



The Independence Day in Sri Lanka is celebrated annually on the 4th February. Sri Lanka gained Independence from the British on February 4, 1948. The day is a national holiday in Sri Lanka. It is celebrated all over the country with flag-hoisting ceremonies, dances, parades and cultural performances.

What Is ADHD in Children?



Does your child find it hard to focus? Kids with ADHD (attention deficit hyperactivity disorder) are fidgety and easily distracted. This makes it tough to stay "on task," whether it's listening to a teacher or finishing a chore.

Can't Pay Attention

It's one of the main symptoms of ADHD. Your child may find it hard to listen to a speaker, follow directions, finish tasks, or keep track of her stuff. She may daydream a lot and make careless mistakes. Or she may avoid activities that need concentration or seem boring to her.

Hyperactive

Another sign of ADHD: Your kid just can't seem to sit still. He may run and climb on things all the time, even when indoors. When he's sitting down, he tends to squirm, fidget, or bounce. You also might notice he talks a lot and finds it hard to play quietly.

Impulsive

You'll notice that your kid may find it hard to wait his turn. He may cut in line, interrupt others, or blurt out answers before the teacher finishes a question.

What Causes It?

Kids with ADHD have less activity in areas of the brain that control attention. They may also have imbalances in brain chemicals called neurotransmitters. It's not clear what causes this to happen, but ADHD runs in families, so many experts believe genes play a role.

How to Get a Diagnosis

There are no lab tests for ADHD. Instead, your child's doctor will ask her questions, listen to your description of behavior problems, and look at her teacher's comments. To get a diagnosis, your child must show some combo of symptoms for 6 months, like not paying attention, hyperactivity, and impulsive behavior. They must have appeared no later than age 12

Types of ADHD

The **combined type** is the most common, and your child has it if she doesn't pay attention or is hyperactive and impulsive. In the **predominantly hyperactive/impulsive type**, she's fidgety and can't control her impulses. If she has the **predominantly inattentive type**, she finds it hard to focus but isn't overly active and usually doesn't disrupt the classroom.

WebMD

What's OK to Eat, What's Not?

That burning discomfort in your chest or throat may have nothing to do with your heart. It can happen when stomach acid backs up, or refluxes, and irritates your esophagus, the tube that connects your mouth and stomach. Certain foods can trigger it, but they're not the same for everyone. So when it comes to eating, what will help you avoid heartburn?



Eating Too Much

The first thing to think about isn't any specific food: It's the *amount* you eat at one time. This is one case where bigger isn't better. No matter what food you're eating, how good it looks, or how much you like it, a stuffed stomach makes heartburn more likely. Try using smaller plates to help you trim your portions.

Slow Down

Shoveling food into your face is also a no-no. The three Gs -- grab, gulp, and go -- don't lead to good digestion, and they can make heartburn symptoms more likely, says Leslie Bonci, a registered dietitian and director of sports nutrition at the University of Pittsburgh Medical Center. Take your time and enjoy your meals.

Fatty Foods

High-fat foods tend to stay in your stomach longer. And the longer they're there, the more likely there will be discomfort, say Bonci and Elaine Magee, a registered dietitian and author of *Tell Me What to Eat If I Have Acid Reflux*. Big servings of those high-fat foods -- like a lot of fried chicken, chips, or wings -- are a double whammy.

High-Acid Foods

Tomatoes (including foods like salsa and marinara sauce) and citrus fruits (such as oranges, grapefruits, and lemons) can trigger heartburn, especially if you eat them by themselves, on an empty stomach. Vinegar is another acid, and it's a common ingredient in salad dressings and other dishes.

Explore Your Options

Try other fruits and vegetables with less acid to give your tummy a break. Or limit your portion size of acidic foods, and offset them with something else. For instance, use less tomato sauce on your pasta and have a little meat or extra veggies at the same time. Experiment to find your comfort zone.

WebMD

What Is Prediabetes?

It's when your blood sugar is higher than normal, but not high enough to be called diabetes. You won't necessarily notice any symptoms -- you can have it and not know it. A simple blood test can tell you if you do. You're at risk if you're overweight, over 45, and you don't exercise. It makes you more likely to have type 2 diabetes and heart disease, but you can take steps to change that.

Lose Weight

It doesn't have to be a lot. If you lose just 7% of your body weight, it can make a huge difference (that's only 14 pounds for a 200-pound person). The first step is to eat healthier food with fewer calories. Start by keeping track of your weight, eating habits, and physical activities

Eat Healthy

A good rule of thumb is to fill half your plate with non-starchy vegetables (asparagus, Brussels sprouts, and carrots, among many others). One quarter should have starchy foods (like potatoes, corn, or peas). The remaining quarter should be protein -- chicken, fish, or beans are best. Be extra careful with carbs like baked goods or pasta -- they can raise your blood sugar.

WebMD

A President is Sworn-in.

*The jousting, jostling, juggling and slinging match is over
The majority has chosen a Great Nations' Leader
A lead-off to the elect; smeared in controversy
In a country that boasts of being the Champion of Democracy*

*So it is time to accept this turnover
And a time for all to shed differences and put their shoulders together
Let the new President take over the reins of Democracy
Leading the World to one of Peace and Harmony*

*As the World looks on with anticipation at the makeover
With hopes of "just" governance and peace, the World-over
It's also time for the media to end its frenzy
And be impartial in reporting news most factually*

*The Pen is Mightier than the Sword is what one hear(s)
But it depends on how it is used by the writer
Fill it with venom and it will surely breed disharmony & treachery
Fill it with goodness and everyone lives fruitfully and happily*

*The Nation has sworn in its' New Leader
It is now left to see what it augur(s)
Saner counsel must prevail and very unwaveringly
Let our faith and hope in good governance be a reality.
Noor Rahim
20th January 2017.*



What You Might Gain Drinking Golden Milk?

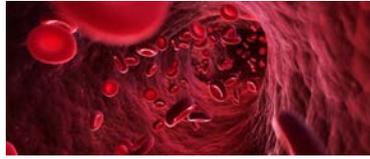
Once a simple grandmother's remedy in homes in India, the yellow milk has caught the fancy of everyone from the hipster in a New York cafe to the fitness buff on the west coast. Here's why! ...

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20 Side Effects Of Green Tea You Should Be aware of

Green tea is one of the oldest herbal teas known to man. It gained quick prominence in the West because of its purported health benefits, weight loss being one of the popular ones. However, drinking too much green tea (more than 5 cups a day) is considered to be unsafe. Here are the 20 Side Effects of Green Tea you Should be aware of...

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How Much Blood Is in the Human Body?

[Read Article](#)



10 healthy and delicious vegan recipes

Vegan food doesn't have to be just salads and juices, as these vegan recipes for nachos, mac 'n' cheese, chocolate bark and more prove.

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Best Foods to Boost Your Metabolism

Certain foods can increase your metabolism. The higher your metabolism, the more calories ...

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Marijuana smoking may raise your lung cancer risk. Many people who use pot also smoke cigarettes. Some research shows that people who do both could be even more likely to get lung cancer.



Top 27 Herbs For Hair Growth

Hair today, Gone tomorrow. Such is the common lament of many men and women entering midlife. Other than having a healthy diet, we can incorporate herbs for hair growth in our daily lives. We've listed 27 of those Best Herbs for you!...

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Ketchup Bottle Physics: Scientist Unlocks Key to Splat-Free Sauce

Scientist tames tomato ketchup with physics.

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Non Disclosure of Tax returns is the 1st broken promise.

[Liberal Group Has 47-Person 'Trump War Room' For Impeachment](#)



Cancer Warning Issued on French Fries, Toast

Potatoes and bread cooked at high temperatures for a long time could [\[Full Story\]](#)

Cup of Joe Could Fight Age-Related Inflammation



Drinking coffee may reduce the inflammatory processes that naturally come with age, researchers said.

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Just 20 Minutes of Walking May Reduce Inflammation in Your Body

[Read Article](#)



FEATURED

Foods to Eat When You Have the Flu

Explore top foods to eat when you have the flu. Learn about soothing, nutritious foods that can help you feel better and treat your flu symptoms.

