



[Why you should never put another can of Red Bull near your mouth again](#)

Roger Federer....



Every year, at the Australian Open, behind Rodger Federer's coach (earlier Edberg and now Ljubicic), sits an elderly couple.

There is a story to this couple, and it shows what a good human being Federer is. The couple are Bob and Diana Carter, the parents of his first international coach, the Australian Peter Carter.

Federer was just nine when Carter took him under his wing.

In 2002, in a terrible tragedy, Peter Carter died in a car accident while on a vacation with his wife. He was only 37 years of age. The story goes that Federer (then 21) was so affected by his coach's death, he ran through the streets of Toronto (where he was playing that day), bawling his heart out.

Carter had recognised Federer's genius at a young age, and was determined to make him an all-time great. He was not Federer's first coach, but the one who took him from relative obscurity in Basel in Switzerland to the threshold of international greatness.

Every year since 2005, Federer's team sends an all-expenses paid itinerary to the Adelaide-based couple - first-class air tickets, bookings in the same hotel as Federer, food, winner's parties and even commiseration parties in Melbourne.

And they sit in Federer's box at the Rod Laver Arena, supporting him as if he were their son. They see their son Peter in him. And Federer never forgets the Carter family's role in his life and career. Federer, now 34, may or may not win his 18th Grand Slam. But he is one of the greatest humans to have set foot on a tennis court.

Sent by Leslie Perera

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



SLIDESHOW

Why ADHD Is Different for Women and Girls

Were you a daydreamer? Or "Chatty Cathy?" ADHD signs are often subtle in girls. Here's how to recognize them.



[This Brilliant In-Ear Device Translates Foreign](#)

[Languages In Real Time](#)

The challenge of trying to communicate in a foreign language can be daunting if not outright awkward and embarrassing. Sometimes the communication gap can even turn out to be disastrous with unintended consequences when things are misinterpreted. However, thanks...

[Read more](#)



Slow Meals in France

When you eat your meals slowly and savor them, like lots of people do in France, that may lead to fewer calories, especially for men. So take your time, and enjoy a nice, long meal with friends.

WebMD



[Earth's Biggest Diamonds May Form in Strange 'Metal Pools'](#)

[Read Article](#)

Serotonin: This is what makes you 'Feel important'...it plays a critical role in how you live your life. A very simple way to keep the serotonin level up is by practice acknowledging/remembering your past successes, happy moments and showing gratitude to people around you. Folks with high suicidal tendency, or folks getting into anti-social activities lacks this neuro transmitter in their blood. Eat bananas, get out in sun for 20 minutes, it helps release serotonin. It is also very important for a good night sleep.

Ratheesh Ramanan



Cinnamon is amazing in desserts but it can also do wonders for your waistline. Whether you want to lose weight, stay focused or kick a virus, cinnamon and its properties can help fight it all.

Not only does it smell good but cinnamon can benefit your mind and body. You can reduce your waistline by adding cinnamon to your weight loss plan. Cinnamon can even stabilize your blood sugar levels and make you feel fuller, longer. Surprisingly enough, cinnamon may be the solution to our common health issues and you won't believe the diseases cinnamon can help you fight.

www.natural.com



Smaller Portions in Japan

Little dishes typically mean fewer calories. Studies show that people who eat bigger portions are more likely to be overweight and less healthy. A soup starter, along with plenty of water, will help you walk away satisfied. And it's not just the small helpings. The traditional Japanese diet doesn't include a lot of red meat, and research shows that can be a good thing.



Government Scientists at Climate Conference Terrified to Speak With the Press

The mood was understandably gloomy at the National Conference and Global Forum on ... [READ MORE](#)



Pressure Cooker Lemon Olive Chicken

A vibrant dish, juicy chicken with lemons and olives will leave your taste buds singing.

[TAKE A BITE](#)



Mary Tyler Moore's Life Offers Hope for People with Type 1 Diabetes

Mary Tyler Moore's death on Wednesday at age 80 may highlight the long-term effects that type 1 diabetes can have on the body.

[Read More](#)

Every meal triggers

When we eat, we do not just take in nutrients - we also consume a significant quantity of bacteria. The body is faced with the challenge of simultaneously distributing the ingested glucose and fighting these bacteria. This triggers an inflammatory response that activates the immune systems of healthy individuals and has a protective effect, as doctors from the University and the University Hospital Basel have proven for the first time. In overweight individuals, however, this inflammatory response fails so dramatically that it can lead to [diabetes](#). It is well known that [type 2 diabetes](#) (or adult-onset diabetes) leads to chronic [inflammation](#) with a range of negative impacts. A number of clinical studies have therefore treated diabetes by impeding the over-production of a substance involved in this process, Interleukin-1beta (IL-1beta). In diabetes patients, this messenger substance triggers chronic inflammation and causes insulin-producing beta cells to die off.

