



Health & Views

[Chemo dosage inquiry to hear about hospital's](#) 

[DNA of unidentified, extinct species found in Pacific Islander people: research analysis](#)

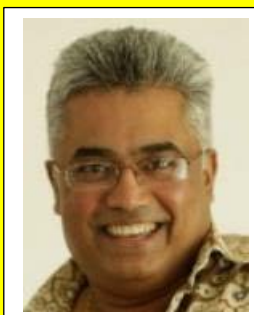
People from Papua New Guinea and north-east Australia carry small amounts of DNA of an unidentified, extinct human species, a new analysis shows, with researchers suggesting the DNA comes from a previously unknown extinct hominid.



[Cardiac implants 'vulnerable to life-threatening hacks'](#)

Sam Masachchi elected as President of the Sri Lanka Association of NSW


The AGM of the above association was held at the Community Centre, Fox valley Road, Wahroonga on Sunday 23rd October. Sam Masachchi the new president had his secondary and tertiary education in Sydney and he embarked on a fulltime career in the fast food sector. Currently he is leading the Subway team out of the Concord head office as company GM.

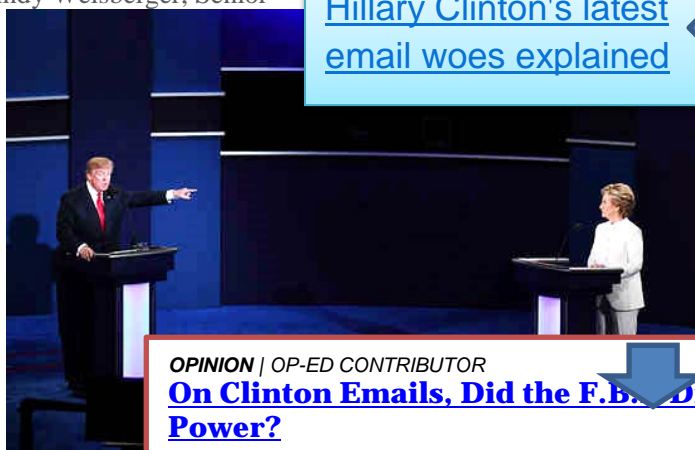


When interviewed he said, "With 20 years of corporate experience he is well versed in the intricacies of day-to-day life in Australia and common challenges we face as a community, and managed teams of all sizes with great success and have served on boards at State and National levels". With his experience as background and serving as a popular figure in the previous executive committee of the SLA, he was unanimously elected as president. 'Health & Views' wish him all the best for a successful year in his endeavours.

Nasty Elections: 5 Times Presidential Candidates Went Low

By Mindy Weisberger, Senior

[Hillary Clinton's latest email woes explained](#) 



OPINION | OP-ED CONTRIBUTOR
[On Clinton Emails, Did the F.B.I. Direct Power?](#) 

Writer
Credit: Ethan Miller / Getty Images

How low can they go?

One of the many memorable lines to emerge thus far from the 2016 presidential election cycle was not uttered by either of the candidates, but by First Lady Michelle Obama, during her speech at the Democratic National Convention on July 25.

Obama shared a family motto that shaped their reactions to cruel and hateful taunts: "When they go low, we go high."

The sentiments in Obama's words are admirable, particularly considering that [the accusations and insults that have been flung during this election cycle](#) are especially ugly. At the third and final presidential debate on Oct. 19, Democratic candidate Hillary Clinton needled Republican nominee Donald Trump about being Russian president Vladimir Putin's "puppet," and about encouraging Russian espionage against Americans. When he boasted about his "beautiful apartment," she remarked that it had been built with Chinese steel — which is frequently imported illegally to the U.S., she had said earlier. [\[We Fact-Checked the Science Behind the Republican Party Platform\]](#)

Meanwhile, Trump suggested that \$6 billion went missing from the State Department under Clinton's [watch](#), accused her of deleting 33,000 emails "criminally," said that Putin had "outsmarted her at every step of the way [sic]," and capped it off by muttering, "Such a nasty woman," while Clinton was speaking about Social Security.

But this is far from the first time in American history that vitriol has poisoned the air during a [political](#) season. In fact, the tradition of tearing down one's opponent in the most vicious manner possible extends back to some of the earliest presidential face-offs. Here are five elections where candidates were really hitting below the belt. EcoWatch

Watch 'Ellen' staffers get hilariously freaked out visiting a haunted house

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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 our new email address:
haroldgunatillake1@gmail.com



2017 FESTIVAL PROGRAM ANNOUNCED

With an enthralling mix of circus, theatre, music, dance, installations, workshops, films, talks and more, one thing is guaranteed: January is going to be jam-packed.

We're celebrating summer in Sydney with style, and you're invited.

Get in early and save with a Festival Multipack - on sale 9am Thursday 27 October. General tickets are on sale 9am Monday 31 October.

[SEE THE FULL PROGRAM](#)

[REQUEST A BROCHURE](#)

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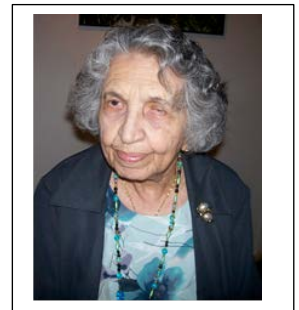
Vatican Issues New Cremation Guidelines for 'Faithfully Departed'



Just in time for All Souls Day on Nov. 2, the Catholic Church has published instructions for the cremation of the "faithfully departed."

[Read More](#)

A TRIBUTE



Dorrit Blaze (age 100 years & 11 months) was called to be with Lord on the night of Sunday the 16th October 2016.

In Australia Dorrit was the founder & life member of the Australia Ceylon Fellowship, the Burgher Association, The Volunteer Outreach Club, and a member of Operation Hope, Inc.

In Sri Lanka (then known as Ceylon), she was an inaugural member and secretary of the Dematagoda Christian Guild, founded in 1934.

She, being a dedicated and active member of these organisations was also involved in other interests and church activities and much have been said and written about her in the past.

I do not wish to reiterate on all of her achievements, the sacrifices she has made, her devotion and the friendships she has shared throughout the years but just like to emphasize what a gracious, dignified lady she was, wrapped up in her unassuming nature and qualities.

Dorrit has set the example and has been such an inspiration. She has left indelible footprints on the sands of time if we should care to follow.

She will be truly missed by many. May her soul rest in peace.

Thank you Dorrit for being more than a friend.

Charles Schokman

To Read Latest Doctor Magazine, Visit...

https://issuu.com/waidyayarayasrilanka/docs/november_2016_magazine_online



Top Immune System Boosters

Posted on Oct. 20, 2016, 6 a.m. in Immune System | Exercise | Functional Foods |

Top tips for boosting your immune system and increasing your chances of fighting off illness this season.

[Continue reading...](#)

http://www.youtube.com/watch?feature=player_embedded&v=WSIUf2hD6lo

'Foods are not drugs': Dietitians fight fads and superfood hype



Coffee can cause sweating

That morning cup of Joe will do more than wake you up -- it can also make you sweat. Coffee increases perspiration in two ways. First, caffeine stimulates the central nervous system, activating sweat glands (the more caffeine you drink, the more you sweat). Second, the heat from the drink itself can make your body feel hot enough to sweat.

Lankan-Australian "News-King": Always read

View this email in your

[browser](#)



Exclusive Clip: DiCaprio's Climate Doc Exposes Destruction of Rainforest for Palm Oil as Huge Driver of Global Carbon Emissions

A new documentary produced and starring actor and activist Leonardo DiCaprio premieres in Los Angeles today and will be broadcast globally in 45 languages in 171 countries on the National Geographic Channel starting Oct. 30, timed to air in advance of the November elections.

