



World's oldest living person celebrates 117th birthday



VERBANIA, Italy (AP) — Italy's Emma Morano, the world's oldest living person, marked her 117th birthday Tuesday, blowing out all the candles on her cake.

Beaming at the attention, Morano took in the festivities for her milestone celebration sitting in an armchair in her one-room apartment in the northern town of Verbania, joined by her two elderly nieces, a pair of caregivers and her long-time physician.

She received a greeting from Italy's president, read by an official, wishing her "serenity and good healthy," and appeared for a brief live broadcast on state-run television. She happily accepted some gifts, including her favorite cookies, which she ate with some milk.

Then she blew out the candles on her cake — not one for every year, but three numerals to show her age, 117 — and quipped: "I hope I don't have to cut it!"

To the assembled well-wishers, Morano said, "I am happy to turn 117," and drew encouragement from her physician, Dr. Carlo Bava.

"Who would have said it?!" the doctor remarked. "When you were young everyone used to say you were weak and sick."

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 people, and we expect reciprocation by reading, for their health & longevity
Health editor



Michelle Obama shows off lob haircut at White House holiday event

Embry Roberts
TODAY

Michelle Obama is arguably the country's most iconic mom ... but she's not succumbing to the "mom haircut" anytime soon.

The outgoing FLOTUS is always perfectly coiffed, most often with soft, classic waves that fall around her shoulders. We've seen her experiment before — **remember the bangs she called her 'midlife crisis'?** — but she generally seems to abide by the "if it ain't broke, don't fix it" philosophy.

(And it definitely ain't broke.)

But Obama wasn't leaving the White House without throwing us one more curveball ... or straightball, as the case may be.

Obama debuted the sleek, center-parted cut on November 29 at a White House event unveiling the 2016 holiday decor.

Coconut water is the naturally occurring liquid inside young, green coconuts. It has 0 fat, 0 cholesterol and is low in calories. The main benefit of coconut water is that it is full of electrolytes to hydrate and replenish you after a workout, a hot day, or a long night of drinking.

Coconut water has more potassium than a banana, and 15 times the amount found in traditional sports drinks. Potassium helps prevent muscle cramping.



Which Is Healthier?

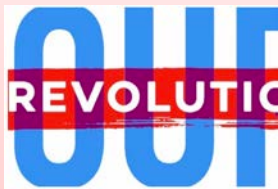
Whole Milk or Low-Fat Milk

Milk is one of the most nutritious beverages on the ... [READ MORE](#)



2,300 Scientists to Trump: We're Watching You

More than 2,300 scientists, including 22 Nobel laureates, released a letter on Wednesday to ... [READ MORE](#)



3 Steps to Stop Trump and Create a 'Bernie Sanders Revolution' in the Environmental Movement

The devastating defeat of Hillary Clinton and the environmental agenda we hoped she would support has ... [READ MORE](#)



New Study Confirms That Mercury Is Linked to Autism

Two new studies by international teams, including Egyptian scientists, have validated the link between ... [READ MORE](#)



Warm Winter Breakfast Bowl

Stay warm and fueled this winter with a filling breakfast bowl, made with egg, oats and vegetables.

[HEALTHY START](#)

Relax and listen

<https://youtu.be/5VzprYCxBQu>

Fwd: Sound of Music in Sinhala

<http://www.videos.gossi plankanews.com/2016/11/sarigama-trailer.html>

Ed: Congrats Soma- Our country needs talents like you. We miss you in Sydney



Michael and Agnes Thambayagam from Houston -spotted at the Houston Oxford Society (Oxford Alumni Organization in Houston) Dinner party held in Houston, Texas, USA on 4 Dec 2016.

Agnes is a contributor to this newsletter and a local promoter.

Our blessings for this lovely couple-Ed

'Magic Mushroom' for Cancer Patients



Cancer often leaves patients in a state of mind called 'existential distress.'

[READ MORE](#)

A Festival Service of Nine Lessons and Carols, presented by S.THOMAS' COLLEGE OLD BOYS' ASSOCIATION NSW/ACT

<https://youtu.be/GwUOWES0u1Q>



Does Ivanka Trump Really Want to Act on Climate?

Lorraine Chow

With a climate change denying [White House](#) and [cabinet](#) taking shape, there's not much environmentalists are excited about these days. But a new report from [Politico](#) indicates that our [ever-warming](#) planet might have an unlikely defender: Ivanka Trump.



Future First Daughter Ivanka A source told the publication that the future First Daughter plans to "speak out" about [climate change](#) and make it one of her "signature issues." As Politico reports:

"Ivanka wants to make climate change—which her father has called a hoax perpetuated by the Chinese—one of her signature issues, a source close to her told Politico. The source said Ivanka is in the early stages of exploring how to use her spotlight to speak out on the issue."

Donald Trump's election stands to overturn President Obama's environmental legacy—just when the environment [desperately needs](#) a well-positioned champion. The president-elect plans to renege the [Paris climate deal](#), axe the Clean Power Plan and other environmental regulations, and embrace the Right's "drill, baby, drill" ethos.

U.S.

GRAPHIC: The Array of Conflicts of Interest Facing the Trump Presidency

Donald J. Trump's global business empire will create an unprecedented number of conflicts of interest for a United States president, experts say.....



7:25

00524 1



What do you think of this picture of Obama at the beginning and end of his presidency?

Marilyn Payne, Swiffers are your friend
Updated Thu



That man gave us everything he had to give.

In addition, he was an amazing father who helped create two thoughtful citizens.

He took in a goofy looking dog, and was likely responsible for him, as far as middle of the night duties go. 'Barry, honey, as long as you're up...'

Bo [Bo Obama - Google Search](#)



He fought hard for the rights of **every single one of us**.

I feel guilty that we took such a toll on his health, but **I will never stop being grateful for this man and his family**.



8 Health Benefits of Mindfulness Meditation

The ancient practice of meditation—particularly mindfulness meditation—has recently surged in ... [READ MORE](#)



Past Pupils of Bishop's College (NSW) had their Christmas Dinner on 3rd December



eLanka, [Lankan-Australian](#)
"News-Kind": Always read

[View this](#)
email in your



How Important Is NASA's Earth Science Program That Trump Wants to Abolish?

Word has it that the National Aeronautics and Space Administration Earth Science program is on the ... [READ MORE](#)

Trump Has Options for Undoing Obama's Climate Legacy

New York Times -

President **Obama's** effort to reduce carbon emissions by coal-burning power plants could be ...



This is Anoja from Sydney



Her dream fantasy was to visit Sri Lanka on a holiday, get into a 'Cooly' attire and pluck tea.



***BARACK & MICHELLE OBAMA**

***Clinton all over again - hates the military and looks down on the Secret Service.**

He is egotistical and cunning. He looks you in the eye and appears to agree with you but turns around and does the opposite. He has temper tantrums.*

She is a complete bitch who basically hates anybody who is not black, hates the military and looks at the Secret Service as servants.

From Ronald Kessler-New York Times best-selling author-"IN THE PRESIDENT'S SECRET SERVICE

Stephen Hawking: We Must Find Another Planet to Live On

Lorraine Chow

Theoretical physicist [Stephen Hawking](#) is one of the most intelligent individuals on the planet, which is why his assertion that humanity has only 1,000 years left on Earth and must find another place to colonize is incredibly frightening.



Stephen Hawking predicts that we might have 1,000 years left on Earth.[Flickr](#)

"[W]e must ... continue to go into space for the future of humanity," professor Hawking [said](#) in a lecture on "The Origins of the Universe" at Britain's Oxford University Union earlier this week. According to the [Daily Express](#), the 74-year-old scientist warned that humans are [using up Earth's ecological resources](#) faster than it can be replenished.

"I don't think we will survive another 1,000 years without escaping beyond our fragile planet," Hawking said.

Also in his talk, Hawking discussed creation myths, Einstein's theory of relativity and how "the expansion of the universe was one of the most important discoveries of the 20th, or indeed any, century."

He urged more [space travel](#) to advance our quest in understanding ourselves. "We must continue exploring space in order to improve our knowledge of humanity. We must go beyond our humble planet," he said.

Hawking's speech ended on an encouraging note. "Remember to look up at the stars, not at your feet. Try to make sense of the wonder that is around you," he said. "No matter how difficult life may seem, there is always something you can do and be good at." This is not the first time that Hawking has made such dire warnings about the end times. At a January talk with [BBC Reith Lectures](#), he said that nuclear war, [climate change](#), genetically-engineered viruses and the rise of artificial intelligence spell planetary doom. And in an interview with Larry King in June, Hawking [described](#) how an increase in air pollution, emissions of carbon dioxide and overpopulation are major threats to humanity.

"Six years ago I was warning about pollution and overcrowding, they have gotten worse since then," Hawking said. "The population has grown by half a billion since our last meeting with no end in sight. At this rate, it will be 11 billion by 2100. Air pollution has increased by 8 percent over the past five years."

The world-renowned scientist is often asked to explain the universe's most baffling mysteries but he was stumped in May when he was [asked to explain the rise of Donald Trump](#)

I can't," Hawking replied. "He is a demagogue, who seems to appeal to the lowest common denominator."

