

[https://www.youtube.com/watch?v=WbNWuLUez\\_8](https://www.youtube.com/watch?v=WbNWuLUez_8)

<https://youtu.be/tXQpDDCrN-w?list=RDkHPfgsTVTjA>

<https://youtu.be/VFbH8VjWRnQ>

Justine explains the best way to prepare and cook a whole roast duck.



## Jesus' Tomb Opened for First Time in Centuries

The original rock where Jesus Christ is traditionally believed to have been buried in Jerusalem has been exposed to the light of day for the first time in centuries.

[Read More](#)



Poverty that brings depression, desolation and discouragement is not unique to December, but it can be amplified at this time. Expectations could be higher, sadness deeper. Yet a little kindness tinged with gifts of compassion and encouragement can make a huge difference in people corralled within impoverished walls and crushed by their own bruised souls.

**CandleAid's Secret Santa** offers generous and benevolent givers an opportunity to reach numerous such people in our land. No specific amounts or figures; all gifts are pooled to support as many as we can.

Be it support for a home grown business, a computer for a medical student, cement blocks to cover a gaping hole in a wall, school needs of children, boarding fees of a struggling undergraduate, repayment of a high interest loan or redeeming of a cherished pair of ear-rings, Secret Santa will give a gift to fulfil the need. **Please visit our website**

[www.candleaid.org](http://www.candleaid.org) for more details or email me at [elmojay1@gmail.com](mailto:elmojay1@gmail.com).

Capt Elmo Jayawardena

## Christmas Vision and Hope



Christmas is all about new possibilities, loving promises and a call to healing and wholeness born of experiencing the unconditional love of God. The core of Christmas is the love of God for all people. God invites and longs for us to know the deepest joy, peace, hope, and love possible. Yet, it is not about the absence of pain and conflict. Christmas recognizes and encourages the hope, peace and love that occur in the midst of life along with all the harsh realities of life. The story is old but potent. Christ, son of God born of a woman, leaves Glory and comes to live among us. In His coming, He gives Mary, a young virgin girl, new dreams beyond her wildest imagination: a dream that all people for all generations will rise and call her blessed.

This vision and hope was so powerful that Mary rises up in song and dance. This vision was to carry her through the difficulties of the situation in which she found herself. Seeking clarity and someone with whom to celebrate, she runs to Elizabeth. Elizabeth, too old to have children and with her hopes of ever having children long dead, rejoices with Mary. For, Elizabeth and Zacharias are also pregnant. The impossible had become possible in the hands of a loving God, who cared deeply about their hearts' desires!

This is the Christmas story. Emanuel, God with us, comes to us over and over that we might live our lives to the absolute fullest.

Blessings!

**Eliahna Yulanda Jordan, BCC**  
Chaplain, Pastoral Care  
Bon Secours Richmond Health System



**Babies Born In The Festive Period  
Are Wrapped Up In Christmas  
Stockings**

We wish you a Merry Christmas

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 health & longevity  
Health editor



**Chitty Samy a strong supporter of this newsletter-on the right-wishing all readers of this Health Newsletter-, the very best for Christmas and the New Year**

**Don't let the past steal your present. This is the message of Christmas: We are never alone.**



Broccoli Salad Christmas Tree

## Drinking alcohol and effects with certain drugs

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

The festive season has started, and those on certain medications needs to be careful, as interactions with some may even lead to death. Older people are more at risk and susceptible to mixing alcohol with certain medications than the younger ones  
Antidepressant medicatio... [See More](#)



The **Paris agreement**, Trump claims, is something he is "studying." He stated, "I don't want that agreement to put us at a competitive disadvantage with other countries." Trump also previewed "quick" decisions on the **Keystone** and **Dakota Access** pipelines once he enters office without offering specifics.

## Rudolph Is Shrinking: Climate Change Is Starving Santa's Reindeer

By Laura Geggel, Senior Writer



A reindeer on the Norwegian island of Svalbard.

Credit: BMJ / Shutterstock.com  
Reindeer are shrinking, and it's not because they're on a diet for the holidays. Rather, **climate** change is making it difficult for them — and their gestating fetuses — to survive extreme winters, new research shows.

The findings are the culmination of a 16-year study on **the reindeer living in Svalbard**, a Norwegian archipelago located between Norway and the Arctic. In 1994, the adult reindeer in Svalbard weighed an average of 120 lbs. (55 kilograms), but in 2010, they weighed less than 108 lbs. (49 kg), on average — a 10- to 12-percent drop in weight, said lead study researcher Steve Albon, an emeritus population ecologist at the James Hutton Institute in Scotland.

The drop in weight was linked to warmer winters and summers, he said. **Reindeer** typically mate in late October and give birth in early June, he said. During the cold, dry winter months, reindeer, including those that are pregnant, forage under the snow for lichen, a slow-growing organism that's part fungi and part algae, Albon said. [6 **Surprising Facts About Reindeer**]



This Interactive Christmas Tree Will Put You in the Spirit

Show Content

The Conversation  
Trump Watch

5 Reasons Eliminating NASA's Climate Research Would Be a Huge Mistake

Katharine Hayhoe

Here's How Long We've Known About Climate Change

Union of Concerned Scientists

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

Lorraine Chow

Trump Watch

Stephen Hawking: We Must Find Another Planet to Live On

## Democracy sausage snags Word of the Year, smashed avo loses out

The all-important democracy sausage is declared Australia's Word of the Year by the National Dictionary Centre, with favourites smashed avo and shoe missing out on the title.



Belly Dancing for Health & Longevity-Youtu.be

<https://youtu.be/eQcARiTiMJw>

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.



Methane Emissions Soar, Agriculture Likely to Blame

One year ago today, with huge relief, scarcely able to believe their achievement, world leaders finally ... **READ MORE**



## Vegetable Pot Pie

Pot pies stuffed with seasonal vegetables are the best. This vegan pot pie recipe is easy to make and even easier to eat up!

READ



After watching this, your brain will not be the same | ...

by TEDx Talks  
4 698 350 views



sadhguru how consciously you eat !

by Abraham Hicks & Sadhguru  
135,789 views

FEATURED NEWS

1 in 6 Takes a Psychiatric Drug

One in six U.S. adults takes a psychiatric medication to cope with conditions.

READ MORE

## Why couldn't any restaurant copy McDonald's fries recipe?

L. M. Jennings, Spent 25 years researching products which is why I don't eat junk food.

Written Sun

This is how MacDonald's get that 'fries' taste you know and love.

"McDonald's french fries get dunked in an oil bath twice. The manufacturers cut and boil them and fry them once before freezing them and shipping them to restaurants, where they are fried again".

The oil is something else. A mixture of Canola Oil, Beef flavouring, Citric acid, Sugar, An anti-foaming agent called Dimethylpolysiloxane, Sodium acid pyrophosphate and finally, TBHQ (tertiary butylhydroquinone):

"A super potent preservative, found in a large array of processed foods, is what might be helping citric acid keep long-dead fries from becoming zombies. Though it's also said to be safe, animal studies have linked it to stomach ulcers and damage to DNA".

For further reading: **What's REALLY Inside McDonald's French Fries?**



10 MAGIC PRANKS!



10 MAGIC PRANKS!! - How to do tricks you can do NOW!

by Rich Ferguson





## International Medical Health Organization (IMHO)



### What Does IMHO Do?

IMHO helps fill the critical gaps that exist in health care delivery systems in developing countries through our strong network of grass roots organization and existing health care systems in that country to better assist needy populations.

IMHO has established three primary healthcare...

[More](#)

### Make Donation

Together with your support, we have impacted more than 2 million lives since we began this journey in 2003. With your continued investment, we will reach countless more.

To make a contribution to IMHO and support our work on behalf of those in need, we offer the following options:

#### 1. Donate Online

Make a donation via PayPal using the link below or the donation box on the top right of this page. IMHO is registered with PayPal for a special nonprofit rate of 2.2%. You may either login to your PayPal account when giving online, or simply continue as a guest.

## Lady Gaga reveals how kindness has helped her heal while visiting LGBT teens



**TODAY:** "I am no better than any of those kids. And I'm no worse than any of them," Lady Gaga said. "And we're in this together."

She's a superstar singer and passionate activist, but when Lady Gaga meets a trauma survivor, she's just one of them.

"I told the kids today, 'I suffer from PTSD.' I've never told anyone that before. So here we are. But the kindness that's shown to me by doctors as well as my family, and my friends, it's really saved my life."

"I've been searching for ways to help myself. And I found that kindness is the best way," she told TODAY recently while on a visit to Harlem's Ali Forney Center, a shelter for homeless LGBT youth, to surprise the teens living there.