The film highlights the critical role forest destruction plays in driving carbon pollution into Earth's atmosphere and focuses specifically on how the rapid spread of industrial palm oil plantations in Southeast Asia are at the heart of this crisis. The film is directed by Fisher Stevens who, like DiCaprio, is an Academy Award winner.

Watch the exclusive clip here:

The film captures DiCaprio's visit to the Leuser Ecosystem in Aceh, Indonesia, where extremely high rates of forest clearance have exacerbated the climate change dilemma. Indonesia is now one of the world's top carbon emitting countries, primarily due to the massive deforestation in the region. *Before the Flood* notes that as it was being filmed in late 2015, man-made fires in Indonesia were spewing more carbon pollution on a daily basis than the entire U.S. economy combined. These illegal fires are an annual occurrence as a method of clearing land for palm-oil plantations. And just more than a week ago, the Indonesian government again declared a national state of emergency due to the severe impacts caused by the uncontrolled fires.

Watch [EcoWatch](#) @ [EcoWatch](#)

Watch [@LeoDiCaprio's #ClimateChange Doc Online for Free](#)

<http://rbl.ms/2fc8DHN> #BeforetheFlood @NatGeo

1:50 AM - 26 Oct 2016



Watch Leonardo DiCaprio's Climate Change Doc Online for Free

"We are committed to ensuring as many people as possible see this film as we head into U.S. elections."

ecowatch.com

According to the United Nations' Food and Agriculture Organization (FAO), the average person's minimum calorie requirement per day globally is **approximately 1,800 kilocalories (7,500 kJ)**.



Does this herb hold the secret to a long life?

[New York Post](#)
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(iStock)

The ticket to a long life may be growing in your herb garden.

In Acciaroli, a hamlet in Southern Italy, a potent variety of rosemary appears in nearly every dish. Residents regularly live to 100 or older, are less likely to develop heart disease and other age-related diseases, and have exceptional brain function into their second century. Scientists from the University of California at San Diego and Rome's Sapienza University think rosemary is one reason.

[More on this...](#)

[Mail-order tests check for signs of early aging](#)

[Researchers identify protein that could lead to anti-aging treatment](#)

[How long can people live? New study suggests there's a limit](#)

The Post first reported on the research in April, when it was still ongoing, and, in September, the final findings were unveiled at a conference in Italy.

"[Acciaroli residents] eat rosemary almost every day, and they grow it," UCSD researcher Alan Maisel told the Agence France-Presse.

"We know that rosemary improves brain function."

Cleveland Clinic registered dietitian Kristin Kirkpatrick says the benefits of fresh rosemary are linked to the essential oils it contains. She estimates that consuming 2 tablespoons of any variety of the herb, whether cooked or raw, a few times a week is enough to see health benefits.

Marinate your meats

Rosemary is "wonderful to tuck into a chicken with a lemon and a little bit of garlic," says Danielle Rehfeld, an NYC-based chef and the founder of the Inherited Plate. The herb pairs well with the "other white meat," too. Rehfeld suggests you "finely chop [the rosemary], mix with olive oil and garlic, and place in a hole that extends through the entire length of a big pork loin," before roasting the whole thing at a low temperature.

The Great Presidential Elections.

*The World looks on with unabated breath and interest
At a major and "looked forward to" Political event
That of the Presidential Elections in the Land of the Free
And the iconic Champion of World Democracy*

*They draw the cynosure of the World populace and the Pundit(s)
Looking and longing for a convincing and meaningful debate
Anticipating changes for the better; with interest, concerns and curiosity
But the contestant put up a "soap show" discussing matters that were saucy*

*The absence of decorum and tact was indeed very prevalent
Each one highlighting the others shortfalls, pitfalls and alleged unsavoury past
Policies to improve the well-being of the land & to succeed appeared secondary*

*How sad it is to witness this debacle in the Land so exemplary
To some of us it was a great disappointment and consternation
To watch a setback so decadent
Which is reminiscent of a 3^d World's Political way
The whole World watches for a meaningful & fruitful result; for which we all pray*

Noor Rahim- Canada

['Foods are not drugs': Dietitians fight back against paleo diets and superfood hype](#)



<https://youtu.be/UZH1XEug-Y>

Alston Koch in Hollywood

[FDA Warns of Dangers From Testosterone Supplements](#)

[New Guidelines Urge Diabetics to Move More](#)

[The Most Common Diabetes Complication](#)

[What Are Normal Triglyceride Levels?](#)

Earth Just Permanently Passed Climate Threshold



A sunset over the Arctic during a NOAA Climate Program expedition north of Russia. NOAA Photo Library/Flickr cc 2.0

Carbon dioxide concentration in the atmosphere stayed **above 400 parts per million (ppm)** during September—a time when CO2 levels typically hit the yearly low—raising fears that the planet has reached a **point of no return**. "Concentrations will probably hover around 401 ppm over the next month as we sit near the annual low point. Brief excursions towards lower values are still possible but it already seems safe to conclude that we won't be seeing a monthly value below 400 ppm this year—or ever again for the indefinite future," Ralph Keeling, director of the CO2 program at Scripps Institution of Oceanography, wrote in a **blog post**. The increase in CO2 levels runs parallel to a **marked increase** in global temperatures.

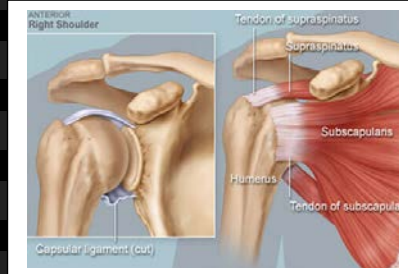
For more **climate change** and **clean energy** news, you can follow *Climate Nexus* on **Twitter** and **Facebook**, and sign up for daily **Hot News**.



Rotator Cuff Injuries

Rotator cuff tears can be career-ending for professional athletes and are one of the most common causes of shoulder pain for everyday folks. So, what is a rotator cuff and how can it tear?

Shoulder Anatomy: The Rotator Cuff



The rotator cuff refers to a group of four tendons and muscles that form a "cuff" to stabilize the shoulder joint and keep the arm in the shoulder socket, while allowing it to move in different directions.

The shoulder joint is stable because of the rotator cuff, but it is also relatively weak. Acute injuries or repetitive stress and strain on the joint can cause swelling and tears in the tendons.

What Are the Causes?

Most of the time, rotator cuff injuries are caused by repetitive stress on the rotator cuff, or degeneration caused by aging. Such repetitive stress can include injuries sustained from sports, particularly those that require a lot of shoulder movement such as baseball, tennis, swimming, weightlifting, and football.

As we age, reduced blood supply to the rotator cuff tendons means damage does not repair itself as well, and bone spurs (bony overgrowths) can also weaken the tendon and lead to tears.

Acute Rotator Cuff Tear

An acute rotator cuff tear occurs when there is excessive force exerted on the rotator cuff tendon. The amount of force needed to tear a rotator cuff tendon varies from person to person and the condition of their rotator cuff tendon prior to trauma. In a person with a healthy tendon, it could require the stress of a fall, landing on an outstretched arm to tear the tendon. But if the tendon has pre-existing degeneration, the force required for it to tear may be modest, such as lifting a moderately heavy object.

