the enemy. The truth is: eating MORE FAT can help shut down cravings, accelerate weight loss and potentially prevent or reverse disease!

Eating bacon and eggs for longevity

Written by Dr Harold Gunatillake-health writer

You have been told that less than 7 percent of your total daily calorie intake should come from saturated fat. From a daily intake of 2000 calories it amounts to 140 calories. Saturated fat seems to raise the bad cholesterol LDL in your blood which raises the risk of heart disease and stroke. On the other hand you are supposed to eat between 25 and 35 percent of your daily calories as unsaturat...

[Continue Reading](#)



Is cholesterol a risk factor for heart disease?

By Dr Harold Gunatillake-Health writer

Raising 'good cholesterol' not as effective as lowering 'bad cholesterol' The above link is about an article headed, "Raising 'good cholesterol' not as effective as lowering 'bad cholesterol' Published in Medical News Today (MNT): Tuesday 1 November 2016

It was believed that HDL the good cholesterol removes the bad cholesterol LDL back to the liver for elimination. So the teaching is that yo...

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Intiaz participates in a Pro Am International Waltz demonstration in Tokyo. <https://youtu.be/UOZ9Qpd1NsU>



[Immigrants' parents to require private health cover under new visa terms](#)

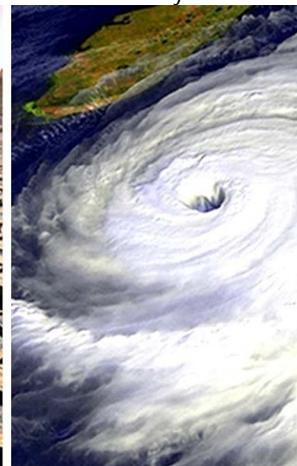


'Health & Views' has a vision and a mission, to make Sri Lankans of the world healthier through the power of health information. We do this by selecting health information from various sources relevant to issues applicable to our readers, and we expect reciprocation by reading, for their health & longevity
Health editor
Please note change of email address-
haroldgunatillake1@gmail.com

Earth Could Reach Critical Climate Threshold in a Decade, Scientists Warn

by Nadia Prupis

The planet could pass the critical 1.5°C global temperature threshold in a decade—and is already two-thirds of the way to hit that warming limit, climate scientists warned on Thursday.



Speaking at a University of Oxford conference this week, led by leading UK climate researcher Richard Betts, scientists said global greenhouse gas emissions are not likely to slow down quickly enough to avoid passing the 1.5°C target.

The goal of limiting global warming to 1.5°C was agreed to in the landmark Paris agreement negotiated by 195 nations last year.

But the planet is continuing to experience unprecedented heat month after month, setting 2016 on track to be the hottest year ever recorded. In fact, the scientists said, Earth is currently on a trajectory to hit at least 2.7°C in global temperature rise.

Pete Smith, a plant and soil scientist at the University of Aberdeen in Scotland, said mass lifestyle change must be undertaken to combat rising temperatures, such as developing more sustainable diets, reducing food waste and red meat intake, and importing fewer greenhouse gas-heavy vegetables.

"There are lots of behavioral changes required, not just by the government ... but by us," he said. He also warned that controversial geoenengineering techniques such as sunlight blocking could become the norm in some countries.

The warning came the same day that Oil Change International released a report that found we have 17 years left to get off fossil fuels, or else face unprecedented and irreversible climate catastrophe. Yet more bad news also emerged Thursday as a new study published in the journal Science found that the Earth is soaking up carbon at a far slower rate than previously estimated—which could mean a massive setback for environmental efforts.

Once considered a vital weapon in the fight against climate change, the soil, which traps carbon that would ordinarily be released into the atmosphere, has now been found to take a much longer time to absorb carbon than scientists believed—which means its potential for carbon sequestration this century "may only be half of what we thought it was," the Washington Post explains.

As Jim Hall, director of the Environmental Change Institute at the University of Oxford, put it at the conference, "We need to get ready to deal with surprise."



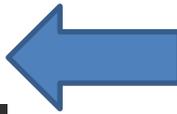
4 Astronomical Events You Don't Want to Miss in November

The full moon in November will be super-sized ... [READ MORE](#)



World's Oldest Woman Reveals The One Food She Eats Every Day

The world's oldest person, who turns 117 in November, has given us a clue as to how she's achieved such longevity.



RE: GAZETTE – CLOSURE OF RUNWAY AT BANDARANAIKE INTERNATIONAL AIRPORT FOR THE PURPOSE OF RESURFACING

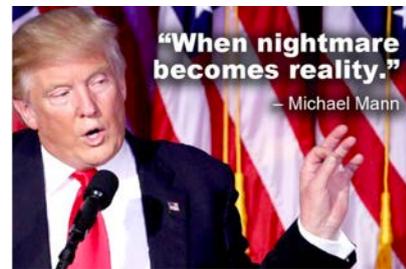
Members of the public are hereby informed that the Bandaranaike International Airport, Colombo will be closed for operation of all flights from 0830 hrs (0300 UTC) to 1630 hrs (1100 UTC) every day during the period commencing from 06th January, 2017 to 06th April, 2017 (both days inclusive) for the purpose of carrying out of the runway resurfacing work.

Accordingly the Bandaranaike International Airport , Colombo would be opened for operation on flights only outside the aforementioned period during 06th January, 2017 – 06th April, 2017.

*H.M.C Nimalsiri
Director General of Civil Aviation*



Anoja at the X'ian Airport posing with the girls working at the Pizza Hut



"When nightmare becomes reality."
– Michael Mann

'Trump's

Election Is a Disaster'

Yes, the billionaire television personality who denies climate change, has ties to the Dakota Access Pipeline, and has promised to ... [READ MORE](#)

Sri Lankan High Commissioner in Canberra visits Victor Melder Sri Lanka Library in Melbourne



The Sri Lankan High Commissioner to Australia, H. E. Mr Somasundaram Skandakumar, in the company of Mr W.G.S. Prasanna, Sri Lanka Consul General in Melbourne, paid a Courtesy call to the 'Victor Melder Sri Lanka Library', situated at the back of Victor's residence in Meadowbank, Melbourne,

A unique library on Sri Lanka, perhaps the only one of its kind overseas, exists in Melbourne, Australia. This library was begun by Victor Melder in 1968, when he migrated to Australia. Victor, who had only one book with him then, [has today accumulated over 4,600 books, 2000 magazines and journals, 25 years Sunday newspapers and a collection of video and audio tapes all on Sri Lanka.](#)

VIDEO: Burning Trump in Effigy on Bonfire Night

The town of Lewes, England, marked Britain's annual Guy Fawkes Night, also known as Bonfire Night, with the burning of several political leaders in effigy, including more than one version of Donald J. Trump, as part of its annual celebration.

Pearl of the Day:
"If You want to feel Rich, Just Count All The Things You have, That Money cannot Buy."

Shakespeare-
"Coin Always Makes Sound But The Currency Notes Are Always Silent. So When Your Value Increases Keep Quiet."