Amy DiLuna  
TODAY

## C.I.A. Judgment on Russia Built on Swell of Evidence

[New York Times](#)



### Our Apologies



**Two readers pointed out that the term 'Cooly attire' worn by Anoja was derogatory in the last issue. It should be replaced with the words 'Tea Plücker' more appropriate. Our apologies-Ed**



### HABITS THAT BOOST LONGEVITY ALSO BOOST HAPPINESS



Community and companionship are a big part of life in the "Blue Zones," where people live extraordinarily long lives. "The opportunity to be lonely almost doesn't exist," said Dan Buettner, who studies those communities.

To follow their lead, hold a happy hour to foster friendships. If you don't drink alcohol, get together for tea or coffee — the important thing is gathering, not what you're imbibing. And make a friend at work, where most of us spend a big part of our day. Workplace friendships can be a big stress reliever. #MindfulMonday

[Discover more longevity habits!](#)



### Barbara honoured



University of the Visual and Performing Arts awarded Honorary Doctor of Philosophy Degree to the Kalasuri Barbara Sansoni Lewcock in the 9th Convocation held at the BMICH on Dec. 08, 2016.

Seetha Wanigatunga (right) from Mt Lavinia, Colombo, having a lovely time in San Francisco with cousin Susima and her wonderful daughter Samanthika.

Seetha is a regular reader & promoter of this newsletter

Our blessing for the family & a joyous holiday-Ed

## 2 Million Pounds of Ready-to-Eat Chicken Recalled: Here's Why It's Risky

About 2 million pounds of ready-to-eat chicken products have been recalled. Here's why the products may be risky to consume.

[Read More](#)





## The BBC's Geeta Pandey samples the treats at "Amma Canteen" in Chennai (Madras).



The Tamil Nadu Chief Minister J Jayalithaa's "Amma Canteens", which serve cheap meals to hundreds of thousands of people daily, have become immensely popular with the poor and the middle classes.

It's just a few minutes after noon on a hot summer day as I join the queue of lunch-goers at the Amma canteen in Pallavaram town, just outside the state capital, Chennai.

The menu today includes hot sambhar rice (rice cooked with lentils and spices) and curd rice (rice cooked in yogurt with curry leaves). The former is selling for five rupees (seven cents; five pence) a plate while the latter costs just three rupees a fraction of what the dishes would cost in any other restaurant. I'm famished so I buy a plate of each and move to one of the tables in the centre of the room to eat.

If you're after a fine dining experience, this place is not for you. The heat and the humidity can be a bother and the sambhar rice is a bit too spicy for my north Indian palate. But my fellow diners, men and women, who include poor daily wage labourers, housemaids, college students, and middle-class office workers, are not complaining. The portions are big and most describe the food as "delicious". Lakshmi, who works in the neighbourhood as a housemaid, is a regular at this canteen. "Earlier, my employers would give me leftovers, but now I come here for breakfast, lunch and dinner every day. For less than 20 rupees, I can eat three meals here," she tells me. "This food is really good. I like all the dishes. My stomach's full and I'm happy," she says, patting her belly.

Today, there are more than 300 such eateries in the state - at least half of them in Chennai alone. They serve simple breakfast, lunch and dinner every day of the week. "The food is prepared hygienically, it's very well made and it's tasty," says CR Saraswathi, spokeswoman for Ms Jayalithaa's All India Anna Dravida Munnetra Kazhagam (AIADMK) party. "Our chief minister started these canteens to provide good, cheap food to the people. It has also generated employment for thousands of women. The canteens are run by women who cook, clean and serve." At the canteen, I come across S Shweta and S Pavitra - two young women who work as salesgirls in a telephone showroom nearby. This is their first visit to an amma canteen and to mark the occasion, they are taking a selfie with their plates of rice. The photograph, they tell me, will be uploaded on their Facebook accounts. "This is a great initiative. Where else can poor people eat a full meal for five rupees? We support amma," says Ms Shweta. As the popular saying goes, the way to a man's - and presumably also a woman's - heart is through the stomach and Ms Jayalithaa knows it well.

From Combined Charities Newsletter edited by Russel Nathanielsz-Melbourne



## This 13-Year-Old's Reaction to DAPL Victory Says It All

When the U.S. federal government announced that it would not be issuing the permit necessary ... [READ MORE](#)



Picture shows Kobe & Besta being honoured at a Ceremony in Government House (ABC News: Natalie Whiting)

## Tasmanian boy Kobe Bennett is unflinching in describing his experiences of domestic violence.

"When I was younger, my dad used to beat me up and throw me at walls and he tried to burn the house down once," he said.

His father has since been convicted of domestic violence-related offences, and life was now a lot better, the 12-year-old said.

"It's much more fun," he said.

The young survivor has been awarded the youth category at this year's Human Rights Awards for using his experiences to help stand up for the rights of children and illustrate the impacts of domestic violence.

He has been working with his mother producing a family violence audiobook, using a collection of personal stories.

"It's mine, my mum's and a whole bunch of other people's. It's just been piecing together what people have to say about family violence."

He hopes the project will help other children and wants people to be able to feel how he felt. Refugee giving back in new and former home

**Former refugee Besta Poni Peter was the joint winner of the individual award, one of nine handed out at Government House.**

**Ms Poni Peter, who fled war in Sudan and settled in Tasmania, was recognised for her work supporting and inspiring other refugees.**

**"My heart is always supporting people who need support, so just hearing their voices and issues that are facing them," Ms Poni Peter said.**

**She has also been working with Bright Side Foundation, raising money for schools in South Sudan.**

**"My hopes are to not only give back to South Sudan, but also Australia. To give back here and also back home, so my heart is in two.**

**"But first of all to give here, and that's why I've been here for 13 years and I really wanted to give so much back to Australia, because thank you is not enough."**

**Besta Poni Peter said she tried to empower other refugees in Australia.**

## The Aura in the Sky

One sees the aura of the season on the horizon  
Bringing the message of Peace and Harmony  
among humans

For no matter what Faith you follow; its' sure to  
awaken

The message of peace, harmony & goodness;  
which is a given

The smooth and harmonious carols that herald the  
season

Lulls you to that feeling of longing and anticipation  
And your mind does revert to Family, Kith & Kin;  
and Friends

As you listen and reminisce you soon forget the  
cold wintry winds

It reminds you of the universal feeling of giving and  
togetherness

A time of reminiscing and perpetuating good  
thoughts, wishes and feelings

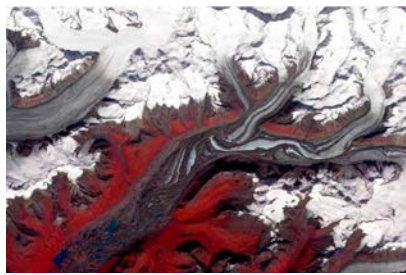
May you all receive the Good Lords good Blessings  
Regardless of caste, creed or religion

In the furore of our merry making and celebrations  
Let us not forget our devout supplication

To the Good Lord for His creation

Of a Faith that leads us to a life of fulfilment of  
goodness among humans

Noor Rahim



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

Word has it that the NASA Earth Science program is on ... [READ MORE](#)



Chicken sausage and  
egg bread cups will  
fill up your mornings

PERFECT FOR MEAL  
PREP

## Pope Extends Forgiveness for Abortion

November 21, 2016 | Article

Pope Francis has indefinitely extended a policy  
that allows [women](#) who have had an abortion to  
receive absolution from any priest.

[Read More](#)



## Gene Therapy to prevent aging

Gene therapy addresses the root cause of aging and encourages cellular and tissue regeneration

It offers the answer to correcting most if not all diseases (including diseases that are currently considered incurable), at their most basic level

Gene alterations (specifically, the shortening of the telomeres which are the protective tips of the chromosomes), are the leading risk factors of aging and disease

Telomerase prevent the shortening of telomeres, and Bioviva projects that delivering telomerase to the cells (which they are currently working on doing), will play an integral role in the age reversal development project

## Adding Red Wine To Hot Chocolate Is The Answer For Everything

If you haven't heard of red wine hot chocolate, you're not alone (it's honestly the best hot chocolate recipe on Earth). This decadent treat is something you won't want to forgo this holiday season.

[Read More](#)

If you still Love Sri Lanka-enjoy

<https://youtu.be/EkKOLI80-8A>



## World's Largest Solar Farm Leapfrogs India to Third in Utility-Scale Solar

The Kamuthi solar plant in the southern Indian state of Tamil Nadu has vastly expanded the ... [READ MORE](#)

The best of Silent Night - Christmas in Vienna - YouTube  
<https://www.youtube.com/watch?v=1Rh1xzpKc-o>

## Spinach



[Spinach](#) is one of the most nutrient-dense leafy green vegetables you can eat.

Protein accounts for 30 percent of its calories and it contains all the essential amino acids. A 1-cup (30-gram) serving provides 1 gram of protein and 181 percent of the RDI for vitamin K (16).

