



## The Types of Psoriatic Arthritis

Psoriatic arthritis is a type of arthritis accompanied by inflammation of the skin.

[VIEW SLIDESHOW](#)

The many symptoms of a heart attack include fatigue, weakness, shortness of breath, dizziness, palpitations, chest discomfort and/or pain, chest heaviness, nausea, vomiting, and pain that radiates to the jaw, arm, or throat. Sometimes heart disease causes no symptoms at all.

People with the symptoms above persisting for longer than five minutes should seek emergency medical care. Your doctor should be notified for symptoms lasting less than five minutes. Urgent evaluation and care is key in preventing injury and death.

## [Can Eating Cinnamon Cool Off the Stomach?](#)



Eating cinnamon may cool off the stomach, a new study in animals suggests.

[Read More](#)

A day we will all remember as it show cased what is possible when we get together, and support each other in the best interests of our beautiful Country !! Blessings , Skanda



## [Sri Lanka Festival 2016 draws unprecedented crowds in Canberra](#)

Canberra community came in large numbers to savour a little of Sri Lanka at the by the High Commission on Saturday 12th November in the High Commission premises. Over 3000 people and children representing the Commonwealth and Australian Capital Territory (ACT) governments, diplomatic corps, and the local community visited the Festival and enjoyed the food, culture and crafts of Sri Lanka.



Australian Assistant Minister for Social Services and Multicultural Affairs Senator Zed Seselja was the Chief Guest. Former Sri Lanka cricketer Asanka Gurusinghe travelled all the way from Melbourne to be present at the Festival. Addressing the Opening Ceremony, the Assistant Minister emphasised the importance of multiculturalism for Australia, and congratulated the High Commission and the Sri Lankan community for coming together in promoting Sri Lanka.

High Commissioner Somasundaram Skandakumar in his welcome address appreciated the participation and contribution of all Sri Lankan communities in Canberra which made the event truly Sri Lankan and depicted the diversity of Sri Lankan society. The High Commissioner also thanked the cultural groups from Canberra and Sydney that participated to provide entertainment to the visitors through a carefully designed programme that extended from 11 am to 6 pm.

*(Sent by Randolph Melder-Melbourne)*

## Breast Cancer-Treatment



When breast cancer is detected early removal of the breast is the most common management, with or without adjuvant, radio and chemotherapy. Mastectomy is the name given to breast removal. In the past radical mastectomy was the standard treatment when the cancer was limited to the breast tissues and local underarm glands. This includes the removal of the breast tissues, regi... [See More](#)



## 3 lifestyle changes to make right now to reduce your risk of breast cancer

Just three strategies could prevent one-third of breast cancer cases in the U.S., the American Institute for Cancer Research estimates.

[READ MORE](#)

[New breakthrough for IBS patients](#)



## US election: Why was Donald Trump meeting with former rival Mitt Romney?



**PHOTO:** [President-elect Donald Trump and former Massachusetts governor Mitt Romney meet in New Jersey.](#) (Reuters: Mike Segar)

**RELATED STORY:** [What can we expect from Jeff Sessions as attorney-general under Donald Trump?](#)

**RELATED STORY:** [Trump demands apology from 'very rude' Hamilton cast after Pence statement](#)

**MAP:** [United States](#)

Donald Trump has met with Mitt Romney at his golf resort in New Jersey, fuelling speculation that the former Republican presidential candidate is being considered as a possible secretary of state.

The pair met for an hour and 20 minutes, with the President-elect saying the talks "went great" and Mr Romney adding that their conversation about global affairs was "far-reaching".

"I appreciate the chance to speak with the President-elect and I look forward to the coming administration and the things that it's going to be doing," Mr Romney said.



**Obama urges world leaders not to jump to conclusions about Donald Trump**

**Watch Now**



**What Will a Trump Presidency Mean for Science?** President-elect Donald Trump is likely to **affect** science when he comes into office next year, with the potential to change everything from climate change action and the Keystone pipeline to sex education and fetal tissue research. [\[Full Story\]](#)



## Noam Chomsky: 'The Republican Party Has Become the Most Dangerous Organization in World History'

On Nov. 8, Donald Trump managed to pull the biggest upset in U.S. politics by tapping successfully into the ... [READ MORE](#)



## 6 Signs You Have a Gluten Intolerance

There is a huge fad component to the gluten-free movement. However, many people genuinely cannot ... [READ MORE](#)

## Calories in Beer

An average 12-ounce "lite" beer has 100 to 130 calories, while a typical 12-ounce regular beer has 150 to 200 calories. The difference between a "lite" beer and a regular beer could be as few as 20 calories or as many as 100.

Beer, like wine, is fat-free, and it contains some helpful nutrients in small amounts, including protein, potassium, folate, vitamin B12, and selenium. However, beer is one of the top five sources of calories among American adults and a poor source of nutrients, according to the 2015 Dietary Guidelines for Americans.



## Thrush

Caused by candida yeast, thrush is most common in older adults or babies. But a weakened immune system, antibiotics, diabetes, or certain medications -- such as inhaled corticosteroids -- can give candida a chance to grow wild. Wiping away the patches will cause soreness. See a doctor for a firm diagnosis.

**Editor:** [Are you eating low fat unsweetened yogurt every day?](#)

## Drink More Water for Gout

Changing your diet may help you manage chronic gout and help symptoms such as joint pain. Start by drinking more water, because dehydration might trigger gout attacks. One study showed that men who drank five to eight glasses of water in a 24-hour period had a 40% lower risk of gout attacks. But avoid sugary sodas, which may raise your risk. [WebMD](#)

## Avoid Flare-Up Foods for Gout

Weight loss is the most effective way to manage gout, but you also may benefit from eating a low-purine diet. Purines are found naturally in many foods. Your body breaks them down into uric acid. Too much uric acid in your blood causes gout. Some foods, like organ meats, sardines, and anchovies, are high in purines and can cause flare-ups. The good news is that many healthy options, like beans, lentils, and asparagus, have fewer purines. Talk to your doctor about what you can safely eat. [-WebMD](#)



[Creamed spinach is made with spices and sauteed vegetables](#)

[GOUT DIET PLAN](#)

## Good breakfast for diabetics

**The Count:** 294 calories, 40 g carbs  
This quick meal delivers protein in a scrambled egg, and just 40 carbs, mostly from fiber-rich oatmeal and blueberries. Fiber slows digestion to help prevent blood sugar spikes. People with diabetes need to watch all types of carbs: cereal, bread, rice, pasta, starchy veggies, sweets, fruit, milk, and yogurt. Spread your total carbs across the day.



## Eat Plenty of Fruits

Fruits provide good, fiber-filled carbohydrates and other nutrients that can help you maintain a balanced diet and healthy weight. Plus, they tend to have very few purines. Fruits high in vitamin C, like tangerines and oranges, may help prevent gout attacks. Some research shows that cherries or cherry juice can offer relief from gout. Ask your doctor if you should add cherries to your diet.



# Michelle Obama stuns on cover of Vogue's December issue

First Lady Michelle Obama graces the cover of Vogue magazine for the third time with photos taken by Annie Leibovitz. In the article, President Obama shares his pride for his wife, saying she's "the brilliant, funny, generous woman who, for whatever reason, agreed to marry me."

WATCH NOW

Dr Harold Gunatillake

On Facebook

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Japan's PM **Shinzo Abe** has become the first foreign leader to shake hands with **US President-elect Donald Trump** since his election. The pair apparently had [a candid and warm meeting at Trump Tower](#)

The Federal Government has been urged the United Nations refugee agency to [find a solution for all asylum seekers on Manus Island and Nauru](#), not just those recognised as refugees. The UNHCR says it will **endorse the resettlement deal** between Australia and the US, but called on both countries to act quickly

**Lack of vitamin D for children increases the risk of asthma, study finds**  
Children with prolonged vitamin D deficiency in the first decade of life are more likely to develop asthma and allergies, according to a new study.

**Google Doodle Celebrates Inventor of Insulin**  
Today's Google Doodle honors Frederick Banting, the inventor of insulin, which can **save** the lives of diabetics.  
[Read More](#)

# By Michael Mann | Climate The Wall Street Journal, Climate Change Denial and the Galileo Gambit



Fossil fuel companies have been misleading the public and policymakers about the risks of their...