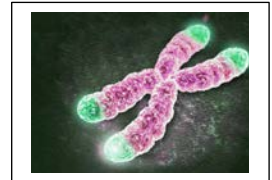
Chronic Tear

Chronic rotator cuff tears are commonly seen in people whose occupations or sports require them to reach their arms overhead frequently, such as in baseball pitchers, tennis players, or even painters. Use of the arm in such a position causes repetitive trauma to the rotator cuff muscles and tendons.

Medicine.Net

Reversing Age-is it possible?

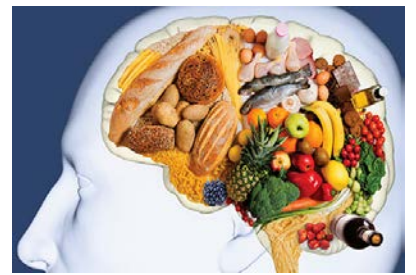
Written by Dr Harold Gunatillake FRCS, FICS, FIACS, AM (Sing), MBBS (Cey) –Health writer



The average life expectancy at birth was 68 years and 6 months for males and 73 years and 6 months for females during 2010 and 2013, figures released by the United Nations World Population Prospects 2012 Revision. Japan leads the figures with both sexes expectancy of 83.7, followed by Singapore, Switzerland and Australia; in that order The lowest expectancies...

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Brain-Healthy Food Groups



The MIND diet has 10 groups: green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and wine. You have to love a diet that has wine as a food group.

Protein

The diet calls for beans every other day, poultry twice a week, and fish once a week. Or make bean-and-turkey chili to eat for a few days. All these foods are high in protein and low in saturated fats, making them good for your overall health as well as for your brain health.

Vegetables and Grains

You'll need a salad, one other vegetable, and three servings of whole grains every day. Any vegetable will do, but collard greens, kale, and spinach are especially good. Though there's little research on brain function and grains, part of the science behind the MIND diet may include how the foods work together. Researchers are still trying to figure out why it works so well.

WebMD

Alston on the stage



Sri Lankan born Alston Koch continues to raise the barrier for all entertainers of Asian origin when he serenaded the contestants at the **QUEEN OF ASIA PACIFIC** to a 'Full House' at the most prestigious entertainment venue ;The Theatre Of The Arts (The Saban Theatre) in Beverly Hills, Los Angeles.

Koch was also recognized recently by the US Congress for his contribution to the American community.

<https://www.youtube.com/watch?v=LmHoL4hbU5U>

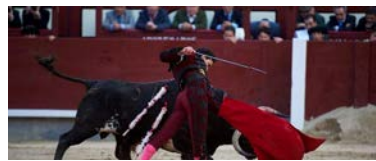




Grapefruit

There's no magic bullet for weight loss. For example, you may have heard that grapefruit "burns" fat, right? Wrong. No food can do that. But if you eat grapefruit as a snack instead of chips or a candy bar, that can help you lose weight. Among other things, it's a good source of vitamins A and C.

WehMD



What Really Happens to Fighting Bulls After the Fight?

Read Article

How Do You Peel an Egg in 5 Seconds?

This simple hack will make you peel an egg infinitely easier. Trust us.

Twins Conjoined at Head Now Separated: What Causes Rare Condition?



Twin boys who were born joined at the head are now successfully separated after they underwent a rare surgery that took more than 20 hours.

[Read More](#)

Relax, read, share & file



Climate change has doubled western US forest fires, says study

The Earth Institute at Columbia University

Nuts

You're more likely to stick to a diet that includes nuts, so you're more likely to lose weight as well. Grab a handful -- don't let the fat content put you off. The fats in nuts are healthy and help satisfy hunger, making you less likely to overeat.- WehMD

Purdue scientists have bright idea for detecting harmful bacteria in food products



Purdue University

Relax & enjoy reading this newsletter: then share with friends



The Boulevardier Cocktail

Game night is best when played with a cocktail upon arrival. If you're hosting, whip up a batch of this simple drink.

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Nearly 200 countries sign climate change agreement to reduce HFCs

Nearly 200 countries agreed to reduce hydrofluorocarbons (HFCs), one of the biggest pollutants. The gradual reductions will take place over the next decade.

[WATCH NOW](#)



15 lasagna recipes you have to try, because lasagna is the best dish ever

Able to feed a crowd and please even the pickiest child, lasagna is our baked pasta hero. Here are 15 ways to enjoy it.

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Let's talk about Apple Cider Vinegar and its multi-benefits
Written by Dr Harold Gunatillake-Health writer
A bottle of Apple Cider Vinegar on your kitchen table kept ready at hand is one of the most vital items, as important as onions, spices and so on. It has many uses such as for cleaning, washing your hair, preserving food, to clean your skin of exfoliated skin and moles, in addition to being u... [See More](#)

[Chicken nuggets, fish and chips — are kids' menus across Australia training children to eat bad food?](#)



Greek Yogurt



Greek yogurt has almost twice as much protein as other yogurts. It takes longer to leave your stomach, keeping you satisfied longer. Plus, you burn more calories digesting protein than carbs. Choose nonfat, low-fat, and low-sugar types.

Pile on the Protein for your testosterone

Lean beef, chicken, fish, and eggs are some of your options. Tofu, nuts, and seeds have protein, too. Try to get about 5 to 6 ounces per day, although the ideal amount for you depends on your age, sex, and how active you are. When you don't eat enough of these foods, your body makes more of a substance that binds with testosterone, leaving you with less T available to do its job.

[Thai Chicken & Mango Stir-Fry](#)



By Lorraine Chow | [Energy](#) | **World's Largest Tidal Energy Farm Launches in Scotland**



Scotland, already a [renewable energy powerhouse](#), has launched the first and largest free stream [tidal power](#) project in the world



[Humans may have reached maximum lifespan](#)



[Technology helps disabled people get back behind the wheel.](#)



Lentils Lend Longevity

In countries with low selenium consumption, lentils may be an affordable and accessible food to supplement the mineral.



Lentils - image from Shutterstock

It is estimated that one billion people globally suffer from selenium deficiency due to low dietary intake in countries where soil selenium levels are low. A legume that is low in calories, rich in fiber, and a good source of protein, lentils (*Lens culinaris* subsp. *culinaris*) may be an affordable and accessible food to supplement the mineral. Kadambot Siddique, from The University of Western Australia (Australia, USA), and colleagues assessed soil samples in Bangladesh and Australia to determine the concentration of selenium in lentil seeds. Seed selenium concentration in Bangladesh studies averaged 312 µg/kg compared with 200 µg/kg in Australia. In both countries, research showed that different varieties of lentils and the location they were grown in was a factor for seed selenium concentration. In Australia, they showed that applying 40grams per hectare (g/ha) of selenium directly on lentil plants during its reproductive stage increased its concentration in the seeds by more than 10 times from 200 micrograms per kilogram (µg/kg) to 2772 µg/kg. The study authors submit that: "foliar application [selenium] is an efficient agronomic approach to improve seed [selenium] concentration for lentil consumers."

[VIEW NEWS SOURCE...](#)

Cough Syrup.....

The pharmacist walks into the store to find a guy leaning heavily against a wall.

He asks the blonde clerk: "What's with that guy over there by the wall?"

The blonde clerk responds: "Well, he came in here this morning to get something for his cough. I couldn't find the cough syrup, so I gave him an entire bottle of Laxative."

The pharmacist yells: "You idiot! You can't treat a cough with laxative!"

The blonde clerk responds, "Of course you can! Look at him, he's afraid to cough". 😊

Sent by AlaviHussain

Why do your legs swell?

