



## Barack Obama's farewell speech: Full text

President Barack Obama warned Tuesday that the United States faces a stern test of its democracy, in a speech to the nation that was both a fond goodbye and a call to arms. Capping his eight years in office, Obama returned to his adoptive hometown of Chicago to recast his "yes we can" campaign credo as "yes we did."

### Highlights

Thank you for everything. My last ask is the same as my first. I'm asking you to believe—not in my ability to create change, but in yours.

It's been the privilege of my life to serve as your President. I look forward to standing with you as a citizen. Happy New Year everybody.



From realizing marriage equality to removing barriers to opportunity, we've made history in our work to reaffirm that all are created equal.

We brought home more of our troops & strengthened U.S. leadership—leading with diplomacy & partnering with nations to meet global problems.

Like we traded foreign oil for clean energy, we doubled fuel efficiency standards, & we acted on a global scale to save the one planet we've got.



"Michelle...for the past twenty-five years, you have been not only my wife and mother of my children, you have been my best friend"



"Of all that I've done in my life, I'm most proud to be your dad."  
"Malia and Sasha...you have become two amazing young women, smart and beautiful, but more importantly, kind and thoughtful"



"Our youth and drive, our diversity and openness, our boundless capacity for risk & reinvention mean that the future should be ours"

"I learned that change only happens when ordinary people get involved, get engaged, and come together to demand it"

## The Obama speeches that captured hearts and minds

From the moment he took to the stage at the Democratic National Convention, Barack Obama's speeches have captured hearts and minds.



'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 your reading, for health & longevity. This newsletter is solely compiled, edited and published through Mail Chimp by Dr Harold Gunatillake. Feel free to email: [haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com) and voice your opinion, or comments, much appreciated. Health editor



## Symptoms of breast cancer



*Regular self-breast exams may cause anxiety but it is recommended that women are familiar with their breasts so that any changes can be easily recognized.*

Despite the new recommendations, a woman should be familiar with her breasts. That way, she can spot new changes in texture and appearance. It is also important to recognize signs of breast cancer or other breast conditions, which may include:

- Thickening of breast tissue or tissue near the underarm
- A lump in the breast
- Change in size or shape of the breast
- Discharge from the nipple, especially bleeding
- Changes in skin around the breast, nipple, or areola, which may appear red, scaly, or swollen
- A nipple that has inverted suddenly
- Dimpling or puckering of the skin on the breast

The appearance of any of these symptoms warrants making an appointment with a doctor for further examination.

MNT

US President-elect **Donald Trump** has questioned the effectiveness of the United Nations, saying it's just a club for people to "[have a good time](#)". It follows the UN Security Council's condemnation of Israeli settlements last week



3 months ago, the President of the United States Barack Obama paid an official visit to Vietnam, a Southeast Asian country for the last president term.

He spent 3 days to consult related issues with leaders of Vietnam and enjoyed this country's cuisine.

Vietnam is known for its fresh ingredients and healthy cuisine but Obama's choice of "bun cha", which with its fatty pork and sweet broth is at the more gluttonous end of the country's culinary spectrum, might have raised the eyebrows of his wife Michelle who has long campaigned for healthy eating.

Here is the picture describing his flexibility when sitting with other Hanoians and tasting one of the favorite foods of the 54-year-old restaurant.

Daisy Ellis, from Quora

*Bun Cha Ta is a Vietnamese dish of grilled pork and noodle, which is thought to have originated from Hanoi, Vietnam. Bun cha is served with grilled fatty pork (chả) over a plate of white rice noodle (bún) and herbs with a side dish of dipping sauce. The dish was described in 1959 by Vietnamese food writer Vu Bang (1913–1984) who described Hanoi as a town "transfixed by bún chả." Hanoi Bun Cha Ta 's first bún chả restaurant was on Gia Ngư street, Hoàn Kiếm District, in Hanoi's Old Quarter and moved to 21 Nguyen Huu Huan street now Bún chả is popular in the Northern region of Vietnam. In the South, a similar dish of rice vermicelli and grilled meat is called bún thịt nướng*



*Editor: This is not healthy food for any health conscious person, President included.*

## Sitting on Top of the World.

*Sitting on top of the World, as Canadians, we are  
Watching the days slink away with concern and with glee  
Suddenly we feel the hot air reduce to a never ending cool breeze  
And notice the long daylight hours shrink and gradually decrease*

*A result of the annual phenomena of Mother Nature we doth see  
The Sun's movement to the Southern Hemisphere; and its steady journey  
Bringing in the cold arctic air that brings the weather so cold and wintry  
Jolting one from his relaxed and comforting existence and reverie*

*Reminding one of the advent of yet another new year to foresee  
Making resolutions to overcome any of last year's bad sprees  
Planning and hoping a better tomorrow is the intended promise  
"Goodwill to All & Peace on Earth" is the fervent plea*

*A Happy & Prosperous New Year to All.*

*The Rahim Family*

## Main symptoms associated with each dementia type



*Forgetfulness is one sign of some kinds of dementia.*

Different types of dementia will share some symptoms, but other symptoms will be specific to the disease. These are some of the main types of dementia.

### Alzheimer's disease

According to the Alzheimer's Association, **Alzheimer's disease** is the most common dementia type, affecting between **60 and 80 percent** of all people with dementia.

A doctor cannot officially diagnose a dementia type as Alzheimer's, because they must view specific nerve cell damage in the brain that can only be examined after a person dies.

In the early stages, people with Alzheimer's typically have difficulty remembering recent events or conversations, as well as names of people. They may also experience **depression**.

In time, people find it increasingly difficult to communicate, and their judgment may become impaired. They may feel disoriented and confusion. Their behavior could change, and physical activities such as swallowing and walking might become harder.

### Creutzfeldt-Jakob disease

This condition represents a number of brain diseases that are believed to be triggered by prion proteins, which cause problems throughout the body. Although a prion is neither a virus nor a bacterium, it can cause a disease.

Types of **Creutzfeldt-Jakob disease** include "mad cow disease." The condition causes rapid memory, behavior, and movement changes. It is a rare and fatal condition.

### Dementia with Lewy bodies

The symptoms can be similar to those of Alzheimer's disease, but people who have dementia with Lewy bodies may also experience sleep disturbances, visual hallucinations, and an unsteady walking pattern.

### Frontotemporal dementia

This condition can trigger changes in how people behave and how they relate to others. It can also cause problems with language and movement.

Frontotemporal dementia typically tends to appear in an individual at **around 60 years** of age, but it can appear as early as the 20s. It involves a loss of nerve cells.

### Parkinson's disease

Parkinson's is a motor system disorder. The hallmark signs include trembling, especially tremor in the hands. It can also involve depression and behavioral changes.

In the later stages, the individual may have difficulty speaking. Sleep disturbances might also occur.

### Huntington's disease

Huntington's is a genetic disorder that results from a defect on chromosome 4. It can lead to mood changes, abnormal movements, and depression.

The person may experience an ongoing decline in thinking and reasoning skills. There could be slurred speech and problems with coordination. It tends to appear in individuals aged **between 30 and 50 years** old.

### Mixed dementia

Mixed dementia occurs when a person has dementia due to more than one cause, such as Lewy body dementia and vascular dementia, or Alzheimer's disease.

Medicine.net



## Trump Declares All-Out War on Environment With Fossil Fuel-Loving Cabinet

Scientists have recently warned in a major new report that the increasingly rapid melting of ...

[READ MORE](#)

## Protect Your DNA

As you age, the ends of your chromosomes become shorter. This makes you more likely to get sick. But lifestyle changes can boost an enzyme that makes them longer. Plus, studies show diet and exercise can protect them. The bottom line: Healthy habits may slow aging at the cellular level.



### [Amazing Benefits Of Oats \(+5 Refreshing Recipes\)](#)

When most people think of oats, they may first picture something less than appetizing: instant oatmeal, flavorless granola, or bland "diet" food. If this all you think of, you are definitely doing it wrong. With the right recipe, oats...

[Read more](#)



'Health & Views' congratulates Niranjana & Anoja on their 35<sup>th</sup> Wedding Anniversary and blessings for a great healthy future



Christmas lunch at St Vincent's Home, Elders Home, Maggona organised by Fr Dilan Perera OMI This is an annual event.