However, he added that "a more immediate danger is runaway climate change."

"A rise in ocean temperature would melt the ice-caps and cause a release of large amounts of carbon dioxide from the ocean floor," he continued. "Both effects could make our climate like that of Venus, with a temperature of 250 degrees."

In [September](#), Hawking was one of 375 members of the National Academy of Sciences that signed an [open letter](#) that warned that America's withdrawal from the [Paris agreement](#) would hurt the nation's international credibility and undermine the climate pact

Even Bill O'Reilly Thinks Trump 'Should Accept the Paris Treaty on Climate'

[Media Matters for America](#)

On the Nov. 16 edition of Fox News' *The O'Reilly Factor*, host Bill O'Reilly said that President-elect [Donald Trump](#) "should accept the Paris treaty on climate to buy some goodwill overseas."

O'Reilly partially based this conclusion on the premise that the [Paris agreement](#) "doesn't really amount to much," but that view is contradicted by 376 members of the National Academy of Sciences, including 30 Nobel laureates, who [say](#) that the Paris agreement is a "vital first step" and that the U.S. withdrawing from it "would make it far more difficult to develop effective global strategies for mitigating and adapting to [climate change](#)."

Reposted with permission from our media associate [Media Matters for America](#).

By [Media Matters for America](#) | [Climate](#) | Apr. 26, 2016 02:09PM EST

CNN Viewers See Far More Fossil Fuel Advertising Than Climate Reporting

CNN aired almost five times as much oil industry advertising as climate change-related coverage in the...

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

[Truthout](#)

By C.J. Polychroniou

On Nov. 8, [Donald Trump](#) managed to pull the biggest upset in U.S. politics by tapping successfully into the anger of white voters and appealing to the lowest inclinations of people in a manner that would have probably impressed Nazi propagandist Joseph Goebbels himself.



But what exactly does Trump's victory mean and what can one expect from this megalomaniac when he takes over the reins of power on Jan. 20, 2017? What is Trump's political ideology, if any and is "Trumpism" a movement? Will U.S. foreign policy be any different under a Trump administration? Some years ago, public intellectual [Noam Chomsky](#) warned that the political climate in the U.S. was ripe for the rise of an authoritarian figure. Now, he shares his thoughts on the aftermath of this election, the moribund state of the U.S. political system and why Trump is a real threat to the world and the planet in general.



"Sailing On The Tweed, NSW."

Oil painting by James Morton.- Carlingford, Sydney

THIS IS SCARY

Something is happening to the ground beneath our feet. The earth is literally opening up. Before 2010, sinkholes were a relatively uncommon phenomenon.

Now they are appearing almost daily. But why so many sinkholes and why now? In a word... electricity, strange as it may sound. The Electric Universe theory, or Plasma Cosmology, can account for this unprecedented phenomenon. Plasma cosmology sees the universe as a giant electric motor being driven by the exchange of charged particles.

The mechanical and electromagnetic forces are responsible for sinkhole formation.

<https://www.youtube.com/embed/TLUgEXI9RYI?rel=0>

(Sent by Charles Schokman)

TrumpWatch

ADD YOUR NAME

EcoWatch will track the president-elect's actions on the environment and be a central communication hub for the movement working to keep the Trump administration in check.

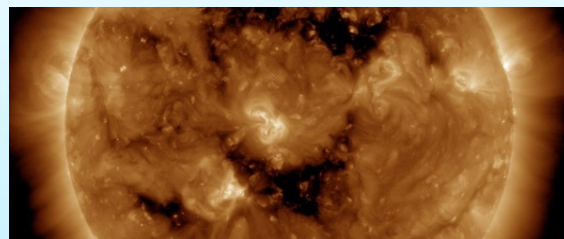
EcoWatch Launches TrumpWatch

With nearly two weeks since the presidential election, the shock has worn off and reality has set in. Donald Trump will ... [READ MORE](#)



3 Reasons to Eat Antioxidant-Rich Passion Fruit

Passion fruit is a nutritious tropical fruit. It's gaining popularity, especially among those who ... [READ MORE](#)



Holes in the Sun! One's Real, the Other Not So Much (Video)

[Read Article](#)

Medical News Today: Macular degeneration: Study sheds light on Alzheimer's proteins in retina

Previous studies have shown that the beta-amyloid proteins found in Alzheimer's disease also accumulate in the retinas of people with age-related macular degeneration. Now, a new study reveals insights that help to better understand how the retina becomes damaged in this way. The retinas of people with AMD show deposits of the type of proteins...

[Cranberry for UTIs: What's the evidence?](#)

Cranberry is a popular treatment for urinary tract infections. The thing is, on the whole, research fails to find any evidence cranberry works.

Health Tip

Want to build muscle? Don't go overboard eating protein. You need only a little extra protein, if any, and too much can be harmful.

[Do you need to eat a lot of protein to build muscle?](#)

Should we eat more saturated fats- and keep our hearts safe?

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

For many decades the scientists believed that eating saturated fats was a major risk factor for heart disease. Today, we are at cross roads wondering whether to ponder or just wait for further research and stats.

All fats and oils are composed of chains of carbon atoms. They are linked or bonded with hydrogen atoms like your arms on th...

[Continue Reading](#)

[Drug that limits brain damage in stroke identified](#)

Scientists have identified a drug that helps repair the damage by promoting the birth of neurons. This finding provides further support for the development of this anti-inflammatory drug, interleukin-1 receptor antagonist (IL-1Ra in short), as a new treatment for stroke.

Quote of the Day

"Little drops of water wear down big stones."

— Russian Proverb

<https://www.youtube.com/watch?v=bBfD0atv8vc>



[Journey from Kandy to Misty Ramboda, Sri Lanka](#)

Exciting awesome drive from Kandy to Ramboda and beyond.

Quote of the Day

"Don't aim for success if you want it; just do what you love and believe in, and it will come naturally."

— David Frost

Poor Grip Strength

The strength of your hand may tell you something about the strength of your heart. Research suggests the ability to squeeze something well means a lower risk of heart disease. If it's hard for you to grasp an object, odds are higher that you have or could develop problems. (But improving your grip strength alone won't necessarily make your heart healthier.)-WebMD

Editor: Your hand shake with a friend will reveal the strength of your heart and your friend's , too

By Carbon Brief | Climate | Oct. 21, 2016 09:13AM EST

7 Key Scenes in Leonardo DiCaprio's Climate Film 'Before the Flood'

By Leo Hickman

Before the Flood, a new feature-length documentary presented and produced by



Ways to Naturally Whiten Your Teeth

In 2015, Americans alone spent more than \$11 billion on teeth whitening, including more than ... [READ MORE](#)

[This Incredible Documentary Takes You Into the Human Body](#)



Watermelon

This sweet, refreshing fruit has a compound that can have effects similar to ED meds on your blood vessels. It may even rev up your sex drive, studies say. Most of watermelon is water, but the rest is loaded with lycopene, an antioxidant that's good for your heart, prostate, and skin.

High-fat Ketogenic Diet for Weight Loss



The term "ketogenic" is derived from attaching the suffix "-genic" to the word "ketone." Ketones are produced in the liver from fat. As ketones are produced more, a state of ketosis is created. Ketosis allows fat to be converted into energy instead of storing it as fat. Ketosis even promotes reducing existing excess body fat by converting it into energy. One of the most efficient saturated fats for ketosis is virgin coconut oil. Instead of long chain triglycerides that most other healthy fats contain, coconut oil is comprised of medium chain triglycerides, which are most easily converted into ketones. So consuming healthy fats, not trans-fat substitutes, and cutting back considerably on processed or refined carbohydrates is proving to increase health and reduce obesity and all the problems associated with it, including diabetes and heart disease. [Read More...](#)

Should we switch on to Organic Food?

Written by Dr harold Gunatillake-health writer
These days' health conscious people go for organic foods. Let's discuss whether it's worth-wise and purse-wise the changeover. Organically grown foods are considered good for the environment, but for human consumption supposed to be questionable. The price of most organic foods is about 30% more than the conventional produce. Have you ever bought organic milk- oh! It is expensive, and you'll i...

[Continue Reading](#)



[Fall in love with cheesy garlic rolls, made with fresh pizza dough](#)
[CHEESE HEAVEN](#)

Oysters

These shellfish may boost your testosterone levels, and that can help with sex drive. They're also chock-full of zinc, a nutrient your body needs. But you may save yourself problems by making sure they're cooked. Make sure you know where they come from, and that they're cooked properly.

Causes of breast dimpling of the breast



Bing & Co images

Dimpling is a common sign of inflammatory breast cancer. This is a rare form of stage III or stage IV breast cancer where there is no distinct mass or [tumor](#). Instead, cancer cells block the lymphatic drainage in the breast tissue. This form of breast cancer is most commonly found in women [under the age of 60](#). It tends to develop in the milk ducts within the breast. Early symptoms of inflammatory breast cancer may include itching and a rash or small, irritated bump, similar to a bug bite. Eventually, the symptoms progress and can include:

- Tenderness
- Pain or a burning sensation
- Swelling
- Redness
- Dimpling of the skin

Nipple changes, such as inversion may also be observed. People may or may not feel a lump in the breast.