What Is Adrenal Fatigue Syndrome?

Some may diagnose this cluster of symptoms as Adrenal Fatigue but is it actually a real ... [READ MORE](#)

What Is Bladder Cancer?
Cancer is the growth of abnormal cells in the body. Bladder cancer typically begins in the inner lining of the bladder, the organ that stores urine after it passes from the kidneys. Most bladder cancers are caught early, when treatments are highly successful and the disease has not spread beyond the bladder. But bladder cancer tends to come back, so regular check-ups are important WEbMD

Warning Sign: Blood in Urine
Blood in the urine can be a sign of bladder cancer, either visible to the eye or picked up by routine testing. The urine may look darker than usual, brownish, or (rarely) bright red. Most commonly, blood in the urine is not caused by cancer, but by other causes. These include exercise, trauma, infections, blood or kidney disorders, or drugs, such as blood thinners. WebMD

HEALTH CARE DISCLAIMER: This site and its services do not constitute the practice of medical advice, diagnosis or treatment. Always talk to your healthcare provider for diagnosis and treatment, including your specific medical needs. If you have or suspect that you have a medical problem or condition, please contact a qualified health care professional immediately.



It's

Official: Paris Agreement Becomes International Law

Humanity will look back on Nov. 4, as the day that countries of the world shut the door on ... [READ MORE](#)

A Drink a Day to Lower Heart Failure Risk

By NICHOLAS BAKALAR

A daily cocktail may be associated with a lower risk for heart failure.

A new study, in the European Heart Journal, followed 14,629 people for 24 years, starting at an average age of 54. It found that moderate drinkers have a lower risk of heart failure than either heavy drinkers or abstainers.

There were 2,508 cases of heart failure in the group studied, and the researchers controlled for age, race, smoking, hypertension and other variables. Compared with abstainers, men who drank up to a drink a day — a glass of wine, a 12-ounce beer or a shot of liquor — had a 20 percent reduced risk, and women a 16 percent reduced risk, of heart failure. The advantage gradually declined with heavier drinking.

The senior author, Dr. Scott D. Solomon, a professor of medicine at Harvard, said that these results were not a reason to start drinking or license to increase alcohol consumption. "People who drink a little bit, up to moderately, may derive some protective benefit, especially men," he said. "But once you get above one drink a day for women or two for men, your risk of other types of problems goes up."

Although no level of alcohol consumption was associated with a higher risk for heart failure, very heavy drinking — more than 21 drinks a week — was associated with higher mortality from all causes.

Do studies show that soft drinks promote obesity and Type 2 diabetes? It y.



Studies Linked to Soda Industry Mask Health Risks

Soft drink studies conducted by independent researchers tend to draw different conclusions than studies supported by the beverage industry.

NYTIMES.COM|BY ANAHAD O'CONNOR

James Morton- Artist & Painter



Jim says, "The trick is to try to make it happen with every painting !!!!!"

Jim is a popular artist and figure amongst the Sri Lankans in NSW. Most homes do have his landscapes. You could contact him on 98721437



Why

Quinoa Is One of The World's Healthiest Foods

Quinoa is an ancient South American grain that was largely ignored for

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FEATURED NEWS

Trump Victory: Now Repeal Obamacare?

Trump seeks to dismantle the ACA and

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Rare disease in Sri Lanka

Researchers from Fort Detrick in the USA are collaborating with a lab in Sri Lanka to understand a dangerous, 'poorly understood' disease. A bacteria called *Burkholderia pseudomallei* - generally found in Southeast Asia and northern Australia - causes an infection that is difficult to treat and can be fatal, according to Mohan Natesan, a scientific investigator at the U.S. Army Medical Research Institute of Infectious Diseases at Fort Detrick. To help bridge the gaps in scientific knowledge about the bacteria and the disease it causes, the Army institute is collaborating with Genetech, a lab in Sri Lanka. The Fort Detrick lab started working with Sri Lankan investigators in 2014. The Army intends to contract with Genetech for 18 months. The bacterial infection that results from *Burkholderia pseudomallei* is called melioidosis and can affect humans and animals. The disease's effects range from a chronic, localized infection to an acute, fatal bloodstream infection. The infection spreads by contaminated soil and water. In tropical areas where the bacteria is more common, the number of infected patients increases during the rainy season. According to a 2012 paper published in a Sri Lankan journal, it's 'highly likely' that many cases go uncounted, partially because the disease affects mainly rural communities, can be rapidly fatal and is not widely known among clinical staff. "Melioidosis is an under-reported and poorly understood disease," Natesan wrote in an email. Genetech's role will be to collect samples from patients, document cases of melioidosis and analyze patients' immune response to the infection. The clinical sites the lab maintains are in locations where people are more likely to get the disease. The data that's collected will help the Army institute understand the infection and develop diagnostic tools, therapeutic products, and vaccines against melioidosis, Natesan wrote in an email. The lab's partnership with Fort Detrick researchers helped establish a small surveillance program for melioidosis in Sri Lanka. The team found more than 65 cases in 2015, many of which would have been fatal if they had gone unidentified, according to Caree Vander Linden, a spokeswoman for the institute. The bacteria is 'naturally resistant' to many common antibiotics, Vander Linden said. Symptoms of melioidosis range from fever, headache, muscle or joint pain to seizures, anorexia and disorientation. According to the Centers for Disease Control and Prevention, symptoms generally appear two to four weeks after exposure to the bacteria. (Sunday Observer 2.10.2016)

(Extract from Victor Melder's- Sri Lanka News in Brief



Health archives)

amazinglanka.com

12 Minutes of Yoga for Bone Health

Dr. Loren M. Fishman of Columbia University has been gathering evidence for years, hoping to determine whether yoga might be effective therapy for osteoporosis.

WELL.BLOGS.NYTIMES.COM|BY JANE E. BRODY

Protein requirement per day

How much protein you need depends on your sex, age, how much you weigh, how active you are, and other things. But yes, guys usually need more protein than women. An average man needs about 56 grams of protein a day. Women need 46 grams. A typical day with about 50 grams of protein could include: Chicken (3 ounces), two large eggs, 2 tablespoons of peanut butter, and 8 ounces of yogurt. If you're like most Americans, you get all the protein you need. You should usually get about 10% to 35% of your calories from protein every day. WebMD



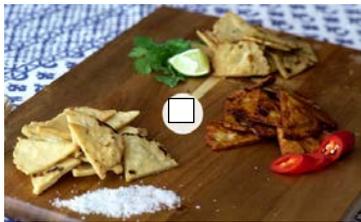
Glaciers on These 25 Mountains Will Completely Melt in 25 Years

Girdling the Earth are 25 mountains whose peaks stand out a brilliant white against the ... [READ MORE](#)



Resveratrol may lower your risk of cardiovascular diseases through your microbiota

Studies show resveratrol, a plant compound found naturally in peanuts, grapes, some berries has antioxidant properties that may be protective against cardiovascular diseases (as well as cancer and even neurodegenerative conditions). But so far, researchers...