It also contains high amounts of folate, manganese, [magnesium](#), iron, potassium, calcium, vitamin A and vitamin C (16).

Besides its high protein content, spinach contains plant compounds that can increase antioxidant defense and reduce inflammation (17).

In one study, 20 athletes who took spinach supplements for 14 days experienced reduced oxidative stress and muscle damage (18).

Another study gave nitrate-rich spinach to healthy participants and measured its effects on their levels of nitric oxide, a signaling molecule normally used in the body to widen the blood vessels.

The study also measured endothelial function and blood pressure. Nitrate-rich spinach was found to increase nitric oxide, improve endothelial function and lower blood pressure, all of which can improve heart health (19).

Lastly, regularly consuming spinach has been linked to as much as a 44 percent lower risk of breast cancer (20).

**Protein Content:** A 1-cup (30-gram) serving of raw spinach contains 0.9 grams of protein, while 100 grams of spinach contains 2.9 grams. Protein accounts for 30 percent of the calories in spinach.

Ecowatch



## Coffee

If you can't make it through the day without it, you'll be glad to hear that it may have some benefits for your liver. Studies show that drinking two to three cups a day can protect your liver from damage caused by too much alcohol or an unhealthy diet. Some research suggests it may lower your risk of liver cancer.

WebMD

## Ease Up on Sugar

Too much of the sweet stuff can take a toll on your liver. That's because part of its job is to convert sugar into fat. If you overdo it, your liver makes too much fat, which ends up hanging around where it doesn't belong. In the long run, you could get a condition like fatty liver disease. So do your liver a favor and make sweets an occasional treat.

WebMD

## Environmental watchdog warns salmon producers to lower stocks

Tasmania's environmental regulator officially warns fish farmers they need to reduce their stocks in Macquarie Harbour, weeks after Huon Aquaculture broke industry ranks to warn about the dangers of farming salmon in the state's pristine waters.



## Platypus venom could hold key to type 2 diabetes treatment

A longer-lasting form of a hormone found in platypus venom could pave the way for new treatments for type 2 diabetes in humans, Adelaide researchers say.



## Antarctic Ice Shelf Could Collapse Within 100 Years, Study



The West Antarctic Ice Sheet is melting from the inside out, which could lead to worldwide coastal flooding.

[Read More](#)

Enjoy- for men over 60

Sequence 01 1



## How to Be Mindful With a Cup of Coffee

Meditation for Real Life

By DAVID GELLES



CreditSam Kalda

"It would seem that meditating by coffee is an oxymoron," says Gloria Chadwick, the author of "Zen Coffee: A Guide to Mindful Meditation." "Coffee jazzes you up and meditation calms you down."

*Focus on the sensations coming from your coffee.*

*Notice the warmth, the rising steam.*

*How does the cup feel in your hand?*

*When you take a sip, pay attention to the taste, the aroma. As you swallow, feel the warm liquid.*

"By focusing on your coffee — making it a special time to meditate — it can actually make you calm and relaxed," says Ms. Chadwick.

[Agnes Thambynavagam](#) shared her [post](#).



[Agnes Thambynavagam](#) to [Oxford Today](#)

Someone once said that a person only dies when the last person on earth stops to think about him. It is for this reason that I often write short narratives of persons who are no longer with us but have left lasting impressions on those of us who are still here. I see some of them in my dreams, which are very real to me. I call these my dream stories—stories that keep memories.

This is my second dream story. I published my first dream story in 'Oxford Today' facebook on November 4th, 2016. In this dream story, at many occasions in my sleep, I saw one of my teachers Blossom Samuel who taught in the sixties at Holy Family Convent Collegiate Private Girls School in Jaffna, Sri Lanka., Blossom teacher was our seventh grade class teacher. I was not fortunate enough to study in her class. But her students always praised that she was the best teacher in school. Blossom teacher was a spinster who was punctual to school; teaching and attending to her students needs was her vocation. When we had class competitions in elocution, poetry and drama, I competed against students from her class. The students of the school were divided into four houses as Louis, Loyola, Sebastian and Evangelist. I belonged to Louis house since sixth grade. From 1967 to 1969 I had the honor and privilege to serve as its captain (Leader). Louis House that usually sweeps many trophies won only one trophy in the year 1969 and that was for table tennis for which I was fortunate enough to be bestowed as the champion. I saw Blossom teacher clapping her hands so happily when I received the trophy. In March 1970, after I left school, our principal Rev Sr. Josephine Tynan asked me whether I would teach Blossom teacher's class as she had to undergo eye surgery. I happily volunteered my service. After a month Blossom teacher returned to school. She neither asked me for my help nor spoke to me anything about her illness and surgery. I sat at the back of the class for two days thinking that she might need my help. But she did not request any help from me so I stopped going to school to assist her.

A few months later, I was informed about the death of Blossom teacher. She had succumbed to the cancer in both of her eyes. I did not know that she had cancer and I felt very sad for not continuing to help her. I visited her home for the wake. There was a beautiful mango tree that gave shade to her house in front of the porch and along the fence there were roses blooming in different colors. Blossom teacher lied peacefully as if she had bid good-bye to all of us. In 1979, I lived in Cambridge, England with my husband and our young daughter. In those days, many times, I saw Blossom teacher in my dream. She would stand amongst teachers at school during lunch break enjoying their chats. She would laugh and giggle. The other teachers had no idea of her presence there. I used to feel sorry for other teachers. One day, in my dream while I saw her standing with the teachers, she started to follow me. I ran as fast as I could and jumped over the wall of Jaffna St. Charles School to stay away from her. While I jumped over the high wall, Blossom teacher said, "Agnes, if you are afraid of me, I'll not come near you. I just wanted to say 'thank you' for teaching my class". After that night dream, I never saw Blossom teacher in my dreams.

## BLOSSOM TEACHER IN MY DREAM

By Agnes Thambynavagam  
(St. Antony's College, Oxford 2003)

Testosterone Use May Increase Blood-Clot Risk Temporarily

An egg yolk is actually one single cell. It's true! Every time you eat an egg yolk, you're munching on one big cell. Science is neat!

### My Alma Mater – St. Joseph's College

Nestled in the heart of Colombo Central  
Stands a majestic and imposing religious cathedral  
Surrounded by solid two-storied architectural structures for classroom  
A magnificent sports complex with swimming pool for a front lawn  
And a lake in the background for a picturesque conclusion  
Therein lies one of the Island's prestigious Educational Institutions

"In Scientia Et Virtute" is its motto – so noble & sensible  
Imparting education and spiritual guidance is its foremost principle  
Children & adults of all classes, creeds and religions it did groom  
To become the country's learned, dedicated and leading citizens  
Sincere thanks, appreciation and gratitude are due on completion  
For the education and spiritual guidance conferred by this Institution

The tutoring by Priests, Teachers & other Staff was incredible  
Most of them multi-tasked in many subjects and grades as possible  
Standing in front of a blackboard; covered in chalk dust;  
and addressing the classroom  
With 30 to 40 students listening and taking notes as the class went on  
Much homework and projects designated at the conclusion  
To keep your mind actively busy for the next days submission

Yes, our Alma Mater educated and groomed us to be eligible  
For occupations which our education and training made possible  
Yet, how much do we think of and revere our tutoring Guardians?  
The ones that made our lives foresee the distant dawn  
So, let not their sacrifice be in vain  
Do them proud; and always speak of them with sincere appreciation

Noor R. Rahim  
November 2009

## The FDA Bans Triclosan in Anti-bacterial Soaps



The FDA recently issued a rule banning triclosan and more than a dozen other chemicals commonly used in antibacterial soaps. This will affect a large number of products. "If the product makes antibacterial claims, chances are pretty good that it contains one of these ingredients," according to an FDA spokeswoman. Companies have a year to comply with the new rule. Triclosan is the trade name for 5-Chloro-2-(2,4-dichlorophenoxy) phenol. It's manufactured from the same raw material as 2,4-D, a component of the infamous Vietnam-era defoliant, Agent Orange. According to the FDA, antibacterial soaps are no better at preventing infection or illness than washing with soap and water. Advocates of natural health have been saying this for years. Many so-called "germs" are essential to the body's optimal bacteria balance. They act as probiotics for the gut and skin; are naturally anti-inflammatory; and boost the immune system.

[Read More...](#)

[Obama Signs Sweeping Health Care Bill Into Law](#)



### 7 Health Benefits of Almond Milk

Almond milk is the most popular plant milk in the ... [READ MORE](#)

## Suicide rates for young Australians highest in 10 years, researchers call for new prevention strategies



New research finds suicide rates among young Australians are at their highest level in 10 years, despite a range of prevention strategies, with calls for a new approach and national leadership.