Dimpling can also be a symptom of fat necrosis, a condition where the fatty tissue in the breast dies. Though this condition is not related to breast cancer, it can also cause a lump and dimpling. Dimpling is especially likely if the fat necrosis occurs near the surface of the breast.

The only way to determine if dimpling is caused by breast cancer or fat necrosis is by having an examination with a doctor and a breast biopsy.

How to find dimpling of the skin

The easiest way to find dimpling is for a woman to look at her breasts. While regular breast self-exams are no longer recommended, a woman should be aware of how her breasts normally look and feel. Looking for dimpling is best done when getting dressed or changing clothes and is very simple. To screen for dimpling, women should simply take a few minutes to check out the tissue covering the breasts and underarm areas.

Any changes in the skin, including lumps or changes in texture, should be noted. It is also important to feel the breasts regularly to check for lumps, areas of tenderness, or thickening in the breast or under the arms. Checking should be done at all stages of the menstrual cycle. Doing so means that a woman can be aware of how her breasts change over time.

MNT

Statins and CVD prevention

After considering the evidence for both the benefits and the disadvantages of preventive statin use, the United States Preventive Services Task Force (USPSTF) have issued a [new set of recommendations](#).

The USPSTF are an independent, volunteer panel of experts working in prevention and evidence-based medicine. The aim of the task force is to improve the health of Americans by making recommendations about clinical preventive practices, such as screenings, counseling, and other preventive medications. The USPSTF recommendations are based on peer-reviewed evidence, and they were recently published in *JAMA*.

These guidelines include a grade B recommendation, which relates to patients who have a 10 percent or higher risk of developing a CVD event over the course of 10 years. In this case, a low-to-moderate dose of statins should be offered to all adults aged between 40-75 years old without a history of CVD, but who have one or more risk factors for CVD, such as dyslipidemia, diabetes, hypertension, or smoking.

The new guidelines include a grade C recommendation for patients who have a calculated 10-year event risk of 7.5-10 percent of developing [heart disease](#). In this case, the USPSTF recommend that doctors *selectively* offer low-to-moderate doses of statins to adults aged between 40-75 years without a history of CVD, but who have one or more risk factors.

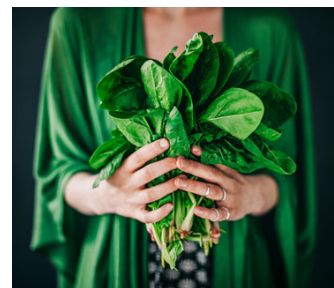
Finally, the USPSTF do not have any recommendations regarding the use of statins in adults of 76 years of age and older, as they consider the evidence insufficient in this regard. **Their review found that the degree of benefit from statin therapy will be the greatest in people with the highest baseline risk of experiencing a CVD event.**

The USPSTF analysis also revealed that the use of low-to-moderate statins reduces the risk of heart disease events, such as a heart attack or stroke, as well as the risk of death by at least a moderate amount. These results benefit adults aged 40-75 years with one or more CVD risk factors and a 10 percent chance of developing heart disease over a 10-year period.

A low-to-moderate dose also reduces the risk of CVD events and mortality by at least a small amount in adults aged between 40-75 years who have one or more CVD risk factors. These individuals would also have a 7.5-10 percent chance of developing a CVD event over a 10-year period.

Based on the evidence, the experts also established that the harms of low-to-moderate dosage of statins in adults aged 40-75 years are small.

[Read about how statins could cut death risk by a third for some arthritis patients](#). MNT



FEATURED

Super Foods for Your Bones

Discover how to build strong bones with a diet rich in these nutrient-rich and high-calcium foods.

[READ MORE](#)

Why do Jaffna people shake their legs whilst sitting down? Sitting for more than six hours greatly increases your risk of an early death. No matter how much you exercise, eat well, avoid smoking, excessive sitting will cause problems according to Tom Rath best-selling author of 'Eat Move Sleep' which is sold more than six million copies:

As soon as you sit down, electrical activity in your leg muscle shuts off! Enzyme production, which helps break down body fat, drops by 90 percent. After two hours of sitting, your good cholesterol drops by 20%. Furthermore, there are positive associations between cancer risk and sedentary behaviour. Shaking your lower limbs vertically or from side inwards keeps the leg muscles active and calories are lost. You may lose more calories sitting down and shaking your legs continuously and rhythmically than walking. You can now buy electrical shaking machines to do the same job. Now you know why Jaffna man is wiser Dr Harold

[Sugar tax could cut soft drink consumption by 15pc: Grattan Institute](#)



You too can support

OUTCOMES OF MEETINGS IN SRI LANKA:

We are pleased to report briefly on the outcomes of meetings with corporates, government officials, medical personnel and individuals, which were all intended to gather support for our proposed expansion with a centre initially in Badulla, then later in Welimada and Marangana. The absolute need for more centres was brought home to us in conversations with the personnel in hospitals as they emphasized their lack of means and resources to provide similar services provided by us to our disabled children. Seylan Bank, National Savings Bank, Australian High Commission in Sri Lanka, Expolanka Holdings PLC., Bartleets Group of Companies and the Uva provincial ministries have pledged their support for VACD.



Dr Gopi Kumar, Chartered Physiotherapist,

Dr Kumar who is also co-founder of Sri Lanka Cerebral Palsy Foundation, has kindly pledged to help VACD by presenting free wheelchairs to eligible VACD children below 16 years, and undertaken to train VACD parents to deliver home based physiotherapy for VACD children, (which will be videotaped for later use as a training/refresher tool for other parents), and train parents in Paper Based Technology to produce furniture for disabled children.

HEARTFELT THANKS TO THESE SUPPORTERS & DONORS:

TV Derana

In an exciting new development, Mr. Suneth Wediwardana – Producer and his team at TV Derana will soon be producing a 30-minute documentary on VACD and our disabled children and their families. This documentary should go a long way to raise awareness of disabilities in children, the lack of services for them and hopefully generate support for our programs.

Infologix (Pvte) Ltd

Mr. Ruvesh Sivanandan – General Manager and Mr., Stefan Jaro – Digital marketing Executive at Infologix are presently working on a social & digital media strategy that includes Facebook and Instagram for VACD on a pro bono basis, as part of their 'Community & Social Responsibility' commitment.

Ataraxia Capital Partners & Teardrop Hotels

Senior partners at these two companies have agreed to fundraise for VACD by means of money boxes placed on the counters of their businesses.

Mr. Vijay Hirdaramani, (entrepreneur & family friend), Mr. & Mrs. Dilshan & Anushka Perera (Mission Travel, Colombo), Mr. James Meighan (Treasurer - VACD Board of director) – have made donations of much needed equipment for the Centre; a sound system, a 32inch television and a digital video camera, which will be utilized for the children's dance classes and for physio and speech therapy training sessions for parents.

Yasmin Stephen

Administration & Communications Secretary

Volunteers to Assist Children with Disabilities Limited,

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Cherrybrook, NSW 2126, Australia

Phone: +612 9484 5128

E-mail: vacd@vacd.org.au or fstephen@bigpond.net.au

Web: <http://www.vacd.org.au/>



Researchers discover ancient flower that naturally treats diabetes; Big Pharma immediately begins developing synthetic version
Israeli researchers have discovered an amazing plant native to their region that apparently helps treat type-2 diabetes naturally without the need for drugs or injections. But rather than promote the actual plant as a therapeutic option for patients, the team is instead working with drug companies to isolate the plant's "active ingredient" so it can be synthesized and turned into a patented, corporate-owned pharmaceutical drug.

The plant is known as *Chiliadenus iphionoides*, or sharp varthemia, and it has a stocky, furry-looking stem that produces spiny yellow flowers. In both cellular and animal models, extracts from this aromatic shrub have been shown to exhibit antidiabetic activity, helping to improve sugar absorption into muscle and fat cells, as well as reduce blood sugar levels.

Based on these powerful outcomes, as reported in the *Journal of Ethnopharmacology*, sharp varthemia appears to be a godsend for people who suffer from diabetes mellitus, which the American Diabetes Association says is the seventh leading cause of death in the U.S. today. But you won't find the plant at your local CVS or Walgreens pharmacy, and you likely never will.

"*Chiliadenus iphionoides* extract increased insulin secretion in β cells as well as glucose uptake in adipocytes and skeletal myotubes. The extract also displayed hypoglycemic activity in the diabetic sand rat. ... *Chiliadenus iphionoides* exhibits considerable antidiabetic activity, although the mechanism of action remains to be determined."

This is quite clearly a positive clinical outcome, but it doesn't do much to fatten the wallets of drug industry CEOs and executives who only profit when medicinal components are isolated and synthesized. Since natural plants can't be patented (at least not yet), there's no money to be made from selling sharp varthemia in whole-plant form.

Sources:

<http://www.timesofisrael.com>



Oyabangit.blogspot.com

Bill Gates is currently the richest person in the whole world. Not just like the richest person in all the Washington state or even the United States, he's the richest person... in the world. His net worth is over \$81.1 billion and he's known for being the co-founder of the world's largest PC software company, Microsoft.