Homemade Tortilla Chips 3 Ways



Why have one chip when you can make salt, cilantro-lime and soy-Sriracha chips just as easily?



FEATURED

Early Signs of Carpal Tunnel Syndrome

Could the pain in your hand be carpal tunnel syndrome? See the [causes, symptoms, and treatment options.](#)

[READ MORE](#)

Like Fatty Foods? There's a Gene for That.

Obese people with a certain gene mutation have a high preference for fatty foods yet a low preference for sugary foods, highlighting the genetic underpinnings of appetite control.

[Read More](#)



Cause of Crohn's Disease: Gut Fungus Now Suspected

[Read Article](#)



What Is 'Hangover Free' Synthetic Alcohol, and Is It Safe?

A drink called "alcosynth" is being touted as a hangover-free version of synthetic alcohol. But what's in it, and is it really safe to drink?

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Rice Pilaf

Transform leftover rice into a delicious, crave-worthy side by cooking with some fragrant spices.

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3 Ways to Prevent Breast Cancer

Breast cancer is the second most common type of cancer among American women.

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Heart disease causes the deaths of over half a million people in the U.S. annually, which totals a quarter of all deaths in men and women each year. Approximately three-quarters of a million U.S. heart deaths are from heart attack. Most of these are first-time heart attacks.

Probiotics

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

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.

Miso Soup



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

Soft Cheeses

While they might be good for your digestion, not all probiotics can survive the journey through your stomach and intestines. But research finds that certain strains in some fermented soft cheeses, like Gouda, are hardy enough to make it. Cheese also may act as a carrier for probiotics, which may boost the immune system.

Kefir: Probiotic-Filled Drink

According to legend, kefir dates back to the shepherds of Eurasia's Caucasus Mountains. They discovered the milk they carried tended to ferment into a bubbly beverage. Thick, creamy, and tangy like yogurt, kefir has its own strains of probiotic bacteria, plus a few helpful yeast varieties.

Emissions could already warm world to dangerous levels



Mainstream News Media: Freedom of the Press or Controlled Propaganda?



The manipulation of the American mind has become a sophisticated science. Media controllers twist together half-truths, pictures of distorted reality, and outright lies so that we will trust the official reports of government, accept the claims and plans of corporations, and believe the work of scientists who do research on behalf of government agencies and corporations. This article will look at how mainstream media distorts the truth and manipulates public perception. It will look at how public relations agencies create fake organizations to simulate grassroots movements, and how government agencies and corporations manipulate and fabricate scientific research to advance their agendas. It will present 12 simple steps that you can use to break the power of propaganda and separate the lies from the truth.

[Read More...](#)

GMO Canola Escapes into Wild: New Mutant Plants Found



When consumers purchase organic produce, they expect to avoid vegetables and fruits that have been genetically modified or sprayed with dangerous pesticides. The unsettling reality, however, is that cross-contamination between GM plants and conventional or organic plants is not only possible—it is already happening. Millions of acres of GM rapeseed, which is used to make canola oil, the most popular cooking oil in North America, are being grown—in Canada and Australia in particular, but also in the US. This GM rapeseed has spread across the world, growing wild in ports, railway beds, along highways, and other areas where it has “escaped” during transport. Not only is it growing wild—it has contaminated another Brassica, the parent of cruciferous vegetables known as Brassica rapa. Organic broccoli, cauliflower, kale, Napa cabbage, Brussels sprouts, and more are now under threat.

[Read More...](#)



LONGEVITY
Fuel up on Coffee for Longevity
 Drinking up to five cups of coffee a day can help you live longer

[» Read the full story](#)

New Prostate Cancer Screening Rules Fail to Curb PSA Testing

The number of PSA tests ordered in the U.S. to screen men for prostate cancer hasn't changed in recent years, despite new guidelines.

[Read More](#)

The spice of life: Cinnamon cools your stomach

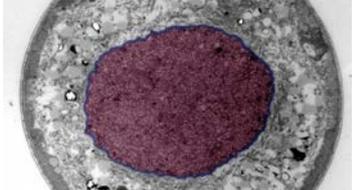
RMIT University



Cozy up with these 19 fall dinners that are pure comfort

Is there anything better than staying in on a cold, windy night with a plateful of warm, hearty, comforting food?

[READ MORE](#)



Study explains how an intestinal microbe protects against other, more dangerous bacteria
 Rockefeller University



For women, caffeine could be ally in warding off dementia

Oxford University Press USA



Science of Disbelief: When Did Climate Change Become All About Politics?

[Read Article](#)

Flavoured Yogurt

Strawberry, blueberry, vanilla -- a typical 6-ounce serving of flavored yogurt has 3 times the sugar of plain. Try some plain full-fat yogurt with fresh berries and nuts. You'll get less sugar, more fiber, and lots more nutrients. And full-fat yogurt helps curb hunger better than non-fat yogurt-- and that may help you lose weight.



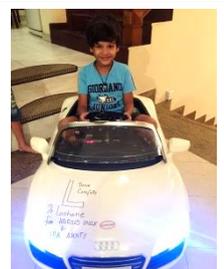
FEATURED Perimenopause Into Menopause

Symptoms vary from woman to woman. See the signs, symptoms, and causes of perimenopause and menopause.

[READ MORE](#)



6 year old boy from Kandy, Sri Lanka- “Loshane” wins his first Audi run on battery



Study finds more evidence that coffee can be a life saver

Maggie Fox
TODAY

Researchers have found even more evidence that coffee can be good for you. People who drink regular, moderate amounts of coffee are less likely to die from a range of diseases, from diabetes to heart disease. The cutoff seems to be around five cups a day, and even decaf coffee helps, the team at Harvard University's school of public health found. But even heavy coffee drinking doesn't appear to offset the damage caused by smoking, they reported in the journal *Circulation*.

"The main message is that regular consumption, meaning three to five cups of coffee a day, is associated with lower risk in total mortality and mortality from several causes like diabetes, cardiovascular disease and suicide," Frank Hu, a professor of nutrition and epidemiology who helped lead the study, told NBC News.

RELATED: [Chewable coffee? Testing the new trend of caffeine-infused gummies](#)

"In previous studies on that issue, most of the coffee was caffeinated coffee. In our study, both caffeinated and decaffeinated coffee showed a lower mortality risk but there is no final conclusion yet."

"In our study, both caffeinated and decaffeinated coffee showed a lower mortality risk."

Hu and colleagues looked at two giant sources of information: surveys of more than 200,000 doctors and nurses who have regularly updated researchers on their eating and other lifestyle habits and details about their health for more than 20 years.

RELATED: [Coffee in a cone is the world's most Instagrammable coffee](#)

Coffee drinkers overall were less likely to die over the decades than non-drinkers. The effects were even stronger and clearer when the team discounted smokers. Non-smokers who drank coffee were between 8 and 15 percent less likely to die, depending on how much they drank.