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15 Health Benefits of Vitamin D

Vitamin D is a fat-soluble vitamin that is essential for ... [READ MORE](#)



7 Ways to Short-Circuit Kids' Mobile Addiction

[Read Article](#)

Taking fish oil supplements is as good for you as eating fish.



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.

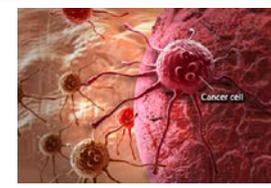
If you have heart problems, though, you may need to boost your omega-3s with a supplement or a prescription if you have very high triglycerides. Talk to your doctor. Fish oil is good for your heart because it: Lowers high triglycerides Omega-3s like DHA and EPA in fish oil and other sources can lower 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!-WEBMD

What Is Cancer?

In the most basic terms, cancer refers to cells that grow out-of-control and invade other tissues. Cells may become cancerous due to the accumulation of their DNA. Certain inherited genetic defects (for example, BRCA1 and BRCA2 mutations) and infections can increase the risk of cancer. Environmental factors (for example, air pollution) and poor lifestyle choices—such as smoking and heavy alcohol use—can also damage DNA and lead to cancer.



Most of the time, cells are able to detect and repair DNA damage. If a cell is severely damaged and cannot repair itself, it usually undergoes so-called programmed cell death or apoptosis. Cancer occurs when damaged cells grow, divide, and spread abnormally instead of self-destructing as they should.

Malignant Tumors Vs. Benign Tumors

A tumor is an abnormal mass of cells. Tumors can either be benign (non-cancerous) or malignant (cancerous).

Benign Tumors: Benign tumors grow locally and do not spread. As a result, benign tumors are not considered cancer. They can still be dangerous, especially if they press against vital organs like the brain.

Malignant Tumors: Malignant tumors have the ability to spread and invade other tissues. This process, known as metastasis, is a key feature of cancer. There are many different types of malignancy based on where a cancer tumor originates.

Cancer Metastasis

Metastasis is the process whereby cancer cells break free from a malignant tumor and travel to and invade other tissues in the body. Cancer cells metastasize to other sites via the lymphatic system and the bloodstream. Cancer cells from the original—or primary—tumor can travel to other sites such as the lungs, bones, liver, brain, and other areas. These metastatic tumors are "secondary cancers" because they arise from the primary tumor.

What Is Metastasized Cancer?: Metastatic cancer retains the name of the primary cancer. For example, bladder cancer that metastasizes to the liver is not liver cancer. It is called metastatic bladder cancer. Metastasis is significant because it helps determine the staging and treatment. Some types of metastatic cancer are curable, but many are not. [Medicine.net](#)

The Science of Donald Trump Impersonations



How does Alec Baldwin imitate Donald Trump so recognizably, and does it harm or hurt the president-elect to be mocked?

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eLanka down under

Stop Sugar

A lifetime of over indulgence in sugar may eventual show up on your face in the form of early wrinkles. The culprit is the natural process called glycation, where sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products, known in short, ironically, as AGEs.

Eating more sugar—straight-up added sugars like the tablespoons you dump into your coffee every morning, or the sugars hiding in your “healthy” salad dressing and bar yogurt—causes AGEs to build up and beat up nearby proteins.

The most vulnerable to damage are the protein fibers collagen and elastin, which keep your skin firm and elastic. Once they're damaged, these fibers go from springy and resilient to dry and brittle, leading to wrinkles and sagging. According to a study published in the *British Journal of Dermatology*, these age-related changes to the skin start at about age 35 and increase rapidly after that. -

CureJoy



Pink Himalayan Salt Benefits that Make It Superior to Table Salt

Pink Himalayan salt is often said to be the most beneficial as well as the cleanest salt available on this planet today. It has all kinds of nutritional and therapeutic properties, not to mention culinary uses. You can use it as a healthier option to processed salt. You can also use it to create homemade body scrubs and bath soaks, and you may have seen or own a Himalayan salt lamp made from pink Himalayan salt.

Lack of Sleep

You'll feel grumpy and tired if you don't get enough sleep on a regular basis, but it can raise your risk of a heart attack, too. In one study, researchers found that people who usually slept fewer than 6 hours a night were twice as likely to have a heart attack as those who slept 6 to 8. Doctors aren't sure exactly why this is, but they do know that losing sleep can raise your blood pressure and lead to inflammation. Neither of those is good for your heart. WebMD

Migraine Headaches

People who get these are more likely to have a heart attack later in life than those who don't. And ones that include auras -- strange sights, sounds, or feelings that start before the headache hits -- seem to have a stronger link to heart problems.

Lemon And Baking Soda: A Miraculous Combination That Can Save Lives!

by [CureJoy Editorial](#)



The combination of lemon and baking soda has 10,000 times stronger effect than chemotherapy!

Citrus fruit can cure cancer. Recent studies have shown that consuming citrus fruits, specifically lemons have prevented and in some cases cured cancer. And by adding baking soda you will normalize the pH of the body which does not allow the cancer to continue to spread.

Lemon has a very strong antimicrobial effect with a very broad spectrum of activity against bacterial and fungal infections. It is effective against internal parasites and worms and regulates blood pressure. This fruit is a powerful antidepressant, reduces stress and nerve crises. Lemon destroys cancer cells in 12 cancer types. It prevents metastasis of cancer cells and it is 10,000 times stronger than drugs like Adriamycin, chemotherapy and narcotic products.

What is more interesting is the fact that the combination of lemon extract and baking soda destroys cancer cells only, without harming healthy cells and tissues. The experiments have shown that patients diagnosed with cancer should drink lemon juice and a teaspoon of baking soda. This treatment can not cure the disastrous side effects of chemotherapy.

The best way to be sure that lemons are organic without any chemicals used is to grow this fruit in your own garden or in a pot. Organic lemons are 100 times more efficient than lemons cultivated with chemical fertilizers and treated with chemicals.

Air Pollution and Car Exhaust

Heart attacks are more common when air pollution levels are high. People who breathe dirty air on a regular basis are more likely to have clogged arteries and heart disease. Sitting in traffic may be especially dangerous, because it can combine car fumes with anger or frustration.

If You Like Eating Shellfish, You Should Read This

By Kevin Mathews



Flickr/Jeremy Keith

If you like to eat shellfish, you may want to start reconsidering your dietary choices in light of our changing environment. As [NPR reports](#), researchers are linking [climate change](#) with an increase in [potentially lethal neurotoxins found in shellfish](#).

Published in the Proceedings of the National Academy of Sciences, a [new study](#) demonstrated that when oceans get warmer (a direct consequence of the rising atmospheric temperatures,) production of these neurotoxins, known as domoic acid, is boosted.

To find the source of domoic acid, you have to go straight to the bottom of the food chain: algae. When shellfish like clams, mussels and crabs consume tainted algae, the poison doesn't affect them directly, but they carry the neurotoxins in their body, which subsequently have consequences in the people who eat them.

(Not all creatures are impacted equally, however. While clams may hold on to the toxins for as long as a year, mussels can cleanse themselves of the dangerous acids within a matter of weeks).

Humans who wind up consuming shellfish containing domoic acid can develop respiratory problems, experience memory loss and in some cases death. In acute cases, the victims generally suffer from stomach problems like diarrhea and vomiting.

Even animal lovers who don't include shellfish in their diets should be alarmed by this news. Other creatures like birds and seals that eat life with the toxins can suffer just like a human would. Last year, the [Marine Mammal Center reported](#) that 75 percent of its sea lion patients were the victims of domoic acid toxicity.

The good news is that health officials are able to test seafood samples to identify whether a toxin outbreak is present in the waters, but it's not practical to verify whether all mussels, clams and crabs can be tested on an individual basis. Besides, these tests can't help spare the sea lions and birds that will continue to unwittingly eat tainted shellfish.

In 2015, lofty ocean temperatures ushered in so much domoic acid that the Dungeness crab industry on the U.S.'s Pacific coast had to stop fishing because the crabs were too risky to eat. Scientists believe that that blockage is a sign of what's to come.

As [Scientific American points out](#), the seafood industry is already putting this research to use by starting to track ocean temperatures to determine when shellfish are most susceptible to domoic acid. This knowledge could help companies to plan around impending economic hardship, not to mention prevent a public health crisis.