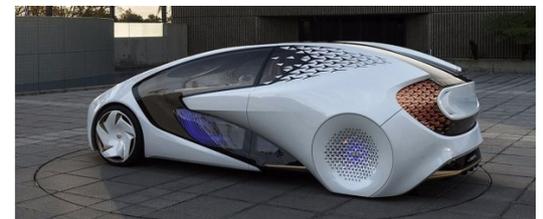
**Fr. Dilan Perera OMI**  
**Director/ Superior**  
**St. Vincent's Home**  
**Maggona,**  
**Sri Lanka.**  
**0094 718445009**

## Fitting Accolade to a Deserving Young Sri Lankan Entrepreneur



Mr Gihan Fernando

One of our young Srilankan investor entrepreneurs, Mr. Arjuna Gihan Fernando (popularly known as Gi Fernando) has been made a Member of the Order of British Empire (MBE) in the New Year Honours 2017, in recognition of his services to the digital economy in UK and abroad. Graduating from Bristol University in Engineering and Computer science, he briefly worked for the HSBC Bank, but his entrepreneurial abilities took him to set up his own social media business 'Techlightenment', later sold to Experian, the global leader in consumer business and credit reporting. Gihan now runs Freeformers, a Company he founded in 2012, which recruits young people, turning them into trainers, to help businesses, by understanding social media and digital marketing. Freeformers aim to tap into the vast pool of talent, especially the latent technical abilities of the young (below 25), which formal qualifications do not necessarily capture. In this rapidly changing digital environment, the need to keep 'reducing learning cycles', Gihan says is absolutely imperative, if UK were to maintain its competitive edge. Gihan is the son of Dr. Anton & Mrs Tina Fernando.



### [Toyota's New Concept Car Is Designed With 'Kinetic Warmth' in Mind](#)

[Read Article](#)

[View this email in your browser](#)



## Rejoicing after completion of the film

According to Mathew is an upcoming 2016 film directed by Chandran Rutnam. It is a romance, crime and thriller film based on the crimes of **Father Mathew Pieris** ...The picture shows from L to R- Alston Koch as Fr Mathew, Jacqueline Fernandes acting as Father's private Secy and the Director -Chandran Ratnam

The editor of this newsletter acts as Fr Basil Jayawardena- rector St Paul Church, Kinsey Rd, Colombo, when Fr Mathew was his assistant rector.



QUIZ

## Can Drinking Tea Really Improve Your Health?

Regular consumption may help you lose weight and lower your blood pressure and cholesterol. What other benefits are brewing in your cup?



## Opposition Grows as Congressional Hearings Begin on Trump's Cabinet Nominations

As Washington gets back to work after the Holiday break and it begins the process of ... [READ MORE](#)

[>> Breathe easier than ever and fight infections by inhaling salt air like this](#)



## What can and can't go in a microwave? An expert reveals the answers

Ever wonder if wax paper, aluminum foil or Styrofoam can go in a microwave? We've got the answers to all these and more.

[READ MORE](#)



## Sales of Antibiotics for Livestock Surges Despite Industry Pledges to Cut Back

Scientists and regulators have sounded the alarm linking the overuse of antibiotics in ... [READ MORE](#)



## 12 Best Foods for Healthy Skin

Nutrition is important for health. An unhealthy diet can damage your metabolism, cause weight gain and ... [READ MORE](#)

**Alzheimer's Disease**  
Age is the No. 1 risk factor. The older you are, the more likely you are to get Alzheimer's. The actual cause isn't fully known. The list of things that don't cause dementia includes aluminum cans and cooking pots, flu shots, artificial sweeteners, and silver dental fillings.

## Avocado

As if you needed another reason to eat avocados, some research has suggested this super food is very good for the liver. That's because they contain an antioxidant called glutathione, which is responsible for filtering out harmful substances from the liver and protecting the liver cells from damage, [Well-Being Secrets](#) reported.

## Spinach Compound Counters Cravings



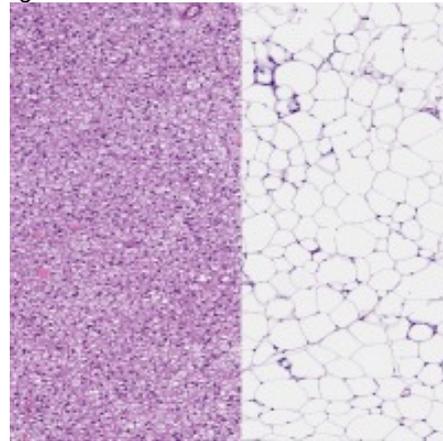
Spinach drink - image from Shutterstock

Many people experience cravings for unhealthy foods such as sweets or fast food, and acquiescing to them can lead to unhealthy eating habits and obesity. Charlotte Erlanson-Albertsson, from Lund University (Sweden), and colleagues enrolled 38 overweight women in a three-month long study in which every morning before breakfast the participants consumed a green drink. Half of the women were given 5 grams of spinach extract containing thylakoids (green leaf membranes); the other half (the control group) received a placebo. All subjects ate a balanced diet including three meals a day. Whereas the control group lost an average of 3.5 kg, the group that consumed the thylakoids-containing beverage lost 5 kg. The thylakoid group also found that it was easier to stick to three meals a day – and they did not experience cravings. The study authors observe that: "addition of green-plant membranes as a dietary supplement once daily induces weight loss, improves obesity-related risk-factors, and reduces the urge for palatable food."

[VIEW NEWS SOURCE...](#)

## Turning White Fat to Brown - The Key to Obesity Treatment?

*Researchers believe that they have found the secret for turning "bad" white fat into "good" brown fat*



Brown fat (left), white fat - image from Shutterstock

Scientists from the University of Pennsylvania believe that they have found the secret for turning "bad" white fat into "good" brown fat. Senior author of the study, Dr. Zoltan P. Arany, related that he and his colleagues' experiment resulted in deleting a gene in the white fat cells of mice. The gene, or protein, foliculin (FLCN) is a tumor suppressor. Once the gene was deleted, the protein TFE3 was able to enter the cells' nucleus. TFE3 would then bind to DNA. That activated a protein known as PGC-1 $\beta$  which plays a major role in regulating cell metabolism.

Usually, that process does not occur, because TFE3 cannot enter the cell nucleus because two other genes, FCLN and mTOR, work to keep it out and keep the browning process switched off. When the FLCN was deleted in the mice, the white cells became browner. Those cells began producing more mitochondria, the oxygen reactors providing chemical energy inside the cells. In the brown fat cells, mitochondria convert energy into heat. When deleting the gene, the white cells came to resemble the preferred brown cells. That process switched on a set of genes that changed the cells' structures and boosted the ability of the mitochondria to consume oxygen and changed the patterns of gene expression. The human body has different types of fat that fulfill different purposes. If white fat cells, known as white adiposities, are filled with fat molecules, obesity can likely result. Brown fat cells, known as brown adipocytes, are what forms the "baby fat" in infants, who have much more brown fat than adults. Brown fat transfers the energy from food into heat, a process known as thermogenesis. The heat protects the body from cold, and the process of fat burning prevents obesity and related disorders such as diabetes, heart disease, and cancer. Dr. Arany states that there is still a long way to go and more research is needed, but the scientists are hopeful that this discovery will eventually lead the way to a new drug treatment that will prevent diabetes and reduce obesity by pushing white fat to become brown fat.

[VIEW NEWS SOURCE...](#)

## Bonny Fernando



## Bonny Fernando

View on [youtu.be](#)



Ways you can whiten your teeth naturally



## Is Vitamin D the Key to IBS?

A first-of-it's-kind study links low levels of vitamin D to Irritable Bowel Syndrome

[Read the full story](#)



## The final collection of favorite Obama photos from photographer Pete Souza

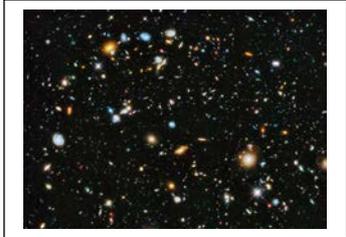
Official White House photographer Pete Souza shares his favorite photos of 2016, where he captured priceless moments of President Obama interacting with children, beautiful Obama family photos, and more.

[WATCH NOW](#)

## Alzheimer's Disease

No vitamin, supplement, food, or drug has been shown to cure or treat Alzheimer's. One promising antioxidant, resveratrol, is found in red grapes. But resveratrol also could wind up like vitamin E, vitamin C, ginkgo biloba, B vitamins, and coenzyme Q10. All carried similar hopes at one time or another, but none has been proved to prevent or slow the disease, much less reverse it.

## The Universe Is Flat — Now What?



Spoiler alert: the universe is flat.

[Read More](#)



Credit: Dreamstime

## Have healthy parents

You are what you eat, and, it turns out, you might also be what your parents eat. A study in rats presented in April 2010 at the American Association for Cancer Research meeting, indicates that what your parents are exposed to, through their food and other toxins in the environment, can impact not only their health but the health of their offspring. Specifically, rat diets high in omega three fatty acids during pregnancy left not only daughter rats, but also granddaughter rats at an [increased risk for breast cancer](#). A similar study in mice (published in the journal Cell in December 2010) indicated that a father's diet could influence the [expression of hundreds of genes](#) in his offspring, including those genes involved in fat- and cholesterol-processing in the liver.