"This is good news for people who drink coffee because the evidence is strong. Drinking coffee may be good for health outcome," Hu said.

"We are not advocating coffee as a strategy for prevention of the chronic diseases because coffee drinking is individual behavior and there are other factors in the diet that have a bigger effect. People should also be aware of the amount of added sugar to coffee drinks which can become a problem," Hu said.

RELATED: [Your daily cup of coffee may be aging your skin](#)

What could coffee be doing for health? The dark drink is the number one **source in the American diet** of antioxidants — those chemical compounds that fight the damage to your DNA caused by day-to-day living. "The main message is that people who enjoy drinking coffee should not worry about it being harmful for their health."

Lung Cancer

The lungs are organs that allow you to breathe – to take in oxygen and exhale carbon dioxide. Lung cancer is a disease in which cells mutate (change) and begin to grow in an abnormal and uncontrolled way in the lungs. These cells are unable to function like healthy lung cells and as they grow they can form tumors and interfere with lung function.



The most common cause of lung cancer is tobacco smoking. Smokers are up to 30 times more likely to develop lung cancer or die from lung cancer than non-smokers. Smoking is responsible for nearly 90% of lung cancer cases in the U.S., and about 80% of deaths from the disease.

Stridor is noisy, high pitched, harsh breathing. It can be wheezing or a vibrating due to the upper airway being blocked. It typically occurs while inhaling, but it can also occur when exhaling. Stridor is not an illness in itself, but rather a symptom of an underlying problem, and it can be a sign of lung cancer in the chest.

One reason lung cancer is so deadly is because patients do not experience any symptoms until later in the disease. This is why it is important to report any unusual symptoms or symptoms of concern to your doctor, because treatments for lung cancer are more effective when the cancer is diagnosed at earlier stages. Often, these symptoms can be due to other illness such as bronchitis or pneumonia, which need to be ruled out. In addition to stridor, symptoms of lung cancer in the chest include:

- Persistent or severe cough
- Coughing up phlegm or mucus with blood
- Coughing up blood
- Chest pain that gets worse with coughing, deep breathing, or laughing
- Shortness of breath
- Wheezing
- Hoarseness or other voice changes
- Weakness or fatigue
- Recurrent or persistent lung infections such as bronchitis or pneumonia
- Weight loss
- Loss of appetite

Staging of cancer refers to the process of finding out how much cancer exists in a person and where in the body it is located. This tells the doctor where the primary (main) tumor is located, how big it is, and whether it has spread to other parts of the body or the lymph nodes (metastasized)

Explanation:

There are six main stages of lung cancer, and within each stage there are sub-classifications that are more specific. Non-small cell lung cancer (NSCLC) is the most common type of lung cancer, affecting about 85% of those with the disease. Non-small cell lung cancer in general staged as follows:

1. Occult stage: Cancer cells are found in the mucus, but there is no tumor found on imaging tests.
2. Stage 0: Also called carcinoma in situ, the cancer is very small in size and has not spread to deep lung tissue.
3. Stage I: The cancer is present in lung tissue but has not spread to lymph nodes.
4. Stage II: The cancer has spread to nearby lymph nodes or into the chest wall.
5. Stage III: Cancer is present in the lung, and has spread to lymph nodes and nearby organs such as the heart, esophagus, and windpipe (trachea).
 - o Stage IIIA: The cancer has only spread to lymph nodes on the same side of the chest as where the cancer started.
 - o Stage IIIB: The cancer has spread to the lymph nodes on the opposite side of the chest, or above the collarbone.
6. Stage IV: This is advanced disease and the cancer has spread to both lungs, and has spread (metastasized) throughout the body to other organs such as the liver, bones, or brain.

There are several different ways to treat lung cancer, depending on the type of lung cancer and stage, the side effects of treatment, and the patient's overall health. Non-small cell lung cancers are treated with surgery, radiation therapy, chemotherapy, targeted therapy, immunotherapy or a combination treatments. The main treatments used for people with small cell lung cancer include chemotherapy, radiation, and rarely, surgery.

Surgery: Involves complete removal of the affected lung tumor, and surrounding tissue (margins)

Radiation therapy: Uses high energy X-rays or other particles to kill cancer cells

Chemotherapy: Involves use of drugs that can be taken in pill form or intravenously to kill cancer cells and shrink or destroy the tumor

Targeted therapy: Uses medication to specifically target the genes, proteins, or tissue that contributes to the cancer cell's survival. It blocks the growth of cancer cells while leaving most of the healthy cells alone.

Immunotherapy (biologic therapy): Boosts the body's own immune system to help fight the cancer. [Medicine.Net](#)

Dr. Jennifer Johns AM will lead the Auslamat team to Sri Lanka in 2017



Dr. Jennifer Johns Cardiologist at **AUSTIN HEALTH** will lead the medical team to Sri Lanka on our 29th post-tsunami visit from the end of June 2017. Dr Jennifer was honoured with a **Member of the Order of Australia AM** in last year's Queen's Birthday Honours.

We will visit Hatton/Dickoya, Batticaloa/Valaichennai, Yala/Beralihela, Matara/Akuressa and the Karapitiya teaching hospital Galle. Cardiology will be the focus of attention at the teaching hospitals in Sri Lanka. We have cardiac equipment for Dr. Arulnithy and Dr. Sathanathan at the cath labs at Batticaloa and Galle. Lectures to the Galle Medical Society and final year medical student lectures at Karapitiya form part of the activity at Galle.

We will also be doing many general medical clinics and will visit orphanages at Batticaloa and Hatton. We welcome anyone who could assist us in Sri Lanka.

Our annual fundraiser is on Saturday 5th November at the Keysborough Golf Club (55 Hutton Road Keysborough)from 7.30pm to 12.30pm.

Dr Quintus de Zylva

Muscle Cramps

Muscle cramps are involuntarily and forcibly contracted muscles that don't relax. Any muscles that have voluntary control, including some organs, are subject to cramp. Since there is such variety in the types of muscle cramps that can occur, many causes and preventative medications are known.

[Read the muscle cramps article](#) » 

Ginger lowers your blood sugar

Ginger is very suitable for those with a high level of blood sugar (including diabetics who manage the disease without medication), due to its natural propensity to lower one's blood sugar levels. However, for those who are taking medication for diabetes – for example, Metformin or insulin injections – this could undermine the effect of the doctor's prescription.

Always discuss with your doctor the amount of ginger you are permitted to consume, if you are to have any at all. Otherwise your blood sugar level may descend too low.

BabaMail



Alton Brown's Chicken Piccata

There are plenty of piccata recipes out there, but this one is built on chicken thighs which are cheap and much more flavorful than breasts.

[READ MORE](#)

parliament votes to SHUT DOWN its entire COAL INDUSTRY!