Sadly, domoic acid is just one consequence of rising ocean temperatures.

Increasing heart attacks in young Indians

India is seen as the diabetes and coronary heart disease capital of the world. According to current estimates, India will soon have the highest number of heart disease cases in the world. According to the Indian Heart Association, "50% of all heart attacks in Indians occur under 50 years of age and 25% of all heart attacks in Indians occur under 40 years of age. Population living in cities are three times more prone to heart attacks than people living in villages".

Heart disease is increasing in younger generation with a significant risk in both males and females. More and more number of young Indians are suffering from coronary artery disease, owing to their poor lifestyle, and if this continues the future looks even more dangerous. Ten years back, we at Apollo hospitals hardly saw any young patients with heart attack but now, we get many cases in the 25-35 age group with heart attack in our emergency.

Problems faced by young Indians that increases heart risk are:

- No preference given to Health
- No time to exercise
- Stress
- Junk food
- Obesity and smoking

Such conditions can be avoided by taking proper precautions. In order to avoid it, we need to adopt a healthy life style. Eating healthy food, reducing stress levels and regular work outs will work as the pillars against the risk of heart attack. Walking is one the best way to keep your heart healthy. The risk of heart diseases is more in men when compared to women. Such gender differences and even the genetic impact cannot be avoided. These factors are called Non-modifiable risk factors. The persons who have these risk factors should take care accordingly to protect themselves from heart diseases, by frequently undergoing health check-ups.

In case of a heart attack, it has been seen that the lack of knowledge often causes a delay in handling the situation, which could aggravate the damage and in some cases prove to be fatal. So to identify the early symptoms of heart attack is very essential.

In Apollo hospital, my team's approach towards heart attack patient is to open the closed artery which is causing heart attack within 30 minutes of patient's arrival in emergency, as we can save the heart by acting fast. There is a wise proverb in cardiology that "Time is muscle", so the time saved to open the blocked vessel will save the heart muscles from damage.

The article has been contributed by:

Dr. Amit Mittal, MD, DM Cardiology (G. B. Pant Hospital), Former Asst. Professor G. B. Pant Hospital, Senior Consultant Cardiologist, Indraprastha Apollo Hospitals, New Delhi

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Luscious Golden Milk



Made with turmeric, ginger, coconut milk and more, this fragrant golden tea is our new addiction.

PUBLIC RELEASE: 9-JAN-2017

Why high-dose vitamin C kills cancer cells

Low levels of catalase enzyme make cancer cells vulnerable to high-dose vitamin C

UNIVERSITY OF IOWA HEALTH CARE Vitamin C has a patchy history as a cancer therapy, but researchers at the University of Iowa believe that is because it has often been used in a way that guarantees failure. **Most vitamin C therapies involve taking the substance orally. However, the UI scientists have shown that giving vitamin C intravenously--and bypassing normal gut metabolism and excretion pathways--creates blood levels that are 100 - 500 times higher than levels seen with oral ingestion. It is this super-high concentration in the blood that is crucial to vitamin C's ability to attack cancer cells.** Earlier work by UI redox biology expert Garry Buettner found that at these extremely high levels (in the millimolar range), vitamin C selectively kills cancer cells but not normal cells in the test tube and in mice. Physicians at UI Hospitals and Clinics are now testing the approach in clinical trials for pancreatic cancer and lung cancer that combine high-dose, intravenous vitamin C with standard chemotherapy or radiation. Earlier phase 1 trials indicated this treatment is safe and well-tolerated and hinted that the therapy improves patient outcomes. The current, larger trials aim to determine if the treatment improves survival. In a new study, published recently in the December issue of the journal *Redox Biology*, Buettner and his colleagues have homed in on the biological details of how high-dose vitamin C (also known as ascorbate) kills cancer cells.

Sitting too long makes you fat, age faster: Study

Your cell phone could curb the intensity of your workout

New study led by Hiram College researcher shows cell phones and calisthenics don't often mix

Want to get every perk possible from your power walk? Turn off your cell phone, advises Michael Rebold, Ph.D., assistant professor of integrative exercise science at Hiram College. In two recent studies published by *Computers in Human Behavior and Performance Enhancement & Health*, Rebold and researchers from Bloomsburg University of Pennsylvania revealed that talking or texting on a cell phone during exercise will lower the intensity of a workout and also affect balance. The latest of these studies, *The impact of different cell phone functions and their effects on postural stability*, published Dec. 2, 2016, shows that cell phone texting and talking can have a negative effect on one's balance during everyday activities. This is the first known study to examine the effects of cell phone use on postural stability.

"If you're talking or texting on your cell phone while you're putting in your daily steps, your attention is divided by the two tasks and that can disrupt your postural stability, and therefore, possibly predispose individuals to other greater inherent risks such as falls and musculoskeletal injuries," Rebold says.

The study, which examined 45 college students, showed that cell phone texting during exercise significantly impacts postural stability - by 45 percent -- when compared to no cell phone use. The investigation also revealed that talking on a cell phone while exercising reduces postural stability by 19 percent. Listening to music on a cell phone, on the other hand, has no notable impact on postural stability during exercise, the study showed.

So next time you trot on the treadmill, go ahead - turn on the tunes.

Broccoli

[Broccoli contains a high amount of isothiocyanates, a cancer-fighting compound. Isothiocyanates work by turning on cancer-fighting genes and turning off others that feed on the disease.](#)

[You don't need to eat large amounts of these veggies to take advantage of their health benefits either. Studies have shown that men who eat more than one portion of cruciferous vegetables a week are at lower risk of prostate cancer.-CureJoy](#)

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.

Reptile Death Match: Snake Devours Crocodile (Video)

By Megan Gannon, News Editor |



After a 5-hour battle, python completely devours a crocodile.

Credit: Screengrab

A python was caught on camera devouring a crocodile after an epic battle on the shores of an Australian lake.

Amazing [footage of the incident](#) shows the snake constricting its prey and slowly stretching its mouth over the crocodile's scaly body during the course of five hours. The reptile death match captured the attention of people at Lake Moondarra, near Mount Isa in the state of Queensland, over the weekend.

"You could see the crocodile in the snake's belly which I think was probably the more remarkable thing," local resident Tiffany Corlis told Australia's [ABC News](#). "You could actually see its legs and see its scales and everything, it was just amazing." [[Beastly Feasts: See Other Amazing Animals Devouring Prey](#)]



50 ways to use coconut oil around your house

Not only do the benefits of this product include it as a beauty aid, household cleaner, lubricant and healthful alternative in cooking, it has proven antibacterial properties.

[READ MORE](#)

Green Leafy Vegetables

Kale, swiss chard, beet greens, and spinach provide important nutrients to support bone health, eye health, and even prevent cancer. Spirulina provides high levels of antioxidants, including polyphenols. This super antioxidant is a powerhouse weapon against premature aging.⁷

[CureJoy](#)

Seaweed



Tired of kale? Seaweed is here to help ... and dazzle your palate with rich flavors and nutrients. Seaweed is low in calories and fat and provides several essential nutrients including vitamins A and C, B vitamins, fiber, iron, iodine, zinc and magnesium. A fixture in Asian cuisine for centuries, seaweed has been growing in popularity in the U.S. and is now poised to be the next trendy superfood. In fact, some [estimates](#) project that seaweed will surpass kale-based snacks in 2017. [WebMD](#)

Dry skin-hot water showers

Soaking in the tub or showering for long periods is a common cause of dry skin. And the hotter the water, the worse it is. Pools and hot tubs that have a lot of chlorine in them are bad, too, because the chemical dries out your skin. It's a good idea to keep the water on the cool side and your showers to a minimum -- you'll have healthier skin and a lower water bill. [WebMD](#)



[How 1 Sip of Vodka Tonic Sent a Woman to the ER](#) 

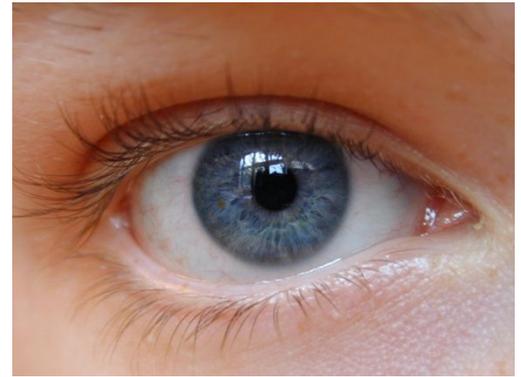


Louisiana Faces Faster Levels of Sea-Level Rise Than Any Other Land on Earth

Louisiana—which faces faster levels of sea-level rise than any other land on Earth—could lose ... [READ MORE](#)

Apart from the appendix, what other vestigial organs do humans possess?