Bacteria and nutrients

According to the researchers, this mechanism of the metabolism and immune system is dependent on the bacteria and nutrients that are ingested during meals. With sufficient nutrients, the immune system is able to adequately combat foreign bacteria. Conversely, when there is a lack of nutrients, the few remaining [calories](#) must be conserved for important life functions at the expense of an immune response. This may go some way towards explaining why infectious diseases occur more frequently in times of famine.

Article: [Postprandial macrophage-derived IL-1 \$\beta\$ stimulates insulin, and both synergistically promote glucose disposal and inflammation](#), Erez Dror, Elise Dalmas, Daniel T Meier, Stephan Wueest, Julien Thévenet, Constanze Thienel, Katharina Timper, Thierry M Nordmann, Shuyang Traub, Friederike Schulze, Flurin Item, David Vallois, Francois Pattou, Julie Kerr-Conte, Vanessa Lavallard, Thierry Berney, Bernard Thorens, Daniel Konrad, Marianne Böni-Schnetzler & Marc Y Donath, *Nature Immunology*, doi: 10.1038/ni.3659, published online

Iron-Rich Foods



Iron is a mineral that plays an important role in immune function. A diet containing too little iron can contribute to anemia and weaken the immune system. That's why it's important to optimize your intake of [iron-rich foods](#), such as meat, poultry, fish, shellfish, legumes, nuts, seeds, cruciferous vegetables and dried fruit.

You can also improve your absorption of iron from foods by using cast-iron pots and pans to cook and avoiding tea or coffee with meals.

Combining iron-rich foods with a source of vitamin C can help boost your absorption even further. That said, it's important to remember that overly high blood iron levels can be [harmful](#) and may actually suppress the immune system (5, 6, 7)

Therefore, it's best to use iron supplements only if you have an iron deficiency or on the advice of a doctor.

Bottom Line: Optimal blood iron levels help improve your immune

Ammonia detected in Earth's troposphere for first time

For the first time, researchers have discovered ammonia in the Earth's lowest atmospheric layer with highest emissions of the gas encountered in North India and Southeast China. Ammonia mainly originates from agricultural processes, in particular from life-stock farming and fertilisation.

Farewell to Niranjan & Anoja at the Katunayake Airport, recently. Local Gypsy band entertaining departure



These are a group of budding doctors studying in the Philippines. This is their Medicine Night 2017

Scotty McCreery : Hello Darlin

<https://www.youtube.com/watch?v=rx4njqmFEs&list=RDWjB-UHSR9UU&index=25>

[Trump: New Immigration Order Coming 'Next Week'](#)

[Palm Oil: The New Fat Under Fire](#)

Every meal triggers inflammation

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This inflammation does have some positive aspects, however, as was recently reported in the journal Nature Immunology by researchers from the Department of Biomedicine at the University and the University Hospital Basel. In healthy individuals, short-term inflammatory responses play an important role in sugar uptake and the activation of the immune system.

In their work, Professor Marc Donath, Head of the Department of Endocrinology, Diabetes and Metabolism at the University Hospital Basel and his research team demonstrate that the number of macrophages (a type of immune cell) around the intestines increases during meal times. These so-called "scavenger cells-" produce the messenger substance IL-1beta in varying amounts, depending on the concentration of glucose in the blood. This, in turn, stimulates insulin production in pancreatic beta cells. The insulin then causes the macrophages to increase IL-1beta production. Insulin and IL-1beta work together to regulate blood sugar levels, while the messenger substance IL-1beta ensures that the immune system is supplied with glucose and thus remains active.

Bacteria and nutrients

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MNT

Eating healthy means balance.

Aim for fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.

Choose lean cuts of meat and poultry, and add fish, beans, eggs, and nuts. Stay away from saturated and trans fats.

Ease up on the salt and sugar. Watch how many calories you have each day.

Methane Emissions Soar, Agriculture Likely to Blame

By Alex Kirby

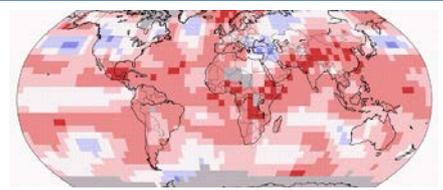
One year ago today, with huge relief, scarcely able to believe their achievement, world leaders finally agreed to reduce emissions of carbon dioxide.