Dutch

Parliament Votes to Shut Down All Coal Plants



Dementia at any age: Symptoms you need to know

It's World FTD Awareness Week, spotlighting frontotemporal dementia, a serious ailment affecting the middle-aged. Don Newhouse, president of Advanced Publications, lost his wife, Suzi, to the disease, and his brother, Si, was recently diagnosed as well. Newhouse shares his story with TODAY's Matt Lauer, and psychiatrist and neurologist Dr. Ted Huey explains that while Alzheimer's disease affects the elderly, FTD typically manifests between ages 55 and 65. Learn the four main symptoms you should look out for.

[WATCH NOW](#)

Scientists Are Freaking Out Over This 25-Year-Old's Solution to Superbugs

Kristin Falzon

After three years of research, a Ph.D. student at the University of Melbourne may have discovered a way to kill super bugs without the use of antibiotics.



Shu Lam believes that she has found the key to averting a health crisis so severe that the United Nations recently declared it a "fundamental threat" to global health.

In what is being hailed by scientists in the field as "a breakthrough that could change the face of modern medicine," Lam and her team developed a star-shaped peptide polymer that targets the resistant superbugs, rips apart their cell walls and kills them.

"These star polymers screw up the way bacteria survives," Lam told VICE. "Bacteria need to divide and grow but when our star is attached to the membrane it interferes with these processes. This puts a lot of stress on the bacteria and it initiates a process to kill itself from stress."

Lam told The Telegraph the polymers have been effective in treating mice infected by antibiotic-resistant bacteria and are relatively non-toxic to the healthy cells in the body. The reduction in toxicity is because of the larger size of the polymers which make them too big to enter healthy cells.

Lam's findings were recently published in the Nature Microbiology journal and while the results are promising in the lab and on mice, she said there is still a long way to go.

"We still need to do a lot of studies and a lot of tests—for example, to see whether these polymers have any side effects on our bodies," she explained to Vice. "We need a lot of detailed assessments like that, [but] they could hopefully be implemented in the near future."

Professor Greg Qiao, her Ph.D. supervisor, told The Telegraph they will need at least five more years to fully develop her project unless millions of dollars are invested into speeding up the process.



Are Mermaids Real?

[Read Article](#)

Go Nuts to Beat Inflammation

Consuming nuts five times per week may reduce inflammation, a condition that contributes to heart disease, type 2 diabetes and many other disorders.



Researchers at Brigham and Women's Hospital have discovered that eating more nuts correlates to lower levels of inflammatory biomarkers, which are certain telltale proteins. The team performed a data cross-sectional analysis from the Nurses' Health Study of over 120,000 female registered nurses and from a Health Professionals Follow-Up Study of over 50,000 male health professionals. A particular study of over 5,000 people used diet questionnaires and studied the biomarkers in blood samples of the participants. Those included interleukin 6 (IL6), tumor necrosis factor receptor 2 (TNFR2), and C-reactive protein (CRP). Adjustments were made for medical history, age, lifestyle and additional variables. It was found that participants who ate five or more servings of nuts each week had a lower level of IL6 and CRP, compared to those people who almost never or hardly ever ate nuts. Those who ate three servings each week of nuts instead of processed meat, red meat, refined grains, or eggs had a significantly lower level of CRP and IL6. Tree nuts and peanuts contain healthy components that include fiber, magnesium, antioxidants, L-arginine, and unsaturated fatty acids. Other studies have continually supported nuts and their protective role against such disorders as type 2 diabetes and cardiovascular disease. Inflammation is a key in the development of such diseases, and nuts exert beneficial effects by reducing systemic inflammation. These facts are according to Ying Bao, MD, ScD, a noted epidemiologist in the BWH Channing Division of Network Medicine. Bao stated that much remains unknown about how diet influences inflammation and the risk of disease, but their study supports the overall healthful role of nuts. She suggests that nuts are beneficial to reducing inflammation and protecting against cardiometabolic disorders.

[VIEW NEWS SOURCE](#)

Cold vs. Flu: Does It Matter?

The common cold and the flu (influenza) are both types of upper respiratory infections. Many people think they are treated the same way but this is not the case.

Flu symptoms are usually much worse than common cold symptoms, and the flu can lead to serious complications including pneumonia, bacterial infections, and even death. There are some antiviral flu treatments available that can help you feel better and reduce the time you are sick, but they work best when taken within the first 48 hours of the illness. There are special tests available to determine whether you have the flu so your doctor can prescribe the right treatment for you.

One way to determine if you have a common cold versus the flu is that flu symptoms are usually much more severe. The flu hits you fast and hard and affects your entire body. Symptoms such as fever, body aches, extreme fatigue, and dry cough are more intense with the flu. Flu symptoms may start to improve in 2 to 5 days, but you may feel run down for a week or more.

Common cold symptoms are more minor and often begin with a sore throat, and include a runny or stuffy nose. Most symptoms tend to be above the neck. Cold symptoms come on gradually and usually last about a week.

Fever is less likely to accompany a common cold. If there is a fever, it is usually mild. Children may be more likely to have a fever as a common cold symptom.

On the other hand, with the flu, most people will experience a fever of 100-102 degrees or higher, especially in children. However, not everyone will develop fever as a flu symptom.

Is Long-Lasting Fatigue a Cold or Flu Symptom?

When you have a cold, you may feel tired and achy, but the symptoms are usually mild and will resolve within a few days.

How Long Does Flu Fatigue Last?

With the flu, symptoms like body ache, fatigue, and weakness are more severe and can last up to a week or two. The elderly and people with chronic illness may have symptoms of fatigue linger even longer.

Is a Headache a Cold or Flu Symptom?

Headache can be a symptom of both a cold and the flu. However, headaches only occasionally occur as cold symptoms but are a common symptom of the flu. And like most symptoms, headaches that accompany the flu tend to be more severe.

Is a Cough a Cold or Flu Symptom?

Both the common cold and the flu are types of upper respiratory infections and both cause coughing. With the common cold, the cough symptom may be productive at first but then turn dry and hacking. Cough is a common symptom of the flu. A cough with the flu tends to be dry and can be severe.

A complication of the flu is pneumonia, which can make people very sick, sometimes requiring hospitalization. If your cough doesn't go away, you cough up yellow-green or bloody mucus (phlegm), you develop a fever over 102 degrees with chills, have shortness of breath or difficulty breathing, call your doctor.

The elderly, young children, people with chronic illness, people with compromised immune systems, and pregnant women are at highest risk of flu complications.

Are Earaches a Cold or Flu Symptom?

Another symptom that can occur in both a cold and the flu is earaches. Both illnesses can cause inflammation of the eardrum and the Eustachian tube that connects the throat and middle ear. The pain may be dull, sharp, or burning but if the earache is related to the cold or flu it will go away on its own.

In some cases, a secondary infection will occur in the ear. It may feel similar to the pain when you had the cold or flu, but often this pain comes on more suddenly and is much more sharp and intense. See your doctor if the earache outlasts your illness to get treatment for an ear infection.

Is a Sore Throat a Cold or Flu Symptom?