Alex Guerra, works at MarketShare



Ever wonder why the inner corner of your eye has that pink bit?

That's your plica semilunaris, and it first appeared in cartilaginous fish as a functional eyelid.... [Read More >](#)



Possible cause of dry skin

Many popular soaps and shampoos clean your skin by removing oil. This can cause dry skin or make an outbreak even worse. Your doctor or pharmacist can suggest special cleansers that won't dry out your skin.

Why You Should Avoid Microwave Cooking

Most people think the hazards of microwave cooking are simply involved with microwave emissions from the unit outward and into anxiously awaiting spectators. No big deal. It only takes a few minutes. But much more importantly, microwaved cooked foods can become toxic and carcinogenic. This is not just hearsay or "fake news" nor is it corporate counter propaganda or merely agitprop. It's real science, mostly suppressed and marginalized. When 90 percent of domestic dwellings, offices, restaurants, and even hospitals have and use microwave ovens, you know there would be enough vested interest to defend their use and stonewall any science that threatens both sales and the convenience so many prefer to rely on. This article is an attempt to display a preponderance of evidence sufficient for readers to at least question the wall of denial from defenders of microwave cooking, both the industrial interests and those who are addicted to its convenience.

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Drinks to avoid with acid reflux

Managing the symptoms of acid reflux mainly involves learning what triggers the symptoms and then avoiding them.



Alcohol is best avoided by people with acid reflux.

Certain foods are much more likely to cause acid reflux.

As the symptoms occur quite soon after eating the offending food, it is usually quite easy to narrow down what may be causing the symptoms.

It is also important for a person with acid reflux to consider what they are drinking. This is often overlooked when evaluating eating habits.

Certain beverages are the worst offenders when it comes to triggering acid reflux.

Alcohol

Alcohol further relaxes the valve between the stomach and the food pipe, and it stimulates the stomach to produce more acid.

The bubbles found in carbonated beverages expand in the stomach. This creates pressure on the sphincter, and it can push stomach acid and contents back into the food pipe.

Caffeinated beverages

Caffeine aggravates acid reflux. It is found in [coffee](#), tea, and soda. Switching to decaf versions of these drinks can help to minimize the symptoms.

Chocolate

Chocolate contains both caffeine and cocoa, and both of these increase the symptoms of acid reflux. Not only chocolate candy, but chocolate in the form of hot cocoa or chocolate milk can also be a trigger.

Citrus juices

Juices made from citrus fruits, like oranges or grapefruits, are high in acid. This can worsen acid reflux.

What to drink

There are not many foods that can be used to treat acid reflux. Instead, the person should avoid the triggers and foods that cause the symptoms. However, some drinks can help minimize the symptoms.

Ginger tea

[Ginger](#) is a natural stomach soother, and it can help reduce the production of stomach acid. Caffeine-free ginger tea with a little honey as sweetener is best.

Ginger ale is unlikely to help, because it is carbonated, and it may contain caffeine. Also, most commercial ginger ale sodas do not contain enough ginger to have an effect.

Yogurt

Dairy products can sometimes reduce the symptoms of acid reflux. People with acid reflux can try a plain yogurt, with a little added honey if needed for sweetness.

Milk

Low-fat or fat-free varieties of milk can help, but high fat content can worsen the symptoms. Almond milk can also be effective, because it is alkaline and can neutralize acidity.

Written by Nicole Galan Reviewed by Suzanne Falck, MD, FACP



Is GMO Corn Safe to Eat?

A unique new study published in December 2016 in the scientific journal Nature has used molecular profiles to ... [READ MORE](#)



The real brain food could be fresh veggies and olive oil, study finds

A Mediterranean diet that's loaded with fresh vegetables, fruit and the occasional drink could help preserve your brain into old age.

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Lack of Vitamin D Linked to Autism

A recent study found that women with low levels of vitamin D during pregnancy are more likely to give birth to babies with traits of autism.



Vitamin D - image from Shutterstock

New research has found that low [vitamin D](#) is associated with neurodevelopmental disorders and that for pregnant women at 20 weeks' gestation, if their vitamin D levels are low, there is a higher likelihood that they may have a child with autistic traits that will surface by the age of six.

The study was led by Professor John McGrath of the Brain Institute at the University of Queensland and also involved Dr Henning Tiemeier of the Netherlands' Erasmus Medical Centre. Approximately 4,200 blood samples taken from pregnant women and their children were closely monitored as part of the "Generation R", a long-term study in The Netherlands. Professor McGrath stated that similar to pregnant women taking folate to reduce spina bifida, the results of this particular study is suggestive that taking prenatal vitamin D supplements may reduce the possibility of autism.

[Autism](#), or autism spectrum disorder, describes the lifelong developmental disabilities that include the inability to interact socially, communicate with other people, or fully comprehend the world. Vitamin D is vital for the maintenance of healthy bones and many other health issues, and now there is solid evidence linking it to brain growth. Vitamin D normally comes from sun exposure, but also is found in certain foods and in supplements.

Professor McGrath said that they do not recommend additional sun exposure, because of the increased risk of skin cancer. However, it is possible that an inexpensive, safe, and publicly accessible supplement of vitamin D may likely reduce the prevalence of this risk factor.



Minerals for Memory & Mood

Supplemental iron and zinc can help to improve cognitive skills and enhance mood, among women who are deficient in these minerals.

[Read the full story](#)



[How to Eat Healthy in 2017 \(and Cut Sugar, Salt and Fat\)](#)

[Read Article](#)

Upswing: A Bad Cold

Dehydration can elevate your blood sugar so it is wise to stay well hydrated. If you are sick, diarrhea and vomiting for more than two hours, or illness longer than a few days may alter your blood sugar. Moreover, blood sugar rises as your body tries to fight any type of illness. Medications such as antibiotics and decongestants may alter your blood sugar. Check your blood sugar levels during these intermittent special situations so you can help determine how your body will react to these illnesses and treatments. [Medicine.net](#)

The man behind Sydney's cricket-gear wonderland



Kingsgrove Sports Centre: where the cricket enthusiast goes



In this millennium we often read about the romance of the successful basement start-up; Kingsgrove, now in its 41st year, wasn't far off. In 1976 the newly arrived Solomons purchased what his son Hamish describes as "a small office in an arcade". Harry worked as a prison officer at Long Bay Jail at the time, and continued to work there for nearly a decade after Kingsgrove Sports Centre was born. According to the younger Solomons, it was his father's love and passion for cricket, alongside his specialised service (there were no other cricket-specific stores in Sydney at the time) that set Kingsgrove apart.

It is not hard to find media stories of Harry's close association with the Waugh brothers, Michael Clarke, Steven Smith and countless others. And after 40 years of providing cricket equipment to an entire city and beyond, Solomons has a unique understanding of how cricket has changed, what cricketers want, and who now plays the game.

Solomons lists some players he's supported over the years with more than a hint of paternal fondness: Mark Taylor, Steve Waugh, Mark Waugh, Michael Clarke, Steven Smith. "They grew up with Kingsgrove," he says. It's in the latter category that Harry has seen the most change. Kingsgrove has seen a fine upshot of Australian multiculturalism. "In the old days, going back 25 years, cricket here was very much an Australian-born thing. It was only Australian-born players that came into the store," Solomons says.

"But now there are more subcontinent-born players living in Australia, and they like to play cricket 12 months of the year. It's just amazing how the Indians, Pakistanis, Bangladeshis and Nepalese, and then the Sri Lankans, play so much cricket. They love the game.