These types of changes to gene expression are called epigenetic changes. Instead of changing the genes themselves, epigenetic changes alter how the genes are accessed and used. New research published in the journal Nature in 2011, indicates that, at least in worms these epigenetic changes (which in that study [increased the worm's lifespan](#)) can be passed down to offspring for several generations. Researchers had previously thought that the epigenetic slate gets wiped clean when sperm meets egg. LiveScience



Credit: David Huntley | Shutterstock

## Kick old cells to the curb

The adage "out with the old and in with the new" could help prevent age-related diseases if applied to certain cells, suggests a study on mice, published in the journal Nature in November 2011. By [removing the body's worn-out cells](#), called senescent cells, several times during the lifetime of aging-accelerated mice, researchers were able to spare the mice of cataracts, aging skin and muscle loss. These comatose cells send out chemical signals that have a strange impact on the cells around them, and researchers have speculated that these chemicals can lead to age-related diseases. Compared with mice that kept all their senescent cells, mice undergoing spring-cleaning of old cells had stronger muscles, [fewer cataracts](#) and less wrinkled skin (because their fat deposits in their skin were in better shape). Even if their treatment started at middle age, deterioration of the subject's muscle and fat cells was nearly stopped when the researchers started removing their senescent cells. Such an approach, if validated, could be used to help develop a vaccine to prime the immune cells to attack senescent cells. -LiveScience

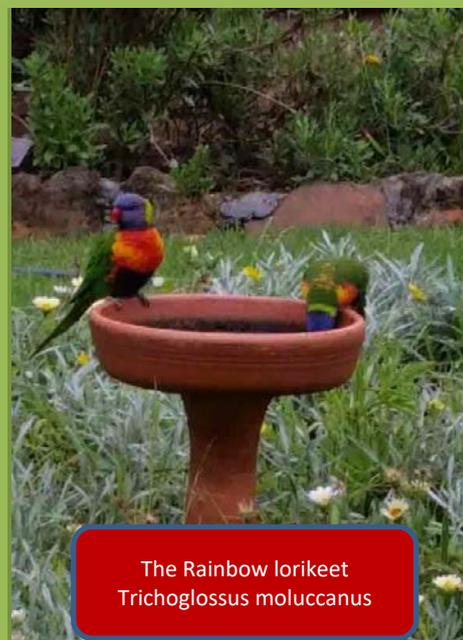


## Starve yourself Eat less & live longer

Reducing calories in your diet could help you live longer, if you are a worm or a mouse. The effects of a reduced-calorie diet are still debated in humans, though. Recent research in the Journal of Nutrition, published in January 2009, added another layer to the caloric-restriction debate: [In the study, naturally chubby mice lived longer](#) when fed reduced-calorie chow than lean mice that ate the low-cal food. Previous studies have indicated that lab animals, like the nematode *C. elegans*, the fruit fly *Drosophila* and lab mice, all lived almost twice as long when fed an almost-starving diet (30 percent fewer calories than usual), but the effect on humans isn't clear. A study published in July 2008 indicated that eating less could add five years to the life of an average human.

The restricted diet seems to work by lowering metabolic rate, reducing the frequency of age-related diseases by reducing the amount of "free radicals" produced naturally by our bodies. This may happen by [reducing levels of thyroid hormone](#), the study in the June 2008 issue of the journal Rejuvenation Research suggested. LiveScience

**Dopamine:** This is 'Feel Good' hormone which keeps you motivated and let you enjoy what you really like. Why do you feel good...when you win a lottery, meet your sales target, catch your train on time all.. or have your favorite ice cream... it all stimulate dopamine. Cannabis or marijuana also make your brain release dopamine and that's why folks get addicted to this overdose of dopamine. On the other side of the spectrum, you might have met people who only like talking about them self, it's not their fault, it's pure neuro science at work. When somebody talks about them self, their brain releases dopamine and they want to continue doing that. Ratheesh Ramanan



The Rainbow Lorikeet  
*Trichoglossus moluccanus*

*The gardens thrill  
To Lorikeet Trill  
In Baukhams Hill  
From Bird-bath sill  
Their crimson bill  
Our pleasures fill  
Their dulcet gill  
Both sweet and shrill.  
They dine on Dill  
They lunch on Brill  
But liquid fill  
From garden-rill  
To all goodwill;  
They bear no ill:  
For gardens thrill  
To Lorikeet trill.*

(David Sansoni-Baukhams  
Hills, Sydney)



## Daily Yoga Lowers Blood Pressure

1 hour of yoga a day reduces blood pressure and may assist those with prehypertension

[Read the full story](#)

## Mounting Evidence Shows Eating Less Meat = Healthy People, Healthy Planet

A new **systematic review** of dietary patterns and sustainability published in the latest edition of *Advances in Nutrition* provides additional

"The evidence overwhelmingly points to one clear solution: We need to **eat less meat** and dairy," said Stephanie Feldstein, population and sustainability director at the Center for Biological Diversity. "This growing body of research shows that we can't afford to wait for national food policies that help educate Americans on sustainable diets and ensure that healthy, nutritious food is widely available and affordable."

Sustainability concerns and the recommendation to eat less meat and more plant-based foods were not included in the final 2015 Dietary Guidelines for Americans, following intense pressure from the livestock industry. This omission came despite the strong evidence presented by the guidelines committee, along with widespread support from environmental, public-health and animal-protection organizations and experts, as well as an unprecedented 29,000 public

## Curry ingredient shows promise against liver damage

LONDON (Reuters) — A compound found in the common curry spice turmeric appears to delay the liver damage that eventually causes cirrhosis, scientists said on Wednesday.

In a study published in *Gut*, a British Medical Journal title, Austrian scientists found that feeding the compound curcumin to mice reduced the types of inflammation that can cause liver cell damage, blockage and scarring.

Previous research has suggested that curcumin, which gives turmeric its bright yellow color, has anti-inflammatory and antioxidant properties which may be helpful in fighting disease. [\(Read entire article\)](#)

## Recognizing a heart attack early

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

If you are over fifty, leading a sedentary sort of life, with stress of life coupled with the junk food you eat and being overweight, may be having diabetes and or hypertension, then you need to be very careful and be aware of early symptoms of heart disease

The early symptoms may be so mild that you'll not take them seriously and brush them off as aches and pains...

[Continue Reading](#)

## How to Prevent Cold Sores

These 5 simple things can help protect you from getting -- and giving -- fever blisters.



**Final EPA Study Confirms Fracking Contaminates Drinking Water**

The U.S. Environmental Protection Agency has released its widely anticipated final report on [READ MORE](#)



### Joy's Holiday Spinach Lasagna

Traditional lasagna is about 960 calories per serving, but Joy's holiday spinach lasagna is only 260 calories.

[READ MORE](#)

**Could statins be the miracle cure for Alzheimer's? Taking the tablets for just 2 years reduces the risk by up to 15%**



Taking the daily tablets for at least two years reduced the risk of Alzheimer's by 15 per cent for women, researchers from the University of Southern California, Los Angeles, found.

### Common Skin Problems and Solutions

[Top 25 Heart-Healthy Foods](#)

[Tips to Ease Your Depression](#)

[Myths and Facts About Dieting](#)



### Bulk cash deposits:

#### **5,000 taxpayers in Gujarat may**

The I-T department has already started issuing notices to taxpayers asking for their sources of income, sources said. 500 of these tax payers are from Ahmedabad, and -



### Does Glyphosate Cause Cancer? EPA Panel Meets to Find Out

For years, Monsanto has claimed that glyphosate is safe. Advertising at one time that ... [READ MORE](#)

A guy walked into the crowded bar, waving his unholstered pistol and yelled, "I have a 45 caliber Colt 1911 with a seven round magazine plus one in the chamber and I want to know who's been sleeping with my wife."

A voice from the back of the room called out,

"You need more ammo!"

Sent by Alavi Hussein



## Does Sugar Really Cause Cavities?

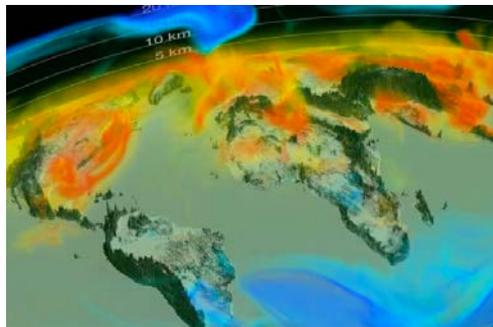
Read Article



## 8 things to know before getting tested for BRCA

Women who test positive for the "breast cancer gene" face some of the most difficult decisions of their lives.

READ MORE



## NASA Produces First 3D Animation of Global Carbon Emissions

NASA has released an "eye-popping" three-dimensional animation showing ... [READ MORE](#)

## Sugar

Too much sugar isn't just bad for your teeth. It can harm your liver, too. The organ uses one type of sugar, called fructose, to make fat. Too much refined sugar and high-fructose corn syrup causes a fatty buildup that can lead to liver disease. Some studies show that sugar can be as damaging to the liver as alcohol, even if you're not overweight. It's one more reason to limit foods with added sugars, such as soda, pastries, and candy.

The Arctic is missing a chunk of sea ice the size of Mexico.



While fall ushers in the season of sea ice growth, November saw a [brief retreat](#) that was virtually unprecedented in nearly 40 years of satellite records, according to data released Tuesday by the [National Snow and Ice Data Center](#). That dip helped November set a record low for sea ice area — the seventh month to do so this year, also a record.