One of the first signs of a cold is a sore throat. This usually lasts a couple of days and then progresses to a runny and stuffy nose. You may also have a sore throat if you have the flu, but if you have the flu you will have other symptoms that come on at the same time that affect your whole body including fever, body aches, and fatigue.

Is a Stuffy Nose a Cold or Flu Symptom?

A runny or stuffy nose is typically a symptom of a cold. If you have a runny or stuffy nose and don't feel like you've been hit by a ton of bricks you probably have a cold. Occasionally people with the flu will have nasal congestion too, but it would also be accompanied by flu symptoms of fever, body aches, and fatigue.

Sinus infections are a complication of both colds and the flu. Symptoms of a sinus infection include a feeling of pain, pressure, or fullness in the face, around your cheekbones, the bridge of your nose, behind your eyes, and in your forehead. See your doctor to determine if you have a sinus infection and to get treatment. -Medicine.Net

Leafy greens: Spinach, kale or any vibrant green vegetable should be helpful. They have lutein, beta carotene, folate and vitamin K. "Women who consumed one to two cups actually, their brains were 11 years younger than those who didn't, when it came to cognition and memory,

You'll Eat Less



Potatoes top something called the satiety index, which ranks how well different foods satisfy your hunger. Based on calories, nothing beats the potato. If you feel full, you're likely to eat less, which makes you less likely to get heart disease, stroke, high blood pressure, and diabetes. And what's more satisfying than mashed potatoes? (Keep the skins, and leave out the butter and cream.)

Loads of Magnesium

Potatoes are a good source of this essential nutrient your body uses to make protein, store energy, and keep your cells stable and healthy. It also helps process sugar in your blood. Some studies suggest it may help prevent migraine headaches, Alzheimer's disease, stroke, heart disease, and diabetes. More research is needed, but while you wait, bake a potato -- and top it with veggie chili instead of sour cream and butter to keep it healthy.

Exercise a Little Each Day

Moderate physical activity lowers your chances of getting a heart attack by 30% to 50%. Aim for 30 minutes of exercise that gets your heart pumping at least 5 days a week. Brisk walking or swimming are some good choices. On the other 2 days, do strength training, like lifting weights.

If you've got a tight schedule, break your exercise routine into small chunks. Try a 15-minute walk in the morning and another before lunch.

WebMD



Kristin Chenoweth performs 'You're My Saving Grace' on TODAY

World's Largest Solar Plant Goes Online



The Indian state of Tamil Nadu is now home to the world's largest...

Climate Sensitivity



PHOTO: A fast "amplifying feedback" of warming is indicated by melting sea ice. (Supplied: Dr Jan Lieser)

The measure of climate sensitivity used by the Intergovernmental Panel on Climate Change (IPCC) estimates that a doubling of CO2 will lead to 1.5-4.5C warming. A doubling of CO2 levels from before the Industrial Revolution (280 parts per million) to 560ppm would likely surpass the stability threshold for the Antarctic ice sheet.

As the world warms, it triggers changes in other systems, which in turn cause the world to warm further. These are known as "amplifying feedbacks". Some are fast, such as changes in water vapour, clouds, aerosols and sea ice.

Others are slower. Melting of the large ice sheets, changes in the distribution of forests, plants and ecosystems, and methane release from soils, tundra or ocean sediments may begin to come into play on time scales of centuries or less.

Other research has shown that during the mid-Pliocene epoch (about 4.5 million years ago) atmospheric CO2 levels of about 365-415ppm were associated with temperatures about 3-4C warmer than before the Industrial Revolution. This suggests that the climate is more sensitive than we thought.

10 Reasons to Consider Herbal Medicine the Next Time You're Not Feeling Well



By Michelle Schoffro Cook

Most people either think herbal medicines are useless or use them in the same way as drugs.



When was the last time you cleaned the refrigerator? Wiping up the occasional drip and opening a box of baking soda doesn't count. We're talking a full-throttle cleaning that disinfects and organizes. Did you know that a neglected and dirty fridge can also cost you more money in energy bills and causing food to spoil faster?

Experts recommend emptying your fridge one shelf at a time once a month. Wipe each shelf using a solution of 1 quart cool water and 2 tablespoons baking soda. That's just the beginning of the checklist.

#HealthyLivingThursday

[See the full checklist](#)

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Doctor magazine

Eat a piece of cheese daily. Your friendly gut bugs loves them who cares for you **Cheese: Bursting With Calcium | The Sunday Leader**

Nomads in the Middle East and Central Asia carried milk in containers made from animal stomachs, when bottles were unheard of then. When on the move the milk got curdled due to an enzyme called rennet...

THE SUNDAY LEADER.LK

Nigella sativa



Nigella sativa, also known as black seed, is one of the more effective natural diuretics.

Nigella sativa, also called black cumin, black seed, or black caraway, is a natural diuretic shown to be as effective as a popular prescription diuretic. Nigella sativa increases urine output and in turn reduces sodium and potassium levels. The seed has a strong peppery flavor and used in Indian and Middle Eastern cuisine. Nigella sativa is being studied as a possible treatment for high blood pressure. High doses of Nigella sativamay cause liver damage. MNT

Life - A Continuous Cycle of Learning.

Life and Learning go hand in glove
Starting from the day you are born
Continuing until to the Good Lord you are drawn
An experience that spans a person's life and love

Learning starts the day you are born with face aglow
Nestled in your Mother's arms; fed with tender care and adoration
Groping for the source that sustains
Thus commences your first lesson in life and love

The learning curve continues with much parental love
Thrilling your Parents when you crawl, walk and run
Soon learning to utter words, sing and doing things that are fun
Under the watchful eyes of your Parents who will cherish and adore

The next step is attending school that is close
With a satchel of books and uniform to adorn
The first few days are lot of fun and games and making friends
Soon to be followed by serious studies and more

When you will seek a job with a future
That is to your satisfaction
Established with time; and you have settled in
When it is time to retire

At the age of retirement you think you are free
Soon find that the requirement to learn returns
No salt; No spices is what the Doctor says
And this is the first step in learning to eat; to survive

Learning to walk with the assistance of a cane comes to the fore
As your body weakens and your movements worsen
Learning to use eyeglasses/contact lenses is a must for vision
And other bodily faculties that need to be learned; to be used with care

Always remember that in life - "Learning is like the ring on your finger - It has no end".
Noor Rahim



Restaurant-Style Asian-Inspired Chicken & Broccoli

This recipe hits all the marks: cheap, easy, crowd-pleasing, healthy, one-pan, chicken, and delicious.

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Adequate Antioxidants for Anti-Aging

Supplementation of antioxidant vitamins and minerals may exert beneficial cardiometabolic effects, among men.