But a bare 12 months later comes sobering news: Atmospheric concentrations of another gas, [methane](#), are growing faster than at any time in the last 20 years, putting further pressure on [the historic Paris agreement](#) to deliver substantial cuts in emissions very soon.

[Some scientists say the world now needs to change course and do more about methane to have a chance of keeping average global temperatures from rising by more than 2 C. And one seasoned Arctic watcher said the changes there in the last decade are altering a system which has remained intact since the Ice Age. Methane is the second major greenhouse gas, with agriculture accounting for 40 percent of emissions. Over a century it is 34 times more powerful as a greenhouse gas than carbon dioxide \(though far less abundant\), but over 20 years methane is 84 times more potent than CO₂. In an editorial in the journal Environmental Research Letters, an international team of scientists reports that methane concentrations in the air began to surge around 2007 and grew steeply in 2014 and 2015. In those two years concentrations rose by 10 or more parts per billion annually. In the early 2000s they had been rising by an annual average of 0.5 ppb.](#)

Mitigation Possible

The scientists say the reason for the spike is unclear, but they think it may be the consequence of emissions from agricultural sources and mainly around the tropics—possibly from [farm sites like rice paddies](#) and cattle pastures. They say research shows that the growth of CO₂ emissions has flattened



2016 Was Earth's Hottest Year on Record, and Humans Are to Blame

Read Article

Night-time Eating Makes You Fat

Put this diet myth to bed. There's no conclusive proof that late-night meals cause you to put on weight. What we do know is that too many calories cause weight gain, and many night eaters do tend to overeat and choose high-calorie foods. Still, eating right before bedtime can lead to heartburn and indigestion. So try to stick to regular -- and earlier -- mealtimes.

WEbMD



Robotic Device Hugs the Heart, Helping It Pump

Read Article

Eggs: Poaching, boiling or frying, on a non-stick pan without oil would be the healthiest



The biggest anti-aging secret on earth? Moving your body

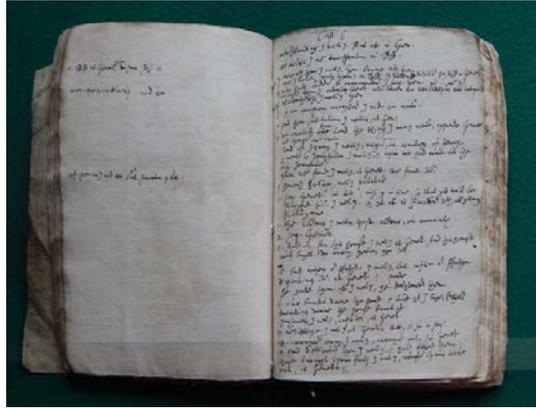
Could Eating Chili Peppers Help You Live Longer?

People who eat chili peppers may have a lower risk of dying over a two-decade period, a new study finds.

Read More

Oldest Draft of King James Bible Discovered, Historian Says

By Megan Gannon, Live Science Contributor |



Pages of the notebook in which Samuel Ward translated an updated version of the King James Bible's Apocrypha section.

Credit: Reproduced by permission of the Master and Fellows of Sidney Sussex College, Cambridge. Photograph: Maria Anna Rogers

The King James Bible, the most widely read book in the English language — from which phrases like "a man after his own heart" emerged — is as storied as it is elusive. Now, a historian claims to have found the oldest known draft of the Christian text, written in messy script, in an obscure archive at the University of Cambridge.

The manuscript was hidden among the papers of Samuel Ward, one of the men commissioned by [King James I](#) to translate a new version of the [Christian text](#) into English in the early 17th century.

Jeffrey Miller, an assistant professor of English at Montclair State University in New Jersey, chanced upon the 400-year-old notebook while doing research on Ward for an essay he's writing. The Eureka moment came when Miller realized that the notebook contained text from the very book that Ward had been commissioned to help translate. Miller recalled thinking, "Oh my gosh, he's talking about a book that he had been asked to help translate," he said. "Then I realized rather he was creating the King James Bible in that moment." [\[Proof of Jesus Christ? 7 Pieces of Evidence Debated\]](#)

Describing his discovery in the [Times Literary Supplement](#), Miller said the notebook is not just the earliest draft ever found, but it is also the only surviving draft written in the hand of one of the original translators.

"Ward's draft alone bears all the signs of having been a first draft, just as it alone can be definitively said to be in the hand of one of the King James translators themselves," Miller wrote.