"I've heard it's huge in Melbourne too. The Indian community, the Sri Lankan community and the Bangladesh community. They have their own tournaments, the same as those we have in Sydney. There is a lot of cricket that's not quite coming under the umbrella of Cricket NSW or Cricket Victoria or Cricket Australia, and these guys just go and play the game. And not only do they play the game, they put on the music, make it a bit of a festival on Sundays." But while Solomons has observed ethnic diversity in those playing the game today, there are other aspects, more trivial, that remain the same. "Man, woman or child, they all want a bat with thick edges and a thicker profile," he says.

[Sam Perry](#)

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Type 1 Diabetes in Children

Type 1 diabetes is a genetic autoimmune disease that destroys the insulin-producing beta cells in the pancreas.

For this reason, type 1 diabetics must inject [insulin](#) several times per day to ensure their [blood sugar](#) stays at a healthy level (10). Although type 1 diabetes has a large genetic component, certain environmental factors — perhaps including low vitamin D intake — may act together to promote the disease.

For instance, studies show that infants and toddlers who take vitamin D supplements may have a 29–88% lower risk of developing type 1 diabetes than infants given no supplements (11, 12).

The recommended daily allowance is 10 mcg (400 IU) vitamin D for infants 0–12 months and 15 mcg (600 IU) for most children and adults (13).

However, many argue that these recommendations are too low, with one study observing that only daily doses of 50 mcg (2,000 IU) and above successfully reduced the risk of developing type 1 diabetes (14). That said, few studies have so far investigated the link between vitamin D and type 1 diabetes. More research is needed before strong conclusions can be made. [Authoritynutrition.com](#)

Type 2 Diabetes in Children, Teenagers and Adults

Type 2 diabetes is a disease that develops over time. It can happen if your pancreas stops producing enough insulin, or if your body develops a resistance to insulin — or both (15).

Interestingly, vitamin D levels may play a role in the development of type 2 diabetes (16, 17, 18, 19). Experts believe that vitamin D may protect against type 2 diabetes by reducing insulin resistance, increasing insulin sensitivity and enhancing the function of the cells responsible for producing insulin (17, 20, 21). In fact, two recent reviews report that people with low blood vitamin D levels may have up to a 55% higher risk of developing type 2 diabetes (22, 23).

What's more, adults who consumed at least 12.5 mcg (500 IU) of vitamin D per day appeared to benefit from a 13% lower risk of developing type 2 diabetes than those who regularly consumed less than 5 mcg (200 IU) per day (23).

Similar results were also reported in vitamin-D-deficient children and teenagers with insulin resistance (24). In another study, type 2 diabetics given 1,250 mcg (50,000 IU) vitamin D per week had a 5–21% decrease in fasting blood sugar levels and insulin resistance over the two-month study period, compared to controls (25). It's important to mention that not all reviews agree on the protective effects of taking vitamin D supplements (26, 27, 28).

Although it is possible that not all type 2 diabetics benefit from taking vitamin D supplements, it seems particularly beneficial to those with poor blood sugar control (26).

Bottom Line: Adequate vitamin D levels may help reduce the risk of developing both type 1 and type 2 diabetes. In certain cases, vitamin D supplements may also help improve blood sugar control in type 2 diabetics.

[Authoritynutrition.com](#)

You Can Eat Eggs If You're Lactose Intolerant

If you're lactose intolerant, it is perfectly safe to eat eggs. [Lactose intolerance](#) is a digestive condition in which the body cannot digest lactose, the main sugar found in [milk](#) and dairy products.

In fact, it is estimated that about 75 percent of adults worldwide cannot digest lactose (3).

Those who have the condition develop digestive symptoms after eating lactose, such as gas, stomach cramps and diarrhea (3).

However, eggs are not a dairy product and don't contain lactose or any milk protein, for that matter.

Therefore, similarly to how eating dairy won't affect those with an egg allergy, eating eggs will not affect those with a milk allergy or lactose intolerance—unless you're allergic to both, that is. So there's no reason to avoid eggs if you're lactose intolerant or allergic to milk proteins.

Bottom Line: Since eggs are not a dairy product, they don't contain lactose. Therefore, those who are lactose intolerant or allergic to milk proteins can eat eggs. [EcoWatch](#)



Red Meat May Be Tied to Gut Disorder

Men who eat a lot of red meat may have a higher risk of diverticulitis.

[READ MORE](#)



[Pull-Apart Twisted Cinnamon Bread](#)

Braided bread packs layers of cinnamon sugar, complemented with a vanilla dipping sauce.



[Sushi Lovers, Beware These Fish](#)

In bad news for sushi lovers, scientists have confirmed parasite infection in fish.

[READ MORE](#)

Stop Drinking Sodas

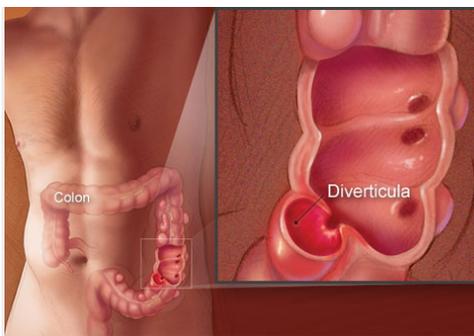
All colas, whether diet or regular, contain phosphates, or phosphoric acid, a weak acid that can lead to heart and kidney problems, muscle loss, and osteoporosis. It could also trigger accelerated aging. A study published in the *FASEB* journal found that the excessive phosphate levels found in sodas causes lab rats to die a full five weeks earlier than the rats whose diets had more normal phosphate levels. - CureJoy



[10 Powerful Reasons To Eat Watermelon](#)

For all watermelon lovers, here's the good news. Experts recommend that increasing consumption of watermelons can decrease the risk of obesity, diabetes and heart disease! Here are 10 powerful reasons to eat watermelon...

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What Is Diverticulitis?

Sometimes tiny, bulging pouches (called diverticula) form in the colon. This condition is called diverticulosis. If the pouches become inflamed or infected, this is diverticulitis.

Symptoms of Diverticulosis and Diverticulitis

People with diverticulosis usually don't have outward symptoms. Symptoms of diverticulitis are more noticeable. There may be abdominal bloating, pain, and tenderness, typically in the left lower abdomen, plus diarrhea, chills, and a low-grade fever.

What Causes Diverticula to Form?

The reason diverticula form in the colon is not completely understood. Doctors think diverticula form when high-pressure areas inside the colon push against weak spots in the colon wall. These diverticula are most common in the lower part of the large intestine (called the sigmoid colon).

Diverticular Bleeding

When a hole develops between a pouch and a blood vessel, bleeding can happen. This can cause a large amount of blood to suddenly appear in your stool. This condition is usually painless and the bleeding usually stops on its own. But in rare cases, bleeding can be severe enough to require a transfusion or surgery. If you have bleeding, contact your doctor right away.

What's Fiber Got to Do With It?

A diet low in fiber is linked to diverticulosis. Researchers aren't sure why. Adding more fiber to the diet can help prevent constipation and may decrease the risk for painful diverticula in the colon.

Your High-Fiber Choices

Luckily, you don't have to look hard to find an abundance of high-fiber foods. Fiber is found in fruits, vegetables, whole grains, and legumes (dried beans, peas, and lentils). Make smart food choices, including brown rice and whole wheat pasta in place of the regular version. And add extra veggies to your favorite dishes -- pizza, stews, and spaghetti sauce. The American Dietetic Association recommends getting 20-35 grams of fiber every day

Diagnosing Diverticular Disease

Since diverticulosis doesn't always cause symptoms, it is sometimes only diagnosed when the patient is being seen for another reason. The diverticula (pictured here in yellow) can be seen via X-ray or a colonoscopy. When diverticulitis leads to a painful abscess, an ultrasound and CT scan of the abdomen and pelvis can show collections of pus. WFhMD

They can detect cancer



Scientific reports of dogs sniffing out cancerous growths go back at least two decades. According to a 1989 case study in *The Lancet*, a patient reported that her dog would constantly sniff at a mole on her leg, and once even tried to bite the lesion off. Prompted by this, she had her mole checked out and found it to be a malignant melanoma.

But dogs are not only good at sniffing out skin cancer, some can also detect bladder, lung, breast, ovarian and colon cancer. In fact, a specially trained eight-year-old black Labrador named Panda correctly detected colorectal cancer in 33 out of 37 samples of people's breath and stool that scientists had collected. Moreover, according to the article in the journal *Gut* published this year, Panda appeared to be highly accurate at detecting early-stage colorectal cancer.