Written by Dr Harold Gunatillake –Health writer

When you are young and active swelling of the legs and round the ankles are a rarity unless you suffer from a disease like nephritis- chronic inflammation of the kidneys due to many reasons.



Venous blood pumping from the feet and legs work efficiently through the pumping action of the peripheral heart and that would be your calf muscles. There is an efficient lymphatic system which takes extra-cellular bo...

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Florentine Potatoes Are for Every Type of Potato Lover



No matter how you like potatoes, these are the ones for you.

FDA to Parents: Don't Give Your Kids Homeopathic Teething Tablets

Some tablets and gels aimed at helping to soothe babies' teething pains may be dangerous for infants and toddlers, the Food and Drug Administration (FDA) announced in a statement Sept. 30.

[Read More](#)



One-Pot Mexican Steak and Potato Stew with Guajillo Sauce

Go beyond classic steak and potatoes with this spicy Mexican stew

[READ MORE](#)



Potatoes have lots of carbs. But they also have loads of nutrients, like potassium and magnesium. And they're much lower in calories than other staples (we're looking at you, rice and pasta). That is as long as you leave off the butter, sour cream, cheese, and bacon bits. (Sigh.)

Hot Potato, Cold Potato

The starch in potatoes can be hard to digest -- it's called resistant starch. So your body changes some of it into short-chain fatty acids that help keep your gut healthy and may help prevent obesity, colon cancer, and diabetes. Cooking does away with some, but it comes back when the potatoes cool. Potato salad, anyone?

Potatoes Have Protein

Along with resistant starches, this might help lower bad cholesterol. Scientists are still looking into it, but in the meantime, you might try some boiled red potatoes with a touch of olive oil as part of your healthy diet. In moderate amounts, the oil can be good for your cholesterol, too.

WebMD

Cocoa for Cardiovascular Health

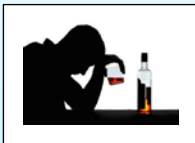
Cocoa flavanols help to lower blood pressure and increase blood vessel function, among healthy adults.



Hot chocolate - image from Shutterstock

European Union Consortium researchers report two studies that suggest that consuming cocoa flavanols – plant-derived bioactives from the cacao bean – may help to improve cardiovascular function and lessen the burden on the heart that comes with the aging and stiffening of arteries. In the first study, Christian Heiss, from the University Duesseldorf (Germany), and colleagues enrolled two groups of 22 young (under 35 years) and 20 older (50-80 years) healthy men, to consume either a flavanol-containing drink, or a flavanol-free control drink, twice a day for two weeks. The researchers then measured the effect of flavanols on hallmarks of cardiovascular aging, such as arterial stiffness (as measured by pulse wave velocity), blood pressure and flow-mediated vasodilation (the extent to which blood vessels dilate in response to nitric oxide). The team observed that vasodilation was significantly improved in both age groups that consumed flavanols over the course of the study (by 33% in the younger age group and 32% in the older age group over the control intervention). As well, among the older age group, a statistically and clinically significant decrease in systolic blood pressure of 4 mmHg over control was also seen. In the second study, Roberto Sansone, from the University Duesseldorf (Germany), and colleagues, enrolled 100 healthy middle-aged men and women (ages 35 to 60 years) with low risk of cardiovascular disease. The participants were randomly and blindly assigned into groups that consumed either a flavanol-containing drink or a flavanol-free control drink, twice a day for four weeks. The researchers also measured cholesterol levels in the study groups, in addition to vasodilation, arterial stiffness and blood pressure. The team observed that cocoa flavanols increased flow-mediated vasodilation by 21%; as well as decreased blood pressure (systolic by 4.4 mmHg, diastolic by 3.9 mmHg), and decreased total cholesterol (by 0.2 mmol/L), LDL cholesterol (by 0.17 mmol/L), and raised HDL cholesterol (by 0.1 mmol/L). Taken collectively, the Consortium submits that flavanols are effective at mitigating age-related changes in blood vessels, and could thereby reduce the risk of cardiovascular disease in healthy individuals.

[VIEW NEWS SOURCE...](#)



New Drug May Help People with Alcohol Addiction Reduce Drinking

September 29, 2016 | Article
A new drug may benefit people with alcohol addiction, particularly those who are experiencing high levels of stress, a new study suggests.

[Read More](#)

Alcohol's Toll on the Heart: Bigger, Not Better

Article
Drinking alcohol, even in moderate amounts, may increase the size of the heart's left atrium, a new study finds.

[Read More](#)

Your comments on this newsletter are welcome



SLIDESHOW

What's Crohn's Disease?

Discover causes, symptoms, and treatments for this chronic disease of the intestines. [Read more...](#)

Note: Any medical information published on this website is not intended as a substitute for informed medical advice and you should not take any action before consulting with a health care professional

[Dance classes for people with Parkinson's keeps them moving, laughing, connecting](#)

Avoid eating processed meats



Processed meats are preserved by curing, salting, smoking or adding preservatives. They include bacon, ham, salami, chorizo, luncheon meats and some sausages.

Processed meats may be a family favourite, but eating them increases the risk of bowel cancer. For every 50 grams of processed meat eaten a day, there is an 18 per cent increased risk of bowel cancer.

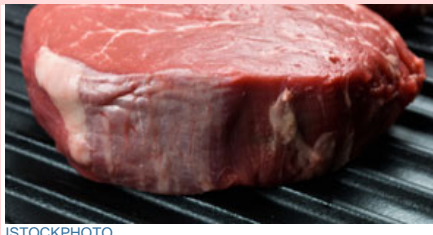
Swap your breakfast bacon for a poached egg and grilled tomato on wholegrain bread. Swap chopped bacon in recipes for an onion browned with garlic and a tablespoon of sunflower seeds, pumpkin seeds or nuts to add flavour, crunch and nutrients.

Abc.net

Red meat: less is better?

by Cathy Johnson

New research finding a link between a chemical in red meat and heart disease has again raised the question: how much red meat should we eat?



ISTOCKPHOTO

In bad news for carnivores, new research links eating red meat – even if its lean and unprocessed – to heart disease.

The new work adds to a wealth of previous studies, which suggest eating large amounts of red meat is bad for your health.

This latest research is based on a series of studies on mice and humans, where researchers found a chemical in red meat called *L-carnitine* is associated with a build-up of fatty deposits in blood vessels, which can lead to heart attacks and strokes. As well as being found in meat, carnitine is also taken on its own as a dietary supplement by some people, including athletes and body builders.

The results show carnitine interacts with microbial bacteria living in the gut, where it is converted to another compound (trimethylamine N-oxide or TMAO), which affects the body's ability to remove fatty deposits from the artery walls. While it's unclear which gut bacteria are responsible for the interaction, findings suggest meat eaters have more of these bacteria than vegetarians.

The researchers say this is a new way in which eating red meat may result in heart disease, separate to the influence of cholesterol or saturated fat in the meat. It may explain why some studies have linked even lean red meat, which is low in saturated fat, to heart problems.

Kangaroo meat

If these findings are correct, they suggest kangaroo meat may actually not be such a healthy choice after all.

Professor John Funder, executive chairman of Obesity Australia and Professor of Medicine at Monash University says: "kangaroo meat – long considered very healthy, given its very low fat content – has more *L-carnitine* per gram than any other red meat; on the basis of the authors' findings, it may not be such a healthy option after all".

But Professor Garry Jennings, director of Baker IDI Heart and Diabetes Institute, cautions that the issue of red meat consumption is controversial.