That hand was a messy one, it seems. "Ward's handwriting is notoriously bad," Miller told Live Science. "At least this is from earlier in his life," he added. Ward began his translation when he was just 32 years old, making him the youngest of the 54 or so men commissioned to translate the King James Bible; his handwriting only got worse with age, Miller noted. Luckily, Miller was familiar with Ward's handwriting from his intense study of the translator's texts.

Translating the Bible

The [King James Bible](#), first published in 1611, is one of the most influential and popular books in English literature. It spawned a long list of common phrases and figures of speech, such as "out of the mouths of babes," "at their wit's end" and "eat, drink and be merry." Even so, few documents survive from its translation.

"I think it is a fascinating discovery, and wholly credible," Jason BeDuhn, a professor of comparative study of religions at Northern Arizona University, told Live Science. "The more we can learn about the process by which the King James Bible was produced, the more realistic our assessment of its merits becomes."



A portrait of Samuel Ward, one of the translators of the new version of the King James Bible.

Credit: Public Domain

King James tasked teams of translators in London, Cambridge and Oxford to write an English version of the Bible that would better reflect the principles of the Church of England. Ward was part of one those teams in Cambridge. He later became master of Sidney Sussex, one of the colleges within the University of Cambridge, and his scholarly papers ended up in the school's archives. In the 1980s, the notebook in question, catalogued as MS Ward B, had been labeled as a "verse-by-verse biblical commentary" with "Greek word studies, and some Hebrew notes." But when Miller revisited the text, he discovered that it actually contained notes and translations of parts of the Apocrypha, a disputed section of the Bible that is excluded from many versions today. [\[Religious Mysteries: 8 Alleged Relics of Jesus\]](#)

"This discovery helps us recapture the human side of the translation process," BeDuhn said. "I especially like Prof. Miller's description of Ward trying out phrasing, crossing it out and trying something else. This is the real work of translation caught in the act."

According to Miller, Ward's notes show that he indeed grappled with the language of certain verses in the Apocrypha, for example, 1 Esdras 6:32. In the 16th-century Bishops' Bible, the previous version to be authorized by the [English Church](#), 1 Esdras 6:32 describes a declaration of [King Darius](#), which states that anyone found disobeying his decrees "of his own goods should a tree be taken, and he thereon be hanged."

"Proposing a revision to the front half of the passage, Ward at first began, 'A tree,' but then crossed it out," Miller explained. "No, 'out of h,' he started writing on second thought, but then crossed that out, too. At last, he reverted back to the more straightforward construction with which he had abortively begun, which also more closely mirrors the Greek of the passage: 'a tree should be taken out of his possession.'"

It seems Ward's suggestions were disregarded. The King James translation would ultimately read "out of his own house should a tree be taken, and he thereon be hanged."

Window into the past

The newly discovered notebook is not only the earliest known draft of any part of the King James Bible, but it's also the only known surviving draft of any part of the Apocrypha. Even so, Miller sees its legacy on a broader scale: "It points the way to a fuller, more complex understanding than ever before of the process by which the [King James Bible], the most widely read work in English of all time, came to be," he wrote.

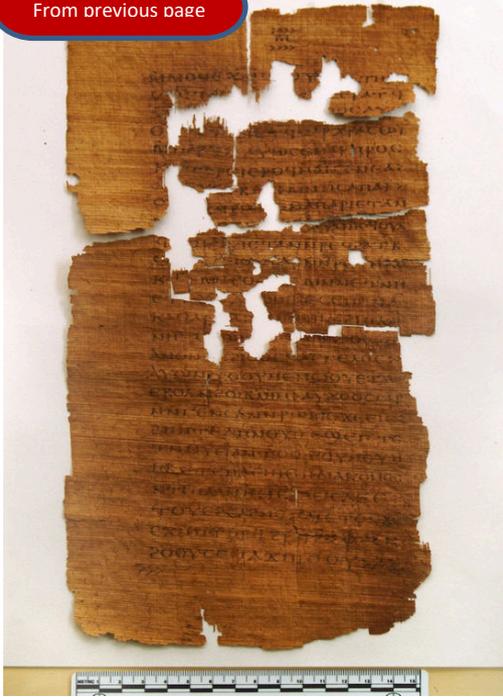
Gordon Campbell of the University of Leicester agreed. "In short, Miller's discovery is a window into the translation process, and that makes it the most important discovery since Ward Allen unearthed the Corpus notebook sixty years ago," Campbell, a fellow in Renaissance studies, told Live Science, referring to an American scholar who, in the 1960s, tracked down the notes of one of the men tasked with revising the translations into the final King James Bible.