# World's First Hyperloop System to Take You From Abu Dhabi to Dubai in 12 Minutes

Elon Musk's grand vision of a Hyperloop system that can transport people and cargo through high-speed vacuum tubes is ... [READ MORE](#)

# Border protection facts



What exactly is Australia's border protection policy, how much does it cost and will it change?

# It's Official: Paris Agreement Becomes International Law



## United Nations Framework Convention on Climate Change

By Patricia Espinosa and Salaheddine Mezouar

Humanity will look back on Nov. 4, as the day that countries of the world shut the door on inevitable **climate** disaster and set off with determination towards a sustainable future. The Paris climate change agreement—the result of the most complex, comprehensive and critical international climate negotiation ever attempted—came into force today.



The agreement is undoubtedly a turning point in the history of common human endeavor, capturing the combined political, economic and social will of governments, cities, regions, citizens, business and investors to overcome the existential threat of unchecked **climate change**.

Its early entry into force is a clear political signal that all the nations of the world are devoted to decisive global action on climate change. Next week's **UN climate change conference in Marrakech** represents a new departure for the international community and the first meeting of the Paris agreement's governing body, known as the CMA, will take place during it on Nov. 15.

This is a moment to celebrate. It is also a moment to look ahead with sober assessment and renewed will over the task ahead.

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

# US 'no dumping ground' for Australia's refugees

A US immigration expert says Australia should not be "dumping" its refugee problem on America and says the Obama administration may rush the resettlement of the Manus and Nauru detainees before Donald Trump is sworn in as president.

# Cabbage



Eating cabbage for rapid weight loss was made famous back when the cabbage soup diet was first being promoted. It's not necessary, however, to mix cabbage with a lot of other items and make it into a soup to receive the benefits of eating this healthy vegetable.

Cabbage is one of those foods that supposedly takes more energy to digest than the calories taken in. Whether that's true or not, there are many great reasons to eat cabbage. It's high in antioxidants, including vitamin C. It's also high in fiber to keep you staying full for longer periods of time. Cabbage also contains calcium, potassium, magnesium, vitamin A, and vitamin K.

Cabbage can be prepared lots of different ways so you won't get tired of eating it as quickly as some other foods. A half cup of cabbage is only 17 calories when it's boiled. If that sounds too bland, cut it up and eat it in a vinegar cole slaw. Fried cabbage is delicious. Make sure to fry it in healthy, low fat oils and cooking sprays. Cabbage can also be eaten in a stir-fry or made into a roll with meat and rice.

<http://www.interesticle.com/>

## Saturated Fat and Heart Disease: "The Greatest Scam in the History of Medicine"



Dr. Malcom Kendrick is a Scottish doctor and author of the book *The Great Cholesterol Con*. Recently he wrote a blog post on saturated fat and cardiovascular disease. He commented on how the science actually proves the opposite conclusion from what is commonly believed about saturated fats: To be honest, I have studied saturated fat consumption many, many... many, many, times. The one thing that has always stood out, most starkly, is the complete lack of any real evidence to support the idea that it causes cardiovascular disease. On the other hand, evidence contradicting it arrives on an almost daily basis.

[Read More...](#)

Shehan Karunaratne- born 5<sup>th</sup> January 1988, passed away peacefully after a short illness on 12<sup>th</sup> November 2016.



Shehan

7<sup>th</sup> day Bana desana was held for the soul of Sheehan's remembrance followed by Dhana (lunch) offered to five Buddhist monks, in memory of the deceased, at 24 Wishart Street, Epping Sydney-on Saturday 19<sup>th</sup>

A large number of friends and well-wishers participated in the proceedings.

Join our group by subscribing to the Health Newsletter email: [haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com)

## Doctors' groups call for sugar tax to tackle obesity in Australia

A coalition of Australia's most influential doctors' groups come together to push for a tax on sugar sweetened drink and changes to the way obesity is defined.



Finance Minister Ravi Karunanayake told parliament of the potential to attract much-needed foreign investment in the construction sector, which is experiencing a boom following the end of the island's ethnic war in 2009.

"To further incentivise such investment, we will remove freehold right restrictions from the ground floor," the minister said, referring to a 2014 ban on foreigners purchasing real estate.

In a bid to encourage more foreign exchange inflows, the minister said the government will also allow individuals to bring up to \$45,000 into the country without declaring the source, up from a previous limit of \$15,000.

## Congratulations



Miss & Teen Miss Sri Lanka Australia 2016 winners - Ashra & Chrystal

## High-Dose Statins Boost Survival: Study

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!

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.

## What Will a Trump Presidency Mean for Science?

President-elect Donald Trump is likely to affect science when he comes into office next year, with the potential to change everything from climate change action and the Keystone pipeline to sex education and fetal tissue research.

[Read More](#)



## How Trump Could Erase Decades of Climate Change Action

Donald Trump has said he would withdraw the United States from historic pacts to curb global warming, but how exactly would this process play out?



## Life-saving potato



The food which could save 40 million children

From the section [Africa](#)



## Lamb has omega 3 fatty acids

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

WEbMD

## Broccoli

Broccoli is, without doubt one of the best foods you can feed your body! Broccoli is part of the brassica family of foods, a family that has shown to be quite effective in terms of prevention of certain [cancers](#) from [breast cancer](#) to [skin cancer](#), but how you prepare your broccoli makes all the difference in the world. A 2008 [study](#) found that steaming was the only cooking method that completely preserved, and even increased, the cancer fighting components of broccoli. Boiling and frying were found to be the worst cooking methods. Still don't want to ditch the boiled broccoli? Pairing with a spicy food may help! A 2012 [study](#) found that adding spicy foods to broccoli increased its cancer fighting power and the spicier the better according to the study authors!

Kristin Kirkpatrick, M.S., R.D., L.D.  
Manager of Wellness Nutrition Services at Cleveland Clinic Wellness Institute

## Mustard

Mustard in any form is a fabulous condiment to add to sauces, salads and sandwiches, but if you're interested in decreasing overall [inflammation](#) as well as reducing your risk for [certain cancers](#) then you better keep your mustard choices simple. That's right! It's the cheap yellow mustard options that have the best benefits. Why? Because they contain a compound called curcumin (that's the active ingredient in turmeric) that not only gives cheap yellow mustard its yellow color, but all of its potential health benefits as well!

While the factors discussed in this blog have an impact on the best ways to consume your foods, the truth is, simply adding these foods to your diet is a huge step in the right direction. Once you have mastered a liking for these healthier food options, the next logical step is to prepare in the best way for maximum nutrient density!

Follow Kristin Kirkpatrick, M.S., R.D., L.D. on Twitter: [www.twitter.com/KRISTINKIRKPAT](https://www.twitter.com/KRISTINKIRKPAT)



## Goat

This isn't on many menus in the U.S., but three-quarters of the world eats it. It has far less fat and calories than other red meats, and has plenty of vitamins and nutrients. It also has very little saturated fat -- even less than chicken. An Indian goat curry might be a good way to get familiar with it- WehMD

## Isolation nation-North Korea

The Korean peninsula has long been a battlefield for the world powers nearby. Japan controlled Korea (then one nation), until the end of [World War II](#); after Japan's surrender, the United States and Soviet



Union sliced the country along the 38th parallel, with the United States administering the south and the Soviet Union controlling the north.

This division became permanent after the United Nations failed to negotiate a reunification in 1948. The first president of North Korea, Kim Il Sung, declared a policy of "self-reliance," essentially shutting the nation off diplomatically and economically from the rest of the world.

It's a philosophy called iuche, or self-mastery. The idea is that the North Korean people must rely on themselves only. This philosophy, according to Kim Il Sung, required North Korea to maintain [political](#) and economic independence (even in the [face of famine](#) in the 1990s) and to create a strong [national](#) defense system.

By Stephanie Pappas, Live Science Contributor

Pic-Courtesy: Kandy Zone



Irangani Gunatillake being introduced to make her debut thank you speech at her birthday Celebrations at Regency-Oak-Ray Function centre in Getambe, Kandy on 1<sup>st</sup> October.

A conjoint celebration of the 15<sup>th</sup> Wedding Anniversary of Sujeeva and Michelle and 8<sup>th</sup> birthday of daughter Oneli were also shared.