So, in theory, if you have the most money in the world plus one of the largest companies... the next natural guess would be his house has to be amazing. And the theory is right.



Apple Cider Vinegar Can Make The Earache Disappear In Only 60 Seconds – Here Is How



Quote of the Day

"You have succeeded in life when all you really want is only what you really need."

— Vernon Howard

http://elanka.com.au/events_listing/health-views-december-1st-issue-health-education-sri-lankans-others/



Could Common Heartburn Drugs Up Stroke Risk?



By Dennis Thompson
HealthDay Reporter

TUESDAY, Nov. 15, 2016 (HealthDay News) -- A popular category of [heartburn](#) medications -- including [Nexium](#), [Prevacid](#), [Prilosec](#) and [Protonix](#) -- may increase your risk of [stroke](#), a new study suggests.

Known as [proton pump inhibitors](#) (PPIs), these [drugs](#) increased people's overall [stroke](#) risk by 21 percent, said study lead author Dr. Thomas Sehested.

However, the risk appears to be driven by people who take high doses, added Sehested, research director at the Danish Heart Foundation in Copenhagen.

"People treated with a low dose of PPIs did not have a high risk of [stroke](#)," he said. "Those treated with the highest doses of PPIs had the highest risk of [stroke](#)."

The extent of risk also depends on the specific PPI taken.

At the highest dose, stroke risk ranged from 30 percent for [lansoprazole](#) (Prevacid) to 94 percent for [pantoprazole](#) (Protonix), the researchers said.

Takeda Pharmaceutical, the maker of prescription-only Protonix, did not respond to a request for comment.

PPIs specifically affected risk of the most common type of stroke, ischemic stroke, which occurs when a clot blocks blood flow to the brain.

Proton pump inhibitors treat heartburn by blocking acid-producing cells in the lining of the stomach.

Prior studies have associated PPI use with [heart disease](#), [heart attacks](#) and [dementia](#), Sehested said.

High Indigenous cancer rates prompt new approach to close the gap

Alarming statistics showing Indigenous Australians are 30 per cent more likely to die from cancer than other Australians and 65 per cent more likely if they live in rural or remote areas prompt a new approach by Cancer Council WA.

Diverticulosis: Diverticulosis is an Uncommon and Serious Problem.

False. Most people in the U.S. over the age of 60 have diverticulosis, but very few have overt symptoms. Diverticulosis is a condition in which small pouches (diverticula) grow out of the wall of the colon. These weak spots in the colon increase with age. Many people learn they have diverticula after undergoing routine testing for another condition. Diverticula may be discovered during a barium enema or colonoscopy. The potential complications of diverticulosis include bleeding, colon perforation, and infection (diverticulitis). Fewer than 10% of people who have diverticulosis develop a complication due to the condition.

Medicine.net

Inflammatory Bowel Disease (Ulcerative Colitis and Crohn's Disease): Inflammatory Bowel Disease is Caused by Psychological Problems.

False. Inflammatory bowel disease (IBD) is the term given to two intestinal disorders, ulcerative colitis and Crohn's disease. Researchers are unsure as to the cause of IBD, but a viral or bacterial infection may play a role. An infection may trigger the immune system to create inflammation in the intestines. Although stress can aggravate the symptoms of IBD, there's no solid evidence that anxiety, tension, or any other psychological factor causes the disorder.

Medicine.net

Mixing Energy Drinks with Alcohol Causes Brain Changes in Mice

Mice that were given energy drinks along with alcohol had changes in their brains similar to those seen in mice given cocaine.

[Read More](#)

PREVIO



LADIES IN BLACK –Sydney Festival

Saturday 21 January at 8pm & Sunday 22 January at 5pm sale!

Saturday 21 January at 8pm & Sunday 22 January at 5pm

Tim Finn's smash hit musical makes for a perfect Christmas gift! Ladies in Black, the winner of Best New Australian Work at this year's Helpmanns is a toe-tapping trip back in time to 1959, following Lisa, a bright-eyed, bookish school leaver as she steps through the doors of the city's most prestigious department store... think David Jones at Christmas.

"The best musical since Priscilla went global" - The Age For bookings of 10+ contact Sydney Festival on 1300 856 876 during business hours.

Captioned performance - 2pm, 21 January. Audio described performance - 8pm, 19 January and 2pm, 21 January.

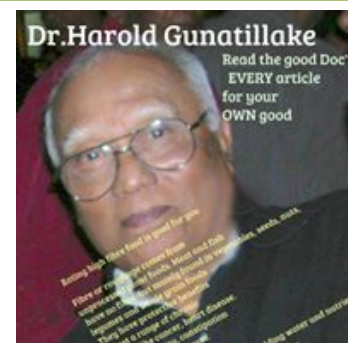
For information on available access performances, please [click here](#).



Here's how a tea bag will fix a broken nail

Have a broken nail? In our latest "Ready in a Snap," TODAY Tastemaker Anna De Souza shows how a tea bag will fix the problem.

[WATCH NOW](#)



Dr harold Gunatillake

@gunatill

H

My Face Book- please click

Relax, read, file and share
Worthwhile newsletter for future
reference

Vibrio

Vibrio parahaemolyticus bacteria live in saltwater, and are often found in raw seafood.

People who eat raw or undercooked shellfish become infected usually within 24 hours, causing symptoms such as watery diarrhea with stomach cramping, nausea, vomiting, fever and chills.

Symptoms can last up to three days. More severe infections are rare, and occur more commonly in people with weakened immune systems.

An estimated 4,500 cases of *V. parahaemolyticus* infection occur each year in the U.S., according to the CDC.

Most infections can be prevented by thoroughly cooking seafood.

Llvescience

Probiotics May Help Reduce Blood Sugar Levels

The microbes that live in your gut may play a role in your blood sugar levels, a new study finds.

[Read More](#)

MRI can detect bone marrow cancer: Study

Bone marrow cancer can be identified effectively using Magnetic Resonance Imaging (MRI), according to a new study which may change the way the disease is diagnosed. Bone marrow cancer (myelofibrosis) is a slow evolving condition hallmarked by increased myeloid cells and in the case of primary myelofibrosis, with an excessive number of large bone marrow cells called megakaryocytes.

Times of India

Border protection facts



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

Don't eat bananas and carrots, they are too high in carbs and sugar.

It is true that certain foods (even healthy ones) like bananas and carrots are slightly higher in carbohydrates and sugar (respectively) compared to other fruits and vegetables. But it's also true that our country did not become obese by over consuming either of them.

A small banana has 23 grams of carbs compared to a small apple which has 21 grams. If you're trying to lose weight, you do need to watch your total carb and sugar consumption (even from foods like fruit), but that doesn't mean you can't have a cup of berries after dinner one day and a banana in your oatmeal the next morning.

The key is not to over-consume — anything. Stick to this advice and don't point that finger at the beets in your salad. Also, don't lump carbohydrates or sugar found naturally in fruit and veggies into the same category as sugar from jelly beans, cake and cookies.

www.Today.com

Prince Harry announces Sydney as host of 2018 Invictus Games

Sydney is announced as host of the 2018 Invictus Games, an international sporting event founded by Prince Harry for military veterans who have suffered an injury or illness.

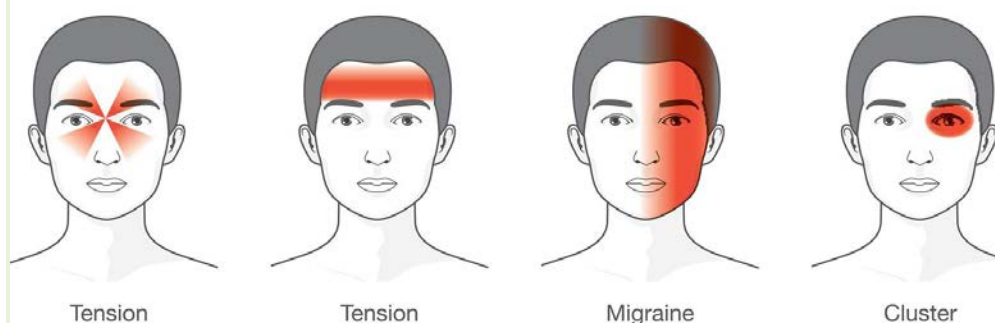


The Might of the Pen.

"The pen is mightier than the sword" is the saying
Stifling of the Pen can cause a populace swing
But the effect may only be temporary and for political gaining
And when truth comes along; lead to populace awakening
The cumulative effect can be far reaching
"An Army marches on its' stomach" is a Napoleonic saying
It's true for an Army as it is for the peoples' well being
Hence the stomach becomes the centre of homing
No doubt an empty stomach will create problems that's disturbing
The Pen is like the "Scale of Justice" that needs "Just" balancing
We do not need the Pen to be a "Sword of Damocles" dangling
Above the head of a population and threatening
The Pen must in all circumstances be just and well meaning
One must remember that a Pen filled with venomous inkling
Will only spread disharmony and evil doing
Irreparable at times and very disconcerting
So, let us fill the Pen with goodness and human feeling
Spread goodness in keeping with all "Spiritual" following
For when you answer to the Good Lords' calling
You can always say – "I always did the correct & just thing"

Noor Rahim

HEADACHE TYPE



Shutterstock

Where 3 different types of headaches hurt worst: a tension headache is felt all over the head; a migraine often on one side of the face; and a cluster is a "horrible pain" around the eyes.

www.Today.com

Green Tea May Reduce Men's Cancer Risk

Supplements of green tea extract may reduce prostate cancer risk, among men with lesions or neoplasia.