At the opposite pole, the sea ice fringing Antarctica also set a record low for November, reversing several years of record highs, though what's driving the flip-flopping isn't clear. [LiveScience](#)

## California Officially Becomes The First State to Ban Plastic Bags

California just made history by becoming the first state in the Union to officially [ban plastic bags](#). The California Plastic Bag Veto Referendum (Proposition 67) was [approved](#) by voters on Nov. 8 by a narrow margin of 51.97% in favor to 48.03% opposed. The narrow win came despite a \$6 million campaign waged by the out-of-state plastic bag industry.

Read More

Amiotrophic Lateral Sclerosis (ALS) is a fatal neurodegenerative disease involving several protein mutations in glycine-rich regions with limited treatment options. 90 - 95% of all cases are non-familial with epidemiological studies showing a significant increased risk in glyphosate-exposed workers. In this paper, we propose that glyphosate, the active ingredient in Roundup®, plays a role in ALS, mainly through mistakenly substituting for glycine during protein synthesis, disruption of mineral homeostasis as well as setting up a state of dysbiosis. Mouse models of ALS reveal a pre-symptomatic profile of gut dysbiosis.

[Read More...](#)

## What Is a Calorie?

A calorie is defined as the amount of heat energy needed to raise the temperature of one gram of water by 1 C.

**Calories** are normally used to describe the amount of energy your body gets from what you eat and drink.

Calories can also be used to describe the amount of energy your body needs to perform physical tasks including breathing, thinking and maintaining your heartbeat.

The amount of energy provided by foods is normally recorded in thousands of calories, or kilocalories (kcal).

For instance, one carrot generally provides you with 25,000 calories or 25 kcal. On the other hand, running on the treadmill for 30 minutes generally requires you to use 300,000 calories or 300 kcal. However, because "kilocalories" is an awkward word to use, people often use the term calories instead.

## Red Wine

Red wine contains types of flavonoids called catechins and resveratrol. Flavonoids can help maintain the health of your blood vessels, and may keep blood clots from forming.

Have a glass of wine with dinner, or make a wine spritzer – mix wine with sparkling water – to cut calories while still getting the benefits. However, the American Heart Association does not recommend people start drinking simply to prevent heart disease. Drinking alcohol carries a risk of alcoholism, and can lead to high blood pressure, obesity, stroke, breast cancer, suicide, and accidents. Enjoy red wine in moderation. -Medicine.net

## Herbal Supplements-affecting your liver

Even if the label says "natural," it may not be OK for you. For instance, some people take an herb called kava kava for menopause symptoms or to help them relax. But studies show that it can keep the liver from working right. That can lead to hepatitis and liver failure. Some countries have banned or restricted the herb, but it's still available in the U.S. You should always talk to your doctor before you take any herbs to make sure they're safe. -WebMD

## Extra Pounds-affects your liver

The extra fat can build up in your liver cells and lead to non-alcoholic fatty liver disease (NAFLD). As a result, your liver may swell. Over time, it can harden and scar liver tissue (doctors call this cirrhosis). You are more likely to get NAFLD if you are overweight or obese, middle-aged, or have diabetes. You may be able to turn things around. Diet and exercise can stop the disease.

<http://elanka.com.au/eat-bananas-written-dr-harold-gunatillake-frcs-fics-fics-sing-mbbs-health-writer/>



Jim Morton from Carlingford Sydney, a mighty Acrylic painting artist  
The theme of this painting is 'backyard Sheep'. His paintings are popular among Sri Lankans in Australia and Sri Lanka, and you would not be surprised to see them in most Sri Lankan homes. His paintings of Buddhist priests are master-pieces.

## Cilantro

Cilantro contains many antioxidants, essential oils, vitamins and dietary fibers that help reduce bad cholesterol (LDL) and raise good cholesterol (HDL). The leaves and seeds contain oils such as borneol, linalool, cineole, cymene, terpineol, dipentene, phellandrene, pinene, and terpinolene, and the stems are rich in polyphenolic flavonoids (such as quercetin, kaempferol, rhamnetin, and epigenin).



Cilantro is a good source of minerals like potassium, calcium, manganese, iron and magnesium, which help control heart rate and blood pressure. It is also rich in many vitamins like folic acid, B-2, B-3, vitamin A, beta-carotene and vitamin C (all are essential to your health). Some 100 grams of cilantro leaves provide you with 30% of the daily recommended levels of vitamin C (a powerful antioxidant).

Vitamin A is required for maintaining skin and mucous membrane health. It is also essential for vision, and like chives, cilantro is also rich in vitamin K. BabaMail



## Eggplant Parmesan

Homemade eggplant parmesan is topped with spicy marinara sauce, fresh tomatoes and freshly grated cheese.

**EASY RECIPE**

## Dying Star Offers Glimpse of Earth's Doomsday in 5B Years

By Ian O'Neill, Seeker |



L2 Puppis is a dying star that once resembled our sun and it is showing us the stellar inferno that lies in store for our planet.

[Read More](#)

*Credit: ESO*

Five billion years from now, our sun will die. After running out of hydrogen fuel, it will start burning heavier and heavier elements in its fusion core, causing its body to bloat, shedding huge quantities of material into space via violent stellar winds. During this time, our star will expand around 100 times bigger than it is now, becoming what is known as a "red giant." This dramatic expansion will engulf Mercury and Venus, the two closest planets to the sun.

But what is less clear is what will happen to Earth — will our planet go the way of Mercury and Venus and succumb to an ocean of superheated plasma? Or will our planet escape the worst of the sun's death throes to continue orbiting the tiny white dwarf star that will be left behind?

"We already know that our sun will be bigger and brighter [when entering the red giant phase], so that it will probably destroy any form of life on our planet," said Leen Decin, of the KU Leuven Institute of Astronomy, [in a statement](#). "But will the Earth's rocky core survive the red giant phase and continue orbiting the white dwarf?"

## Gallstones



These are hardened chunks of bile, a fluid that helps your body get rid of waste. They get stuck on the way out of your gallbladder, a small organ below your liver. They can range in size from a grain of sand to a golf ball and can cause severe pain in your upper belly or behind your belly button. You're more likely to get them if you're obese, have diabetes or Crohn's disease, or don't exercise.

WebMD

## Acute Pancreatitis

Sometimes, gallstones can set this off. It's inflammation of the pancreas, which makes enzymes and hormones like insulin that help with digestion. It causes severe stomach pain, nausea, vomiting, and a fever, and can be life-threatening. Seek medical help immediately if you have these symptoms. It also can be caused by heavy drinking, high levels of calcium, or a kind of fat called triglycerides.



## Low Vitamin D Linked to Bladder Cancer



Vitamin D - image from Shutterstock

Studies have linked vitamin D deficiency to many health problems including autoimmune conditions, cardiovascular disease, cognitive impairment, and cancer. Vitamin D plays a major role in the support of healthy teeth and bones, in the absorption of calcium, and helps support a healthy immune system. Previous studies have shown that higher levels of vitamin D - specifically serum 25-hydroxyvitamin D - are associated with a [reduced risk of cancer](#).

A systematic review of seven studies was presented on November 8, 2016, at the annual conference of the Society for Endocrinology in Brighton that showed that a Vitamin D deficiency creates an increasing risk of bladder cancer development.

Vitamin D is an essential fat-soluble vitamin produced by the body mainly through exposure to sunlight at a minimum of 5 to 30 minutes a day twice a week. Nine out of 10 Americans fail to meet their daily needs and don't eat enough foods that naturally contain Vitamin D such as egg yolks, fortified milk, and oily fish. Deficiency is even more pronounced for people living in the northern parts of the country, especially in the winter.

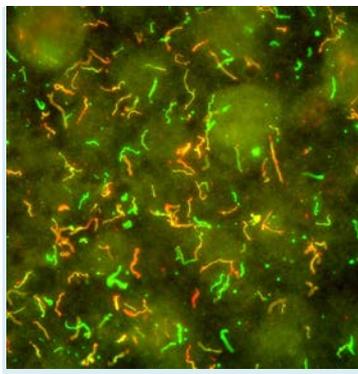
Supplements of the vitamin are available in vitamin D2 and vitamin D3. One tablet of 1,000 IU Vitamin D3 is equivalent to seven three-ounce cans of tuna, or 25 egg yolks, or eight cups of fortified milk, or 25 cups of fortified cereal. The most common supplement is adding vitamin D to calcium, but it is also added to multivitamins, magnesium, fish oil, and joint support products.

In countries having low sunlight levels, it wouldn't be feasible to obtain enough Vitamin D from just food. In the United Kingdom, one in five adults are deficient in vitamin D and three in five have low levels. In the winter, 75 percent of the dark-skinned people there have a deficiency.

In the current study, researchers from University Hospital and the University of Warwick reviewed seven studies with 112 to 1125 participants. Five out of seven showed that low levels of vitamin D are linked to an increase in bladder cancer risk. In a separate experiment, researchers looked at cells in the bladder and discovered that they respond to Vitamin D and activate and stimulate an immune response. Dr. Rosemary Bland, the study's lead author, believes that the immune system has a role in identifying abnormal cells prior to their developing into cancer.