Antioxidant Vitamins - image from Shutterstock

A long-term study reaffirms the effects of antioxidants for health and aging. Karen Assmann, from Universite Paris (France), and colleagues analyzed data collected on 3,726 men and women enrolled in the Supplementation with Antioxidant Vitamins and Minerals Study, which tracked participants for Metabolic Syndrome both at the study's start and after 13 years of follow-up. Subjects self-reported dietary habits and medication use over the study period, while the researchers measured blood pressure, glycemic markers, cholesterol, triglycerides, and waist circumference). Among men, antioxidant supplementation associated with a higher probability of "healthy aging" – characterized by better scores of cardiovascular and metabolic measures.

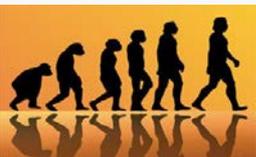
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How to clean and disinfect home using vodka

In a pinch, vodka makes a great disinfectant for the home. We'll toast to

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This Video Helped Me Realize Life Does Have a Purpose

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How to build a compost shower for free hot water



A heating system developed by a French innovator decades ago is gaining a new life as a sustainable way to get free hot showers in the modern world.



[Zamfir Greatest Hits | Best Of Gheorghe Zamfir](#)



What Makes the Ultimate Pizza Dough?

Really good dough only needs four ingredients, so what's stopping you?

Happy Thanksgiving Day.

The hot humid air that discomforted us is a thing of the past
With cooler and moist air replacing it so fast
The leaves are now changing colours to provide a pleasing feast
Of colourful kaleidoscopic proportions that will warm the cockles of one's heart
So pause awhile and imbibe on Mother Nature's free gift while it last(s)

It also inaugurates and reminds one of the thanksgiving event to the Good Lord
A day of family and friends gathering for a feast of sort(s)
But remember that it is "Thanksgiving Day", for the food
That the Good Lord has always provided
Thanksgiving Day is the hallmark; and celebration for the ongoing harvest

For every time you have food on the table – thank the Good Lord for His grant
For He is our Saviour and Provider, in satisfying our hunger & quenching our thirst
So let this Great Day be the start for the continuous "Thanksgiving" until the next
Exhibit your trust in Him; and give thanks to Him, every day and till the last
Cherish the gift of life provided by Him with supplication for those in need

Noor Rahim

Reasons to Love the Mediterranean Diet



Surprise! No Calorie Counting

You won't need a calculator for this meal plan. Instead of adding up numbers, you swap out bad fats for heart-healthy ones. Go for olive oil instead of butter. Try fish or poultry rather than red meat. Enjoy fresh fruit and skip sugary, fancy desserts.

Eat your fill of flavorful veggies and beans. Nuts are good, but stick to a handful a day. You can have whole-grain bread and wine, but in moderate amounts.

Editor: Much more nutritious than the "Rice & Curry" Sri Lankans enjoy. Anyway, Mediterranean diet is unaffordable for the average wage earner, unlike in the first world countries.

6 Big Mysteries of Alzheimer's Disease

Read Article

Alcoholic drinks when having diabetes

Written by Dr Harold Gunatillake-Health writer



Yes, true, people having raised blood sugar need to be careful drinking alcohol. They still can enjoy a drink or two without guilt, but intelligent drinking is the solution. Men with diabetes can still enjoy two drinks a day, just like the non-diabetics and women too can have just one drink a day.

A sugary drink I... [See More](#)

Are statins the cause of Diabetes, Breast Cancer, liver damage, Alzheimer's disease among others?

Brian Shilhavy
Health Impact News

The \$100 billion dollar cholesterol-lowering statin drug industry is under attack, as thousands of Americans are filing lawsuits against the manufacturers of cholesterol-lowering drugs such as Lipitor. Research continues to confirm just how dangerous these drugs are, with yet another study published recently linking increased statin drug use to t...

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Super Cheesy Stuffed Indian Flatbread



If you're a fan of quesadillas, you'll want to give these a shot.

Hot dogs-avoid

Processed meats in general are just one of the worst things you can put into your body. They're high in sodium and saturated fats (not the good kind, like those found in coconut) and filled with sodium nitrite (a commonly used preservative that adds color and flavor to meats) and often other chemicals and dyes.



Best Card Trick in the World

by StogieFarts

988,541 views



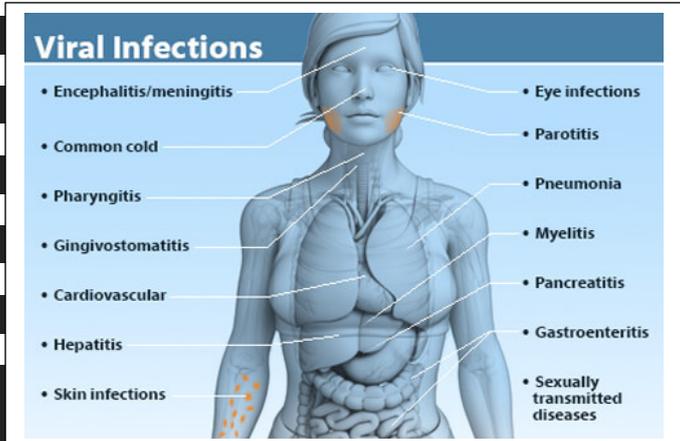
[Sadhguru- These Tools Will Totally Transform Your Healt...](#)
by VIBEZUP

Brain Cancer: Causes, Symptoms & Treatment

Brain cancer affects 1 in 140 men and 1 in 180 women. It can change a person's behavior and can be quite deadly, but it is rarely inoperable.

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What Is a Virus?



Viruses are small particles of genetic material (either DNA or RNA) that are surrounded by a protein coat. Some viruses also have a fatty "envelope" covering. They are incapable of reproducing on their own. Viruses depend on the organisms they infect (hosts) for their very survival. Viruses get a bad rap, but they also perform many important functions for humans, plants, animals, and the environment. For example, some viruses protect the host against other infections. Viruses also participate in the process of evolution by transferring genes among different species. In biomedical research, scientists use viruses to insert new genes into cells.

What Is a Viral Infection?

A viral infection is a proliferation of a harmful virus inside the body. Viruses cannot reproduce without the assistance of a host. Viruses infect a host by introducing their genetic material into the cells and hijacking the cell's internal machinery to make more virus particles. With an active viral infection, a virus makes copies of itself and bursts the host cell (killing it) to set the newly-formed virus particles free. In other cases, virus particles "bud" off the host cell over a period of time before killing the host cell. Either way, new virus particles are then free to infect other cells. Symptoms of the viral illness occur as a result of cell damage, tissue destruction, and the associated immune response.

How Long Are Viral Infections Contagious?

Contagiousness refers to the ability of a virus to be transmitted from one person (or host) to another. Viral infections are contagious for varying periods of time depending on the virus. An incubation period refers to the time between exposure to a virus (or other pathogen) and the emergence of symptoms. The contagious period of a virus is not necessarily the same as the incubation period.

Bacteria vs. Virus

Viruses and bacteria are two types of potentially disease-causing (pathogenic) particles. Viruses are much smaller than bacteria and can't reproduce without the assistance of a host. Bacteria are capable of reproducing on their own. The symptoms of viral and bacterial illnesses are sometimes similar. A doctor can determine the underlying cause of an illness based on the patient's symptoms and other factors. Lab tests may help clarify whether an illness is due to a virus, bacteria, or other infectious agent or disease process.