## Probiotics

Probiotics contain living organisms -- mainly bacteria and one type of yeast. These resemble good bacteria in the gut that help with digestion. The supplements are used to treat certain GI problems and for general digestive health. Some types of probiotics may provide relief from diarrhea and may also relieve symptoms of irritable bowel syndrome (IBS). Consider adding them to malted milk or yogurt.

WEbMD



## Health Education for Sri Lankans & others

@HealthforSriLankans

### Home

#### Peppermint

While the jury's still out, several studies suggest that peppermint oil may lessen pain and bloating that comes with IBS. Enteric-coated capsules of it don't dissolve in the stomach. They pass through to the small and large intestines, where the oil is released. In small doses, peppermint oil appears to be safe.



# Humanity Has Entered New Climate Reality Era

By Alex Kirby

Humanity has now entered a new climate reality era, with carbon dioxide concentrations expected to remain above the level of 400 parts per million throughout 2016 and for many generations to come, the [World Meteorological Organization \(WMO\)](#) said.



The WMO—the United Nations system's leading agency on weather, climate and water—said the [globally averaged concentration of carbon dioxide](#) in the atmosphere reached "the symbolic and significant milestone of [400 parts per million](#)" for the first time in 2015 and surged again to new records in 2016 on the back of the very powerful El Niño event. CO2 levels reached the 400 ppm barrier for certain months during 2015 and in certain places, but they have never done so on a global average basis for the entire year. The WMO says in its annual [Greenhouse Gas Bulletin](#) that the growth spurt in CO2 was fueled by [El Niño](#), which started in 2015 and had a strong impact well into this year.

This, it says, triggered [droughts](#) in tropical regions and reduced the capacity of "sinks" like forests, vegetation and the oceans to absorb CO2. These sinks currently absorb about half of CO2 emissions, but there is a risk that they could become saturated, increasing the proportion of carbon dioxide which stays in the atmosphere.

Between 1990 and 2015, the bulletin says, there was a 37 percent increase in radiative forcing—the warming effect on the climate—because of long-lived greenhouse gases such as carbon dioxide, methane and nitrous oxide from industrial, agricultural and domestic activities.

"The year 2015 ushered in a new era of optimism and climate action with the [Paris climate change agreement](#). But it will also make history as marking a new era of climate change reality with record high greenhouse gas concentrations," said WMO Secretary-General Petteri Taalas. "The El Niño event has disappeared. Climate change has not." "The real elephant in the room is carbon dioxide, which [remains in the atmosphere](#) for thousands of years and in the oceans for even longer. Without tackling CO2 emissions, we cannot tackle climate change and keep temperature increases to below 2 C above the pre-industrial era," added Taalas.

"It is therefore of the utmost importance that the [Paris agreement](#) does indeed enter into force well ahead of schedule on Nov. 4 and that we fast-track its implementation," said Taalas.

## Will Coconut Oil Get Rid of My Acne?

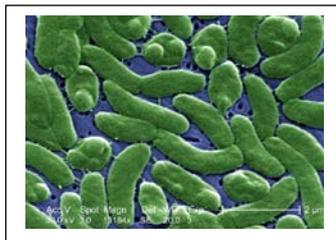
Acne is a common skin disease that affects up to 80 percent of people in their ... [READ MORE](#)



## Man Dies of Flesh-Eating Bacteria from Ocean: What Is Vibrio Vulnificus?

A man in Maryland died just days after he developed a rare infection from a type of flesh-eating bacteria that live in ocean water.

[Read More](#)



## How do cholesterol and Saturated fats affect your health? -updates

Written by Dr Harold Gunatillake – Health writer

Cholesterol is a fat and waxy to the touch. It participates in the cell structures of the body, and in many other functions like making hormones: cortisol, testosterone and oestradiol, vitamin D, bile acids: also prevalent in the liver, brain and other organs in high concentrations may be as stores. In the blood stream the larger cholesterol particles combined wi...

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## Sweating Can Be a Medicine Side Effect

Though they're meant to make us feel better, some medications can cause their own symptoms. Sweating may be a side effect of several drugs, including antidepressants, nonsteroidal anti-inflammatory drugs (NSAIDs), blood pressure medications, cancer treatments, and some diabetes drugs. If your drugs are making you too sweaty, talk to your doctor about changing your dose or switching to another drug.

## What health benefits are in Turmeric?

Written by Dr Harold Gunatillake-Health writer

I am writing this article after reading the one by Michael Mosley, one of the presenters of Trust Me, I'm A Doctor, broadcast on BBC. He states that he tracked down leading researchers from across the country and with their help recruited nearly 100 volunteers from the North East to do a novel experiment. Then we divided them into three groups, he says....

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## The People Take on Monsanto for Crimes Against Humanity in International Tribunal

Thirty witnesses and legal experts from five different continents testified before ... [READ MORE](#)

## High Fibre Foods

Written by Dr Harold Gunatillake-Health writer

Fibre is essential for your gut movements. It is recommended that you aim for 38 grams of fibre per day, and women 25 grams per day. Dietary fibres are carbohydrates in the food you eat the humans haven't got the enzymes to digest. They are found in all plant foods, like fruits, vegetables, nuts, seeds and grains. There are two varieties... [See More](#)

<https://youtu.be/TXucONjH8js>



## Trip to Sigiriya, Sri Lanka

WE stopped on the way at Madawela, Matala, had lunch at the 'Isiwara' Spice Garden, and proceeded to Sigiriya, stayed overnight at the "Fresco Water Villa. M...  
YOUTUBE.COM



VIDEO

### How to Clean Your Pumpkin

You picked out a beauty. Now it's time to gut that baby and carve your masterpiece.



### St Joseph's old Boys- Feast Mass in Sydney, Australia 1-dot

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## What exactly is grey hair and why do we get it?



What exactly is grey hair and why do we get it?



E. coli: *Escherichia coli* bacteria live in the intestines of people and animals such as cows, sheep and goats. They are often found in foods such as undercooked beef, raw milk and juice, and contaminated water. Symptoms of an E. coli infection include severe diarrhea, stomach pain and vomiting unpasteurized milk and juices. Although most E. coli are relatively harmless, strains such as E. coli O157:H7 can cause bloody diarrhea, kidney failure and even death

### Kann ja mal passieren...

Kann ja mal passieren... · Video  
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Saved from Basheer Omar Dada's post  
**Older**



# Leonardo DiCaprio's 'Captain Planet' Movie Will Focus on Earth's Grim Fate

By Kacey Deamer, Staff Writer



*Credit: Gustavo Caballero/Getty Images*

Planeteers, unite! The 1990s environmental cartoon "Captain Planet and the Planeteers" may be revamped as a film produced by Leonardo DiCaprio. DiCaprio's Appian Way Productions and film studio Paramount are in talks for the rights to the cartoon series, according to [The Hollywood Reporter](#). DiCaprio has long been an [outspoken environmentalist](#). His climate change [documentary](#) "Before The Flood," which was screened at President Barack Obama's South By South Lawn festival, centered on humanity's grim fate if [climate change](#) is left unchecked. Captain Planet may offer a more hopeful view for the future of the planet, as the cartoon environmental hero was "Earth's greatest champion." [[The Reality of Climate Change: 10 Myths Busted](#)]



## Drinking Sugary Beverages

[Sugar-sweetened drinks](#) are the absolute worst beverages for health.

A high consumption of sodas and other sugary drinks has been linked to all sorts of health problems, including insulin resistance, diabetes and obesity ([19](#), [20](#)).

Most of the negative effects of sugar-sweetened beverages can be attributed to fructose. Table sugar contains 50 percent fructose, while high-fructose corn syrup contains 55 percent fructose. Results from a 2012 study suggest that frequently consuming sugar-sweetened beverages may slow down your metabolism.

In this 12-week controlled study, overweight and obese people who consumed 25 percent of their calories as fructose-sweetened beverages on a weight-maintaining diet experienced a significant drop in metabolic rate ([21](#)).

Unfortunately, there aren't many studies that have measured how metabolic rate is affected by a high intake of sugar-sweetened beverages.

However, research in animals and humans has shown that [excessive fructose consumption](#) promotes increased fat storage in the belly and liver ([22](#), [23](#), [24](#), [25](#), [26](#)).

**Bottom Line:** A high intake of fructose-containing beverages has been found to reduce metabolic rate and promote fat storage in the belly and liver.  
By Franziska Spritzler

which can last five to 10 days.