Although further clinical studies are necessary to confirm the above findings, the study adds more information to the evidence regarding how important it is to maintain adequate vitamin D levels.

[VIEW NEWS SOURCE...](#)



## A tick-borne bacteria

Credit: National Institute of Allergy and Infectious Diseases (NIAID)  
This confetti-like image is *Borrelia burgdorferi*, the bacteria that causes Lyme Disease. This parasite evolved to live in the blood of small mammals, which usually don't show any ill effects of infection, according to a 2009 paper published in the journal Infectious Disease Clinics of North America. But when ticks of the *Ixodes* genus feed on small mammals, they can go on to transmit the parasite to larger vertebrates — including humans. Once infected, people experience fatigue, fever and often a red, circular rash that may look like a bull's-eye. Without treatment (with antibiotics), Lyme disease can progress and cause arthritis, meningitis and neurological symptoms like pain and numbness. Livescience



## This Chinese Herb (+Iron) Kills Cancer Cells in 16 Hours

150 years ago Cancer was almost non-existent, but with the inclusion of processed foods, low-quality meat and dairy, and refined sugars into the standard diet, disease and sickness sprung up in the body, and quickly became a human epidemic. To this day, most mainstream medical doctors and pharmaceutical companies dispel the notion that diet and lifestyle choices are related to Cancer, and it is for this reason almost 600,000 still die from the largely preventable disease.

[Read More](#)



## Katharine Hayhoe: Here's How Long We've Known About Climate Change

One of the biggest myths about climate science—a myth that has been deliberately fostered, for ...

[READ MORE](#)

## Immune System, Unleashed by Cancer Therapies, Can Attack Organs

By MATT RICHTEL

Chuck Peal, 61, at home in Southbury, Conn. He developed acute-onset diabetes, as did other patients who received immunotherapy at Yale. [Credit: Angel Franco/The New York Times](#)  
As Chuck Peal lay in a Waterbury, Conn., emergency room one Sunday in early September, doctors furiously tried to make sense of his symptoms. Mr. Peal, 61, appeared to be dying, and they were not sure why. He slipped in and out of consciousness, his [blood pressure](#) plummeted, his potassium levels soared and his blood sugar spiked to 10 times the normal level. A doctor suspected a heart attack, but uncertainty left him urgently researching the situation on his phone. This was not a heart attack. Mr. Peal's body was attacking itself, a severe reaction by his immune system that was a side effect of a seemingly miraculous [cancer](#) treatment aimed at saving his life.

In the seven weeks prior, doctors at Yale had combated Mr. Peal's [melanoma](#) with two of the most promising drugs in cancer treatment today. These medicines work by stimulating the immune system to attack cancer as ferociously as it does other threats, like viruses and bacteria.

NYT

## Worldwide Cancer Rates Up One-Third

Cancer cases rose 33 percent worldwide in the past 10 years, a new study shows.

[READ MORE](#)



## The Truth About Why BPA Hasn't Been Banned

The number of new chemicals is increasing exponentially—we're talking 12,000 new substances a day. Yet, data aren't available on the hazards of even some of the high volume chemicals. BPA is one of the highest volume chemicals, with billions of pounds produced each year.

[Read More](#)

### Sauerkraut Boosts Digestion



Choose the unpasteurized kind, because pasteurization (used to treat most supermarket sauerkraut) kills active, good bacteria. This sour, salty food -- and the similar but spicy Korean dish, kimchi -- is also loaded with immune-boosting vitamins that may help ward off infection. WebMD

*"Life is like riding a bicycle. To keep your balance, you must keep moving."*

— Albert Einstein



### FEATURED

#### Exercises for Diabetes Control

Find out how strength training can help improve your blood sugar levels, mood, cholesterol levels, and blood pressure.

[READ MORE](#)



## All Human-Made Objects on Earth Amount to 30 Trillion Tons

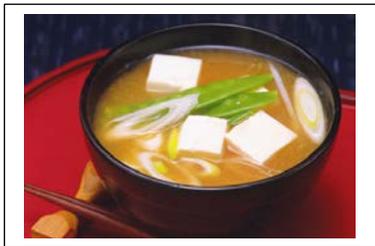
[Read Article](#)

### Yogurt

Yogurt is one of the most familiar sources of probiotics -- "good" bacteria that keep a healthy balance in your gut. Studies suggest that probiotics can help ease lactose intolerance. They also may help tame gas, diarrhea, and other digestive problems. You can pay extra for special digestive yogurt brands, but any with "live and active cultures" listed may help.

WebMD

### Miso Soup



A popular breakfast food in Japan, this fermented soybean paste can get your digestive system moving. Probiotic-filled miso is often used to make a salty soup that's low in calories and high in B vitamins and protective antioxidants.

## What Are Polyps?



They're growths on the inside of your intestines. Most of them are harmless, but some can turn into colorectal cancer if not removed early. The two most common types of intestinal polyps are adenomas and hyperplastic polyps. They form when there are problems with the way cells grow and repair in the lining of the colon. WebMD

## To Reduce Blood Pressure

A diet high in whole grains, fruits, veggies, and low in saturated fats and cholesterol, has been known to lower your BP by up to 14 mm Hg. This particular combination known as the DASH (Dietary Approaches to Stop Hypertension) diet is geared towards managing the condition and reducing weight, thereby killing two hypertensive birds with one stone. While you are including more of the above in your diet, don't forget to...

**...Boost Potassium** : Potassium works to lower the impact of sodium on blood pressure. Fruits (plums, musk melons, banana) and veggies (spinach, avocado, mushroom) are great sources of this mineral, and are better than supplements as an overdose of potassium from natural sources is rare. You also have to remember to...

**...Reduce Sodium** : Even a minimal reduction in sodium can lower your BP by 2-8 mm Hg. While the maximum grammage of sodium will be indicated by your doctor, it still lurks in shadowy corners of the foods we sometimes eat, especially in processed foods. Only small amounts of sodium are found in natural foods. Processed foods are sometimes loaded with it. It's best to avoid processed foods as much as possible if you are a BP patient. While you are at it...

**...Read Your Food Labels** : Monitor sodium intake, saturated fats and cholesterol, among other things. Read the fine print; it could be crucial to your health.

**Limit The Alcohol** : If you limit your alcohol intake, you'll reduce your BP by 2-4 mm Hg. But this phenomenon could be altogether reversed if you drink too much: by that I mean no more than 350 ml of beer, about 145 ml of wine or about 30 ml of 80-proof liquor per day. And since we are on the subject of alcohol, please...

**...Watch Your Caffeine** : While the effect of caffeine on BP is questionable, there's still a link. The best way would be to check your BP within 30 minutes of drinking caffeine. If your BP has increased by 5-10 mm Hg, you may be sensitive to caffeine. Lastly, while it's not strictly nutritional advice...

**...don't forget to Exercise** : Working out for about 30 minutes every day can bring down your BP by an additional 4-9 mm Hg. Cardiovascular exercises work best – walking, jogging, cycling, dancing or swimming.

By Pooja Makhija  
Consulting Nutritionist & Clinical Dietician

**Sometimes when I reflect back on all the wine I drink I feel shame. Then I look into the glass and think about the workers in the vineyards and all of their hopes and dreams. If I didn't drink this wine, they might be out of work and their dreams would be shattered. Then I say to myself, "It is better that I drink this wine and let their dreams come true than be selfish and worry about my liver."**  
~ Jack Handy

[What Is the MIND Diet?](#)  
[December 07, 2016 | reference](#)  
[The MIND diet is designed to lower the risk of Alzheimer's disease by promoting a diet consisting of brain-healthy foods.](#)  
[Read More](#)

### High protein diet

Studies show that the body requires more energy to process a high-protein diet, which means that as your body digests high-protein foods, your metabolic rate

## Carbs you should worry about

Written by Dr Harold Gunatillake  
FRCS,MBBS, FICS, AM(Sing), FIACS  
Health writer  
There are carbs and carbs- you need to choose the right kind for you, especially if you are a diabetic and has an obesity problem. There are three types of major nutrients (macro-nutrients) Carbs, fats and proteins you need to eat daily for energy and metabolic functions, akin to putting petrol into your motor vehicle to run. These macro-nutrients provide the energy fo...

[Continue Reading](#)

## What Is Hypertension?

Hypertension is high blood pressure, a very common condition in older adults. Blood pressure is the physical force exerted by the blood as it pushes against the walls of the arteries. Blood pressure readings are written in two numbers separated by a line. The top number represents the systolic blood pressure and the bottom number represents the diastolic pressure. The systolic blood pressure is the pressure in the arteries as the heart contracts pushing the blood forward. The diastolic pressure is the pressure in the arteries as the heart relaxes.