It's unclear whether such dogs are zeroing in on some unknown, tumor-related volatile compounds, or more conventional substances in body fluids associated with an increased risk of cancer, such as metabolites of cigarettes, the researchers said. However, in this experiment, Panda identified cancer patients even among bodyfluid samples from people with inflammation, a history of smoking, or other diseases.

Livescience

Appendix is not useless, it stores good bacteria

WASHINGTON: The human appendix, which is thought to be of little use to the body, may actually serve as a reservoir for beneficial gut bacteria, a new study has found. The appendix, a narrow pouch that projects off the caecum in the digestive system, has a notorious reputation for its tendency to become inflamed (appendicitis), often needing surgical removal.

Researchers from the Midwestern University Arizona College of Osteopathic Medicine in the US gathered data on the presence or absence of the appendix and other gastrointestinal and environmental traits for 533 mammal species.

Latest Comment

It should be very well understood that God has not created any organ in the human body which is not useful. Natanam Iyer

They mapped the data onto a phylogeny (genetic tree) to track how the appendix has evolved through evolution, and to try to determine why some species have an appendix while others do not. They discovered that the appendix has evolved independently in several mammal lineages, and almost never disappears from a lineage once it has

What Is Bursitis?



Bursitis is inflammation of the bursae, the fluid-filled sacs that protect against friction between bones and other tissues. Depending on the location in the body, bursae may cushion bones from other bones, tendons, muscle, or skin. Bursitis can occur in many areas of the body. It is most common in the elbows and wrists. The ankles, hips, or knees may also be affected. Bursitis is caused by overuse injury or other trauma. Repetitive movements increase the risk of bursitis. Certain conditions like thyroid disease, diabetes, arthritis, and infections can inflame the bursa.

Hip Bursitis



Hip bursitis occurs as a result of inflammation of one of two bursae located around the hip. Trochanteric bursitis is inflammation of the bursa that covers the end of the long bone of the leg (femur). It is more common than iliopsoas bursitis, which is inflammation of the bursa on the inside of the hip in the groin. In addition to the usual risk factors for bursitis, a difference in the length of the legs and spine disorders (arthritis, scoliosis, and others) also increase the risk of bursitis.

Knee Bursitis

Knee bursitis occurs when the bursa in front of the kneecap becomes inflamed. Strain on the knees from kneeling is a common cause of knee bursitis. Direct trauma to the knee or conditions such as rheumatoid arthritis or gout also increases the risk. Sometimes a bug bite or wound introduces bacteria into the bursa, causing inflammation associated with infection. Knee bursitis may produce symptoms like swelling, warmth, and pain with use.

Elbow Bursitis

Elbow bursitis is inflammation of the bursa covering the pointy part of the elbow called the olecranon. Leaning on the elbows for extended periods of time may cause elbow bursitis. Injury, infection, and arthritic conditions may contribute to the condition. Elbow bursitis may cause swelling and pain. If swelling is very severe, it may impair use of the elbow joint.

Medicine.net



The 5 germiest things in public you shouldn't touch with bare hands

These five spots are especially contaminated and should be avoided if possible. Here's what you need to know to avoid getting sick.

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Fish Consumption Preserves Hearing

Two or more servings of fish a week may lower the risk of hearing loss, among women.



Grilled salmon - image from Shutterstock

An often disabling chronic health condition, acquired hearing loss may be preventable. Sharon G. Curhan, from Brigham and Women's Hospital (Massachusetts, USA), and colleagues analyzed data collected on 65,215 women enrolled in the Nurses' Health Study II. After 1,038,093 person-years of follow-up, 11,606 cases of incident hearing loss were reported. As compared to women who rarely consumed fish, women who consumed two or more servings of fish per week had a 20% lower risk of hearing loss. When examined individually, higher consumption of each specific fish type was inversely associated with risk. Higher intake of long-chain omega-3 polyunsaturated fatty acids (PUFA) was also inversely associated with risk of hearing loss. The study authors conclude that: "Regular fish consumption and higher intake of long-chain omega-3 [polyunsaturated fatty acids] are associated with lower risk of hearing loss in women."

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Slowing the Aging Process with Blood Transfusions

Scientists will 'reset' the blood proteins in older blood that are believed to be responsible for hindering growth and maintenance of healthy tissues.



Blood cells - image from Shutterstock

In a bold experiment, scientists are trying to reverse aging in older humans with infusions of younger blood. This comes after a study on mice showed that the procedure had some promise. There was evidence that the red blood cells from the younger mice produced muscle repair in the older mice. Now researchers from California are trying to replicate the results in older people in a clinical trial. The aim of this radical approach is to alter levels of bad proteins in the blood of older people. These proteins are believed to be responsible for hampering the growth of healthy tissue. This could help in the prevention of age-related disease and possibly slow down the aging process. The study was published in the journal *Nature Communications*.

Resetting Blood Proteins Key to Life Extension

The animal study was co-funded by Calico, which is a life extension company owned by Google. The experiment was reversed on mice with old blood infused into young mice. The results showed a reduction in new liver and brain cells in the young mice and impaired performance in strength. This gave more credibility to the original experiment. In the human trial, older blood will pass through a machine that will try to reset proteins to a healthier level in the hope that body tissues will be properly maintained thus slowing down aging. This new study is one of many that show key molecules in the blood can alter the pace of aging in body tissue. When these proteins are at low levels the body is healthy, but as we get older these protein levels can change. The team is now considering a more practical approach to control the levels of the proteins without blood transfusions. According to one scientist, these new treatments could prevent diabetes, Alzheimer's, and Parkinson's disease.

Another scientist Tony Wyss-Coray, from Stanford University was not convinced by the study and pointed out that only four pairs of mice were used in the experiment. In past experiments on animals, a procedure called parabiosis was used to swap blood between animals by conjoining them surgically. In this study, scientists did not use surgery but instead transferred blood through a tube and pump controlled by a computer.

Advanced Treatments Could Arrive in Three Years

The team is now working on devices that filter blood in more advanced ways to reduce high levels of the bad proteins. This will return the proteins to more youthful levels. The key here is to remove the inhibitor molecules and then to return the filtered blood back to the recipient. This medical procedure could result in life extension that could give people an extra three decades of life without any critical illnesses.

The Berkley team is currently brainstorming for ideas on how to normalise the levels of one particular protein considered to be the inhibitor. They hope clinical trials will start within six months and start producing results within three years. Scientist could be on the verge of transforming our lives by slowing the aging process and stopping age-related diseases.

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Eating half-cooked chicken can lead to paralysis: Study

WASHINGTON: A common bacterium found in improperly cooked chicken can cause Guillain-Barre Syndrome - the leading cause of acute neuromuscular paralysis in humans, researchers have found for the first time.

The research not only demonstrates how this food-borne bacterium known as Campylobacter jejuni triggers Guillain-Barre Syndrome (GBS), but offers new information for a cure.

If chicken is not cooked to the proper minimum internal temperature, bacteria can still exist. "What our work has told us is that it takes a certain genetic makeup combined with a certain Campylobacter strain to cause this disease," said Linda Mansfield from [Michigan State University](#)(MSU) College of Veterinary Medicine in the US.

"The concerning thing is that many of these strains are resistant to antibiotics and our work shows that treatment with some antibiotics could actually make the disease worse," said Mansfield.

GBS is the world's leading cause of acute neuromuscular paralysis in humans and despite much speculation, the exact mechanisms of how this autoimmune disease develops have been widely unknown, researchers said.

"We have successfully produced three preclinical models of GBS that represent two different forms of the syndrome seen in humans," Mansfield said.

"Our models now provide a unique opportunity to understand how your personal genetic type may make you more susceptible to certain forms of GBS," she said.

Another area of concern more recently among scientists is related to an increase of the disease due to the Zika virus. TOI



Why Is Water So Essential for Life?

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Health Tip

Garlic might be natural but it can interact with blood-thinning medications and some cancer drugs. And you should stop high doses a week or so before any surgery.