To avoid E. coli infections, cook meat well, wash fruits and vegetables before eating or cooking them, and avoid

## Should you put tomatoes in the fridge? New study says no

a day ago  
Tracy Saelinger  
TODAY \_

We've all heard that we should never store tomatoes in the fridge, but thanks to a team of scientists, we now know why this is legit.

Storing the tomato at chilly temperatures basically stresses the tropical fruit out, causing molecular changes that rob the tomato of its flavor, according to a new [study](#) published in the *Proceedings of the National Academy of Sciences* journal.

When the tomatoes were stored in the fridge, at 41°F for this study, the cold temperatures slowed the activities of genes—many of which produce the enzymes responsible for that sweet taste and grassy aroma of a just-picked tomato, which we all know and love.

Even when brought back up to a room temperature of 68°F, the tomatoes' enzymes never recovered. The damage is irreversible!

**RELATED:** [How to keep food fresh in the fridge by...](#) [...a it in the right](#)

## Family Trumps Friends for Longevity

*Close relationships with family members, but not friends,*

*decreases the likelihood of death.*

Recent studies show that older adults will live longer, if they are involved in an active family social setting. Social settings provide an opportunity for people to meet and greet their person's life, it is the family structure that holds the key to life and death, according to lead author, James Iveniuk. Older people who have a connection with their family, and those who are close to their family members, are less likely to experience an early death. A study conducted on Social Relationships and Mortality in Older Adulthood, looked at corresponding data from 2005 through 2006, and from 2010 through 2011. The data showed the mortality wave of respondents from ages 57 through 85, and how the wave mortality was assessed.

### Results of Reports Reveal Emotional Ties of Older Adults

In one such study, older individuals were asked to make a list of at least five people they felt close to, and describe the nature of their relationship, and express how they felt about each person. Spouses were excluded from the list. It seems that the majority of older people in the study only listed about 2 to 3 people, which they felt provided them with the type of social support they needed. However, most of the older adults were married, in reasonably good health, and indicated they were not lonely. Co- author, L. Philip Schumm, found that those older adults who expressed feeling closer to their non-spousal members of their family have a 6% chance of experiencing death within the next five years. Individuals who reported feeling distant from family members have a 14% chance of mortality.

### Closeness in Social Network Setting May Have Longevity Benefits

The study also showed that older individuals with any type of social closeness connection with anyone might be a key ingredient to living longer. Iveniuk stated he was surprised to learn that older people with feelings of closeness to their family members had a lower risk of dying than those individuals who listed fewer family members. However, these feelings are not the same for people who feel closer to their friends.

### What Does This Information Really Mean?

It would seem that choosing one's own network of friends, based on specific needs, would provide greater benefits. However, this speculation does not support the data. It is a fact that one cannot choose the characteristics or behaviors of a friend, just as one cannot choose which type of family one is born into. In most circles, people have little choice about the type of people that choose to connect with them in a social setting.

In comparison, there were four obvious characteristics of social networking associated with mortality, when comparing close family ties and friendships.

- Marriage
- Network size
- Social interaction
- Emotional Ties

All four of these characteristics matter to people to some degree. The two least important factors people expressed were feeling lonely and having access to social networking groups or participation. Marriage seems to have a positive effect on longevity, regardless of the aspects of the marriage.

### Family Ties Can Increase Longevity

Surprisingly, the bond two people share in their marriage creates a lasting bond of closeness that seems to provide emotional and social support. The conclusion of the study indicates that older people with some type of close family tie can increase their chance of living longer. While friendships are important, they cannot replace the bond that families have obtained through marriage and especially through their bloodline. People choose to stay close to people who support them somewhat.

[VIEW NEWS SOURCE...](#)

*American Sociological Association "Social Relationships and Mortality in Older adulthood*

**How Did a Chunk of India and Eurasia Just Disappear?** In the collision of India and Eurasia, something's been lost. [\[Read the Full Story\]](#)

**On a Long Trip to Mars, Cosmic Radiation May Damage Astronauts' Brains:** President Obama today announced ambitions for the U.S. to send people to Mars by 2030. But a new study shows that the radiation of space could be damaging to the brain. [\[Read the Full Story\]](#)



### Concert held recently by the children of Blacktown Sinhala School in Sydney

Blacktown **Sinhala School** provides a unique, individualized and accelerated ... is shaped by **Sinhalese Cultural Forum of NSW** and which gives our students a taste ... **Biennial Sinhala School Concert** and the **Biennial Mahawamsa Exhibition**.



**Nearly 200**

### **Nations Reach Landmark Deal to Cut Super Polluting HFCs**

More than 170 countries reached a deal to eliminate hydrofluorocarbons, powerful greenhouse gases used in ... [READ MORE](#)

### **Farmed Salmon Delivers Half the Omega-3s of Five Years Ago**

By [Dan Zukowski](#) | [Food](#)

We now need to eat two portions of [farmed salmon](#) to equal the amount of [omega-3](#) intake that we would have gotten just five years ago, says a [study](#) from Stirling University



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This is clever... and it is short, so take 45 seconds for a smile.

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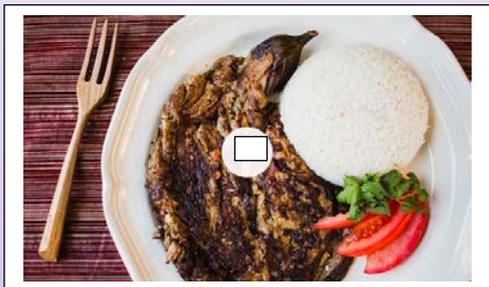
## FDA To Redefine “Healthy” Once Again



As usual, the agency is using outdated science and is heavily influenced by industry. Action Alert! Following the recent update to the Nutrition Facts label and the approval of the 2015 Dietary Guidelines for Americans, the FDA is proposing to update the definition of “healthy” and in federal regulations. The idea is to harmonize the regulatory definition of “healthy” (as well as related terms) with the “latest nutrition science,” presumably contained in the newly approved guidelines. The FDA has no business defining what “healthy” is, given its lack of scientific expertise (noted in a congressional audit) and especially its extensive crony ties to industry.

[Read More...](#)

## Filipino Eggplant Omelet, Oh My!



Who knew your favorite emoji could make such a great omelet?

## Easy Homemade Chicken Nuggets

Skip the drive-thru and make chicken nuggets at home instead.



## Do Cranberries Prevent UTIs?

Many women use cranberry juice as a home remedy to help prevent UTIs.

[READ MORE](#)

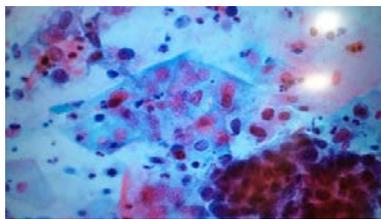
By Authority Nutrition | Health | Oct. 14, 2016 11:02AM EST

## 7 Reasons Biotin Is Important for Your Health

By Hrefna Palsdottir  
Biotin is a water-soluble B-vitamin that helps your body convert food into energy.

## [Cervical cancer study backs plan to begin screening women later](#)

A new study supports a Federal Government plan to start screening for cervical cancer from age 25, with earlier tests having little effect on the cancer rate.



## FEATURED QUIZ

## What Causes Tooth Decay?

Get the facts on oral hygiene including periodontal disease causes and treatments.

[TAKE THE QUIZ](#)

## How Many Grapes in a Bottle?

Admit it, you've wondered. A standard 750-milliliter bottle of wine has 736 grapes, or about 2.6 pounds of fruit. That number may vary depending on the size, type, and water content of the grapes -- and on how much wine you had before you started counting.

## 30 Awesome Ways to Use Apple Cider Vinegar Everyday

By Helen West



Apple cider vinegar is a kitchen staple that has several impressive health benefits.

## Public Opposition to Fracking Grows Worldwide

By Paul Brown

Public opposition to pumping water and chemicals into the ground to extract gas from shale—the technique known as fracking—is growing even in the countries whose governments are most in favor.



Anti-fracking protests in London. Although only four countries—France, Bulgaria, Germany and Scotland—have an outright fracking ban at the moment, many districts in countries that allow fracking in some areas ban it in others. This is true in the U.S. and in Canada, where potential wells will not be developed because local authorities have refused permission. The carrot for governments generally has been the promise from the fossil fuel companies of large quantities of cheaply-extracted gas that will last for decades and cut their reliance on imports.