"While this paper makes some clever observations, the overall evidence that red meat is harmful is not consistent with a broader body of evidence. Some studies have shown a moderate adverse effect, others only with processed meats and others have shown no risk associated with red meat."

"A balanced diet remains the best recommendation," he says.

(You'll find more of what Funder, Jennings and other experts have to say on this research at the Australian Science Media website [here](#).)

How much to eat?

Eating large amounts of red meat has also been linked to bowel cancer – Australia's second largest cancer killer. If you're eating processed meats, such as bacon, ham, and salami, then the link with bowel cancer is even stronger.

While acknowledging lean red meat is a source of protein and nutrients, such as iron, zinc, iodine and essential fatty acids; its links with cancer have seen the Australian dietary guidelines recommend we limit how much we eat.

It's recommended we eat no more than 700 grams (raw weight) of lean unprocessed red meat a week for most adults.

And just to clarify, health authorities classify red meat as beef (and veal), lamb, kangaroo, goat and pork, even though this was once marketed in Australia as "the other white meat".

Research behind the guidelines suggests on average Australian men eat too much red meat, and should eat a little less; while women and children need to eat more unprocessed lean red meat.

It's recommended we also include significant amounts of other alternative protein sources in our diet, such as poultry, fish, eggs, nuts, seeds, legumes and beans.

The Heart Foundation of Australia says meat is a good source of protein, iron and zinc as well as B vitamins. It recommends we choose lean meat over fatty cuts and remove visible fat

Is Bad Hair Related to Bad Health?

Your hair is a product of your body and is produced by hair follicles situated in the deepest layer of the skin. It is composed mostly of dead protein and pigment. Changes in your body's metabolism can be reflected by changes in the quantity, thickness, and texture of hair. The anatomical location of the hair follicle plays a major role the variety of hair produced.

White Flakes Are Not a Health Risk

Dandruff is the name given to skin scale that the scalp produces. Since part of the function of skin, including that on the scalp, is to produce a semi-impenetrable horny barrier to protect us from the outside environment, a few scales are perfectly normal.

Dandruff Treatment Tips

Occasionally, if there is excessive scaling in the scalp, it may be necessary to change certain habits to diminish the amount of dandruff.

Infrequent shampooing alone is sufficient to produce what appears to be excess dandruff.

The accumulated flakes of skin produce an unpleasant appearance on the hair and clothing. All that needs to be done is to shampoo more often. If the origin of the dandruff is a scalp disease, using a medicated anti-dandruff shampoo is often helpful. If this fails, it may be necessary to seek a professional's opinion

Medicine.Net

Drink Some Alcohol, but Not Too Much

If you drink, any type of alcohol helps your heart, but use caution. Too much raises your risk of high blood pressure, heart attack, and stroke.

To get the benefit without the risk, limit yourself to one drink a day if you're a woman and two if you're a man.

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 SOUR](#)

Kids and Chemicals in Your Home-Volatile Organic Compounds (VOC)

Air pollution may be worse inside your home than out. Volatile organic compounds (VOCs), for example, are gases released by many household products. They may cause problems like headaches, nausea, and irritated eyes and throat. Indoor air pollution may be especially harmful to kids, who breathe faster than adults, inhaling more air. It particularly can affect babies, who are near the ground where heavy contaminants hang in the air.

Carpets Can Emit Chemicals

Many people complain of headaches, rashes, and eye and throat irritation when carpet is installed. New carpeting, padding, and adhesive give off potentially harmful gases. Choose low-VOC carpet and ask that it be unrolled and aired out several days beforehand. Stay out of your house during installation and keep it well-ventilated for days afterward. For kids with allergies and asthma, consider other flooring options.

Paint and Indoor Air Pollution

Paints and paint strippers can emit harmful gases. To minimize health risks, choose low-VOC paint and keep the windows open while painting and for several days while paint dries. Try not to store paint cans because gases can leak, even from sealed containers. If you must store paint, keep it in a well-ventilated area, away from the main living areas of your home

Health Issues With Teflon Fumes

Cooking with nonstick cookware may release toxic fumes at very high temperatures. Nonstick coatings like Teflon emit chemicals when heated above 500 degrees. Don't use it in very hot ovens or preheat it on high on stovetops, and always use an exhaust fan. Instead, consider using cast iron or stainless steel pots and pan

Cleaning Product Health Problems

The chemicals found in some household cleaners can be toxic if inhaled or touched, causing rashes and irritating the respiratory tract. This is particularly true for people prone to skin or breathing problems. Some products may aggravate allergies. Those that contain ammonia and chlorine may be especially irritating to children with asthma. Try cleaning with hot water, baking soda, microfiber cloths, and less-toxic cleaning products.

Dry-Cleaned Clothes and Health

The next time you pick up your clothes from the cleaners, take a whiff. Dry cleaning most often uses perchloroethylene, a chemical that has been found to cause cancer in animals. When you bring freshly dry-cleaned clothes into your home, your family may be inhaling this potentially harmful chemical. Air dry-cleaned clothes in the garage for several days before wearing them or wash clothes by hand or in a washing machine.

Health Concerns With Air Fresheners

Air fresheners may cause breathing difficulties and headaches for some people. In a study, nearly one-third of people with asthma said they had breathing problems when exposed to air fresheners. Tests by the Natural Resources Defense Council found that some air fresheners contain phthalates, a chemical linked to child developmental and hormonal issues. Instead, use natural herbs like rosemary, basil, or mint and good ventilation to fresh
Medicine.Net

Fat Flora? Gut Bacteria Differ in Obese Kids

Obese kids have a different population of gut bacteria compared to lean kids, and this may cause them to accumulate fat.

[Read More](#)

Controversial Human Embryo Editing: 5

Things to Know
Scientists in Sweden have become the first to edit the genetic material in healthy human embryos.

[Read More](#)

Helps Your Heart



If you're in good shape, moderate drinking makes you 25% to 40% less likely to have a heart attack, stroke, or hardened arteries. This may be in part because small amounts of alcohol can raise your HDL ("good" cholesterol) levels. Heavy drinking, on the other hand, boosts your risk of heart disease.

*"Heaven is under our feet
as well as over our*

Listeria: Raw Fruits and Vegetables

Listeria bacteria can contaminate fresh produce, like cantaloupes, as well as some processed foods, like cheeses. Symptoms of infection include fever, muscle aches, upset stomach, or diarrhea -- occurring 2 days to 2 months after exposure.

Safety: Scrub raw produce and dry before cutting. Store in fridge below 40 F. Clean everything in contact with a whole melon.

Listeria: Unpasteurized Dairy

Dairy products made with raw milk, including yogurt and soft cheeses like Brie, feta, and Mexican queso, can harbor listeria. Because listeria can live at colder temperatures, simply refrigerating these foods won't kill the bacteria. People at highest risk of getting sick include the elderly, pregnant women, and people with weakened immune systems.

Safety: Check the label. Make sure it's clearly marked "pasteurized."

Listeria: Deli Meats and Hot Dogs

Sometimes listeria finds its way into a food processing factory, where it can live for years. Heat kills listeria, but contamination may happen after cooking, but before packaging -- for example, if a food is placed back on a counter that had raw meat on it.

Safety: Never keep pre-cooked or ready-to-eat foods past their use-by date. Heat hot dogs and lunch meats until steaming (165 F) before eating.