Green tea supplement - image from Shutterstock

Green tea (*Camelia sinensis*) is an abundant source of antioxidants – notably, epigallocatechin gallate (EGCG). Previous studies have suggested that supplements of green tea extract may confer a variety of cardiovascular and cancer protective effects. Nagi B. Kumar, from the H. Lee Moffitt Cancer Center & Research Institute (Florida, United States), and colleagues enrolled 97 men who had premalignant prostate lesions or high-grade intraepithelial neoplasia. Tracking for changes in high-grade prostatic intraepithelial neoplasia (HGPIN) and/or atypical small acinar proliferation (ASAP), study participants were randomly assigned to receive either a supplement containing green tea extract (400 mg EGCG), or placebo, for one year. The researchers observed that the man who receive the green tea supplement experienced reduced combined rates of HGPIN/ASAP, as well as decreased levels of Prostate Specific Antigen (PSA). The study authors report that: "Daily intake of a standardized, decaffeinated catechin mixture containing 400 mg EGCG per day for 1 year accumulated in plasma and was well tolerated but did not reduce the likelihood of PCa in men with baseline [high-grade prostatic intraepithelial neoplasia] or [atypical small acinar proliferation]."

[VIEW NEWS SOURCE...](#)

[Regular intake of sugary beverages, but not diet soda, is associated with prediabetes](#)



Arthritis Drug Helps People Regrow Hair, More Cases Show

By Rachael Rettner, Senior Writer |



An image of a patient with alopecia universalis, a condition that results in hair loss. On the left, the patient's head before treatment with the drug tofacitinib. On the right, the head after treatment.

Credit: *Annals of Internal Medicine*

Two patients, who each lost all of their hair 10 years ago due to a [medical condition](#), recently regrew some of their hair after taking an arthritis drug, according to a new report of the cases.

The patients, one man and one woman, suffered from alopecia universalis, a condition in which people lose all of the hair on their entire body because their [immune system](#) attacks hair follicles. There is currently no effective treatment for the condition. The patients' doctors tried treating them with multiple other drugs, but nothing worked.

However, after the patients took the arthritis drug, called tofacitinib, every day for two months, some hair regrew on their scalp, eyebrows and under the arms, according to the report. The patients were followed for nine months while they took the drug, and they did not experience any serious side effects, the researchers said.

The researchers said in their study that they hope that these cases will prompt a study to determine whether tofacitinib is a safe and effective treatment for alopecia universalis. "Successful treatment can improve patients' lives dramatically, as it did for our patients," the researchers, from Albert Einstein Hospital in Sao Paulo, Brazil, wrote in the Nov. 15 issue of the journal *Annals of Internal Medicine*. [[4 Common Skin Woes, and How to Fix Them](#)]

Although the hair-loss condition is not life-threatening, it is important to develop effective [treatments](#) because the condition can have a negative effect on a patient's mental health. "Hair loss really affects your self-esteem," said Dr. Doris Day, a dermatologist at Lenox Hill Hospital, in New York, who was not involved with the study. "I have patients who are near suicidal because of hair loss," Day said.

Day also recently used tofacitinib to treat a patient with alopecia universalis, and saw similar results, she said.

But there is concern that long-term treatment with tofacitinib could cause harmful side effects, the researchers said. The drug is known to cause side effects that include an increased risk of serious infections as well as tears in the stomach and intestines, according to Pfizer, the company that makes tofacitinib, which is sold under the brand name Xeljanz.

The findings add to those of a study published in September, which tested tofacitinib as a treatment for 66 people with hair loss due to [alopecia areata](#), an immune-system condition in which the hair falls out in patches. (Alopecia universalis is the most advanced form of alopecia areata.) In that study, half of the people regrew some hair, and one-third saw more than 50 percent of the hair on their scalp grow back. However, that study lasted only three months.

Australian Continent Moves as Seasons Change

By Tia Ghose, Senior Writer



Credit: Marcio Jose Bastos Silva / Shutterstock.com

The continent of [Australia](#) tilts and shifts a visible amount as the seasons change, new research suggests.

The continental wiggle occurs because of seasonal movement of [water around the globe](#), the research finds.

"That motion causes quite a detectable, sizable deformation in Australia," said the study's lead author, Shin-Chan Han, a professor of engineering at the University of Newcastle in Australia. [[Spooky! Top 10 Unexplained Phenomena](#)]

Health Tip



Troubled by varicose veins? Losing weight may help. And while support stockings aren't a cure, they can reduce swelling, which can in turn decrease your discomfort.

Does crossing your legs give you varicose veins?

[Diets rich in omega-3 fatty acids may help lower blood pressure in young, healthy adults](#)



The History of Dementia

In 1906 Auguste Deter, a woman in her early 50s, became the first person diagnosed with Alzheimer's disease, a form of dementia. The disease is named after the doctor who first described it, Alois Alzheimer. The disease is characterized by odd behavior, memory problems, paranoia, disorientation, agitation, and delusions. After Deter's death, Alzheimer performed a brain autopsy and discovered dramatic shrinkage and abnormal deposits in and around nerve cells.

In 1910 the term "Alzheimer's Disease" was formally used. In 1974 Congress established the National Institute on Aging (NIA), the primary federal agency supporting Alzheimer's research.

What Is Dementia?

Dementia is not a specific disease, it is a broad term that characterizes many different conditions, such as Alzheimer's disease, vascular dementia, frontotemporal dementia, and other disorders. Dementia refers to a group of symptoms that can be caused by several different brain disorders.

In general, dementia is characterized by impaired intellectual functioning that interferes with daily activities or personal relationships. This impairment can include memory loss, language difficulty, decreased perception, and impaired reasoning. Sometimes, people with dementia go through personality changes or develop delusions. Dementia is often mistaken as senility or senile dementia which views serious mental decline as a normal part of aging, when in fact, it requires professional

Alzheimer's Disease Causes

The most common cause of dementia is Alzheimer's disease. More than 5 million people are living with Alzheimer's disease, and ½ million die each year from it. It is the 6th leading cause of death in the U.S., and the 5th leading cause of death for seniors 65 and older. Two-thirds of seniors with Alzheimer's are women. Up to 5% of those living with Alzheimer's have the early-onset form of the disease, and are diagnosed in their 40s or 50s.

On the microscopic level, Alzheimer's disease shows up in the brain with two characteristic abnormalities: amyloid plaques and neurofibrillary tangles. Amyloid plaques are abnormal clumps of protein (beta amyloid) found between the nerve cells of the brain that impair communication between nerve cells. Neurofibrillary tangles are damaged proteins (tau proteins) that collect into "tangles," which cause improper functioning of nerve cells, leading them to disintegrate. It is unknown if amyloid plaques and neurofibrillary tangles cause Alzheimer's or if they result from the disease itself.

Alzheimer's Disease Symptoms and Treatment

Patients with Alzheimer's disease suffer progressive disability over the course of the illness. Generally, patients with Alzheimer's can live from 2 to 20 years from diagnosis; on average patients' life expectancy is 8-10 years. Alzheimer's disease usually causes a decline in thinking ability, memory, movement, and language. Bizarre, withdrawn, or paranoid behavior may also occur as the disease progresses.

Early in the disease, patients may only have subtle symptoms such as changes in personality or lapses in memory. As the disease worsens, patients may experience bouts of disorientation, and may notice difficulty in performing daily tasks. In later stages of the disease, patients can no longer care for themselves, and they may become paranoid or hostile. In the later stages of the disease patients lose the ability to swallow and control bladder and bowel functions. They may no longer recognize family members and may not be able to speak. Fatal complications of Alzheimer's include loss of ability to swallow that can lead to aspiration pneumonia, and incontinence leading to urinary tract infections or sepsis (severe infection).

Dementia Treatment

There is no known cure for dementia, but many patients may benefit from combination treatments.

Medications for Alzheimer's disease and some other forms of dementia can improve symptoms and slow the progression of the disease.

Cognitive training, such as memory training, note-taking, and computerized recall devices can aid in memory.

Behavior modification can help control behaviors that may put the patient in danger.

Medications for Alzheimer's Disease

Most drugs approved by the U.S. Food and Drug Administration (FDA) to treat Alzheimer's disease are called cholinesterase inhibitors. These drugs temporarily improve or stabilize memory and thinking skills in some individuals. These drugs include:

donepezil (Aricept)

rivastigmine (Exelon)

galantamine (Razadyne – previously called Reminyl)

tacrine (Cognex) – not used much due to side effects

Another drug is memantine hydrochloride (Namenda XR), an orally active NMDA receptor antagonist used to treat moderate to severe Alzheimer's disease. Doctors may also prescribe other drugs, such as anticonvulsants, sedatives, and antidepressants to treat problems that may be associated with dementia such as insomnia, anxiety, depression, and sleep disorders.