Normal blood pressure is below 120/80, blood pressure between 120/80 and 139/89 is pre-hypertension and blood pressure 140/90 or above is considered hypertension. An elevated blood pressure means that the heart must work harder to pump blood. High blood pressure can also damage the walls of the arteries. Over time, hypertension increases the risk of heart disease, kidney disease, and stroke. It is estimated that one in three adults in America are affected by hypertension.

**High blood pressure is more common in older people.** At age 45, more men have hypertension than women. By age 65, this is reversed and more women are affected. People with diabetes have a greater risk of hypertension than those without diabetes. Having a close family member with high blood pressure also increases your risk of developing it. About 60% of all people with diabHigh Blood Pressure Symptoms

Hypertension may not produce any symptoms, even if you have had it for years. That's why it is sometimes referred to as a "silent killer." It's estimated that 1 out of every 5 people with high blood pressure aren't aware that they have this major risk factor for strokes and heart attacks. If not properly treated, high blood pressure can damage the heart and circulation, lungs, brain, and kidneys without causing noticeable symptoms. Symptoms of high blood pressure may be present in those who have an extremely high blood pressure. Symptoms of extremely high blood pressure include the following:

- Severe headaches
  - Fatigue
  - Vision problems
  - Chest pain
  - Difficulty breathing
  - Irregular heartbeat
  - Blood in the urine
  - Pounding in the chest, neck, or ears
- WebMD



### 3 Crafty DIY Holiday Candles

Homemade tabletop decorations that look so good you'll want to eat them!

### [Did You Know: Why Are There Different Blood Types?](#)



## Gingerbread bundt cake

Turn the flavor of the season into a perfect dessert for any festive Christmas or holiday party.

[READ MORE](#)



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

### Coffee

Java can be both good and bad. An occasional cup -- once or twice a week -- may help prevent migraines. But if you have a daily caffeine habit, it may not be as helpful. In fact, skipping your morning coffee could become a trigger.

**If you drink just one 20-ounce soda, you'll have to walk four-and-a-half miles to burn it off. If you consume one super-sized fast-food meal, you'll have to run four miles a day for one whole week to burn it off. If you eat that every day, you have to run a marathon every single day to burn it off.-Dr Mark Hyman**

## Vegetarian diets best for health and the environment, say nutritionists

Written by **Honor Whiteman**

A new position paper from the Academy of Nutrition and Dietetics highlights the health benefits of vegetarian diets, claiming they can reduce the risk of obesity, heart disease, diabetes, and some forms of cancer, compared with non-vegetarian diets.



*The Academy of Nutrition and Dietetics say vegetarian diets pose a wealth of health benefits.*

Updating their 2009 position on plant-based diets, the Academy say an "appropriately planned" vegetarian or vegan diet is suitable for "all stages of the life cycle," and adopting such diets in childhood can reduce the risk of chronic disease later in life. Additionally, the paper says plant-based diets are more environmentally friendly and sustainable than diets rich in animal products, noting that they can reduce greenhouse gas emissions by up to 50 percent. "Becoming vegetarian can be beneficial to personal health and the environment," says Vandana Sheth, a spokesperson for the Academy of Nutrition and Dietetics. The new paper was recently published in the *Journal of the Academy of Nutrition and Dietetics*.

## Coffee Isn't Good for You

This is a recently debunked diet myth. Coffee, when consumed in moderation (2 to 3 cups daily), is a safe part of a healthy diet and contributes antioxidant phytochemicals

In fact, research suggests coffee may help reduce the risk of type 2 diabetes, gallstones, Parkinson's disease, even some cancers. Keep coffee calories in check, though. Steer clear of trimmings like cream, sugar, and flavored syrups.

**Basil** - Basil is a popular ingredient in many recipes, and the herb is another plant that is beneficial in preventing and reducing kidney stones. Basil can be made into a tea that is a great kidney toner, and a teaspoon of basil juice with raw honey is an effective treatment to help clear up kidney stones

## Ginger



A cup of fresh, hot ginger tea may seem just the thing when you're nursing a cold. But you don't have to wait until you have one to drink it. Some studies show this spicy root may prevent the common cold by blocking the virus.

## Know your Milk you drink

Written by Dr Harold Gunatillake –Health writer  
Your super-market shelves will have a variety of milk options, but the classic cow's milk is a good source of calcium, vitamin D and potassium. It has 3.5% milk fat and is best given to babies between 1 and 2 years old, for their growing brains. Adults who exercise and lead an active life also should drink classic cow's milk for their energy. Sedentary people should avoid this natural high calorie produc...

[Continue Reading](#)

Dementia is a broad term for a group of symptoms that mean you have trouble with learning and memory. Alzheimer's disease is one form of dementia, the most common type. But it accounts for only 60% to 80% of all cases.

## Magnesium Improves Metabolic Markers

*Dietary magnesium may help to lower elevated glycated hemoglobin (HbA1c), elevated systolic blood pressure, and elevated C-reactive protein..*



Pumpkin seeds, pumpkin oil - image from Shutterstock

Magnesium is a mineral with a major role in the metabolism of glucose, the production of cellular energy, and the manufacture of protein. A research team led by Yanni Papanikolaou (France), and colleagues assessed data collected on subjects, ages 20 years and older, enrolled in the US National Health and Nutrition Examination Survey (NHANES), 2001-2010. The team determined magnesium intake from foods alone, and from foods plus dietary supplements using the methods from the National Cancer Institute. Adults with adequate intake of magnesium from food had significantly different HOMA-IR – a measure of insulin resistance, systolic blood pressure, and HDL-cholesterol, as compared to subjects with inadequate intake of magnesium from food. Adequate intake of magnesium from food plus dietary supplement had significant differences in waist circumference, systolic blood pressure, and HDL (high-density lipoprotein) cholesterol. The team observed that a higher dietary intake of magnesium from all sources associated with "significantly reduced odds ratios for elevated glycohemoglobin, metabolic syndrome, obesity, overweight or obesity, elevated waist circumference, elevated systolic blood pressure, reduced HDL and elevated C-reactive protein. The study authors submit that: "there is a beneficial relationship between dietary magnesium intake and diabetes-related physiological outcomes."

[VIEW NEWS SOURCE...](#)

## 1 Patient, 7 Tumors and 100 Billion Cells Equal 1 Striking Recovery

By **DENISE GRADYDEC.**



Celine Ryan at her home in Rochester Hills, Mich., this week. She is now cancer-free after immunotherapy treatment. Credit Laura McDermott for The New York Times

The remarkable recovery of a woman with advanced colon cancer, after treatment with cells from her own immune system, may lead to new options for thousands of other patients with colon or pancreatic cancer, researchers are reporting.

Her treatment was the first to successfully target a common cancer mutation that scientists have tried to attack for decades. Until now, that mutation has been bulletproof, so resistant to every attempt at treatment that scientists have described it as "undruggable."

An [article about the case](#), from a team led by Dr. Steven A. Rosenberg, chief of surgery at the National Cancer Institute, was published on Wednesday in The New England Journal of Medicine.

The patient, Celine Ryan, 50, an engineer, database programmer and the mother of five, has an unusual genetic makeup that allowed the treatment to work. She is now cancer-free, though not considered cured. The treatment was a form of immunotherapy, which enlists a patient's immune system to fight disease. The field is revolutionizing cancer treatment.

An experiment on one patient cannot determine whether a treatment will be effective in others, but doctors said the results had the potential to help more people.

"It has huge implications," Dr. Carl H. June, from the University of Pennsylvania, said in an interview. He was not part of the study, but wrote an editorial accompanying it in the journal. Dr. June said the research was the first successful targeting of a defect in a gene called KRAS, and is important because mutations in the gene are so common. "Every single pancreatic cancer patient has KRAS," Dr. June said, adding that the pharmaceutical industry has spent billions trying unsuccessfully to target KRAS.

## 4 Reasons to Go Vegetarian

Posted on Nov. 28, 2016, 6 a.m. in [Diet Functional Foods Nutrition](#)

Thinking about becoming a vegetarian? Here are some good reasons to make the switch.



If you have been thinking about becoming a vegetarian, there's no better time to make the switch. For those of you who have been on the fence, here are a few more reasons — like saving money and losing weight — to make the dietary transformation.

**Reason #1: Vegetarian diets increase metabolism.** Vegetarians have a [lower](#) body mass index compared to those eating meat, which has been previously attributed to eating less calories. But a [study](#) published in July showed that vegetarians also had a higher resting metabolism. By simply doing their everyday routine, vegetarians burned more calories compared to non-vegetarians. If your New Year's Resolution included weight loss, becoming a vegetarian may be a good way to do just that.

**Reason #2: Vegetarian diets can save you money.** Contrary to popular belief, eating healthy doesn't have to be costly. A [study](#) published earlier last year showed that a vegetarian meal plan can actually save money over a meat-based plan. According to the study published in the *Journal of Hunger & Environmental Nutrition*, vegetarians can save nearly \$750 annually! Over a lifetime, this can add up to thousands of dollars in savings. Who doesn't like a little extra money in their pocket?