Salmonella: Poultry and Eggs

Salmonella bacteria can taint any food, although there's a greater risk from animal products because of contact with animal feces. In chickens, it can infect eggs before the shell forms, so even clean, fresh eggs may harbor salmonella. Symptoms include stomach cramps, fever, and diarrhea 12 to 72 hours after exposure. Illness usually lasts 4 to 7 days.

Safety: Never eat raw or lightly cooked eggs. Cook poultry to 165 F. Keep raw poultry separate from cooked poultry and other foods. Wash hands, cutting boards, utensils, and countertops after handling.

Salmonella: Fresh Produce

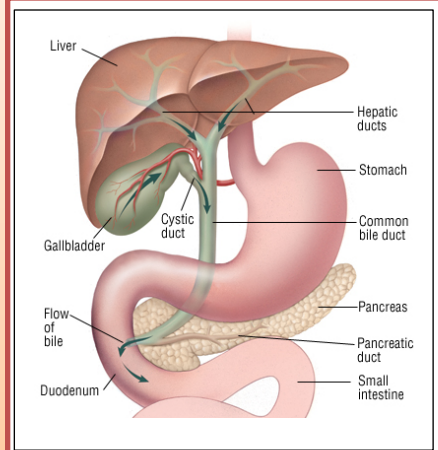
Fresh produce is catching up with poultry as a cause of salmonella infections. Outbreaks have been traced to tomatoes, hot peppers, salad greens, and papayas. Sprouts, too, may harbor salmonella because they're grown in warm, humid conditions -- and are often eaten raw or lightly cooked. Infections can be severe or even fatal in people at higher risk, including babies and the frail elderly.

Safety: Thoroughly wash and dry produce, and store in the fridge at 40° F.



Why Haven't You Tried Trinidadian Doubles Yet?

There is a reason the exotic street food from Trinidad is becoming popular.



Know your Gall Bladder

Written by Dr Harold Gunatillake-Health writer
Gall bladder is a pear shaped sac hidden under the liver and connected through its duct to the common bile duct. Its main function is to store bile a greenish secretion formed in your liver. Bile is really an excretory product of the liver to get rid of excess cholesterol and bile acid required for the digestion of fatty foods in the proximal small gut. It is coloured because it contains breakdown products ...
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THE 3 MOST COMMON SLEEP POSITIONS

1

SIDE SLEEPERS

Clears out proteins and toxins that build up over the day. Helpful for people who snore -- opens airway and improves air flow. Best for pregnant women, increases circulation.



2

BACK SLEEPERS

Distributes weight evenly and aligns neck with spine. Helps to avoid aches and pains.



3

STOMACH SLEEPERS

If you have health problems, avoid this position.



Thai red curry with beef and butternut squash

Warm up the house by inviting your friends and family over for this easy-to-make curry.

Different Prostate Cancer Treatments

A decade-long study offers new insight into prostate cancer treatment dilemmas.

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France Becomes First Country to Ban Plastic Silverware, Plates and Cups

France is taking another big step towards being more environmentally conscious by implementing a controversial new law that will...

Alcohol and Health Risks

Alcohol consumption can cause numerous diseases. Many people know that heavy drinking can lead to cirrhosis of the liver and is a leading cause of automobile accidents. But did you know chronic drinking could also lead to cancer and heart attack? Read on to find out consequences of heavy drinking.

Anemia

Excessive alcohol use can affect the hematologic system, which is made up of the blood, spleen, bone marrow, and the liver. It can cause your red blood cell count to be abnormally low, which is a condition called anemia. Symptoms of anemia include fatigue, shortness of breath, and lightheadedness.

Cancer

Chronic alcohol drinking can increase your risk for developing cancer. The body converts the alcohol you drink into acetaldehyde, which is a known carcinogen (substance that causes cancer). Cancers often found in heavy drinkers include those of the mouth, pharynx (throat), larynx (voice box), esophagus, liver, breast, and colorectal region. Many heavy drinkers also smoke, which increases cancer risk.

Cardiovascular Disease

Heavy drinking and binge drinking can cause heart disease or stroke. It can raise the levels of fats in the blood (triglycerides), lead to high blood pressure, and stroke. It can also cause cardiomyopathy (weakening of the heart muscle), and heart-rhythm abnormalities atrial and ventricular fibrillation.

Cirrhosis

Alcohol causes inflammation of the liver, and chronic drinking can cause scarring of liver tissue that leads to cirrhosis, a potentially fatal condition where the liver is so scarred it can no longer function. The risk increases the longer you have been drinking. Not all heavy drinkers will develop cirrhosis, though it seems to run in families, and women get it more often than men.

Dementia

Heavy drinking can affect areas of the brain and can lead to memory loss and some symptoms of dementia. This abuse of alcohol can cause alcohol dementia, which results in poor judgment and difficulty in decision-making. Heavy alcohol drinking over a long period of time may result in Korsakoff's syndrome, where people may suffer short-term memory loss. In addition, heavy drinking may result in nutritional deficiencies which can also result in dementia symptoms.

Depression

Alcohol abuse and depression are often associated. In some cases, people are depressed and turn to alcohol to self-medicate. However, a 2013 study showed that many people who drink heavily develop depression.

Seizures:

Heavy or binge drinking, or alcohol withdrawal can lead to a form of epilepsy called status epilepticus, or an acute, prolonged epileptic seizure, which is a life-threatening condition. Excessive alcohol use can also trigger epilepsy in some people who did not have the condition before they started drinking. Some epilepsy medications may make you more sensitive to the effects of alcohol, and alcohol may interfere with some medications used to treat epilepsy.

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Herbs & Spices for Heart Health

Rich in antioxidants, herbs and spices may reduce blood triglycerides and post-meal insulin levels.



Herbs and Spices - image from Shutterstock

Flavorful additions that accent vegetables, fish, and meats, herbs and spices may also help improve blood biomarkers related to heart health. Sheila G. West, PhD, from The Pennsylvania State University (Pennsylvania, USA), and colleagues prepared meals for six men, ages 30 to 65 years, who were overweight but otherwise healthy. The meals, consumed on two separate days, were identical – chicken, bread, and a dessert item – but the test meal also included the addition of two tablespoons of a high-antioxidant spice blend. The spices included garlic powder, rosemary, oregano, cinnamon, cloves, paprika, turmeric, ginger, and black pepper. The team monitored blood markers for three hours after each meal. Antioxidant activity in the blood rose 13% after the subjects ate the test meal (with spices); as well, postprandial insulin decreased by 21% and triglycerides by 31%, post test-meal. The study authors report that: "Spices and herbs are rich in compounds that may reduce inflammation and improve blood factors associated with increased [cardiovascular disease] risk."

[VIEW NEWS SOURCE...](#)

Oysters

They've got zinc in them, which appears to have some virus-fighting powers. That's probably because zinc helps create and activate white blood cells involved in the immune response. It also assists your immune system with tasks such as healing wounds.



Humans Are Driving 'Unprecedented' Mass Extinction in Oceans

People are driving marine ecosystems to "unprecedented" mass extinction,

Fast Fashion: Cheap Clothes = Huge Environmental Cost



Fast fashion brands may be killing the planet, a Newsweek investigation revealed...

Blurred Vision



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

WEbMD

Packed With Potassium



A boost in this mineral can help lower your blood pressure, and it works better if you get it from food instead of supplements. Potatoes have more of it gram-for-gram than bananas -- or any other fruit or vegetable, for that matter. For a new twist, try accordion potatoes: Make thin slices in them, but don't cut through. Then drizzle with olive oil and garlic, and bake. WebMD

Alzheimer's Disease Symptoms

Alzheimer's disease is a common cause of dementia and its associated symptoms. One of the main and often the first symptom of Alzheimer's disease is memory problems that develop slowly over time. Symptoms that develop later include

- personality changes (for example, apathy),
- withdrawal, and
- reduced spontaneity.