Medications for Vascular Dementia: Because vascular dementia is caused by the death of brain tissue and atherosclerosis, there is no standard drug treatment for it. Drugs used to treat other atherosclerotic vascular diseases such as cholesterol medications, blood pressure medications, and anti-blood clotting medications, may be used to slow the progression of vascular dementia. In some cases, cholinesterase inhibitors and antidepressants may help improve symptoms associated with vascular dementia.

Medications for Other Dementias: For the rarer forms of dementia, there are no standard medical treatments.

Cholinesterase inhibitors, such as those used to treat Alzheimer's disease, may reduce behavioral symptoms in some patients with Parkinson's dementia. Frequently, medications are given to patients with dementia to relieve specific symptoms associated with their disorder. Doctors may prescribe other drugs, such as anticonvulsants, sedatives, and antidepressants to treat problems that may be associated with dementia such as insomnia, anxiety, depression, and sleep disorders.

Alzheimer's Rate Stemmed in Rich Countries

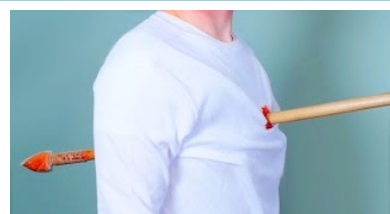
Recent data suggests that at least in richer countries, the rate of new cases has slowed or even reversed, a possible result of quality of life improvements.

There have been fears about an explosion of [Alzheimer's Disease](#) across the globe. However, recent data has found that in the richer countries the numbers do continue to grow, but at a slower rate. In some cases, it has even reversed. It is believed that this trend is due to quality-of-life improvements. With populations soaring and people living longer, there is generally more chance of Alzheimer's occurring. This debilitating disease robs older people of their independence and their memories. Alzheimer's is responsible for 60 to 70 percent of dementia cases. Dementia affects approximately 47.5 million people throughout the world with 7.7 million new cases appearing each year.

The World Health Organization explains that the disease normally progresses from absent-mindedness and forgetfulness to major memory loss. This causes almost total dependence, as those who suffer from it become unaware of place and time and eventually even forget how to eat. Even though Alzheimer's was identified over 100 years ago, there is still no effective cure or treatment, and scientists disagree on the causes. Some think the main culprit is the buildup on the brain of protein plaques, yet some patients have Alzheimer's without it. Several recent studies have even linked the condition to fungus, air pollution, or transmission by accident during a medical procedure. Fortunately, there are also new studies that show that a healthy lifestyle and lots of brain exercise may actually stave off, or slow dementia. There have been many articles advising the elderly to keep mentally active, by taking an educational course, doing crossword or jigsaw puzzles, keeping score at golf or bowling, or playing any type of math or thinking games that encourage the brain cells to keep being stimulated.

Other factors, are improved cardiovascular health, better cholesterol and high blood pressure medications, and a growing awareness of the dangers of obesity, a lack of exercise, and smoking. However, more research is necessary to prove which factors act as dementia shields. Britain has had the biggest reversal with Alzheimer's there having dropped 20 percent. A study in *Nature Communications* in April 2016 reported 209,000 new cases in 2015. That is far fewer than the 251,000 that had been forecast back in 1991, which was based then on ageing trends and population growth. Therefore, the likelihood of Britains over 65 developing dementia is lower than it had been for the previous generation. Further research is required, to prove that these factors truly act as dementia shields.

[VIEW NEWS SOURCE...](#)



Raw Red Peppers

Bell peppers give you the most vitamin C per calorie. That's good for the blood vessels in your eyes, and science suggests it could lower your risk of getting cataracts. It's found in many vegetables and fruits, including bok choy, cauliflower, papayas, and strawberries. Heat will break down vitamin C, so go raw when you can. Brightly colored peppers also pack eye-friendly vitamins A and E. WebMD



Yes, Deep-Dish Pizza Bites Exist

Deep-dish bites are so adorable they'll steal a pizza your heart.

How would you differentiate between a heart attack and heart burn?

This is something that every householder must be aware of. I had the experience recently when my wife at 2 am complained of chest pain and also burning sensation in the chest after returning from a dinner party at a friend's home. She said, for the first time she had two glasses of white wine. Having had stents in the coronary vessels, anyone would suspect a recurrent heart attack due to blockage of one or mor...

[See More](#)



Ways to Tell if You Are Vitamin D Deficient

Vitamin D is an extremely important vitamin that has powerful effects on several ... [READ MORE](#)



How Yoga Can Wreck Your Body

Popped ribs, brain injuries, blinding pain. Are the healing rewards worth the risks? NYTIMES.COM|BY WILLIAM J. BROAD



Janet Reno's Death: How Does a Person Die of Parkinson's?

November 07, 2016 | Article
Former U.S. attorney general Janet Reno has died at the age of 78 from complications of Parkinson's disease.

[Read More](#)

Is Butter healthy for you?

Written by Dr harold Gunatillake-Health writer

There was butter always on the dining table the container immersed in another vessel with water to keep away the insects in the old days in our homes. That butter was golden yellow in colour and had a very special dairy taste, shipped from New-Zealand.

Then, the era came when saturated fat including butter was demonised, and butter was replaced with margarine – a synthetic trans-fat, became popular and ...

[Continue Reading](#)

Cobalt is a carcinogen

Cobalt is a naturally occurring metal, and can be found in rechargeable batteries and blue pigmented glass, tiles and ceramics, according to the NIH. It may also be used in some [medical devices](#) and solar panels.

Cobalt is "reasonably anticipated to be a human carcinogen," the [NIH says](#). This means that although studies have not shown a cause-and-effect link between cobalt and cancer in humans, the element has been shown to cause cancer in animals, and lab studies have demonstrated a possible mechanism for how this metal could cause cancer.

Cobalt is thought to be linked to cancer because it can release charged particles called ions in the body. These particles may [damage](#) a person's DNA and lead to cancer, the NIH says.

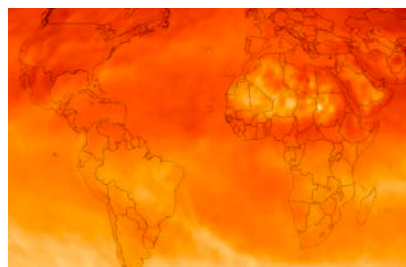
Cobalt is also found in vitamin B12; however, this form of cobalt does not release ions and is therefore not considered to be linked to cancer, according to the NIH.

Livescience.com

Krill oil, made from shrimp-like creatures, has about as much DHA as fish oil. Plus, it has even more EPA. Some experts think krill oil is at least as good a source of omega-3s as fish oil is for lowering triglycerides and improving cholesterol.

Eat fish -- preferably oily fish like salmon, herring, lake trout, sardines, or albacore tuna -- twice a week. A serving is 3.5 ounces, or about 3/4 cup of flaked fish. It's generally safe to eat up to 12 ounces of fish or shellfish a week, if they are the lower-in-mercury types. Fish that are low in mercury:

- shrimp
- canned light tuna
- salmon
- pollock
- catfish



Methane Emissions Blow Past Current Estimates

Methane emissions from the global fossil fuel industry are up to 60 percent greater than ... [READ MORE](#)

[Probiotics may boost learning, memory for Alzheimer's patients](#)

More Science Says Smartphones Spoil Sleep

The more time you spend on your smartphone, the worse you'll sleep, a new study suggests.

[Read More](#)

Eat fish for your omega-3

Fish like salmon, tuna, and mackerel, and fish oil capsules all have heart-healthy omega-3 fatty acids.

But adding fish to your diet carries healthy bonuses that you won't get from a supplement: calcium and vitamins B2 and D. It's also an excellent source of protein.

So try to eat fish more often. Have it two times a week instead of meat.

If you have heart problems, though, you may need to boost your omega-3s with a supplement or a prescription if you have very high triglycerides. Talk to your doctor.

Omega-3s like DHA and EPA in fish oil and other sources can lower triglycerides, a type of fat in your blood. But to lower high triglyceride levels you need 2-4 grams of DHA/EPA a day.

You'd have to take a lot of fish oil supplements to get that amount. And you can't be sure how many omega-3s are actually in a supplement, because the FDA doesn't regulate them as closely.

You have a couple of options, both of which involve your doctor. You can take high doses of non-prescription fish oil under your doctor's care. Or there are prescription medicines available with high doses of fish oil.

If you don't have high triglycerides? Find a favorite fish to eat!

Fish is still your best bet for omega-3s. While organ meats, like liver, do have some omega-3s, you can't rely on them to give you all you need. Walnuts can provide the omega-3 known as ALA, which your body doesn't make. ALA is also found in: some vegetable oils, especially flaxseed oil green vegetables like kale or spinach

- Your body can turn ALA into small amounts of two other types of omega-3s, EPA and DHA. These are the kinds of omega-3s found in fish. There's more proof that they protect against heart disease. Vegetarians and vegans can look at algae oils as a source of omega-3s. None of these substitutes packs the omega-3 power of fish.