## How is wine made?

It's a process called fermentation. Tiny organisms called yeast eat the sugar in pressed grape juice and make two waste products: alcohol and carbon dioxide. The liquid that results is filtered to get rid of the solid pieces and bottled immediately or aged in barrels. The end result: That waste becomes wine.

## Treating a simple viral cold with Yogurt

A simple common cold is a viral infection affecting the upper respiratory areas, including the nose. Signs and symptoms appear about two days following exposure.

I did contract one before we left Sri Lanka last week, after being in a salubrious moderate climate environment in Kandy considered as the hill capital. Unfortunately, the city centre is polluted due to blockage for traffic in the vicinity of the Temple of the Tooth.

It start...

[Continue Reading](#)

## Brain-Implanted Device Restores Sense of Touch in Man with Spinal Cord Injury

For the first time, a device implanted into the brain of a person with a spinal cord injury has been used to restore the patient's sense of touch.

[Read More](#)

## Exercise Hormone Helps Shed, Prevent Fat

Posted on Oct. 11, 2016, 6 a.m.

in [Exercise](#) | [Diabetes](#) | [Weight and Obesity](#) |

New study discovers that exercise produces irisin, which helps convert calorie-storing white fat cells into energy-burning brown fat cells.

[Continue reading...](#)

## Another Study Questions Mammography Screening

By Amy Norton  
*HealthDay Reporter*

WEDNESDAY, Oct. 12, 2016 (HealthDay News) – [Mammography](#) screening is much more likely to find potentially life-threatening [cancer](#) in its early stages, a new study claims.



The study is the latest to question the value of routine mammography screening. But, the new research drew fire from critics who said the study methods were flawed, and they said the findings don't change the current guidelines on breast cancer screening.

The study analyzed U.S. government [cancer](#) statistics to try to estimate how effective mammography screening has been since it came into widespread use in the 1980s. It concluded that the incidence of large breast tumors (2 centimeters or more) among U.S. women had declined.

But, the researchers estimated that trend has been eclipsed by a much larger increase in the number of women diagnosed with small tumors.

And most of those tumors would never have progressed to the point of threatening a woman's life, said lead researcher Dr. H. Gilbert Welch. He's from the Dartmouth Institute of Health Policy and Clinical Practice in Lebanon, N.H.

The upshot, according to Welch, is that mammography is more likely to "overdiagnose" [breast cancer](#) than to catch more-aggressive tumors early.

What's more, the researchers said that while [breast cancer](#) deaths have fallen since the 1970s, that is mainly due to better treatment -- not screening.

Welch noted the current study's findings have nothing to do with women who feel a lump in the breast. "They need to get a [mammogram](#)," he stressed.

But, Welch suggested, when it comes to routine screening, women can decide based on their personal values.

Other [cancer](#) and radiology experts, however, were quick to point out flaws in the study and to defend current screening guidelines.

"I don't think this will alter, in any way, the guidelines from major organizations," said Dr. Richard Wender, chief cancer control officer for the American Cancer Society (ACS). Wender encouraged women to "not lose confidence" in the recommendations from the ACS, U.S. Preventive Services Task Force, and other medical organizations. Each group differs slightly, Wender said, but all recommend that women begin mammography screening at some point between the ages of 40 and 50.

"When we update those guidelines, it's based on all of the evidence we have from high-quality studies -- not just one study," Wender said.

Mammography screening has been mired in controversy for years, as a number of studies have doubted whether the benefits outweigh the risks.

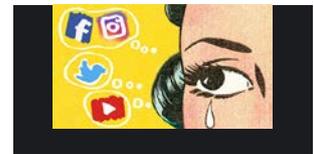
The major risks are "overdiagnosis" and "overtreatment." Mammography detects small tumors -- including early tumors in the milk ducts, and the screening inevitably detects some tumors that aren't life-threatening.

## Coffee May Reduce Dementia Risk

Posted on Oct. 10, 2016, 6 a.m. in [Brain and Mental Performance](#) | [Alzheimer's Disease](#) | [Functional Foods](#) |

Older women who drink 2-3 cups of coffee daily may be at lower risk of dementia, as well as other types of cognitive impairment.

[Continue reading...](#)



**Is social media making you sad? >>**

| BBC THREE



## Cashews, Almonds, and Hazelnuts

Low levels of magnesium can negatively affect your energy level. Magnesium is important for the body to convert dietary sugars into energy. Cashews, almonds, and hazelnuts are good sources of protein and magnesium. Other foods high in magnesium are whole grains (especially bran cereals) and certain fish, such as halibut.

## Lean Meats

The amino acid tyrosine increases levels of two brain chemicals, norepinephrine and dopamine, that can increase alertness and focus. Lean meats (pork, beef, turkey, and skinless chicken) are protein foods that contain tyrosine. These meats also contain vitamin B12, which may act to relieve depression and insomnia.

## Smart Carbs

Although many dieters avoid carbs, they play an important role in promoting a good mood and delivering energy. Carbohydrates are the preferred fuel source for the body, and they raise levels of serotonin, a brain chemical that improves and stabilizes the mood. However, not all types of carbs are mood-boosters. Sweets tend to cause rapid spikes - and then drops - in blood sugar, leading to tiredness and bad moods. Whole grain carbs such as whole-wheat bread, brown rice, and cereal are absorbed more slowly into the bloodstream, promoting stable blood sugar and energy levels.

*"Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the Earth."*

— Henry David Thoreau

# What is alcohol?



*The way that alcohol affects the body differs from person to person.*

Alcohol is made from the fermentation of yeast, sugars, and starches. Fruits, vegetables, additives, and other by-products are added to the alcohol to produce different colors, strengths, tastes, and flavors.

It is a depressant and classed as a "sedative-hypnotic drug" because it depresses the [central nervous system](#). Every organ in the body can be affected by alcohol. Once consumed, it is rapidly absorbed by the stomach and small intestine into the bloodstream.

For an average person, the liver can typically break down one standard drink of alcohol per hour. Excess alcohol moves throughout the body. The amount not broken down by the liver is removed by the lungs and kidneys in urine and sweat.

## Review suggests eating oats can lower cholesterol as measured by a variety of markers

Researchers have known for more than 50 years that eating oats can lower [cholesterol](#) levels and thus reduce a person's risk of developing cardiovascular disease. Studies during that time have focused on the impact of oats on levels of LDL (or "lousy") cholesterol, which collects in the walls of blood vessels where it can cause blockages or blood clots.

But there is growing evidence that two other markers provide an even more accurate assessment of cardiovascular risk - non-HDL cholesterol (total cholesterol minus the "H" or "healthy cholesterol") and apolipoprotein B, or apoB, a lipoprotein that carries bad cholesterol through the blood. This is especially true for people with metabolic syndrome and [Type 2 diabetes](#), since they typically do not have elevated LDL cholesterol levels.

A new systematic review and meta-analysis of randomized controlled trials has concluded that eating oat fibre can reduce all three markers. The study, led by Dr. Vladimir Vuksan, a research scientist and associate director of the Risk Factor Modification Centre of St. Michael's Hospital, was published online in the [British Journal of Nutrition](#).

Dr. Vuksan said oats are a rich source of beta-glucan, a viscous soluble fibre, which seems to be responsible for the beneficial effects. The first study of its kind, published in 1963, found that substituting white bread with oat bread containing 140g of rolled oats lowered LDL cholesterol.

MNT

# REDUCE HEART DISEASE



According to Tufts and Boston University researchers, the highest average intakes of lycopene were linked to almost a 30% [reduction in the incidence of cardiovascular disease](#) and coronary heart disease, respectively, according to findings published in the [British Journal of Nutrition](#).

## 2. VITAMIN AND MINERAL RICH

They provide the body with a tremendous amount of natural vitamins and minerals such as vitamin A, vitamin K, vitamins B1, B3, B5, B6, B7, excellent vitamin C, folate, iron, potassium, magnesium, chromium, choline, zinc, and phosphorus.

by DR. MARIANNA POHELLI



## Creative uses for aluminum foil around the home

Aluminum foil does so much more than just protect food. Watch and see!

[WATCH NOW](#)

## Difference between Red and White

White wine is fermented without the skins, and red wine is fermented with them. That gives red wine more antioxidants called polyphenols. They bring bitterness, color, and astringency (the puckered mouth you get from vinegar or lemons), along with some health benefits. Red wine has about 7 times more polyphenols than white wine.