## Here are 9 insane health benefits of eating eggs

LAURA CASELEY

Almost everyone loves eggs. They can be cooked so many different ways and eaten for breakfast, lunch, or dinner — and, of course, for brunch.

Eggs can be fried, baked, scrambled, combined with countless ingredients, or even used to [put the "egg" in egg rolls](#), quite literally. In other words, if you have a craving, there's probably an egg dish out there for you.

But eggs aren't just a popular dietary staple for their versatility and taste, although those traits certainly help. Eggs are also really healthy. Some people even refer to them as the "original superfood."

They occasionally get a bad rap due to cholesterol content, but their benefits more than balance it out, and they can even have a positive effect on cholesterol levels. Think about it: eggs are made to be home, serve as protection, and food for a new life. (The eggs you eat are unfertilized, so no, you're not eating a baby bird!) They're packed full of nutrients that a developing life would need. And even if you're an adult, those nutrients can do wonders for you, too.

## What will happen to Barack and Michelle Obama after his presidency term?



Ernest W. Adams, Game Design Consultant, Author, and Professor  
[Written Oct 31](#)

Ordinarily, ex-presidents leave Washington so as not to be thought to be interfering with the next administration. However, the Obama family is going to break this tradition so as to let their kids graduate from the school they've been at for the last eight years. After that they will very likely return to Chicago.

## Here we go again; happy as can be

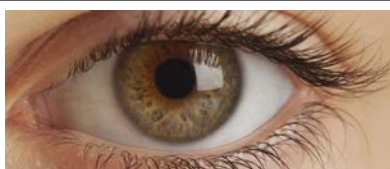
*The resplendent colours of the leaves are no more  
Shed to the ground in Mother Nature's way of recycling  
The trees are now just trunk and branches; which are bare  
Giving us an unobstructed view of the skies, with snow clouds lurking  
There is one thought that comes to the fore  
The onslaught of the snow that will soon be falling  
Covering the ground with a pristine carpet of white that covers the floor  
Fulfilling the Winter Lovers & Enthusiasts longing  
The frequency of visiting the Malls is now increasing for sure  
To get off the storm, cold and discomfort therein  
One is greeted with baubles, tinsel and Christmas fare  
Reminding one that its Christmas time – the time for sincere giving  
It's the season that comes to warm the hearts at this time of the year  
With customary good wishes & gifts to friends; family & sibling(s)  
And there is so much that one would want to share  
With loved ones; and those in want; without any hesitating  
Not forgetting though that we must keep "spirituality" in the fore  
In conveying the message of Peace & Forgiving  
And; in celebrating the Birth of Christ the Saviour  
By sharing all the goodness and peacefulness among all beings  
A Very Merry Christmas & a Bright and Prosperous New Year to all*

Noor Rahim 09 November 2016

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.







## Many LASIK Patients Have New Eye Problems After Surgery

Read Article

## Regular blood glucose screening

Blood tests can detect prediabetes and type 2 diabetes. Those who are overweight, older, or who have other risk factors should have [regular](#)

[diabetes screenings](#). The [American Diabetes Association](#) recommend that testing begins at 45 years of age and recurs every 3 years. If other risk factors exist, testing may be started sooner and more frequently.

There are three tests that can diagnose prediabetes and type 2 diabetes:

**Glycated hemoglobin (A1C) test.** This blood test checks for the average blood sugar level for the past 2 to 3 months. An A1C of at least [5.7 percent](#) is associated with a greater risk of getting type 2 diabetes. An A1C level [over 6.5 percent](#) is diagnostic for diabetes.

**Fasting blood sugar test.** A blood test is done to measure blood sugar after an overnight fast. A blood sugar level from [100 to 125 mg/dL](#) is diagnostic for prediabetes. A blood sugar level of [126 mg/dL or higher](#) suggests diabetes.

**Oral glucose tolerance test.** This test is useful for diagnosing diabetes during pregnancy. Blood is taken to measure blood sugar after an 8-hour fast. Then, another blood test to measure blood sugar is taken either 1 or 2 hours after drinking a sugar solution. The doctor will determine the next steps depending on these results.

## Why would pasta be better if the pasta is added to the sauce, not the sauce added to the pasta?



Garrick Saito, likes food



Here is what a lot of people do. They boil the pasta, draining out the water in a colander, then transfer the pasta to a plate and pour the sauce on top. Here is what it looks like afterward.

Th... (more)

## Upswing: Caffeine

Your blood sugar can rise after you have coffee -- even black coffee with no calories -- thanks to the caffeine. The same goes for black tea, green tea, and energy drinks. Each person with diabetes reacts to foods and drinks differently, so it's best to keep track of your own responses. Ironically, other compounds in coffee may help prevent type 2 diabetes in healthy people.

### Upswing: Chinese Food

When you dig into a plate of sesame beef or sweet and sour chicken, it isn't just the white rice that can cause a problem. High-fat foods can make your blood sugar stay up for longer. The same is true for pizza, french fries, and other goodies that have a lot of carbs and fat. Check your blood sugar about 2 hours after you eat to know how a food affects you.

### Upswing: A Bad Cold

Your blood sugar rises as your body works to fight off an illness. Drink water and other fluids to stay hydrated. Call your doctor if you've had diarrhea or vomiting for more than 2 hours or if you've been sick for 2 days and aren't getting better. Be aware that some medicines, such as antibiotics and the decongestants that can clear your sinuses, can affect your blood sugar. WebMD

## What Is Laser Vision Surgery?

Excimer laser refractive surgery, commonly known as laser vision correction, has been around for the past 20 years. This procedure is performed to reduce or eliminate the need for glasses or contact lenses. If you are considering laser vision correction, you need to know what it is, what to expect, and what the benefits, risks, and alternatives are

## Good Candidates for Vision Surgery

Laser vision surgery is designed to help individuals who are myopic (nearsighted), hyperopic (farsighted), or/and have astigmatism, which is an irregularity in the surface of the front of the eye, the cornea. Laser vision surgery is not for everyone. You are a candidate for this procedure if:

You are over the age of 18 years old.

You wish to reduce or eliminate the need for contact lenses or glasses.

Your vision has been stable for at least a year

There are no ocular or medical contraindications to the surgery.

Your profession/job/vocation does not prevent you from having this procedure.

### Cautions for Vision Surgery

Certain medical problems that may affect healing could make you a poor candidate for laser vision correction. Conditions such as collagen vascular diseases, lupus, rheumatoid arthritis, and HIV-associated diseases may influence proper wound healing, which is necessary to achieve a good result.

Certain eye conditions such as dry eyes, Sjögren's syndrome, irregular astigmatism, large pupillary size, thin corneas, or keratoconus may also make this procedure inappropriate for you.

## You May Still Need Glasses

Laser vision correction is designed to reduce or eliminate your need for glasses and contact lenses. Although many patients are able to function well without any glasses or contact lenses, some still require optical correction for certain tasks. In addition, laser vision correction does not change the condition known as presbyopia, which is the expected difficulty with close work as one reaches the age of 40 or older. Monovision laser procedures, which involve having one eye corrected for distance and the other for seeing up close, are an option to reduce the efHow LASIK Works

LASIK is the name for the most commonly performed refractive laser procedure. It involves making a very thin flap in the cornea, folding it back on its own hinge, and then an excimer laser is used to vaporize a small amount of corneal tissue. The flap is then placed back into position. fects of presbyopia.

**Wavefront-Guided LASIK:** Like other technologies, LASIK and other refractive laser procedures continue to improve. There are now ways to customize the application of excimer laser removal of corneal tissue to each patient's eyes, making visual results better and more predictable, with fewer visual side effects.

**PRK, Epi-LASIK, and LASEK:** Photo-refractive keratectomy (PRK), involves the use of the excimer laser on the cornea without making a LASIK flap. This technology preceded LASIK and was replaced by LASIK, for the most part, but it has now re-emerged as a more favorable choice for patients with thinner corneas or pre-existing dry eyes.-rx.com

## Wealth, health and happiness: the psychology of money





## Is it healthier to eat a banana while it's fresh (green?) or when it's ripe?

Zach C, M.S. MCB

Actually, the nutritional profile of a banana does change as it ripens. You've probably noticed that the more ripe your banana is, the sweeter it tastes. This is because enzymes in the fruit's tissues are progressively breaking down starch (long polymeric form of sugar) into simple sugars (monosaccharides, disaccharides, etc).

Since the enzymes have already done the work of breaking that starch down, your body doesn't need to; you will absorb the sugars into your blood stream quickly which causes a "spike" in blood sugar.

On the other hand, there may be some benefit to eating the ripe banana. Supposedly the antioxidant profile of the banana increases as it ripens.

In conclusion, the ripe banana is optimal when you need quick sugar. If you don't want the blood sugar surge, you could consider eating the ripe banana with some nut butter (which should slow the absorption of sugars into your blood stream) or simply eat the banana while its still green-ish (3 or 4).