Virus Transmission

Viruses can be transmitted in a variety of ways. Some viruses can spread through touch, saliva, or even the air. Other viruses can be transmitted through sexual contact or by sharing contaminated needles. Insects including ticks and mosquitoes can act as "vectors," transmitting a virus from one host to another. Contaminated food and water are other potential sources of viral infection.

Respiratory Viral Infections

Respiratory viral infections affect the lungs, nose, and throat. These viruses are most commonly spread by inhaling droplets containing virus particles. Examples include:

Rhinovirus is the virus that most often causes the common cold, but there are more than 200 different viruses that can cause colds. Cold symptoms like coughing, sneezing, mild headache, and sore throat typically last for up to 2 weeks.

Seasonal influenza is an illness that affects about 5% to 20% of the population in the US every year. More than 200,000 people per year are hospitalized annually in the US due to complications of the flu. Flu symptoms are more severe than cold symptoms and often include body aches and severe fatigue. The flu also tends to come on more suddenly than a cold.

Respiratory Syncytial Virus (RSV) is an infection that can cause both upper respiratory infections (like colds) and lower respiratory infections (like pneumonia and bronchiolitis). It can be very severe in infants, small children, and elderly adults.

Frequent hand-washing, covering the nose and mouth when coughing or sneezing, and avoiding contact with infected individuals can all reduce the spread of respiratory infections. Disinfecting hard surfaces and not touching the eyes, nose, and mouth can help reduce transmission as well.

WebMD

Beautiful poem by Rabindranath Tagore

"Go not to the temple" - Rabindranath Tagore
*Go not to the temple to put flowers upon the feet of God,
First fill your own house with the Fragrance of love and kindness.*

*Go not to the temple to light candles before the altar of God,
First remove the darkness of sin, pride and ego, from your heart...*
*Go not to the temple to bow down your head in prayer,
First learn to bow in humility before your fellowmen.*

*And apologise to those you have wronged.
Go not to the temple to pray on bent knees,
First bend down to lift someone who is down-trodden.
And strengthen the young ones. Not crush them.*

*Go not to the temple to ask for forgiveness for your sins,
First forgive from your heart those who have hurt you!*

God Bless
Sent by Aloni

What's up, buddies?

A couple of handfuls of your body aren't actually your body. For every one of your cells, 10 microbes live inside you, and these hangers-on collectively compose a few



pounds (1 to 3 percent) of your total weight. Some of this in-house fauna cleans our skin while some helps us digest food, but the bulk of these microbes contribute to our bodily functions in ways unknown. Healthy people even harbor low levels of harmful viruses, which appear to do something besides sicken us.

"We're just learning that the consequence of antibiotics is that when you get rid of the good bacteria in our guts, we can develop autoimmune diseases [such as Type 1 diabetes]. We're not as advanced in our understanding of viruses. What do viruses do for us?" Vincent Racaniello, professor of microbiology and immunology at Columbia University, told Life's Little Mysteries. Clearly, we've signed up for a whole bunch of symbiotic relationships, and have no idea what we're getting out of the deal.

By Natalie Wolchove



Why Do French Fries Taste So Bad When They're Cold?

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Pandith Amaradewa no more ←

Low Vitamin D Increases Mortality Risk

Posted on Oct. 3, 2016, 6 a.m. in [Vitamins | Bone and Dental | Cardio-Vascular](#) | A comprehensive population-based study finds that low levels of 25-hydroxyvitamin D is linked with all-cause death.

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Gut Bacteria May Help Decrease Stroke

Posted on Oct. 3, 2016, 6 a.m. in [Stroke | GI-Digestive | Immune System](#) | Certain types of bacteria in the gut can leverage the immune system to decrease the severity of stroke.

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Targeting the Biological Process of Aging

Scientists have determined that fighting the biological process of aging at the cellular level will pay off big, with revolutionary new treatments.

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Fuel up on Coffee for Longevity

Posted on Sept. 30, 2016, 6 a.m. in [Longevity | Cardio-Vascular | Functional Foods](#) | Drinking up to five cups of coffee a day can help you live longer

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10 'Barbaric' Medical Treatments That Are Still Used Today

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Protein requirement per day

How much protein you need depends on your sex, age, how much you weigh, how active you are, and other things. But yes, guys usually need more protein than women. An average man needs about 56 grams of protein a day. Women need 46 grams. A typical day with about 50 grams of protein could include: Chicken (3 ounces), two large eggs, 2 tablespoons of peanut butter, and 8 ounces of yogurt.

If you're like most Americans, you get all the protein you need. You should usually get about 10% to 35% of your calories from protein every day.

WebMD

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Germany's Bundesrat, its upper house of parliament, passed a bipartisan resolution calling for ... [READ MORE](#)



Where on Earth Are We Going to Put the Next Billion People?



Listeria

Listeria is found naturally in soil and water, and animals can carry the bacteria without appearing sick, according to the Centers for Disease Control and Prevention. This means that animal products, including dairy products, can be [contaminated with Listeria](#).

Unlike many other types of bacteria, *Listeria* can grow in the colder temperatures of refrigerators. "It's a pathogen that's particularly problematic in food-processing plants because it really likes cold, moist, dark environments," Benjamin Chapman, a food safety expert at North Carolina State University in Raleigh, told Live Science in a 2015 interview. Although the bacteria cannot [grow at freezing temperatures](#), they can still survive at those temperatures.

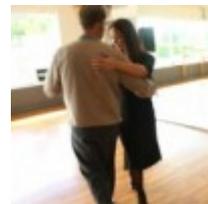
Listeria infections can be serious, and even deadly, particularly for certain groups of people, including young children, pregnant women, the elderly and people with weakened immune systems. The infection can cause fever, muscle aches and diarrhea, and in pregnant women, it may cause miscarriage or stillbirth, the CDC says.

LiveScience

Dancing with Parkinson's: Finding relief through tango

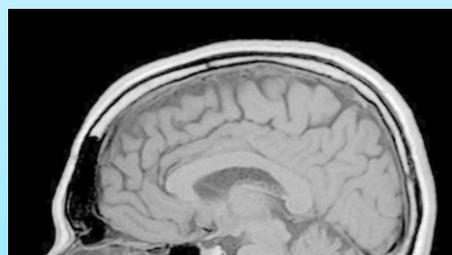


Dancing the tango is helping people with Parkinson's find relief from the disease and giving them a sense of freedom, with one teacher saying participants report feeling safer, more stable and more balanced.



Antidepressants 'could be prescribed with brain scan'

A brain scan could determine which depression medication will work best for each person, say Australian and American researchers — a significant finding for the millions of people who suffer from the mental illness.



Tiny Kitchen | Shrimp Tempura



Can we fry the shrimpiest of shrimp?

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

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