Natural Health Guide: Garlic

Calcium needs of your body

You need to take calcium daily and it is also most abundant mineral in your body. It is found sufficiently in your food (discuss later), dietary supplements and present in some medications like antacids.

Calcium is required for contraction and dilatation of arteries, muscle contractions, for nerve transmission, for hormonal secretions and other metabolic functions. Lack of calcium causes nerve irritability and nerve conduction is disorganised. You g...

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SARDAR : Son why are you crying?

BOY : I came for a blood test and they cut my finger to take the blood..... SARDAR : BAAP RE.... I HAVE COME FOR A URINE TEST

Surprising Health Benefits of Drinking Tequila

Are you surprised to hear tequila has health benefits? In Mexico, where tequila was first developed, it is considered a sophisticated drink and is best enjoyed by taking slow, measured sips. Tequila has a bad reputation because many brands of the drink are mixed with other sugar based alcohols. If you buy a bottle of tequila made from 100% agave - a plant unique to Mexico - the drink can actually have some great benefits. Here are 7 ways having the occasional glass of tequila can help your health.

1. It's Probiotic

An occasional glass of tequila can act as a probiotic. Probiotics are healthy bacteria in your intestines. They help maintain a healthy immune system. Fructans in agave are rich in probiotics, from which tequila is made. However, moderation is key. If you drink too much alcohol, your natural reserve of healthy bacteria can become depleted.



2. It's also Prebiotic

Tequila is also a prebiotic, which is any food ingredients that promote the growth of good bacteria in the intestines. A study by researchers in Mexico has found that the prebiotics in tequila can improve the intestine environment, which allows for good bacteria to thrive.

3. Helps with appetite and digestion

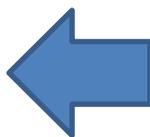
Tequila is a drink that can help your stomach. Experts suggest a shot before a meal to strengthen your metabolism and appetite. Having a glass after dinner can soothe and assist digestion. It's recommended that each shot is accompanied by a glass of water.

It can lower your chances of developing dementia

A study looking at people over the age of 75 and their drinking habits found that drinking moderate amounts of alcohol, including tequila, lowered their chances of developing dementia. The study defined moderate amounts as 8 -14 drinks a week. However, you have to be careful because they also discovered that drinking any more than 14 per week, can cause the chances of developing dementia to go up.

BabaMail

Diabetes Kills More Americans Than Had Been Thought



Gloria Estefan Talks About Her Energy Levels

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20 foods to keep your uric acid at normal levels

High [uric acid](#) levels in the blood stream can lead to a common form of [arthritis](#) called gout.

To prevent gout, it is essential to maintain good eating habits and have proper medication. To reduce the uric acid levels in blood, you may need to limit intake of alcohol, sugary foods and reduce purine rich foods like meat, poultry, seafood and pulses. Vegetables such as cauliflower, asparagus, spinach, peas and mushroom also contain a lot of purines. Digestion of purine leads to the formation of uric acid. If uric acid is not eliminated normally which is seen in gout sufferers, it can build up in the blood stream leading to joint inflammation and pain.

Water : Water flushes out toxins including excess uric acid from the body. Have at least 10- 12 glasses of water daily.

Cherries :Cherries have anti - inflammatory substances named anthocyanis that help reduce uric acid levels .It prevents the uric acid from crystallizing and being deposited in the joints. Cherries also neutralize the acids and help prevent inflammation and pain. 200 gms per day is very effective in bringing down uric acid.

Berries : Berries especially strawberries, and blueberries have anti-inflammatory properties so include them in your diet.

Apple : Malic acid in apple neutralizes uric acid and thus provides relief to the sufferers. You should consume one apple daily after a meal.

Lime :The citric acid found in lime is a solvent of the uric acid .The juice of half a lime squeezed into a glass of water should be taken twice daily.

French bean juice : Another effective home remedy for gout is French [beans](#) juice. The healthy juice can be consumed twice everyday for treating gout or high uric acid.

Celery seed :This is a popular home remedy to lower uric acid levels in the body. Have celery seeds extract to get best results.

Apple cider vinegar : Drink apple cider vinegar. Add 3 teaspoons of vinegar to 8 ounces of water and have it 2-3 times every day to treat uric acid.

Pinto beans : A diet rich in folic acid can help lower uric acid naturally. Folic acid rich foods like pinto beans, sunflower seeds and lentils should be included in your diet.

Vegetable juices :Carrot juice in combination with beet and cucumber juice is also very effective .100 ml each of beet juice and cucumber juice should be mixed with 300 ml carrot juice and taken daily.

Low fat dairy products like [milk](#) , curd help lower uric acid level.

Foods rich in Vit C :Include [vitamin C](#) rich foods & supplements in your daily diet to reduce uric acid in the body. It disintegrates uric acid and forces it out of the body through urine. Good sources of vitamin C are awla, guava, [kiwi](#) , sweet lime, oranges, capsicum, lemon, tomato and green leafy veg.

High-fibre foods : According to the [University of Maryland](#) Medical Center, adding foods high in dietary fibre may help lower uric acid levels in your blood. Dietary fibre may help absorb uric acid in your bloodstream, allowing it to be eliminated from your body through your kidneys. Increase the consumption of dietary soluble fibers such as Isabgol, Oats, Broccoli , apples, oranges, pears, strawberries, blueberries, cucumbers, celery, and carrots , barley . Bananas are also beneficial in lowering uric acid.

Green tea : Consume green tea on a regular basis to control hyperuricemia (high uric acid levels) and lower your risk of developing gout.

Eating grains that are more alkaline such as jowar,bajra are helpful.

Tomatoes, broccoli, and cucumbers are some of the veggies that you need to start including in your meals.

Tomatoes are one of the best vegetables that you could have for lowering uric acid. Fresh tomato is alkaline by nature and when it is exposed to the blood stream it increases the alkalinity of the blood.

Dark [chocolate](#) , cocoa : "According to health [insurance](#) company Bupa, theobromine is an alkaloid that is similar in structure to caffeine. It is found mainly in the cocoa bean and is at the highest levels in dark chocolates. Theobromine also can relax the bronchial muscles of the lungs and according to a small study, was more effective than codeine in relieving coughing. According to Dr. Shmuel Halevi at [Acumedico.com](#) , theobromine has the highest concentration of uric acid per gram of food than any other substance", as reported by [Livestrong](#) .

Omega 3 : Essential fat Omega 3 from flaxseeds, walnuts, fishes like salmon, herring, mackerel, sardines reduces inflammation and [swelling](#) .

Olive oil : Opting for cold-pressed olive oil in your cooking and baking is a healthy start. It has anti-oxidants and anti-inflammatory properties.

TOI



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What Is Cancer?

In the most basic terms, cancer refers to cells that grow out-of-control and invade other tissues. Cells may become cancerous due to the accumulation of defects, or mutations, in their DNA. Certain inherited genetic defects (for example, BRCA1 and BRCA2 mutations) and infections can increase the risk of cancer. Environmental factors (for example, air pollution) and poor lifestyle

Carbonated (Sparkling) Water: Good or Bad?

By [Franziska Spritzler, RD, CDE](#)



Carbonated

water is a refreshing beverage and a good alternative to [sugary soft drinks](#). However, concerns have been raised that it may be bad for your health.

This article takes a detailed look at the health effects of carbonated water.

What is Carbonated Water?

Carbonated water is [water](#) that has been infused with carbon dioxide gas under pressure.

This produces a bubbly drink that's also known as sparkling water, club soda, soda water, seltzer water and fizzy water.

With the exception of seltzer water, they usually have [salt](#) added to improve the taste. Sometimes small amounts of other minerals are included.

Natural sparkling mineral waters, such as Perrier and San Pellegrino, are different.

These waters are captured naturally from a mineral spring, and tend to contain minerals and sulfur compounds. These waters are often carbonated as well.

Tonic water is a form of carbonated water that contains a bitter compound called [quinine](#), along with [sugar](#) or [high-fructose corn syrup](#).

Carbonated Water is Acidic

Carbon dioxide and water react chemically to produce carbonic acid, a weak acid that's been shown to stimulate the same nerve receptors in your mouth as mustard.

This triggers a burning, prickly sensation that can be both irritating and enjoyable for many people (1, 2).