(Source: Ripening Chart - Westwood Banana Co., Inc.)



### Brine-Cured Roast Turkey

Brining the turkey takes 3 days so you'll need to plan ahead, but the lengthy brining time really pays off with fabulous flavor.

Recipe From [EatingWell.com](#)

[View Recipe](#)

<https://youtu.be/oMzUDIGD27>

4

## Turkey Myths

(HealthDay News) -- A nutrition expert is talking turkey to dispel some common myths about the focus of most Thanksgiving meals.

The most-repeated myth is that eating turkey makes you sleepy. While it does contain [tryptophan](#) -- an amino acid supplement that promotes [sleep](#) when taken alone on an empty stomach -- turkey also contains many other amino acids that are likely to limit the effects of tryptophan, said Judith Rodriguez. She is chair of the department of nutrition and dietetics at the University of North Florida.

After a large meal, your sleepiness is more likely due to blood being diverted from throughout the body, including the muscles and brain, to the stomach for [digestion](#), Rodriguez explained in a university news release.

The second-most popular myth is that turkey skin is made up of bad "saturated" fat. Turkey skin doesn't contain just bad [fats](#), it also has some good fats. But if you have some turkey skin, limit it to a small piece, Rodriguez advised.

Then there's the myth that says a USDA inspection sticker indicates that the bird is fresh and top grade. In fact, the government checks for wholesomeness and proper handling, and provides voluntary grading services. About 70 percent of inspected turkeys are graded. The grades are U.S. Grade A, B and C, Rodriguez said.

It's also a myth that you can check a whole turkey for "doneness" by pricking the leg to check for bleeding, she said.

Instead, you should use an oven-safe thermometer inserted in the lower part of the thigh or in the center of the stuffing. A temperature of 180 degrees in the thigh and 165 degrees in the breast or stuffing indicates doneness, Rodriguez said.

And finally, the myth of origin. Turkeys are not from Turkey, Rodriguez said.

"Of the two wild species of turkey, one is indigenous to the areas from Canada to Mexico, and the other is indigenous to the areas from the Yucatan to Guatemala. The Aztecs ate domesticated turkeys. Turkeys were found in the New World and taken back to Spain, from where they quickly spread throughout Europe and other regions. The bird was introduced to England in the 1500s, then the Pilgrims brought it back to North America in the 1620s on the Mayflower, not realizing that was indeed, the turkey's point of origin," she explained in the news release.

-- Robert Preidt

### Domino's outlet in snowy northern Japan training reindeers to deliver pizza

Santa Claus is outsourcing his reindeer this holiday season to help deliver pizza for a Domino's outlet in snowy northern Japan.



## New USDA Data Shows 85% of Foods Tested Have Pesticide Residues

U.S. Right to Know

By Carey Gillam

As Americans gather with their families for Thanksgiving this week, new government data offers a potentially unappetizing assessment of the U.S. food supply—Residues of many types of bug-killing [pesticides](#), fungicides and weed killing chemicals have been found in roughly 85 percent of thousands of foods tested.



Data released last week by the U.S. Department of Agriculture (USDA) shows varying levels of pesticide residues in everything from mushrooms to potatoes and grapes to green beans. One sample of strawberries contained residues of 20 pesticides, according to the [Pesticide Data Program](#) report issued this month by the USDA's Agricultural Marketing Service. The report is the 25th annual such compilation of residue data for the agency, and covered sampling the USDA did in 2015. Notably, the agency said only 15 percent of the 10,187 samples tested were free from any detectable pesticide residues. That's a marked difference from 2014, when the USDA found that more than 41 percent of samples were "clean" or showed no detectable pesticide residues. Prior years also showed roughly 40-50 percent of samples as free of detectable residues, according to USDA data. The USDA said it is not "statistically valid" to compare one year to others, however, because the mix of food sampled changes each year. Still the data shows that 2015 was similar to the years prior in that fresh and processed fruits and vegetables made up the bulk of the foods tested.

Though it might sound distasteful, the pesticide residues are nothing for people to worry about, according to the USDA. The agency said "residues found in agricultural products sampled are at levels that do not pose risk to consumers' health and are safe ..."

## Medical News Today: Vegetable compounds found to improve cognition in old age

Carotenoids are pigments synthesized by plants that give vegetables their yellow, orange, and red colors. Their antioxidant properties, as well as their benefits for visual health, are well known, but emerging research suggests these compounds may have a positive impact on cognition as well. Some carotenoids present in vegetables and plants may boost brain power...

[Read the rest of this entry](#)





## Turkey

The traditional Thanksgiving bird has the protein building-block tryptophan, which your body uses to make serotonin. That's a brain chemical that plays a key role in depression, researchers say. In fact, some antidepressant drugs work by targeting the way your brain uses serotonin. You can get the same mood-boosting effect from chicken and soybeans.

WebMD

## Drinking during the Festive Season & drug interactions

Written by Dr Harold Gunatillake-health writer



Most adults are on medication for hypertension, diabetes, heart disease and many other chronic illnesses. They tend to relax during the festive season with friends and families and having that extra drink is quite common accompanying the merry-making.

This article will caution them to be more aware of the drug interactions with alcohol drinking and be safe health-wise during t...

[Continue Reading](#)

## Ulcers: Spicy Food and Stress Cause Stomach Ulcers.

False. Most stomach ulcers are caused by *Helicobacter pylori* (*H. pylori*), a type of bacteria, or the use of nonsteroidal anti-inflammatory drugs (NSAIDs) such as naproxen, ibuprofen, or aspirin. In the case of *H. pylori* infection, antibiotics can treat the infection. Ulcers caused by NSAIDs are healed by stopping the pain medication and taking antacids and medications that reduce stomach acid. It's a myth that spicy foods and stress cause ulcers, but it is true that they can worsen ulcer symptoms. Cancer can cause stomach ulcers, too. -Medicine.net

## Celiac Disease: Celiac Disease is a Rare Childhood Disease.

False. Celiac disease is a disease that affects children and adults. It affects 1 in 133 otherwise healthy people in the U.S. Celiac symptoms are often apparent in children who experience failure to thrive, diarrhea, and retarded growth, but symptoms can manifest for the first time in adults as well. Symptoms that emerge in adulthood may include abdominal pain, bloating, and distention. Gas and diarrhea may be present. People who have celiac disease have impaired nutrient absorption in the small intestine which may lead to anemia, skin rashes, and bone thinning (osteoporosis). It's common for people who have celiac disease to suffer for many years before they receive the correct diagnosis and treatment.

People who have celiac disease must adhere to a strict, life-long gluten-free diet. Gluten is a protein found in wheat, barley, and rye. Celiac disease patients need to remain on a gluten-free diet even if they are not experiencing symptoms. The reason gluten is dangerous for those with celiac disease is that it triggers an autoimmune reaction that damages the lining of the small intestine. If enough damage occurs, it adversely affects the absorption of nutrients. Trace amounts of gluten can be dangerous and cause damage even if overt symptoms are not apparent. -Medicine.net

## Moderate Drinking May Have Some Heart Benefits

Moderate drinking may have positive effects on some aspects of heart health compared to abstaining, a new study finds.

[Read More](#)



[One-pot Lime Shrimp Scampi](#)



## Dizziness

Light-headedness is often a direct result of something wrong with your heart because it isn't pumping enough blood to your brain. Dizziness could be a symptom of an abnormal rhythm, called an arrhythmia. Heart failure, meaning the weakening of the muscle, can also make you unsteady. Feeling woozy is one of the many lesser-known symptoms of a heart attack, too.

Editor: Check your BP immediately with your own BP machine. Feel your pulse and if it is rapid or irregular see your doctor soon or go to the hospital casualty.



### Early Signs of Cataracts

Cataracts are a painless clouding of the internal lens of the eye. Learn about symptoms, causes, treatments, and cataract surgery.

[READ MORE](#)



Quinoa (pronounced keen-wa) is a nutritional all-star that belongs in your weight loss plan. This whole grain has 8 grams of hunger-busting protein and 5 grams of fiber in one cup, and you'll also get iron, zinc, selenium, and vitamin E. Quinoa is as easy to cook as rice. For a quick dinner, mix in some vegetables, nuts, or lean protein.