**Reason #3: Even the government is noticing vegetarian diets are sustainable and healthy.** Since the infamous McGovern Report in 1977 — which unsuccessfully tried to incorporate a more plant based diet into formal nutritional guidelines, the meat industry has lobbied heavily to keep meat a mainstay of American dishes. However, things may be about to change. Earlier this year, the Dietary Guidelines Advisory Committee, which helps to create our Dietary Guidelines (think Food Pyramid and MyPlate), [concluded](#) that vegetarian diets are more healthy and environmentally friendly than their meaty alternatives. The formal Dietary Guidelines are still under review, but they may finally give vegetarians diets their due credit.

**Reason #4: Processed meats cause colorectal cancer.** If losing weight and saving money weren't enough reasons to become a whole-hearted vegetarian, then maybe knowing that processed meats cause cancer might help you cut down on your total meat intake. Earlier this year, the World Health Organization released its landmark [report](#) denouncing bacon, hot dogs, sausages, ham, and other types of processed meat as Group 1 carcinogens — a category shared with cigarette smoking. Red meats were not far behind and were labelled as "probably carcinogenic to humans." Given that colorectal cancer is the third most common type of cancer in America, who wouldn't want to reduce their lifetime risk of getting cancer? I have been a vegetarian for three years now, after making it my 2013 New Year's Resolution in 2013, and it has been one of the best decisions of my life. For those of you who aren't ready to make the switch, I am sure 2016 will have a few more reasons to jump on the veggie train.

WHN

## OLIVE OIL LOVERS NEED TO BE WARY OF OLIVE

### OIL SCAMS

It's likely that many Americans who have been buying olive oil for decades have never tasted the real thing. In fact, it's likely that many of those who bought and used fake or compromised olive oils would reject the real thing because it tastes odd to them. Olive racketeering has been going on for quite a while to some extent. The Romans of B.C. ages had to clamp down on it. But it is bigger and more sophisticated now than ever. Genuine olive oil is time consuming to produce and demands higher prices than most other edible oils. Yet olive oil is easy to adulterate and sell as the real thing. Why is this important? It is the centerpiece of the Mediterranean Diet. Its monounsaturated oleic and palmitic fatty acids along with its healthy polyphenols are very heart healthy. Additionally, according to the Alliance for Natural Health (ANH): "Being able to buy authentic extra virgin olive oil is all the more important because it is a superfood. Among other good things, it contains a miracle ingredient known as oleuropein, which has anticancer, pro-mitochondrial, antibiotic, and anti-Alzheimer's properties. It also contains polyphenols and antioxidants with anti-inflammatory benefits. It is a mainstay of the ketogenic diet." Some claim that since olive oil scam exposures the olive oil industry has cleaned its act somewhat. After explaining how olive oil frauds work and their recent history, there will be information provided of what makes a perfect olive oil and how you can determine if it is truly as advertised.

[Read More...](#)



### Risk factors to avoid Colo-Rectal Cancer

Eating a lot of red or processed meats, or those cooked at high temperatures

Obesity (having too much fat around the waist)

Not exercising enough

Smoking

Heavy alcohol use

### Deep vein thrombosis: How long-haul flights can ruin more than your holiday



Long-haul flights are unavoidable if you want to travel internationally, and direct flights to the UK mean those flights will get longer. So what are the health risks of long-haul flights?



Picture taken in 1958/59 when the "Bamboo Instrument - Angklung" was first introduced to Ceylon (Sri Lanka) to the Ceylon (Sri Lanka) Malays; at the Malay Cricket Club. The Teacher was Bapak Soejiatmo from Indonesia. — with [Pat Rahim](#).

Noor Rahim

A people without the knowledge of their past history, origin and culture is like a tree without roots. Marcus Garvey

My doctor told me to spend at least one hour a day on the treadmill.



Doctor forgot to instruct to get someone to start the machine



#### RONALD & NANCY REAGAN

\*The real deal, moral, honest, respectful and dignified.

They treated Secret Service and everyone else with respect and honor, Thanked everyone all the time.

He took the time to know everyone on a personal level. One favorite story was early in his Presidency When he came out of his room with a pistol tucked on his hip.

The agent in charge asked: "Why the pistol, Mr. President?" He replied, "In case you boys can't get the job done, I can help." It was common for him to carry a pistol. When he met with Gorbachev, he had a pistol in his briefcase. \*She was very nice but very protective of the President

And the Secret Service was often caught in the middle. She tried hard to control what he ate. He would say to the agent, "Come on, you gotta help me out."

The Reagan's drank wine during State dinners And special occasions only otherwise they shunned alcohol.

The Secret Service could count on one hand the times

They were served wine during family dinner.

For all the fake bluster of the Carters, the Reagan's were the ones who lived life as genuinely moral people.\*

Ronald Kessler-NYT

## New Ideas in Cancer Treatment

When you think of cancer treatments, chemotherapy and radiation probably come to mind. That may change soon.

A lot has happened in recent years to transform how the disease is, and will be, treated. As a result, folks with cancer and their doctors have more options to pick from, with more on the way.

#### Immunotherapy

One thing that makes cancer tough to fight is that its cells can dodge your immune system. Your body either doesn't see them as threats, or it simply can't work hard enough to fight them.

But new immunotherapy drugs "mark" these cells so that they're easier to find. These medicines can also make your body's defenses stronger so they can attack tumors.

This type of treatment is already fighting some forms of cancer. Many more drugs are in the works.

#### Personalized Medicine

It used to be that most people with a certain type and stage of cancer got the same treatment. Now, doctors know that a solution that helps one person may not work well for someone else.

Your genes can now give doctors a better idea which treatments will help you the most.

Some drugs are more targeted, too. Instead of wiping out all cells, even healthy ones, some can focus just on deadly cancer cells.

For instance, a drug being tested may be able to help people with stage IV pancreatic cancer. If their cancer cells have a high level of a sugar called hyaluronic acid, the drug, called PEGPH20, can break it down.

This would let immune cells and medicines get inside tumors and fight back.

#### High-Tech Breakthroughs

Advances in imaging are making it easier for doctors to learn about the cancer they're up against.

**Multiparametric-magnetic resonance imaging (mp-MRI)**, for instance, can uncover the jumble of blood vessels in a new prostate tumor. That close-up view can help doctors decide the best treatment.

**Fluorescence lifetime imaging (FLI)** is used to help women with breast cancer. A scan tells your doctor if you have proteins that are helping your cancer cells grow. If you do, he can prescribe treatment that blocks the growth.

Thanks to better imaging, other high-tech tools can kill tumors. For instance, doctors can use a technique called **cryoablation** (freezing) to treat them. This means they wouldn't have to remove all or part of a lung.

**In MRI-guided focal laser ablation**, high heat from a laser targets cancer cells in your prostate. If doctors can see cancer in an imaging scan, they can get to it and destroy it.

#### Drug-Free Treatments

Drug-free therapies like yoga, massage, meditation, and hypnosis can help you live better during your cancer treatment. Some relieve stress and help your mood. Others make the side effects caused by chemotherapy or radiation a bit easier to take.

## Sleep Apnea

When your snoring is broken up by pauses in your breathing, your brain may not be getting enough oxygen. It will send signals to your blood vessels and heart to work harder to keep blood flow going. This raises your risk for high blood pressure, abnormal heart rhythms, strokes, and heart failure. Fortunately, sleep apnea is treatable.

#### Treatment

Sometimes, treatment can be started during the first night in the sleep center. The treatment of choice for obstructive sleep apnea is **continuous positive airway pressure device (CPAP)**. CPAP is a mask that fits over the nose and/or mouth, and gently blows air into the airway to help keep it open during sleep.

## Yellow-Orange Bumpy Rash

Extremely high triglyceride levels can make your skin break out around the knuckles of your fingers and toes and on your bottom. A lot of these fats in your blood may play a role in hardening your arteries, and high numbers are often related to other conditions that put you at risk for heart disease and strokes, too.

Editor: Include a triglyceride level test in your blood in your annual check-up. It is normally included with other lipid tests.

Cut down on your sugars and alcohol. Both produce high triglycerides

Statins are helpful to bring down your triglyceride numbers.

See your doctor for further advice.

#### Quote of the Day

*"I did not become a vegetarian for my health, I did it for the health of the chickens."*

— Isaac Bashevis Singer

## Why Your Balance Gets Worse After 40

The system in your body that helps you keep your balance goes downhill after age 40, a new study finds.

[Read More](#)

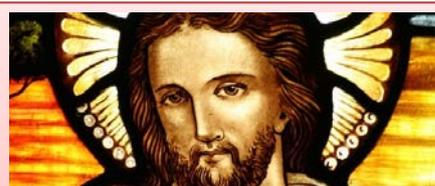
## Broccoli

Add lots of veggies to your diet if you want to keep your liver healthy. Broccoli can be part of this strategy. Some studies suggest this crunchy food can help protect you from nonalcoholic fatty liver disease. If steamed broccoli sounds a little too blah, shred it into a slaw and toss it with sliced almonds, dried cranberries, and a tangy vinaigrette. It's also delicious roasted with garlic and a splash of balsamic vinegar. WebMD



Cleaning your oven has never been easier thanks to this three-step hack. All you need is some ammonia, an oven-safe bowl and sponge. Simply place the ammonia in an oven-safe bowl, let it sit overnight (do not turn on the oven!) and wipe away in the morning. It's so simple!