[Read more about Alzheimer's disease symptoms](#)



The 3 things to keep in mind when loading a dishwasher

Which way do you load your silverware in the dishwasher? You're right — and wrong.

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Greenland Is Losing More Ice Than Scientists Thought

By Brian Kahn, Climate



The spots on the Greenland ice sheet that have a direct connection to the ocean are losing mass the fastest, scientists found. Shown here, Helheim Glacier in southeast Greenland.

Credit: Nicolaj Krog Larsen, Aarhus University, Denmark

Bad news keeps flowing for the [icy landscapes](#) of the world.

Rising temperatures are melting ice and sending it to the ocean, a process that is pushing sea levels higher and altering the landscape at both poles. The latest news comes from Greenland, where researchers have used high-tech satellite and GPS measurements to see how much mass the ice sheet is losing.

Their results, published this week in [Science Advances](#), indicate that it's melting faster than previous estimates, particularly in areas where the ice sheet comes in direct contact with the ocean. It's a troubling finding for the future of coastal areas around the world.

Over-Drinking Water Can be Fatal

New study says drink water for thirst, rather than trying to get in 8 glasses, especially as drinking too much water can cause water intoxication.

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Garlic

Don't rush your garlic, CRUSH your garlic! [Research](#) indicates that [crushing](#) your garlic and allowing to sit for at least ten minutes released an enzyme called allicin that has been shown to help reduce the risk of cardiovascular disease by making platelets less sticky or more likely to flow freely through the cardiovascular system.

Article: [Memory Impairment, Dementia, and Alzheimer's Disease in Classical and Contemporary Traditional Chinese Medicine](#), May Brian H., Feng Mei, Zhou Iris W., Chang Su-yueh, Lu Shao-chen, Zhang Anthony L., Guo Xin-feng, Lu Chuan-jian, and Xue Charlie C.L., *The Journal of Alternative and Complementary Medicine*, doi:10.1089/acm.2016.0070,

Look after your gut by eating the right foods

The gastrointestinal (GI) tract is home to our most precious disease-fighting resource: the immune system, managed by our good microbiota

"Two-thirds of the immune system is in the digestive tract," Lipski says. "There are more neurotransmitters in the GI than in the brain and more nerve endings than in the spine," she adds.

[Keep your digestive system working well.](#)

'Artificial Pancreas' for Type 1 Diabetes

The first automated insulin delivery device for type 1 diabetes has been approved.

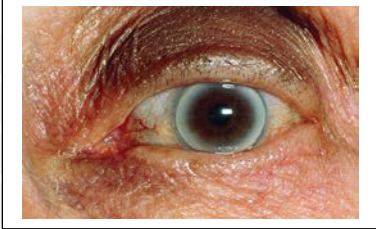
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[Asthma Inhaler Shrinks to Credit Card Size in New Design](#)

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Ring Around Your Cornea



This condition, called corneal arcus, causes a gray-white line of fat deposits to grow on the outside edge of your cornea (a clear, curved surface at the front of your eye that helps it focus). Sometimes, the deposits make a complete ring. If you're older, it's probably not anything to worry about. But if you're under 40, it could be a sign of dangerously high cholesterol. WebMD



Yellow Whites of Your Eyes

When your skin and eyes look yellow, that's called jaundice. It often means you have liver problems and is caused by high levels of bilirubin, something your liver makes more of when it's inflamed or damaged. Bad diet, cancer, infection, and chronic alcohol abuse can all damage your liver. Treatment ranges from lifestyle changes to medication to liver transplants.

Life getting you down? There are always dogs ←

More people are realising the benefits of using dogs in therapeutic settings, writes Deirdre Fidge. After all, dogs never judge — only love.



Button Mushrooms



They give you the mineral selenium and the B vitamins riboflavin and niacin. That helps you in several ways. If you're low on selenium, you may be more likely to get a more severe flu. Riboflavin and niacin play a role in a healthy immune system. -WebMD

Watermelon



It's not only refreshing. When it's ripe, it's also got plenty of an antioxidant called glutathione. It strengthens the immune system so it can fight infection.

To get the most glutathione in your watermelon, eat the red pulpy flesh near the rind.

Low-Fat Yogurt

Probiotics, found in yogurt and other fermented products, may ease the severity of colds. Look for labels that say "live and active cultures."

Also look for added vitamin D. Studies show that people with low vitamin D levels may be more likely to get colds or the flu.

Spinach

You'll find lots of nutrients in this "super food." One of them is folate, which helps your body make new cells and repair DNA. It also boasts fiber, antioxidants such as vitamin C, and more. Eat spinach raw or lightly cooked to get the most benefit.

Tooth and Gum Health

Floss First or Brush First?

Flossing first helps make brushing your teeth more effective by removing food that gets trapped between teeth. If handling floss flusters you, look for floss holders at the drugstore. When it's time to brush, be sure to angle bristles 45-degree at the gum line, then brush gently, moving the brush back and forth.

Go Easy With Toothpicks

If you don't have floss, a toothpick will work to remove food stuck between teeth, but be gentle. It's easy to press too hard and damage your gums, or even worse, break off a toothpick below the gum line. Floss helps remove food from between teeth better than a toothpick and fights plaque buildup by getting rid of bacteria that form there. Regularly using a toothpick to remove food trapped in a single area may indicate a bigger problem that requires a dentist's attention.

Replace Your Toothbrush

Toothbrush bristles fray, flatten, and wear over time. To help keep your smile bright, replace your manual toothbrush every three or four months; for electric toothbrush heads, follow the manufacturer's advice. Feeling sick? Avoid harboring germs by replacing your toothbrush at the beginning and end of your illness.

Say Cheese for White Teeth!

The casein and whey protein in cheese can help keep your tooth enamel in top form by reducing demineralization. A bonus: Cheese also has vital, tooth-building calcium. Don't forget to include vitamin D in your diet, which helps your body absorb calcium. A few vitamin D-rich foods include milk, egg yolks, and fish.

Stop Stains With Baking Soda

If your love of coffee, red wine, or other tooth-staining food and drink is leaving your pearly whites dim, try brushing baking soda on your teeth twice a month, just like you would toothpaste, then rinse away to help brighten your smile. If plain baking soda irritates your teeth or gums, you may want to try a toothpaste that contains baking soda or avoid it completely.

Foods Can Stain or Brighten Teeth

There's been speculation that strawberries may have natural teeth-whitening properties, but so far, it hasn't been proven. It's best to brush thoroughly after eating teeth-staining food like blueberries, coffee, and cigarettes. To help minimize discoloration, brush, then munch on apples, pears, carrots, or celery, all of which trigger tooth-bathing saliva, which helps keep your teeth bright.

Regulate Your Acid Reflux

If you have acid reflux, you'll want to get it under control to help preserve tooth enamel and oral health. Common foods and drinks that trigger reflux include chocolate; alcohol; caffeinated drinks like soda, coffee, and tea; garlic and onions; dairy; tomatoes; citrus fruits; mint; and spicy, fatty, or fried foods.