[BURN A BAY LEAF IN YOUR HOUSE. THE REASON? YOU'LL BE AMAZED! \(VIDEO\)](#)



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



# Natural essential oils for asthma

The therapeutic capabilities of essential oils are nothing new and may be helpful for some people with asthma. The following oils have some evidence to suggest a health benefit for people with asthma:

- Peppermint: One of the common causes of asthma attacks is exposure to allergens that trigger the release of a compound called histamine. Peppermint [can help](#) to stop the release of histamine in the body. A substance called methanol is present in peppermint and can relieve stuffy or blocked noses, which can help people with asthma to breathe better.
- Lavender: This essential oil is used for a variety of things. It has natural sedative and anti-inflammatory characteristics that [may help](#) people with asthma fight [inflammation](#).
- Eucalyptus: [Research suggests](#) that eucalyptus oil may have anti-inflammatory properties.
- Tea tree oil: This essential oil helps by [reducing inflammation](#). In doing so, tea tree oil can help reduce the body's allergic response.
- Roman chamomile: Another essential oil with [anti-inflammatory properties](#). It can [also help](#) part of the lungs called the bronchus to relax as well as relieve coughing.

## Using essential oils

There are three common ways that people with asthma can use essential oils.

- Aromatically: Some essential oils such as lavender and eucalyptus can bring relief through inhalation. Diffusing essential oils into the air could also help to purify the air and get rid of potential allergens.
- Topically: Essential oils can be absorbed through the skin. People should be sure to research the oils properly as some must be mixed together to avoid skin irritation.
- Internally: Some essential oils are available as supplements and can be taken internally. Not only are essential oils a natural way for people to treat asthma symptoms but they can also help patients avoid side effects from allergy shots or other medications.

## Risks and considerations

People should always be careful when using essential oils. They may not be a good fit for every person with asthma. Some oils can give off a strong odor that can trigger asthma symptoms and attacks.



*Essential oils can cause an asthma attack in people who are easily triggered by strong smells or chemicals.*

Essential oils are not recommended for people with asthma who are very sensitive to smells and whose symptoms are easily triggered by them. People should make sure that the fragrance does not cause a problem before using any essential oil. Some essential oils can also irritate the skin, so people should test a few drops on the skin first.

Oils should always be diluted because they can cause skin rashes when pure. Essential oils should not be given to children without a consulting a doctor. They can cause skin irritation, and some of them contain some strong ingredients that are not child-friendly.

Though some people with asthma have had success with essential oils, they are not a replacement for medical care. [Research studies](#) are being carried out, but there is no firm evidence that proves essential oils are a reliable treatment option.

Asthma patients should take any medicine prescribed by their doctor and go for regular checkups. If anyone experiences any asthma symptoms that do not seem to go away or get worse, they should see a doctor. There is no cure for asthma and, left untreated, it can be very dangerous.

MNT

## MCDONALD'S FINALLY ADMITTED: THIS IS WHAT THEIR SO-CALLED "BURGERS" CONTAIN! DISGUSTING

Lately, there have been a lot of rumors regarding the food in McDonald's, or more precisely, what they put in their food. Namely, it is believed that they use pink slime and mechanically separated meat.

In order to fight off critics, the company has launched a PR campaign named *Our food. Your Questions*. The aim of the campaign is to allow customers see how their [food](#) is made. Even though the company denied the use of pink slime in their burgers, there are definitely other questionable ingredients that they've confirmed using!

For example, they admitted using a chemical additive Azodicarbonamide in their buns. This same substance is found in yoga mats. However, they insist that adding rubber to food is safe. According to them, there are varied uses for this substance, and they provided an example with salt. The salt used as food is different from the one used for de-icing the sidewalk. The same goes for ADA- it can be used differently.

To make matters worse, they also admitted to using dimethylpolysiloxane in their food, an anti-foaming agent in their McNuggets frying oil. Nevertheless, they still claim that their beef is 100% beef. According to the chief brand manager of the company, customers shouldn't judge them before they get to know them.

*Super-Size Me* is a great documentary portraying the [health](#) consequences from the consumption of such "foods". When you think about it, how can yoga-mat buns be safe for consumption? Think about it...

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<http://omigy.com/health/mcdonalds-finally-admitted-called-burgers-contain-disgusting/>



## WATER DOES IT

Should you suffer from a hangover, drink plenty of water to ease dehydration and flush alcohol toxins from your system (under no circumstances should you drink coffee since it is a diuretic that depletes fluid from the body and actually makes the alcohol content in the body more concentrated).

You also need to raise your blood sugar levels quite quickly upon waking. Bananas are a godsend as they contain complex carbohydrates, potassium, and Vitamin C. If you have time, blend various fresh fruits, including a banana and low-fat, live yoghurt and drink immediately.

A very merry Christmas to you all!

Daily Nation



### Guilt-free banana ice cream

Indulge your sweet tooth with this scrumptious, easy-to-whip-up ice cream. Not only is it delicious – it's super healthy too!

[Read More](#)



## Is Ghee better than Butter?

Written by Dr Harold Gunatillake  
FRCS, FIACS, FICS, AM(Sing0, MBBS

Health writer

Ghee is a class of clarified butter that originated in ancient India and is commonly used in South Asian, Iranian and Arabic cuisines, traditional medicine, and religious rituals.

In Hindi ghee is the word for fat. Sometimes they use the term 'desi' meaning real. It is an anhydrous milk fat prepared by heating butter or cream to just 100deg C to remove water content ...

[Continue Reading](#)



### Skip the turkey: Why side dishes win Thanksgiving

Here's why one professional food writer is forgoing turkey this Thanksgiving and why you should to. (And, no, she's not a vegetarian.)

[READ MORE](#)

## Oldest Beer Brewed from Shipwreck's 220-Year-Old Yeast Microbes

By Tom Metcalfe, Live Science 1



An international team of scientists has recreated a 220-year-old beer recipe, using live yeast recovered from a bottle found in an 18th-century shipwreck in Australia.

*Credit: David Thurrowgood*

Yeast microbes from the world's oldest bottle of beer — a 220-year-old bottle found in one of Australia's earliest shipwrecks — are being used to create a **new**, modern beer with the characteristic taste of the 18th-century brew.

The yeast was grown from the contents of a **bottle of beer** recovered from the wreck of the Sydney Cove, a British trading ship that got caught in a storm near the island of Tasmania, off Australia's south coast, in 1797 while on its way from Calcutta to the prison colony at Port Jackson, now the city of Sydney. The crew of the Sydney Cove survived by grounding the sinking ship on a tiny island off northern Tasmania, now called Preservation Island, which is part of the inspiration for the name of the recreated beer: Preservation Ale. [\[See Photos of the Recreated 220-Year-Old 'Preservation Ale'\]](#)



### How to carve a turkey



Healthy Living with Cathy Johnson

### Eggs: healthy or not?

[Watch video](#)



## Listeria

*Listeria monocytogenes* are bacteria found in soil and water, and are also present in raw foods as well as in processed foods and unpasteurized milk. Unlike other germs, *Listeria* can grow and spread even in the cold temperatures of an average refrigerator.

Symptoms of *Listeria* infections include fever and chills, headache, upset stomach and vomiting. But for some people, the illness can become more serious, even fatal. People at increased risk of getting listeriosis are pregnant women and their unborn fetuses, adults over age 50, and people with weak immune systems.

An estimated 1,600 people become seriously ill with listeriosis each year, according to the CDC. Of these, 260 die.

To prevent *Listeria* infections, the CDC recommends scrubbing firm produce such as melons and cucumbers with a clean produce brush and cleaning up all refrigerator spills right away, especially juices from raw meat, hot dogs and lunch meat.

Factory-sealed, unopened packages of lunch meat should be stored for no longer than two weeks, and meat sliced at a local deli no longer than three to five days in the refrigerator, the CDC says.

[Livescience](#)

## What is the "least intimidating" way to eat eggs?

Cynth Chan, Always be yourself unless you can be a unicorn.



Thanks for the A2A.

Welcome to the my eggy world! This is one of the egg dishes I like to make when I want to remind myself I am actually a passable cook and I can potential...

[Read More »](#)



## Best Educational Toys & Games for Infants and Toddlers

[Read Article](#)

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



## The Aura of a Great Faith.



The year is almost coming to a close. The Birds, Butterflies & Bees have long gone to seek some warmer climes. The squirrels and other small animals are scampering around to find food in preparation for their prolonged hibernation. I look outside and find that it is not a day to venture out. So I perch myself in the recliner and my mind wanders into the land of reverie.

Very soon I am reminded of the Bing Crosby and Doris Day's rendering of a perennial favourite - "Baby, it's cold outside". My mind goes back deeper into my schoolboy days. Though the song was a great "hit" with lyrics and music that kept ones toes a-tapping; the full gist was not an in-depth understanding, as I came from a Tropical Country where it was warm and humid almost every day of the year. I am now thoroughly enlightened with the full meaning and feeling of the song.