## Heart-Harming Supplements? Calcium Pills Linked to Artery Buildup

People who take calcium supplements may be at increased risk for developing buildups of plaque in their arteries, which is a sign of heart disease.

[Read More](#)

## On a Long Trip to Mars, Cosmic Radiation May Damage Astronauts' Brains

President Obama today announced ambitions for the U.S. to send people to Mars by 2030. But a new study shows that the radiation of space could be damaging to the brain.

[Read More](#)

## 'Drink according to thirst'

Farrell and team stress that drinking too much water can cause significant harm, it can lead to hyponatremia, for example, where blood sodium levels are abnormally low.

"There have been cases when athletes in marathons were told to load up with water and died, in certain circumstances, because they slavishly followed these recommendations and drank far in excess of need," notes Farrell.

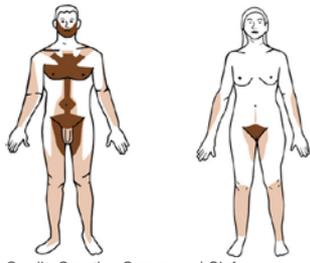
The researchers say their findings suggest that when it comes to water intake, we may fare better by listening to the body's needs. "If we just do what our body demands us to we'll probably get it right - just drink according to thirst rather than an elaborate schedule."

*Michael Farrell*

Still, the team points out that water intake remains essential to human health, and there are certain groups - such as elderly individuals - who do not consume enough water.

[Learn more about why drinking water is important.](#)

Written by [Honor Whiteman](#)



## Hairy explanation

Theories abound when it comes to pubes. Some say these coarse, curly tendrils are sexual ornaments — a visual signal of sexual maturity and a reservoir of smelly pheromones. Others think bushes keep our oh-so-precious nether regions cozy. Still others assert that they serve as padding, preventing chafing during sex. Whatever the reason, many modern people want this stuff gone. EcoWatch

## Do Mangoes raise blood sugar among people having diabetes?



All fruits have fructose and they are converted into glucose in the gut, and absorbed as glucose. Doctors will tell you not to eat too many fruits if you have diabetes as your anti-diabetic medication will not be able to normalise blood sugar levels. Mangos seem to be an exception to the rule. About half of the sugar content in mangoes com...[See More](#)

## How Did a Chunk of India and Eurasia Just Disappear?

In the collision of India and Eurasia, something's been lost.

[Read More](#)

## Studying how the low-FODMAP diet reduces symptoms in Irritable Bowel Syndrome

• 14 SEP 2016 | [Kristina Campbell](#)



For one individual, the culprit might be peanut butter. For another, it might be fried chicken. Foods that trigger symptoms are well identified by those who suffer from [irritable bowel syndrome](#) (IBS)—a functional disorder based on gastrointestinal (GI) symptoms that might include abdominal pain, bloating, gas, constipation, or diarrhea.

Scientifically, it has proven more difficult to identify dietary patterns that reliably affect the symptoms of those with IBS. Growing evidence shows, however, that **one particular dietary pattern can reduce overall IBS symptoms in the majority of sufferers: the low fermentable oligosaccharides, disaccharides, monosaccharides and polyols (low-FODMAP) diet.**

[Dr. James Versalovic](#) of [Baylor College of Medicine](#) (USA), a leading centre for research on children with functional bowel disorders, says his research group wants to find out how the low-FODMAP diet can be used to reduce recurrent abdominal pain in both children and adults.

"A [low-FODMAP diet is] where you are deliberately changing whole classes of foods," Versalovic tells GMFH editors in a phone interview. "It's not simply just 'eat more fruits and vegetables' but there are [a number of fruits and vegetables](#) that actually elevate your FODMAP content and others that keep it low." The diet was developed by researchers at Australia's [Monash University](#) and is now being studied by groups around the world for its potential benefits. The premise of the diet is to limit short-chain carbohydrates, which the body does not readily absorb, as well as high-fibre foods that are fermented by bacteria in the large intestine. The group of acceptable fruits includes bananas, berries, and citrus fruits, for example, but excludes apples, pears, and stone fruits. The [guidelines](#) disallow honey, sweeteners, wheat, and legumes, while they allow juices, sugar, oats, and rice.

Versalovic and colleagues [published a study in 2015](#) that showed children with IBS on a low-FODMAP diet had less abdominal pain than those who consumed a typical diet. This result was in accordance with [previous work](#) showing that **up to 86% of patients with IBS show a reduction in overall gastrointestinal symptoms when they consume the diet.**

## Diet soda

Just because something is calorie free doesn't mean it's chemical free. You wouldn't drink Drano would you? Artificial sweeteners found in diet soda are known to trigger insulin, which sends your body into fat storage mode and may lead to weight gain, even though the soda contains no calories itself.

**RELATED: Diet soda is doing these 7 awful things to your body**

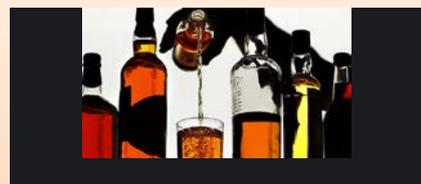


## Is the tooth Paste used to brush your teeth safe?

Your mouth's inner lining (mucosa) has a highly absorbent surface. You know that the Scotch you drink gets absorbed in your mouth before it goes down further, fact you should know when you are breathalysed for alcohol by the RBT. There are heart tablets you place under your tongue for quick absorption.

Talking about the ingredients in the tooth paste you use to brush your teeth twice a day, has a chemical called Triclosan'. It...

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**Good news people! Those hungover Sunday's in bed could be a thing of the past as hangover-free alcohol is apparently the future >>**

| [BBC RADIO 5 LIVE](#)



# How caffeine could help slow Parkinson's disease

Written by [Honor Whiteman](#)

A number of studies have suggested caffeine has the potential to slow Parkinson's disease. Now, researchers have built on these findings, creating caffeine-based compounds that could halt the protein clumping associated with Parkinson's development.



*Researchers have developed caffeine-based compounds that show promise for slowing the progression of Parkinson's disease.*

**Parkinson's disease** is a progressive neurological disorder estimated to affect almost **1 million people** in the United States. Signs and symptoms of Parkinson's include tremors - particularly in the hand or fingers - slowed movement, muscle rigidity, speech problems, and impaired balance and coordination.

While the precise causes of Parkinson's remain unclear, there is mounting evidence that a protein called **alpha-synuclein (a-synuclein)** plays a role.

Studies have shown that in the brains of Parkinson's patients, a-synuclein misfolds to form protein clumps called Lewy bodies, which accumulate in and destroy dopamine-producing cells of the substantia nigra - the brain region involved in movement.

The resulting reduction in dopamine - a neurotransmitter that helps regulate movement - leads to the impaired motor control characteristic of Parkinson's.

As such, researchers have been investigating ways to block a-synuclein accumulation as a strategy to prevent Parkinson's or slow its progression.

In the new study, co-author Jeremy Lee, of the University of Saskatchewan College of Medicine in Canada, and colleagues reveal the development of two caffeine-based compounds that they say could stop a-synuclein from clumping.

# Mix and match microbes to make probiotics last

Scientists have tried to alter the human gut microbiota to improve health by introducing beneficial probiotic bacteria. Yet commercially available probiotics do not establish themselves in the gut. A study published in *Cell Host & Microbe* suggests that it is possible to alter the microbial ecosystem in the human gut for at least 6 months by introducing a single, ecologically appropriate bacterial strain.

The study suggests that matching the right bacterial strain to the gut environment is crucial for making a real change. "If we appreciate the gut microbiota as a complex ecosystem whose composition is governed by strict ecological processes, we can potentially very specifically modulate its composition by introducing a specific strain into it," says senior author Jens Walter, Associate Professor and Chair for Nutrition, Microbes and Gastrointestinal Health at the University of Alberta, Canada. "This opens the possibility of reintroducing a missing bacterium with a health outcome in mind."

An international research team tested the persistence of a bacterial strain called *Bifidobacterium longum* AH1206 in the human gut. This bacterium is on the human gut hit list. It is one of the top 50 most common among the hundreds of species of bacteria typically found in the human gut. "It is a core member of the human microbiome," Walter says.

This differentiates it from the probiotics found in grocery and health stores. The bacteria in these products were selected not for their suitability to live in the human gut, but rather for their ease of production in an industrial setting, according to Walter. Microbes that grow in the human gut are much harder to grow in culture at the scales needed for mass production.