The pH of carbonated water is 3–4, which means it's slightly acidic.

However, drinking an acidic beverage like carbonated water does not make your body more acidic.

Your kidneys and lungs remove excess carbon dioxide. This keeps your blood at a [slightly alkaline](#) pH of 7.35–7.45, regardless of what you eat or drink.

Bottom Line: Carbonated water is acidic, but your body maintains a stable, slightly alkaline pH no matter what you consume.

Using Yamanaka factors to rejuvenate human cells

In the new study, the researchers devised a way to turn on the Yamanaka factors, but only for short periods of time.

They started with mice that had a disease called progeria, which causes them to age faster than normal. They genetically engineered these mice so that their cells would turn on the Yamanaka factors when the mice were treated with a certain compound (in this case, the antibiotic doxycycline).

The researchers started the treatment in progeria mice when the animals were eight weeks old and then repeated the treatment, in short bouts, throughout the animals' lives. The researchers saw striking results: The mice looked younger inside and out — they showed less curvature of their spine with age, and their organ function improved. Their cells also appeared to have fewer [molecular signs of aging](#) than did those of untreated mice.

"The mice treated with these reprogramming factors had tissues that were better-looking, they were more healthy and they didn't accumulate the aging hallmarks," Pradeep Reddy, a research associate at the Salk Institute, said in a [video from Salk](#).

When the researchers treated normal mice that had reached an old age, they saw that some of their cells had an improved capacity for regeneration — the cells in their muscles and pancreas healed more quickly after an injury, compared with older mice that didn't receive the anti-aging [treatment](#).

The researchers also studied human cells that had been genetically tweaked so that they could "turn on" the Yamanaka factors after [treatment](#) with a chemical. When they treated these cells, the signs of aging in them were reversed, and the cells appeared younger on a molecular level.

One day, researchers might be able to come up with a way to substitute these four genes with a chemical compound that could be given to people in clinical trials, Izpisua Belmonte said. But the development of such a compound is likely many years away.

The [study](#) was published today (Dec. 15) in the journal *Cell*.

By Rachael Rettner, Senior Writer for Livescience

Bette Midler / Wynonna Judd : The Rose

<https://www.youtube.com/watch?v=M5q0KmjU0Qk&index=20&list=RDWjB-UHSR9UU>

Malignant Tumors Vs. Benign Tumors

A tumor is an abnormal mass of cells. Tumors can either be benign (non-cancerous) or malignant (cancerous).

Benign Tumors

Benign tumors grow locally and do not spread. As a result, benign tumors are not considered cancer. They can still be dangerous, especially if they press against vital organs like the brain.

Malignant Tumors

Malignant tumors have the ability to spread and invade other tissues. This process, known as metastasis, is a key feature of cancer. There are many different types of malignancy based on where a cancer tumor originates.

Cancer Metastasis

Metastasis is the process whereby cancer cells break free from a malignant tumor and travel to and invade other tissues in the body. Cancer cells metastasize to other sites via the lymphatic system and the bloodstream. Cancer cells from the original—or primary—tumor can travel to other sites such as the lungs, bones, liver, brain, and other areas. These metastatic tumors are "secondary cancers" because they arise from the primary tumor.

Metastasized Cancer

Metastatic cancer retains the name of the primary cancer. For example, bladder cancer that metastasizes to the liver is not liver cancer. It is called metastatic bladder cancer. Metastasis is significant because it helps determine the staging and treatment of cancer. Some types of metastatic cancer are curable, but many are not.

What Causes Cancer?

Certain genes control the life cycle—the growth, function, division, and death—of a cell. When these genes are damaged, the balance between normal cell growth and death is lost. Cancer cells are caused by DNA damage and out-of-control cell growth. The following is a partial list of factors known to damage DNA and increase the risk of cancer:

Causes of Cancer: Mutations

Genetic mutations may cause cancer. For example, mutations of genes BRCA1 and BRCA2 (linked to an increased risk of breast and ovarian cancers) can inhibit the body's ability to safe-guard and repair DNA. Copies of these mutated genes can be passed on genetically to future generations, leading to a genetically-inherited increased risk of cancer.

Causes of Cancer: Environment

Cancer may be caused by environmental exposure. Sunlight can cause cancer through ultraviolet radiation. So can air pollutants like soot, wood dust, asbestos, and arsenic, to name just a few.

Causes of Cancer: Microbes

Some microbes are known to increase cancer risks. These include bacteria like *H. pylori*, which causes stomach ulcers and has been linked to gastric cancer. Viral infections (including Epstein-Barr, HPV, and hepatitis B and C) have also been linked to cancer.

Causes of Cancer: Lifestyle

Lifestyle choices can lead to cancer as well. Eating a poor diet, inactivity, obesity, heavy alcohol use, tobacco use including smoking, and exposure to chemicals and toxins are all associated with greater cancer risk.

Causes of Cancer: Treatment

Medical treatment with chemotherapy, radiation, targeted treatments (drugs designed to target a specific type of cancer cell) or immunosuppressive drugs used to decrease the spread of cancer throughout the body can also cause damage to healthy cells. Some "second cancers", completely separate from the initial cancer, have been known to occur following aggressive cancer treatments; however, researchers are producing drugs that cause less damage to healthy cells (for example, targeted therapy). -Medicine.net



World's First Solar Road Opens in France

A small village in France is now home to the world's first solar road, aka ... [READ MORE](#)

Start your day off tart.



Add a grapefruit to your breakfast and you'll be doing more than waking up your taste buds. Citrus fruits have vitamin C, which has been shown to help prevent bone loss. One whole pink or red grapefruit has about 91 milligrams of vitamin C, giving you the amount you need for the entire day. Can't handle the sourness of a grapefruit? A navel orange comes in close with 83 milligrams. WebMD

Sometimes you just hear what you want to hear.

At a travel agency in Shanghai, I asked the Chinese girl behind the counter if she could escort me on a city tour and asked her for her mobile number so I could call her to make arrangements.

She gave me a big smile, nodded her head and said,

"Sex sex sex, wan free sex for tonight".

I replied, "Wow, you Chinese women are really hospitable!"

A guy standing next to me overheard, tapped me on the shoulder and said, "What she really said was: 666136429."

Please share this newsletter with family, friends and neighbours

Avoid Vegetable Oils and Spreads

Vegetable oils and margarines don't meet the criteria for clean eating. For starters, they are produced by extracting oil from seeds and vegetables using chemicals, making them highly processed.

They also contain very high levels of the omega-6 fatty acid **linoleic acid**, which studies have linked to inflammation and an increased risk of weight gain and heart disease. Additionally, the chemical structure of these oils makes them vulnerable to damage and rancidity, particularly under conditions of high heat or exposure to air. Some margarines and spreads still contain artificial trans fats as well, though many food manufacturers have removed these fats due to health concerns.

Although all vegetable oils and spreads should be avoided, it's important to include a moderate amount of healthy fats in a clean eating regimen.

Choose oils and spreads that are minimally processed and provide the greatest health benefits, such as extra virgin coconut oil, olive oil and butter from grass-fed cows.

Bottom Line: Vegetable oils and trans fats are highly processed, inflammatory and linked to an increased risk of disease. Opt for healthy, minimally processed oils and fats.

By Franziska Spritzler

This spud's for you.

Two lesser known nutrients that help keep bones healthy are magnesium and potassium. If you're low on magnesium, you can have problems with your vitamin D balance, which may affect your bone health. Potassium neutralizes acid in your body that can leach calcium out of your bones. One delicious way to get some of both of those nutrients is by eating a baked medium-size sweet potato with no salt, which has 31 milligrams of magnesium and 542 milligrams of potassium. -WebMD



The Unbelievable Anti-Cancer Effects of Lemongrass Essential Oil

Studies show that a particular essential oil may provide a solid defense against various cancers. This essential oil, which contains high levels of an aromatic terpene known as linalool, has been utilized throughout history in the treatment of various health conditions. What's even more exciting is that some of the latest science suggests that it's *at least as* effective as chemotherapy in targeting cancer cells – without the harmful toxic effects of chemotherapy.

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7 Tips for Moving Toward a More Plant-Based Diet

[Read Article](#)

Go darker with your greens.

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



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