Digging deeper into the past reminds me of my school days. I did attend a prestigious Roman Catholic College - though I was of a different Faith. But I raise my hat and bow down my head in respect and obeisance to the Roman Catholic Priests and Teaching Staff of this great Institution; as I never ever heard them or even make the slightest hint of running down any other Faiths. They only spoke of the path of goodness/righteousness and history of their own Religion; and in addition taught us what was right and what was wrong. As a non-catholic I did voluntarily participate in their religious activities; and came out wiser with love, admiration and understanding of their Faith. In comparing their Faith with mine I was to find that both Faiths were almost identical in their teachings; except for some very minor differences and cultural variations. I was also to find that my Faith explicitly states in the first chapter that if you do not honour and respect the Faiths (belief in one God) that came before me you are not a true believer in our Faith. It also has a dedicated chapter on Virgin Mary. It is also the belief that no Holy Scriptures can be translated. Perhaps this is what has caused the misinterpretation of the intended teachings of each and every Faith. If I may add my own I would define it as:

Reading and assimilation of any Holy Scriptures:

"Read it with good intentions & the goodness it preaches

And you will reap goodness & Harmony

Read it with bad intentions & selfish interests

And you will only sow the seeds of discontent & disharmony"

Alas! I am jolted and awakened out of my reverie, by the loud chiming of the clock; and notice the shorter hours of daylight time.

The temperature too is taking a dip, for very soon the Festive Season is going to dawn. Such are the vagaries of Mother Nature. But it is said that "every cloud has a silver lining". We do see the Aura of one of the great Faiths and the Birth of its' Creator brightening every each day; and drawing closer as we keep anticipating a Great Day. Would it be a White Christmas is the poser? To be closely followed by a New Year.

Ironically, all major Religions emanate from one very Holy Location in the Middle East; and I cannot fathom how they are at each other; creating animosity rather than Peace, Goodwill and Harmony.

I can only implore you Learned Readers, of whichever Faith you belong to; to join hands and form a human circle, toss in whatever Faith you belong to within the Circle and imbibe in all the Goodness; Goodwill; Peace and Harmony that emanates from every Faith. Just forget your differences. As this is what all Faiths preach to us even though it comes under different "Labels".

So lets' make the occasion memorable and send our sincere well wishes and greetings to our Families; Friends and Acquaintances. In doing so lets' not forget those who are no longer with us; and in addition the needy, on this auspicious and holy Season of Festivities.

Noor Rahim



## Dark, Leafy Greens

Kale, spinach, and collard greens, for example, are rich in both vitamins C and E. They also have the carotenoids lutein and zeaxanthin. These plant-based forms of vitamin A lower your risk of long-term eye diseases, including AMD and cataracts. Most people who eat Western diets don't get enough of them. WebMD

### 1. Mr. Bean Attends a Traditional Church Wedding



[Click Here to Watch](#)

Weddings require meticulous planning, so what could possibly go wrong by inviting Mr. Bean?

## Go darker with your greens for Dalcium



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

### Should you drain pasta in a strainer?



Kittie Eubank, subject to change. to be continued. handle with care. not responsible for.

Written Oct 29

No.

Pasta should be cooked al dente and then removed from the pan with one of those pasta-scooper things and placed directly into the pan with the sauce.

The water in which t...

[Read More »](#)

**You Probably Strain Your Pasta With A Colander In The Sink, But Here's The Right Way**



## Reasons Why You Might Need to Replace Butter

There are a few reasons why you may need to find a substitute for butter in your diet.

### **Milk Allergy**

While butter is very low in protein, it still contains a small amount of casein, which is a protein in milk that can be allergenic (1).

If you have a milk allergy, it's important to be cautious of your butter intake. You may need to avoid it completely if your allergy is severe.

### **Lactose Intolerance**

People with lactose intolerance tend to tolerate the small amounts of lactose in butter without adverse reactions (2).

However, some are more sensitive to lactose than others and may have to avoid butter for this reason.

### **Health Reasons**

Some individuals avoid butter because it's high in saturated fat, which was previously believed to cause heart disease. However, new studies have shown that this isn't the case (3, 4, 5).

That being said, some studies suggest that the saturated fats in butter may raise cholesterol more than the saturated fats in other dairy products, such as cream (6). Also, butter is high in fat and therefore high in calories. People who are trying to reduce calories may want to cut back on butter for this reason.

Others choose to limit their butter intake because it isn't very nutritious when compared to its high number of calories per serving (7).

EcoWatch

## Eating bacon and eggs for longevity

Written by Dr Harold Gunatillake-health writer



You have been told that less than 7 percent of your total daily calorie intake should come from saturated fat. From a daily intake of 2000 calories it amounts to 140 calories. Saturated fat seems to raise the bad cholesterol LDL in your blood which raises the risk of heart disease and stroke.

On the other hand you a... [See More](#)

## Did Too Many Energy Drinks Trigger Man's Liver Problems?



A 50-year-old man developed a condition called acute hepatitis after consuming energy drinks regularly for three weeks, according to a new report of the man's case.

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## Wine

Wine has been shown to improve brain health and help protect against Alzheimer's in several studies. But the key is moderation. Typically, that's one glass a day for women and two for men. More than that can have bad effects on brain health and may make you more likely to get dementia

## Eggs

Yes, eggs are good for you. They are **REAL** food. Cardiologists have ruined eggs. Eggs are high in choline, sulfur, and magnesium. Any cholesterol increase from eggs will be neutralized by the choline anyway. The population studies on heart disease and high cholesterol blows away the cholesterol theory as the main cause of heart disease. Japan has the lowest incidence of heart disease. **The FRENCH are the second lowest.** However, the average cholesterol of French people is 210-220, which is high. In the isle of Crete, with the average cholesterol being over 200, a 10 year study showed that **NOT ONE PERSON** in the study had a heart attack. We should be targeting SUGAR, not cholesterol, as the culprit. -Quora

## Signs of Vitamin B12 Deficiency

*Posted on Oct. 27, 2016, 6 a.m. in [Vitamins Dietary Supplementation Functional Foods](#)*  
*Symptoms of vitamin B12 deficiency can be subtle yet impactful - and not getting enough can cause some serious issues.*

Modern nutritional research offers much more information about which nutrients are required for optimal health than in years past. The general opinion of most health care providers has been that patients should eat a balanced diet in order to make sure their nutritional needs are being met. Until the past few decades this was good advice, but the nutrients contained in most foods sold in grocery stores has been depleted, due to the way they were grown and processed. This means the nutrients most important to the proper functioning of the human body are best ingested through supplementation. Those who have a deficiency of **vitamin B12** may be experiencing some serious health problems that they are not even aware of.

### Food Sources of Vitamin B12

Food products that come from animals are the only sources of the vitamin, so someone who follows a vegetarian or vegan diet would most likely need to supplement B12. It is also good to supplement if one has a diet that restricts the consumption of meat, dairy, eggs because of the relatively high levels of cholesterol and fat.

### Health Problems Caused by a Vitamin B12 Deficiency

Some of these health issues are easily mistaken as symptoms of other diseases, such as diabetes. Others may be confused with common aging problems.

- Weakness
- Fatigue
- Tingling and/or numbness in the extremities
- Memory loss and cognitive difficulties
- Difficulty in walking, because of staggering or balance problems

Health care providers may not be able to identify these problems as a deficiency of Vitamin B12, so a blood test may be needed, in order to reach a correct diagnosis. There are a few other less common symptoms that indicate a deficiency of the vitamin.

- Paranoia and hallucinations
- Anemia
- Jaundiced skin
- An inflamed and swollen tongue

Many people are not very well educated about their nutritional needs and the problems they may experience from various deficiencies. Most people have too much stress in their lives and struggle to find enough time in the day to get everything done. People often naturally think whatever fatigue or weakness they feel is the result of not enough time and rest, but symptoms could well be due to a Vitamin B12 deficiency.

Although seniors are most at risk for nutritional deficiencies due to dietary restrictions, a depressed appetite and medications, younger women also experience anemia due to monthly menstruation. The average person is often surprised how much better they feel once they begin a regime of Vitamin B12 supplementation. It is important to note that not all B12 supplements are the same, so if adding the vitamin to a diet it would be wise to research all the options available. One common B12 supplement actually contains arsenic and should be avoided.

Since the best source of B12 is found in foods, eating more meat, eggs, dairy and especially poultry is a good choice. Poultry is relatively low in fat and cholesterol, so it is safer for those who are at risk for heart disease.

[Worldhealth.net](#)



### Master Thanksgiving with Martha Stewart's turkey and John Besh's dressing

Martha Stewart reveals her one simple trick for the juiciest turkey, and John Besh demonstrates classic South Louisiana oyster dressing.

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## Creative uses for coffee grounds around the home

Coffee grounds do more than just make a great cup of java. They're great for home and garden, too.

[Read More](#)



## Ina Garten's Filet Mignon with Mustard and Mushrooms

Wild mushrooms and a creamy mustard sauce dress up filet mignon steaks for a luxurious dinner in this Ina Garten recipe.