Walter likens attempts to grow these industrial strains of bacteria in the human gut to trying to grow strawberries in a tropical rainforest. "They don't take over because what's already there is a lot better adapted, and therefore fitter. Incoming organisms are simply outcompeted," he says.

"Instead of planting strawberries, we planted a real jungle plant in the rainforest, an organism that is a lot more adapted to that ecosystem," says Walter.

In a double-blind, placebo-controlled trial of 22 people, half of the participants took daily doses of *Bifidobacterium longum* AH1206 probiotics while the other half took a **placebo**. After 2 weeks, they switched. Walter and colleagues tracked changes in the gut microbiome over time, looking at the bacterial and genetic composition. 30% of those who took a probiotic with this bacterial strain experienced lasting colonization of the strain and were deemed to be "persisters"; their guts were still colonized by the *Bifidobacterium longum* AH1206 strain 6 months after they had stopped taking the probiotic.

The data showed that the guts of persisters differed from those who did not have long-lasting effects from the probiotic. Prior to treatment, the persisters had lower levels of the species *Bifidobacterium longum* or genes found in similar strains. That is, the persisters had an opening in the ecosystem that no existing bacterial strains were vying for. "Competition in ecosystems is especially harsh amongst closely related species because they have the same resource requirements," says Walter. "It goes back to the theories proposed by Darwin."

The findings suggest that in people who have lost or never acquired a certain valuable strain of gut bacteria due to use of an **antibiotic** or some other event, it could be possible to repopulate the gut ecosystem. In addition, "since we can differentiate persisters from non-persisters, we could potentially personalize probiotic treatments," Walter says.

This work was supported by Mead Johnson Nutrition in Glenview, IL, USA and Science Foundation Ireland.



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

[Read Article](#)

## Two Simple Steps to Prevent Chronic Disease

Posted on Oct. 4, 2016, 6 a.m. in [Immune System](#) | [Environment](#) | [Functional Foods](#) |

Chronic disease is one of the leading causes of death across the world. These lifestyle changes are easy, yet highly effective ways to avoid it.

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## Why 'Hoppy' Beer May Be Better for Your Liver

The hops found in beer not only add flavor, but also may lessen the damaging effects of alcohol on the liver, a new study in mice suggests.

[Read More](#)

## Vegan Food Goes Mainstream at U.S. Colleges

What's served up in college cafeterias became a hot topic this summer thanks to an episode of ...

*"Educating the mind without educating the heart is no education at all."*

— *Aristotle*

# Top Anti-Inflammatory Foods

Although **inflammation** is often necessary as a protective defense against infection and injury, unchecked, chronic inflammation is implicated in a number of **diseases**. The lifelong accumulation of molecular damage that results from chronic inflammation has been suggested to serve as a **major contributor** to the aging process. When the immune system begins overacting and starts attacking healthy body tissue, inflammation can lead to a whole litany of issues - most notably, arthritis, autoimmune diseases, and certain cancers.

Considering these facts, it only makes sense that preventing and/or eliminating inflammation is one of the best ways to maintain a healthy life. Nature has provided a variety of foods and nutrients that have anti-inflammatory properties, and it only makes good sense to protect your health, by including some of these in your diet. You will be happy to know that most of these foods are flavorful and pleasant to eat.

**Chocolate**; you can enjoy this rich and delicious treat without a lot of guilt, but only dark chocolate with 70 percent or more concentration of cacao. Milk chocolate is not healthy, due to the high concentration of sugar and fat.

**Berries**; especially blueberries, strawberries, blackberries and raspberries. These delicious fruits are packed with flavor as well as fiber, vitamins, minerals and antioxidants.

**Fatty fish**; not everyone loves fish, but many people enjoy a Friday night fish fry. Salmon is high in Omega 3 oils, but rather costly so taking a daily fish oil supplement is advisable.

**Cruciferous vegetables**; including broccoli, cauliflower, kale and brussels sprouts are high in beneficial antioxidants. These veggies are easy to include in your nutritious diet and are readily available at a reasonable price.

**Avocados**; this versatile fruit is packed with healthy fat, fiber and antioxidants. It tastes great in salads, sandwiches and is the main ingredient in guacamole, the flavorful Mexican dip served with chips and veggies.

**Green tea**; if you are like millions of people around the world, you begin your day with a cup of coffee. Coffee does contain some antioxidants, but green tea is a better choice. Green tea will provide the caffeine you need to quick-start your day, but its much higher antioxidant level also helps to protect against cancer, heart disease and Alzheimer's disease.

**Mushrooms, olive oil and tomatoes**; these three foods are included as ingredients in many healthy recipes - either separately or together. Many Italian dishes include these ingredients, and the combination provides a powerful cocktail of anti-inflammatory compounds. Lycopene is a compound found in tomatoes that has been found to reduce inflammation and protect against various types of cancer. In addition, cooking tomatoes in olive oil increases the amount of lycopene that you can absorb by eating the combination.

**Mushrooms** are an ingredient found in many dishes, and they also contain anti-inflammatory compounds. Since cooking can reduce the anti-inflammatory benefits, most nutritionists recommend eating mushrooms raw or only slightly cooked.

**Turmeric**; while turmeric is not technically a food, this spice has been used to flavor Indian dishes for hundreds of years. **Curcumin** is a powerful anti-inflammatory nutrient contained in turmeric which effectively reduces the pain of arthritis and is also thought to help prevent cancer and Alzheimer's disease. The effects of turmeric can be greatly increased if you eat black pepper with it. Black pepper contains piperine, a nutrient that aids in the absorption of curcumin.

Inflammation is the natural immune response of your body to anything it recognizes as a threat, and the reaction is meant to protect your health. Without a certain amount of inflammation your health would be at risk from invading microbes, viruses and bacteria. Some foods such as red meat and refined carbohydrates can cause inflammation in your body, so eliminating or reducing them in your diet can keep you healthier.

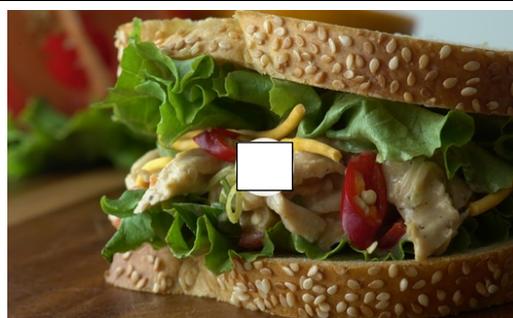
Fortunately, the healthy foods that fight inflammation are appetizing and easily available. Your best chance to live a long

and active life is to avoid unhealthy foods that cause weight gain and inflammation, and educate yourself about which foods provide proper nutrition and antioxidants to help fight disease.



## Upgrade Your Lunch Game With This Asian Chicken Salad Sandwich

Why keep your salad and sandwich separate when you can just as easily put them together?



## 3 Instagram-Worthy Breakfast Pizzas



Why have I never pizza when you can make breakfast pizza?

## Have Your Chai Latte Whenever with Gummies



Never worry about spilling your latte again with these easy DIY chai latte gummies.

## Melbourne man turns potato into cheese



A Melbourne inventor has worked out how to melt down potatoes like cheese, and has spent the past 12 years creating a range of food substitutes with liquid potato.



## Scientists assess bleaching damage on Great Barrier Reef

ARC Centre of Excellence in Coral Reef Studies



## Barramundi the "Super Food"

Written by Dr Harold Gunatillake Health writer

When you talk of fish, what comes to once mind would be the common swordfish, salmon, mackerels, herrings, Tilapia and so on? May be, they are the common fish available in the US, so much is written about them. They are also commonly found in the arctic, Antarctic's and Asian and Pacific waters. Barramundi labelled as a 'Super Fish' is not listed with the above, when one rattles off the names of ...

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## The Demon on Your Chest and Other Terrifying Tales of Sleep Paralysis

An unusual condition called sleep paralysis has been frightening people for centuries, and different cultures have different ways to explain the frightening phenomenon.

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## Deadly Mixture: Scientists Uncover Harmful Drug Interactions

Computers reveal what doctors can miss, potentially deadly prescription drug interactions.