[Get more details!](#)



## When Was Jesus Born?

[Read Article](#)

## Radiation May Contribute to Alzheimer's

*Higher levels of ionizing radiation from airplanes, medical equipment etc. may be a confounding factor in the development of Alzheimer's.*

More people than ever are being exposed to ionizing radiation, resonating from medical equipment, microwaves, airplanes and similar devices. One recent study suggests that this type of radiation may be a main contributing factor in the neurodegenerative disease **Alzheimer's**. Alzheimer's is the preeminent cause of dementia in older people. With the disease progressing at dramatic speeds, it is estimated that by the year 2040, nearly 80 million people will be affected. Stefan J. Kempf, of the University of Southern Denmark, states the importance of investigating litigating factors behind the disease. The research will bring focus on possible connections between cognitive impairment and radiation. Colleagues from Germany, Denmark, Japan and Italy, initialized an international consortia, showing how low doses of ionizing radiation changes the molecules of the brain, to resemble the pathologies found in that of Alzheimer's disease.

The study was published by Co-authors from several Universities, including the Institute of Radiation Biology, and the Institute of Pathology. The study concludes that an increased number of people of various age groups are exposed to ionizing radiation, from various sources. Most people receive exposure through their work or their contact with nuclear matter or airline travel. Exposure through imaging devices and therapeutic radiology has dramatically increased. Over 62 million CT scans are being conducted each year in the United States alone, with at least an estimated 20 million of the exams being scanned of the head.

Lower doses of radiation are not extremely harmful, if individuals are not exposed to them over a long period of time. The real danger comes from continual exposure, or accumulated doses of radiation. Recent information collected suggests that even low dosages of radiation, similar to those individuals receive through CT scans, can trigger a molecular change in the brain, and interfere with the cognitive function.

In mice, researchers took a closer look at the molecular alteration of the hippocampus part of the brain. This region of the brain is responsible for memory formation and learning, and it is located in the most vulnerable area of the brain, which Alzheimer's negatively impacts. Throughout the experiment, the mice were given various dosages of radiation treatments over a 24 hour period, for nearly a year. Of the various dosages, the tests concluded that at any dosage, regardless of the amount, can cause molecular changes in the brain, and in the synapses, that mimics Alzheimer's disease.

[VIEW NEWS SOURCE...](#)

# THE WALSH BAY ARTS PRECINCT IS SET TO SHINE!

Find out more about the next stage

A planning application has been lodged for stage two of the Walsh Bay Arts Precinct redevelopment. The stage two State Significant Development Application outlines plans for an integrated performing arts and cultural precinct along with an enhanced public domain in Walsh Bay.

### Public exhibition

The detailed plans for the Walsh Bay Arts Precinct are on public exhibition from Thursday 17 November to Friday 16 December. We invite you to view the detailed plans and make a submission.

Find out more about plans for the future of the Walsh Bay Arts Precinct and Sydney Theatre Company upgrade and have your say by:

**Joining us at an upcoming Community Information Session** at Pier 2/3, Hickson Road Walsh Bay. **Visiting the [NSW Department of Planning and Environment website](#)** to see the detailed plans and make a submission

**Visiting the [Arts NSW website](#)** for more information  
Contacting us by phone 1800 960 550 or [email](#)



### THE VISION FOR THE WALSH ARTS BAY PRECINCT IS TO...

create a sustainable and activated arts and culture precinct that supports and nurtures Sydney's home-grown culture and creativity.

As a destination, it will be inclusive and accessible to all. It will be alive at all hours of the day and offer a vibrant and accessible night life.

Walsh Bay will be an ecosystem for creative production and cultural consumption where innovation and collaboration are at the core of the precinct's operations.

## 'Magic Mushrooms' Compound May Treat Depression in Cancer Patients

The hallucinogen found in "magic mushrooms" can considerably reduce the depression and anxiety felt by patients who have terminal or advanced cancer, according to new research.

[Read More](#)

# Local Governments Can Prohibit GMO Crops, Says U.S. Court of Appeal



Image from [GMO Free Jackson County Facebook Page](#)

by [EcoWatch](#)

Excerpts:

The U.S. Court of Appeals for the Ninth Circuit issued its decisions (Nov. 18, 2016) on whether federal and Hawai'i state laws preempt Hawai'i counties' authority to regulate genetically engineered (GE) crops and pesticide use. Of significance to state and local communities throughout the U.S., the Ninth Circuit ruled that federal law—specifically, the Plant Protection Act—does not prohibit states and counties from passing local laws to regulate and ban commercially-grown GE crops.

*"Today's decision to allow states and counties to ban or regulate GE crops is an important victory for GE-free seed sanctuaries and small communities and farmers around the country," George Kimbrell, senior attorney for the Center for Food Safety, said.*

## Don't label GMOs



**BAN THEM !!!** A.H.

In granting its decision the court recognized potential harm to farmers and environment from the widespread planting of GE crops, asserting, "the cultivation and testing of GE plants raise several well-documented concerns." Notably, the court affirmed, "transgenic contamination has previously caused significant economic impacts on farmers of conventional, non-GE crops."

Read the full article at [EcoWatch](#)

The Health Quarter with Sophie Scott

## Dance moves harming young bodies

[Watch video](#)



## What are apricot kernels?



*The seed of an apricot is also known as a kernel.*

Apricot kernels look similar in appearance to a small almond. Fresh apricot kernels are white. The skin becomes light brown when dried out. Apricot kernels contain protein, fiber, and a high percentage of oil. The oil can be extracted from the kernel.

Oil pressed from the sweet kernel can be used for cooking in the same way as sweet almond oil. The kernels themselves are used in processed foods such as amaretto biscuits, almond finger biscuits, and apricot jams.

## Why are apricot kernels considered good for fighting cancer?

Although apricot kernels have some health benefits, can they help fight against cancer or are they do more harm than good?

Some people regard a compound called amygdalin, which is found in apricot kernels, as a secret weapon to attack cancer cells, eradicate tumors, and prevent cancer.

## What is amygdalin?

Amygdalin is a naturally occurring substance found in apricot kernels. Amygdalin is also present in other seeds of fruit including apples, cherries, plums, and peaches. Amygdalin can also be found in plants such as clover, sorghum, and lima beans.



*People who eat large numbers of apricot seeds are at risk of cyanide poisoning.*

When amygdalin is eaten, it converts to cyanide in the body. Cyanide is a fast-acting, potentially deadly chemical. Cyanide prevents the cells in the human body from using oxygen, which kills them. As the heart and the brain use a lot of oxygen, cyanide is more harmful to those than other organs.

Research suggests that **0.5-3.5 milligrams** of cyanide per kilogram of **body weight** can be potentially lethal.

It is estimated that eating **50-60 apricot kernels** would deliver a lethal dose of cyanide. Cyanide poisoning can occur at much lower levels, however.

MNT

## What is laetrile? What is vitamin B17?

Laetrile is a partly synthetic form of amygdalin. Laetrile is produced from amygdalin through a chemical reaction with water.

Laetrile was patented in 1961, but it did not become popular until 1970. The biochemist, Ernst T. Krebs, Jr., stated that cancer was a vitamin deficiency disease and the missing vitamin in cancer was laetrile. He named laetrile "vitamin B17."

B17, or laetrile, is not approved by the Food and Drug Administration (FDA) for use in the United States and is deemed unsafe for food and drug use. It has not been shown to have any use in the treatment of any disease.

There is currently no evidence that laetrile helps with cancer. However, some people choose to use laetrile in the hope that it will cure cancer when conventional treatments have failed.

People may take laetrile to:

- Improve energy levels and well-being
- Detox the body
- Help them live longer

There is no scientific evidence to support these reasons.

The [FDA](#) say: "There are no published clinical studies that demonstrate that laetrile is safe and effective and cancer patients who take it sometimes forgo conventional therapies to their detriment."

"Despite repeated warnings by FDA, the products continued to be promoted through numerous websites for the cure, treatment, and prevention of cancer."

MNT

**Compiled, edited & published by Dr Harold Gunatillake**

**To unsubscribe**

**email:gunatillakeharold@gmail.com**

**Dr Gunatillake-Health editor is a member of the Academy of Medicine, Singapore. Member of the Australian Association of Cosmetic Surgery. Fellow of the Royal College of Surgeons (UK), Corresponding Fellow of the American Academy of Cosmetic Surgery, Member of the International Societies of Cosmetic surgery, Fellow of the International College of Surgery (US), Australian diplomat for the International Society of Plastic, Aesthetic & Reconstructive Surgery, Board member of the International Society of Aesthetic Surgery, Member of the American Academy of Aesthetic & restorative Surgery, Life Member of the College of Surgeons, Sri Lanka, Batchelor of Medicine & Surgery (Cey)**