WebMD

Go darker with your greens for Calcium



Nothing beats calcium for your bones. Sure, you can get it from dairy, but it's also found in lots of vegetables. Why not do both? One great choice: dark leafy greens such as bok choy, Chinese cabbage, kale, collard greens, and turnip greens. One cup of cooked turnip greens has about 200 milligrams of calcium (20% of your daily goal). On top of that, dark greens also have vitamin K, which can reduce your risk for osteoporosis.

WebMD



Wild Alaskan salmon is rich in omega-3s and has low levels of chemicals, according to the Environmental Defense Fund. However, swordfish and mackerel are fish that are high in mercury. Mercury can damage the nervous system of an unborn baby or young child. So, women who are pregnant or planning to get pregnant, nursing mothers, and young children should avoid fish that are high in mercury. Also high in mercury: shark and tilefish. WebMD

Consumption of processed meats, but not red meats, is associated with higher incidence of coronary heart disease and diabetes mellitus. High intake of red and processed meat is associated with significant increased risk of colorectal, colon and rectal cancers. If you want to reduce your risk of cancer, ditch the dogs

Today.com

[Television cooking shows overlook safe food handling practices](#)

Anti-Aging Powers of Broccoli Enzyme

NMN compensates for loss of energy production, reducing typical aging signs; loss of insulin sensitivity, weight gain, and decline in physical activity

Scientists at St. Louis' Washington University School of Medicine have shown in a study published in the journal *Cell Metabolism* that giving healthy mice a natural compound called NMN (nicotinamide mononucleotide) compensated for the loss of efficiency in the energy supply chain, which is a key driver in the [aging](#) process. A great deal of human health depends on



how well the body is able to manufacture and use energy. The ability of cells to produce energy gradually declines with age. That loss of energy production leads to typical signs of aging usually including loss of insulin sensitivity, gradual weight gain, and a decline in physical activity

As it ages, the body loses the ability to make NAD (nicotinamide adenine dinucleotide), which is a key element for energy production. Past work done by Shin-ichiro Imai, MD, PhD, a professor of medicine and developmental biology, together with co-senior author Jun Yoshino, MD, PhD, assistant medicine professor, showed that the levels of NAD decrease in many tissues as mice age. Past research also showed that NAD is not effective when given directly to mice, so the researchers searched for an indirect method to boost the levels. In order to do so, they just had to look one step earlier in the NAD supply chain to this NMN compound.

Imai stated that giving NMN has produced a way to slow the decline seen in aging mice and that older mice were shown to have the energy and metabolism levels of younger mice. Since human cells depend on the same process of energy production, there is hope that this will be translated into a method that can aid people in remaining healthier as they age. Imai has been working since earlier this year with other researchers at Keio University School of Medicine in Tokyo as they conduct a clinical trial that tests NMN safety in healthy people. That new study shows that dissolving NMN in drinking water and giving it to mice makes it appear in the bloodstream in fewer than three minutes and that NMN in the blood quickly converts to NAD in a number of tissues.

Three groups comprised of healthy male mice were fed regular chow diets. Beginning at five months old, one group was given drinking water with a high dose supplemented NMN, a second group was given just a low dose, and a third group serving as a control received no NMN. The researchers made comparisons every three months until 17 months of age. The NMN had no effect in the young mice, apparently because they were still making their own NMN. However, benefits seen exclusively in older mice were in liver function, skeletal muscle, bone density, eye functions including better functioning of the retina and tear production, immune function, improved insulin sensitivity, gaining less weight, and higher physical activity levels.

Imai also said they monitored the healthy mice for any potential increase in cancer development as a result of administering NMN, and they did not see any differences in cancer rates among the groups.

Except for this clinical trial, NMN for consumption by humans is not available commercially. However, NMN is also found naturally in some foods including broccoli, cabbage, avocado, cucumber, and edamame beans, which are immature soybeans in the pod.

[VIEW NEWS SOURCE...](#)

Stronger Muscles for Improved Brain Function

Increasing muscle strength through resistance training improves cognitive function and may prevent dementia

In Australia, a University of Sydney study has linked improved cognitive function with stronger muscles using a steady regime of weightlifting exercises. Published in the *Journal of American Geriatrics*, the study used a system known as SMART (Study of Mental and Resistance Training). A trial was done on a group of patients age 55 to 68, suffering MCI (mild cognitive impairment). This condition is not as serious as full-blown dementia, as people affected only have mild cognitive symptoms not severe enough to disable them from normal daily life.



image from Shutterstock

People who have MCI though are at high risk of developing [dementia](#) or [Alzheimer's](#) with 80% going on to develop Alzheimer's disease within 6 years. The World Alzheimer Report 2016 has reported that 47 million people globally are affected by dementia related diseases, with an expected three-fold increase by the year 2050. The cost of care is high for these patients, with a focus only on extending the quality of life for those living with dementia.

Weight Training Improves Cognitive Functions

The aim of the study was to measure the effects of different physical and mental activities on the human brain. Researchers examined 100 people affected by MCI. They were divided into four groups, and assigned the activities as seen below:

- weightlifting exercises
- seated stretching exercises
- real cognitive training on a computer
- placebo training on a computer

The weightlifting trial lasted for 6 months with exercising done twice a week. As the participants got stronger, they increased the amount of weight for each exercise. The exercises were done while trying to maintain 80% or greater at their peak strength.

Surprisingly, only the weight training activity demonstrated a measured improvement in brain function. The stretching exercises, cognitive training, and placebo training did not yield any results. This proved a link between muscle strength gained through physical training and the improved cognitive functions. According to Doctor Yorgi Mavros, lead author of the study, there was a clear relationship between mental functions and increased muscular strength. And the stronger the muscles got the greater the mental improvement.

In an earlier study, researchers scanned the brains of older adults after 6 months of weight training. The results mirrored the SMART trial with measured brain growth. Although previous studies have been done that show links between exercise and improved brain functions, the SMART system went into detail on the types of exercise required to get the best results. This study was a first in showing evidence of a link between strength training and improved cognitive functions for people with MCI who were 55 or older.

[VIEW NEWS SOURCE...](#)

VIDEO

Coronary Bypass: Watch What Happens 
See how surgeons perform this procedure that helps boost blood flow for those with blocked arteries.

Current recommendations and controversies – vitamin D

How much vitamin D do humans need and how do they best get it? The issue is confusing with disagreement rampant among experts. The Institute of Medicine's (IOM) latest recommendations (from 2011) pertain only to vitamin D's role in bone health and fracture reduction. Experts concluded that evidence for other proposed benefits of vitamin D was inconsistent, inconclusive, or insufficient to set recommended intakes. The IOM recommends a daily intake of 600 International Units (IU) for people between 1 and 70 years old, and 800 IU daily for those older. The upper limit—the levels above which health risks are thought to increase—was set at 4,000 IU per day for adults. Excess vitamin D can raise blood levels of calcium which leads to vascular and tissue calcification, with subsequent damage to the heart, blood vessels and kidneys.

Many vitamin D researchers and some health organizations, including the Endocrine Society and the International Osteoporosis Foundation, disagreed with the IOM's recommendations for daily intake, instead recommending supplementation of 800 to 2,000 IU per day, at least for people known or likely to have low blood levels. The disagreement highlights another difficulty: measuring blood levels of vitamin D is problematic given a lack of standardization and reliability among labs. Blood levels of the precursor to the active vitamin D are measured in nanograms per milliliter (ng/mL) in the U.S. Many researchers and expert groups have argued that a blood level of at least 30 ng/mL is optimal; some call for optimum levels to be set at 40 or 50 ng/mL. But the IOM report concluded that blood levels starting at 20 ng/mL would be adequate for bone health in the vast majority of people.

Added Benefits of vitamin D

A simple Google search for "what does vitamin D do?" highlights the widely used dietary supplement's role in regulating calcium absorption and promoting bone growth. But now it appears that vitamin D has much wider effects—at least in the nematode worm, *C. elegans*. Research at the Buck Institute shows that vitamin D works through genes known to influence longevity and impacts processes associated with many human age-related diseases. The study, published in *Cell Reports*, may explain why vitamin D deficiency has been linked to breast, colon and prostate cancer, as well as obesity, heart disease and depression.

"Vitamin D engaged with known longevity genes - it extended median lifespan by 33 percent and slowed the aging-related misfolding of hundreds of proteins in the worm," said Gordon Lithgow, PhD, senior author and Buck Institute professor. "Our findings provide a real connection between aging and disease and give clinicians and other researchers an opportunity to look at vitamin D in a much larger context."

Posted by Green Tea

Inflammatory Bowel Disease on Rise in US

November 04, 2016 | Article

There is no known single cause of IBD. So why is the condition on the rise?

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Anti-Cancer Effects Found in Onions

A natural compound found in onions, onionin A (ONA), is found to have several anti-ovarian cancer properties



Onions - image from Shutterstock

A natural compound found in onions, named onionin A (ONA), has a number of anti-cancer properties and may be used for treating [ovarian cancer](#), according to research from Japan's Kumamoto University. ONA increases anti-tumor immunity by the inhibition of the immune suppressions of myeloid derived suppressor cells (MDSC) and macrophage.