[Read More](#)

## A better way to check your diabetes

Written by Dr Harold Gunatillake FRCS-Health writer

Most Sri Lankans do ignore a simple test to check for diabetes when required after the age of 40, as they do not realise the serious issues of the disease and the ability to control better when detected early. Those who have a family history of diabetes do check to find out whether they have got high blood sugar levels.

To check for fasting blood sugar finger prick test would do. If you h...

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## Coconut Oil: Good or Bad for Dogs?

Interestingly, many people also give coconut oil to their dogs or ... [READ MORE](#)

## World's Largest Solar Project Would Generate Electricity 24 Hours a Day, Power 1 Million U.S. Homes

The race to build the world's largest solar power plant is heating ... [READ MORE](#)



## Inflammation Turns Mitochondria into Toxin Producers

*New research shows that during inflammation, macrophages convert mitochondria to toxic compound producers that further amplify inflammation.*



Mitochondria - image from Shutterstock

Controlling inflammation can have huge implications when it comes to the treatment of numerous diseases. Efforts to understand and control inflammation are complex and ongoing. Interestingly, breaking research discovered how macrophages play a role in turning mitochondria into chemical-producing and toxic promoters of inflammation.

**Inflammation** is the way the body tries to protect itself against harmful stimuli and is an essential part of the immune system. Severe inflammation is an aspect of many aging-related diseases, and the lifelong accumulation of molecular damage resultant from chronic inflammation has been suggested to serve as a **major contributor** to the process of **aging**.

**Mitochondria** are present in nearly all cell types and generate the major part of the cells' adenosine triphosphate (ATP), the primary source of the cells' chemical energy. They are responsible for generating the energy that the cells need to conduct their work. As many as **30% of all cancers** employ mitochondria, the powerhouses inside cells, to create an environment that is conducive to tumor growth.

**Macrophages** are white blood cells that are "biological dustbins" that engulf and digest foreign substances and cellular debris, destroy pathogens, stimulate the immune system to action when needed, and promote inflammation when the body needs it to help prevent further damage. When the time comes for the inflammatory response to end, they normally switch and suppress inflammation and help to repair damaged tissue.

However, the inflammatory response can instead go awry and cause diseases and damage to healthy tissue during diseases such as arthritis, inflammatory bowel disease, septic shock, periodontitis, and some cancers. They must be tightly controlled.

The research came from a team of scientists from the Trinity College Dublin's Inflammation Research Group who joined forces with other researchers from the United Kingdom's Medical Research Council Mitochondrial Biology Unit and seven other institutions from throughout Europe to take this fresh look at macrophages' role in inflammation.

The researchers discovered that during the original response of the macrophages, the cells change the mitochondria's activity, which is the key energy generator in the cells. During inflammation, macrophages halt mitochondria's production of energy and switch them to the production of toxic compounds that promote and amplify inflammation. The scientists' hope is that this new knowledge may help to generate interventions that can mute this toxic response. If it can somehow be controlled, it could minimize tissue damage. Preventing this process would turn the macrophage into a benign anti-inflammatory cell and would hopefully calm down inflammation.

A swiftly-growing new area of specialty study is immunometabolism that looks at what exists between the metabolic responses and the **immune system** and creates a better understanding of the complexities of inflammation. The end goal is to design therapeutic approaches that should assist in the treatment of diseases that are difficult to manage.

[VIEW NEWS SOURCE](#)

Salmon is among the most popular seafoods in the U.S., where we eat 2.3 pounds per person each year. We prize salmon for its omega-3 fatty acids. National Oceanic and Atmospheric Administration (NOAA) says that consumption of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are key omega-3s found in seafood, may help to prevent high blood pressure, heart disease, certain types of cancer, clinical depression, anxiety and macular degeneration. Of the salmon consumed in the U.S., half is farm-raised



**Farmed Salmon**

## Delivers Half the Omega-3s of Five Years Ago

We now need to eat two portions of farmed salmon to ... [READ MORE](#)

## "Let food be thy medicine and medicine be thy food"

"Let food be thy medicine and medicine be thy food" is a quote often attributed to Hippocrates, along with the "first do no harm" medical approach. He is considered the Greek father of Western medicine and his philosophical natural approach is repeated by many in the alternative health field today. But these quotes are rarely practiced in mainstream medicine. Instead, we have a culture suckered into eating unhealthy processed and fast foods and indoctrinated by mainstream medicine to believe only western modern medicine, ruled by the pharmaceutical industry's toxic synthetic chemicals, can keep you disease free. Most mainstream medical professionals disapprovingly wince or shrug their shoulders whenever someone inquires about dietary influences. Except for cautioning against cigarette smoking and alcohol consumption, the attitude among most practicing M.D.s is just eat what you want and rely on our pharmaceutical solutions to fix you. Food as first medicine for cancer is mostly preventative, though some prove worthy as healing agents or adjuncts to other protocols. Studies show that avocados and purple potatoes kill cancer cells, for example.

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## Couples who drink together stay together: Sharing a bottle of wine 'can make your relationship happier'



Whether they are heavy drinkers or tee-total, women in particular become dissatisfied if they drink and their husband doesn't, researchers from the University of Michigan said.

# Heart disease 'number one killer' of Australian women, causing more deaths than most cancers

By [Dom Vukovic](#)

Heart disease contributes to more deaths among women than most forms of cancer, a university report has found.

The study, conducted by the Australian Catholic University's Mary McKillop Institute for Health, looked at the impact of heart disease on Australian women by considering not only heart attack and stroke, but also a widened analysis of associated diseases like diabetes and kidney failure.

Under those parameters, the Cardiovascular Risk and Diseases in Australian Women report found heart disease was the number one killer of women, leading to more than 31,000 deaths every year.

That number is far greater than the 12,000 deaths of women from common forms of cancer, including breast cancer.

Of the 31,000 deaths each year, the report identified that 3,000 women died before they could even get to a hospital for treatment.

One of the report's lead researchers, Maja-Lisa Lochan, said many women failed to get timely medical treatment because they failed to recognise the symptoms of a heart attack.

"They often think it's asthma, tiredness, influenza and ... often related to diseases other than heart disease," Professor Lochan said.

"They avoid seeking treatment ... more often than men."

## Soothing DIY Cough Drops



Made with lemon juice, ginger and honey, these cough drops are great for whenever.



## Warning about drinking

### Ginger Tea

Ginger is a great herbal product for stomach ailments like indigestion, stop nausea and vomiting in sea sickness, morning sickness, chemotherapy and food poisoning. Some believe that ginger eases arthritic pains and good for diabetes and migraine headaches.

People now drink ginger tea a spicy beverage that invigorates and stimulates you even though caffeine free.

I am aware of a private hospital in Colombo serving ginger tea to staff in the m...

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The US Environmental Protection Agency (EPA) recently released a draft report finding that glyphosate—the active ingredient in Monsanto's popular Roundup weed killer—is not likely to cause cancer in humans. This finding is preliminary, to be followed by the agency's final review of glyphosate, which has been delayed until spring of 2017. The EPA decided to address the potential cancer-causing effects of glyphosate after the United Nations' International Agency for Research on Cancer (IARC) announced last year that the chemical was a "probable carcinogen." An "independent" panel of scientists will review the EPA's report this month. But as our readers know, Monsanto and other biotech giants have so deeply corrupted the science of this issue that finding independent scientists would be a very tough challenge.

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### A Question Asked In A Talent Test:

If You Are Married To One Of The Twin Sisters Who Look Identical, How Would You Recognize Your Wife?

The Award-winning Answer Was!

"Just Pinch Either Of Them. If She Screams At You, She Is Your Wife.

If She Smiles Then Sister-in-law!"



## Oxalate stones in your kidneys

Written by Dr Harold Gunatillake –Health writer

As you grow up you could manufacture stones (calculi) in your body, such as in organs like the gall bladder, kidneys and so on. Our discussion today is about kidney stones emphasis on oxalate stones. Most kidney stones include calcium stone which are radio-opaque and seen on plain X rays. They are mainly oxalate stones a naturally occurring substance in food-vegies fruits nuts, chocolate and so on ...

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## About Bread you purchase

The brown bread you buy from the bakery or supermarket may not be whole meal. Molasses or other things can give bread a brown colour. Always read the ingredient list.

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

...[See More](#)

## Where is Australia's most vegan-friendly small town?



PETA has named Castlemaine as the most vegan-friendly small town in Australia, with many businesses offering vegan options.



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