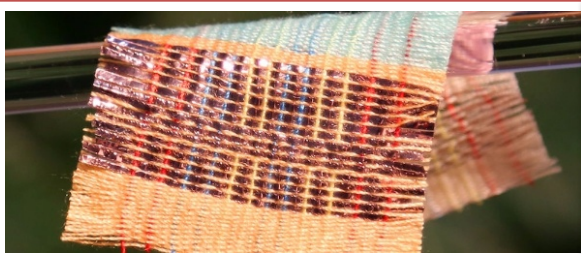
Take Care of Your Tongue

Tackle bad breath every time you brush -- take time to brush or scrape your tongue, too. Your tongue plays host to the bacteria that help cause bad breath, so giving it a scrub, or using a tongue scraper daily, can help reduce odor-causing compounds.

Medication Can Cause Dry Mouth

Your mouth needs saliva to stay healthy, but hundreds of medications, like antidepressants, high blood pressure drugs, and antihistamines, can dry up saliva. Medication is the most common cause of dry mouth. To help keep your mouth moist, increase your fluid intake, ask your dentist about an artificial saliva product, or chew sugarless gum after a meal. WebMD

Celery: Celery is low in calories, requires a lot of noshing, and has so much fiber and water that it takes a lot of work to get it through the body. Because chewing stimulates the release of digestive enzymes, the act in itself raises your metabolic rate, or how fast and efficiently your body can absorb, store and eliminate. This is the beauty of the "thermal effect" of food; or the amount of calories burned from digesting and eliminating the things you eat.



['Smart Textile' Turns Body Movements Into Power Source](#)



Read
Article



[21 Italian pasta recipes that are basically just hugs in a bowl!](#)

We've collected our cheesiest, sauciest, al dente-ist Italian pastas for you to cozy up with after a long day.

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For persistent acne, gently scrub your face with coarse salt (an antiseptic) and a few drops of neem oil (an antifungal oil available at health food stores), said Hema Sundaram, MD, author of "Face Value: The Truth about Beauty — and a Guilt-Free Guide to Finding It." Rinse, then apply a mask of plain yogurt for 15 to 30 minutes. "The lactic acid in yogurt is a natural exfoliant that gives skin a glow, clears acne and fades discolorations and fine lines," she explained.

Metformin influences nitrogen and urea metabolism

The most frequently prescribed oral antidiabetic drug metformin significantly affects metabolic pathways. This was reported by scientists from the Helmholtz Zentrum München together with colleagues from the German Diabetes Center (DDZ) in Düsseldorf. The underlying study was conducted with further scientists of the German Center for Diabetes Research (DZD). These results have now been published in the journal *Diabetes*.

Metformin is a widespread oral medication to increase [insulin](#) sensitivity in patients with [type 2 diabetes](#) (T2D). According to a number of studies, it additionally reduces the risk of cardiovascular complications. Last year, a team led by Dr. Rui Wang-Sattler discovered that metformin intake lowers the levels of the harmful LDL [cholesterol](#) by activating the AMPK protein complex. Dr. Wang-Sattler is head of the "Metabolism" research group in the Research Unit of Molecular Epidemiology at the Institute of Epidemiology II at the Helmholtz Zentrum München. Her group aims to understand the molecular mechanisms that underlie the activity of metformin.

Metformin intake changes metabolite profiles in population-based KORA¹ study

In the present work, the interdisciplinary team of scientists was able to explain a further feature of the drug: "Our results show that metformin also modulates the body's nitrogen and urea metabolism," first author Jonathan Adam summarizes. In close collaboration with Dr. Stefan Brandmaier and other colleagues, he examined the metabolite profiles (353 small molecules) of KORA participants. The researchers compared T2D patients treated with metformin (a total of 74) with those not being treated with metformin (115) and looked for differences in the distribution of metabolites in the blood. They subsequently confirmed the findings in samples of more than 1500 participants.

MNT

Grapefruit

This is more than a breakfast food — it's a weight-loss jumpstart! Besides being packed with vitamin C and fiber, this citrus fruit speeds weight loss. [One study](#) found that people who ate half a grapefruit with each meal lost 3.6 pounds, while those who drank a serving of grapefruit juice three times a day lost 3.3 pounds. Many people in the study lost more than 10 pounds — without making any other dietary changes.

Editor: Check with your doctor whether medication you take interacts with grapefruit



[31 slow-cooker chicken recipes that are sure to win the dinner game](#)

Bust out of your cooking rut and check out these easy slow-cooker chicken recipes for delicious dinner ideas.

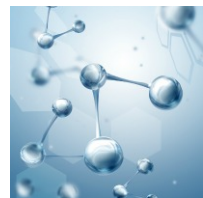
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Preventing Prostate Cancer

Researchers suggest a diet low in fruits and vegetables but high in meats and high-fat dairy products increases the risk for prostate cancer. The mechanism(s) for this is being investigated, but current speculation suggests meat and high-fat foods contain compounds that augment the growth of cancer cells.

Can Too Much Sex Cause Prostate Cancer?

There are many myths about why prostate cancer develops. However, there is no evidence that "too much sex," masturbation, benign prostatic hyperplasia (BPH), or a vasectomy increases the risk or causes prostate cancer. Current research is investigating if STDs, prostatitis, or alcohol use increase the risk of developing prostate cancer.



ANTI-AGING RESEARCH SCIENCE

Major Hurdle Cleared in the Fight for Longevity

Researchers have identified six new groups of molecules that may be the key to delayed aging.

» [Read the full](#)

The information contained in this newsletter is informational only and not designed to be a substitute for medical guidance. At all times a practitioner should be consulted.

Prostate Cancer Screening Guidelines

Although screening tests are not routinely done for prostatic cancers, the American Cancer Society guidelines suggest some men should be screened.

Screening Guidelines Based on Age and Risk

Men aged 40 with more than one close relative (father, brother, or son) diagnosed with prostate cancer at an early age

Men aged 45 that are African American or have a father, brother, or son diagnosed with prostate cancer before age 65

Men aged 50 or older who have average risk and expect to live at least 10 more years

However, not everyone agrees with these guidelines; clinicians should explain that treatments can have severe side effects, may have little or no effects on the cancer, and that some cancers are so slow-growing.

Digital Rectal Exam and PSA Test

Two tests are particularly helpful in screening for prostate cancer. *Digital rectal exam (DRE)*

A DRE is done to determine if the prostate is enlarged and is either soft, has bumps or is very firm (hard prostate). During a digital rectal exam, a doctor checks for prostate abnormalities using a gloved, lubricated finger (digit).

PSA Test Results

In general, a PSA level less than 4 nanograms per milliliter (ng/mL) of blood is considered a normal level while a PSA greater than 10 ng/mL suggests a high risk of having cancer. Unfortunately, some men have intermediate levels (5 to 9 ng/mL), making their situations more difficult to judge. To make matters worse, some men have prostate cancer despite showing PSA levels of less than 4 ng. *PSA Test False Positives*

BPH and prostatitis can increase PSA levels resulting in a false positive test. *PSA Test False Negatives*

Some drugs may lower PSA levels and result in a false negative PSA test. Your doctor can help decide the meaning of both the PSA test and the digital rectal exam results and determine if additional tests need to be done.

Prostate Cancer Biopsy

If your doctor determines that the PSA and digital rectal exam suggest prostate cancer, the physician may suggest that a biopsy of the prostate is warranted, depending on your age, medical condition, and other factors. A biopsy is done by inserting a needle through the rectum or between the rectum and scrotal junction and then removing small samples of prostatic tissue that can be examined under a microscope for cancer tissue. The biopsy may detect and determine the aggressiveness of prostatic cancer cells.

Medicine.Net

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