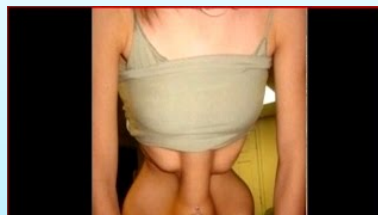
Myeloid derived suppressor cells (MDSCs) are immune cells originating from bone marrow stem cells, and they expand in situations such as cancer and chronic infections. MDSCs interact with other immune cell types to regulate their functions. Experimental and clinical studies have shown that cancer tissues with a high infiltration of MDSCs are unfortunately associated with a poor patient prognosis and a resistance to therapies.

Macrophages are large specialized immune system cells that form through differentiation of monocytes, one of the main groups of white blood cells, in response to an infection, accumulating dead or damaged cells, or tissue damage. Macrophages leave the blood stream, enter the affected organ or tissue, and then recognize, engulf, and destroy target cells. Therefore, they provide a first line of defense to protect the host.

The World Health Organization, according to a 2014 review of cancer medicines, states that EOC is the most common ovarian cancer and has a five-year survival rate of about 40 percent. As much as 80 percent of patients experience a relapse after an initial chemotherapy treatment, and thus a more effective line of treatment is definitely needed. [WorldHealth.net](#)



How the Paris Climate Agreement Will Change Your Life



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World's First Wave-Powered Buoy Turns Seawater Into Drinking Water

Lorraine Chow

North Carolina-based startup EcoH2O Innovations has created the first-ever **desalination** buoy that only uses the power of waves to turn seawater into drinking water.

Engineers Justin Sonnett and Chris Matthews claim that a single **Swell Actuated Reverse Osmosis System (SAROS)** machine can clean 3,500 gallons of seawater a day. A grouping of 10-20 units can provide up to 50,000 gallons per site.

According to **CityLab**, the SAROS "draws in sea water, pumps it at high pressure through a reverse-osmosis membrane, and emits clean, drinkable water, which it stores in a tank until it's ready to be run back to shore."

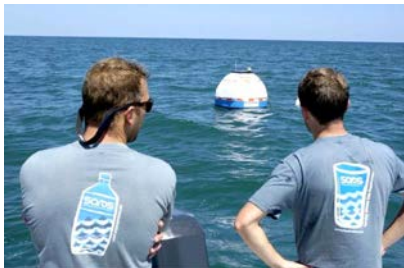
The system was designed for the 230 million people living on island and coastal communities that lack access to potable water.

"Typical desalination processes can be taxing on the environment, especially coastal communities," the team said. "Unlike traditional methods that require a huge amount of power, typically generated by burning fuel oil, SAROS uses clean, renewable wave energy and produces zero emissions and minimal salt brine concentration."

Besides providing a constant source of clean water, the SAROS can help **island nations** curb their use of dirty energy. Many of these areas are bearing the brunt of **climate change**, from natural disasters to **sea level rise**.

"We're completely removing the dependency on electricity and fossil fuels, and creating one of the first environmentally conscious desalination systems that will allow us to bring affordable fresh water to coastal areas across the globe," the team added.

What's happening to the de-salinization project in Jaffna Peninsula, Sri Lanka?



World's First Wave-Powered Buoy Turns Seawater Into Drinking Water

North Carolina-based startup EcoH2O Innovations has created the first-ever desalination buoy that ... [READ MORE](#)

Your Immune System is stressed due to polluted Environment

When the human immune system is repeatedly stressed and weakened by toxic food, by toxins in the environment, and by toxic vaccines, then chronic retrovirus related illnesses can begin to emerge from their slumber. We can give a general name to all these illnesses. We can simply call them *Acquired Immune Deficiency Syndromes* or non-HIV AIDS. The conventional healthcare system struggles to accurately diagnose these modern diseases, because there are so many overlapping sets of symptoms. Beyond the specific symptoms is the same underlying problem, which is immune system dysregulation and dysfunction. People with these diseases have immune systems that have been pushed to the max by various stressors. Their immune systems have been pushed to the point of breakage where retroviral infections can be released from their confinement and begin to reproduce in the body. Once this happens, the immune system is no longer able to adequately respond to the insults that it was formerly able to control. Various immune system pathways keep trying to fix the situation, but can't overcome the damage.

A New Paradigm for Diagnosis and Treatment of Modern Chronic Illnesses

November 4, 2016 3:07 pm



The persistent investigation of Dr. Mikovits into the cause and treatment of modern illnesses, along with a handful of other scientists and healthcare providers such as the late Dr. Jeff Bradstreet, M.D., is leading us toward a new understanding of modern illness and its treatment. Dr. Mikovits sees the bigger picture of health and illness that few scientists and healthcare providers have the courage to examine. She had great respect for the work of Dr. Bradstreet and his successful use of the new paradigm for treating difficult illnesses. Dr. Mikovits stated: "Dr. Bradstreet recognized that what we call autism is in fact an acquired immune deficiency. What we know of as autism is part of a collection of more than 60 diseases that is spiraling and increasing in our environment. It is acquired immune deficiency resulting from all the toxins, all the vaccines and other contaminants in our environment from these biologicals that in fact means that what we know of as autism spectrum disorder is an acquired immune deficiency."

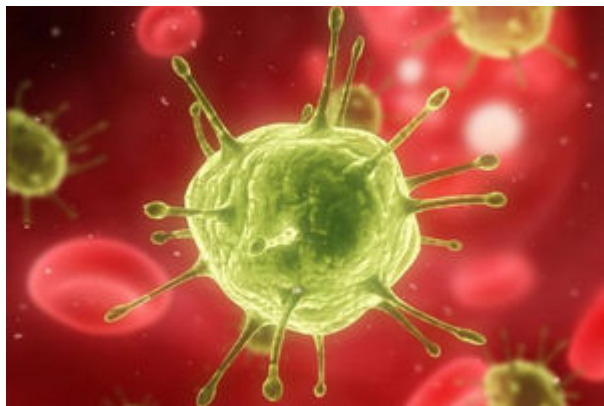
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"The best way to preserve the freshness of macadamia nuts is to store them in an airtight container in the fridge."

Australian Macadamias | [Read More](#)

Cancer-Causing List: New Substances Added by US

By Sara G. Miller, Staff Writer | November



A 3D look at the HIV virus.

Credit: Sebastian Kaulitzki/Shutterstock

Seven new substances have been added to the U.S. Department of **Health** and Human Services' list of cancer-causing agents.

Six of these substances are listed as "known" to cause cancer, while one is "reasonably anticipated to be a human carcinogen," according to [a statement](#) today (Nov. 3) from the National Institutes of **Health** (NIH).

Five of the new substances on the list are viruses, and all of those are among the "known **carcinogens**," the NIH says. The viruses include human T-cell lymphotropic virus type 1, Epstein-Barr virus, Kaposi sarcoma-associated herpesvirus, Merkel cell polyomavirus and human immunodeficiency virus type 1 (HIV-1). [[10 Do's and Don'ts to Reduce Your Risk of Cancer](#)] Together, the viruses have been linked to more than 20 different types of cancer, according to the NIH. For example, HIV-1, which is the virus that causes **acquired immune deficiency syndrome**, or AIDS, weakens the immune system and increases a person's risk of infection from other cancer-causing viruses, the **NIH says**. There is "sufficient evidence" that HIV-1 can lead to cervical cancer, conjunctival eye cancer and non-melanoma **skin** cancer, among others, according to the NIH.

"Approximately 12 percent of human cancers worldwide may be attributed to viruses," Linda Birnbaum, the director of the National Institute of Environmental Health Sciences and the National Toxicology Program, said in the statement. However, there are currently no vaccines available for the five viruses that have been added to list, Birnbaum said. Because of this, prevention strategies to avoid these viruses are "even more critical," she said.

A chemical called trichloroethylene was also added to the list as a "known carcinogen," according to the NIH. Trichloroethylene is an industrial solvent used to make hydrofluorocarbons, which are in a number of appliances and products. It's also used by the military to degrease metal, the NIH says. Studies have shown a cause-and-effect link between the chemical and **kidney cancer**.

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 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 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.

Livescience



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Wealth, health and happiness: the psychology of money



Like it or not, we all need money. So how do we get a better handle on our money so it has a positive impact on our health and happiness?



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Campylobacter

Campylobacter jejuni are a spiral-shaped **bacteria** that grow in chickens and in cows, infecting them without any signs of illness.

Most people who become ill with campylobacteriosis get diarrhea, cramping, stomach pain, and fever within two to five days after exposure. The diarrhea may be bloody and can be accompanied by nausea and vomiting. The illness typically lasts about one week.

In 2005, Campylobacter was found in 47 percent of raw chicken breasts tested through the Food and Drug Administration's National Antimicrobial Resistance Monitoring, according to the CDC.

About 13 cases of Campylobacteriosis are diagnosed each year for each 100,000 persons in the population. Most infections are generally mild, but the bacteria can be fatal among very young children, elderly and immunosuppressed individuals, according to the World **Health** Organization.

Ways to prevent Campylobacter infections include making sure to cook meat thoroughly, wash hands after handling raw foods and cleaning all countertops and kitchen utensils after use, and drinking only milk that has been pasteurized.

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