[READ MORE](#)



High salt and high sugar content in Japanese food  
Japanese are considered amongst the healthiest people on earth in spite of their eating lot of sugar and salt in their cuisines.

One reason is that they are hardworking, and the salt may get depleted with the sweating and the extra sugar may get them more energy to work.

Another reason is that they eat on small plates like the French, and they also... [See More](#)

## Time of Day Influences Susceptibility to Infections

*Circadian rhythm affects the ability of viruses to replicate and spread between cells, causing higher susceptibility to infection at certain times of the day.*



Routinely disrupted patterns in the body, such as unpredictable sleep patterns and shift work, play a major role in how and when infections occur in the body. A study suggests that people are more susceptible to [infections](#) at specific times of the day. It is during this time that the body's anatomy promotes the growth and development of viruses that replicate and migrate between the cells. The study sheds light on why [shift workers](#) whose bodies constantly go through disruptive patterns are more prone to chronic diseases, infections, and other health problems. When a foreign object enters the body, it takes over the structure of the cells and reproduces itself (depending on the time of day). The body resources fluctuate constantly in response to the body's [circadian rhythm](#).

### New Tests Reveals the Difference between Early and Late Virus Replication

When mice were infected with the herpes virus at various hours of the day, researchers were astonished at the results. In mice that were infected in the early hours of the day, the virus had reproduced itself 10 times greater than mice that were infected during the later part of the day. The controlled environment allowed the mice to experience 12 hours of light and 12 hours of dark.

The responses from each group were different, as the results were dependent upon the circadian rhythm, which controls body temperature, immune systems, and sleep patterns. Researchers repeated the test with mice without the specific circadian rhythm gene factor, and found that no matter what time of day, the viral replication remained higher in the infected mice.

### Consistent Studies Unlock New Information

What does this mean? It means that the time of day an infection develops can cause the onset of a more acute infection.

According to Professor Akhilesh Reddy, the senior author of the study, "This is consistent with recent studies which have shown that the time of day that influenza vaccine is administered can influence how effectively it works."

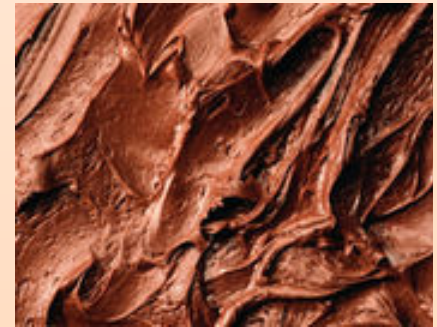
First author, Dr. Rachel Edgar, states that each cell in the body has its own biological clock which allows the cells to keep track of how often they change throughout the day. This information suggests that the cells use the clock to determine how successively a virus replicates itself. Tests concluded that no matter what time of day the normal patterns of the body were disturbed, replication had always been high. This test indicates that shift workers who work at night and rest during the day have a disrupted biological clock, and they are more susceptible to viral diseases.

It seems that some infections and diseases are seasonal, and many are less active during certain seasons of the year. Researchers explain this theory by comparing the disease influenza, which affects thousands of people during the winter months.

Researchers found that the herpes virus can manipulate the body's molecular clockwork, which controls the circadian rhythm, which in turn helps the virus to progress. Some diseases use the body's cells to replicate itself. One such disease is the malaria parasite, which successively reproduces itself. The body is designed to defend itself against unknown pathogens.

[VIEW NEWS SOURCE...](#)

## Is It Really True That Chocolate May Be Good for You?



By Randy Dotinga  
*HealthDay Reporter*

- [Is Chocolate Really Good for You?](#)
- [Are Vegetarian Diets Heart-Healthier?](#)
- [School Lunch Program Offers Healthier Food](#)
- [Health Tip: Risk Factors for Malnutrition](#)
- [Health Tip: Get Enough Dietary Iron](#)

-- A new analysis of existing studies provides more support for the idea that cocoa in [chocolate](#) may actually be good for you.

But be cautious if you're tempted to raid the candy aisle: While it seems to be beneficial, the impact of chocolate on day-to-day health isn't clear.

And the researchers aren't ready to offer recommendations about exactly how much chocolate -- and what type -- provides benefits that outweigh its unhealthy effects.

Whatever the case, "when balancing the benefits and risks," said study lead author Xiaochen Lin, users "shouldn't ignore the calories and [sugar](#) that may come with chocolate." Lin is a graduate student at Brown University in Providence, R.I. At issue: What do we know overall about the health effects of flavanols -- a component of the cocoa in chocolate -- on cardiovascular and metabolic systems? To gain more perspective, Lin and her colleagues reviewed 19 controlled trials that involved a total of 1,131 participants eating cocoa flavanols or a placebo.



## Can a Plastic Bottle Save Your Eggs?

## Beware Sugary Beverages

*As little as 1 or 2 servings of sugary drinks each day has been found to dramatically increase the risk of heart attack or fatal heart disease, type 2 diabetes,*



Drinking enery drink - image from Shutterstock

A review of recent epidemiological studies and meta-analyses of studies investigating the health effects of drinking sugar-sweetened sodas has shown that drinking just one or two servings a day substantially increases the risk of developing type 2 diabetes and cardiovascular disease. Frank Hu, MD, PhD, Professor of Nutrition and Epidemiology at Harvard T.H. Chan School of Public Health, and colleagues found that people who drank one or two sugar-sweetened beverages a day had up to a 26% increased risk of developing type 2 diabetes, a 35% greater risk of heart attack or fatal heart disease, and a 16% increased risk of stroke. The review also examined the role of fructose in the development of these conditions, exploring how fructose is metabolized in the body and its link to weight gain and the development of metabolic and cardiovascular conditions. "Part of the problem is how fructose behaves in the body," said Hu. Glucose is absorbed from the gastrointestinal tract into the bloodstream, where it is transported into cells to be used as fuel, while fructose is metabolized in the liver, where it can be converted to triglycerides, which are linked to fatty liver disease and insulin resistance. "Although reducing the consumption of sugar-sweetened beverages or added sugar alone is unlikely to solve the obesity epidemic entirely, limiting intake is one simple change that will have a measurable impact on weight control and prevention of cardio-metabolic diseases," the researchers concluded. "Our findings underscore the urgent need for public health strategies that reduce the consumption of these drinks."

[VIEW NEWS SOURCE](#)

## It's Time to Get Rid of Your Lawn!

By ~~Mary Talbot~~ Mary Talbot

In a case of taking "the grass is always greener" a bit too literally, American homeowners have long strived to make their lawns brighter, lusher and more velvety than their neighbors'. But all that competition has a devastating environmental impact. Every year across the country, lawns consume nearly 3 trillion gallons of water a year, 200 million gallons of gas (for all that mowing) and 70 million pounds of pesticides.



Adams County, Pennsylvania Master Gardener, BBG Graduate and NRDC Member, Audrey Hillman.

You may also know that turf grass, however welcoming it looks for our bare feet, provides virtually no habitat for pollinators and other animals and plants that make up a healthy, diverse ecosystem. In fact, these lawns can do substantial harm to the environment and to both vertebrates and insects. Birds, for instance, may ingest berries and seeds that have absorbed pesticides from the ground. Likewise, rainwater runoff from lawns can carry pesticides and fertilizers into rivers, lakes, streams and oceans via the sewer system. This can poison fish and other aquatic animals and harm humans who swim, surf and eat seafood that may be contaminated. And then, of course, lawn mowers can pollute the air.

Luckily, today more Americans are ready for a change. "We're on the cusp of a transition that will likely take place over the next 10 to 15 years, away from the conformity of mowed turf," said Ed Osann, senior policy analyst and water efficiency project director with the Natural Resources Defense Council's Water program. He adds that eradication of all grass isn't the goal. "We're not declaring war on turf or suggesting that we remove every square foot of it. But we want to encourage people to think about whether there are places in their yards that can be converted to allow for a more diverse and sustainable landscape."

## Beef



It gets a bad rap. While it can be unhealthy to eat too much fatty red meat, lean red meat doesn't raise your cholesterol and contains nutrients like protein, vitamin B12, iron, niacin, and zinc. Beef tenderloin is a lean, delicious -- and healthy -- way to go.

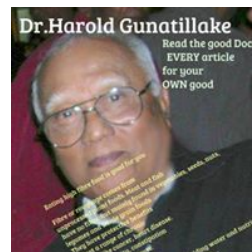
### Lamb

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.

### 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.

WEBMD



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## Processed foods, alcohol may trigger migraine attacks: Study

Skipping the morning cup of coffee, consuming processed foods or drinking too much alcohol may trigger headaches for people battling migraines, according to scientists including one of Indian origin.



### Is Sushi Healthy?

People generally consider sushi to be nutritious, healthy and rich in ... [READ MORE](#)

## World's First Zero-Emissions Hydrogen Train Unveiled in Germany



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