The discovery may also give researchers a model of what other drafts could look like. "One of the things I hope is that the draft that I found leads us to discover more drafts of the King James Bible, because maybe we have a better idea of what that might look like," Miller said.

Jeanna Bryner, managing editor of Live Science, contributed to this article.

Editor's Note: This article was updated to include more information about the discovery. Follow us [@livescience](#), [Facebook](#) & [Google+](#). Original article on [Live Science](#).

Religion is part of the human make-up. It's also part of our cultural and intellectual history. Religion was our first attempt at literature, the texts, our first attempt at cosmology, making sense of where we are in the universe, our first attempt at health care, believing in faith healing, our first attempt at philosophy. Christopher Hitchens



Credit: Joseph Barabe, McCrone Associates, Inc

The Bible

The best argument in favor of Jesus as a once-living person is, of course, the Holy Bible itself. The Synoptic Gospels of Matthew, Mark, Luke and John are thought by scholars to have been written by four of Christ's disciples in the decades after his crucifixion. There are still other Gospels, never canonized but written by near-contemporaries of Jesus all the same. Many details differ between the various accounts of his life and death, but there's also a great deal of overlap, and through centuries of careful analysis biblical scholars have arrived at a general profile of Jesus, the man.

"We do know some things about [the historical Jesus](#) — less than some Christians think, but more than some skeptics think," said Marcus Borg, a preeminent Biblical scholar, author and retired professor of religion and culture at Oregon State University. "Though a few books have recently argued that Jesus never existed, the evidence that he did is persuasive to the vast majority of scholars, whether Christian or non-Christian."

Common heartburn medicines linked to gastro hospitalisation, study finds



PHOTO: [Gastro results in more than 13 million lost days of work in Australia each year.](#) (iStockphoto/Ohmega1982)

People who use commonly-prescribed heartburn medication are 70 per cent more likely to be admitted to hospital for infectious gastroenteritis, new research has shown.

Proton pump inhibitors, or PPIs, are one of the world's most commonly used gastric acid suppressants, with more than 19 million scripts prescribed each year in Australia. A study led by the Australian National University has found people who use the medication are much more likely to be hospitalised for gastro. The increased risk is caused by a significant reduction in the amount of acid made by the stomach when using the medication. The research, which will be published in the journal PLOS ONE, looked at gastro cases in Australians over the age of 45.

"The elderly and those with chronic bowel problems are most at risk," lead author Yingxi Chen said.

"These patients should be having a conversation with their doctor to ensure that they are on right dose and that these drugs are the right fit for them."

The study found gastro results in just over 13 million lost days of work in Australia each year. "There is no doubt that PPIs are an effective treatment for reflux and heartburn," Ms Chen said.

"However, clinicians and the patients using them should be fully aware of the side effects when considering PPI use and dosage." ABC News



Credit: [Internet Movie Database](#)

Werewolf Syndrome (also called Hypertrichosis, or Ambras Syndrome)

People who have the rare skin disease called [Werewolf syndrome](#) have some features that may resemble those of the mythical creatures for which the condition is named. According to the [Genetic and Rare Diseases Information Center](#), the symptoms of Ambras syndrome, as the condition is also called, include excessive hair growth all over the body, except on the palms of the hands and soles of the feet. This includes fine hair on the face and ears.

The condition can also cause a person to have a triangular face, a bulbous nose and to lack teeth. [Ambras syndrome is a genetic disease](#) and is a dominant trait, and so if a child has one parent with this syndrome, the child may inherit it.

By Taylor Kubota, Live Science Contributor



Credit: Kotin / Shutterstock.com

Sleeping Beauty Syndrome (also called Kleine-Levin Syndrome)

Like the long-unconscious princess, people with the neurological condition called Sleeping Beauty syndrome experience periods of [excessive sleep](#). These episodes can last up to 20 hours a day, and bouts may go on for days, even weeks, according to the [National Institute of Neurological Disorders and Stroke](#) (NINDS). These episodes of lengthy sleep may be preceded by flu-like symptoms and, when they're awake, people with this syndrome may exhibit various odd behaviors, including eating excessively, hallucinating or acting childishly.

But unlike the princess that the name conjures, 70 percent of the people who have this disorder are adolescent males, according to the NINDS. Stimulant medications are used to treat Kleine-Levin syndrome, and episodes tend to subside as a person reaches adulthood

Mad Cow Disease (Bovine Spongiform Encephalopathy)

People cannot get mad cow disease; it is a disease that affects the brain and spinal cord of cows. It's called "mad cow" because it can cause infected cows to act violently or nervously, according to the U.S. Food and Drug Administration. The disease is properly called bovine spongiform encephalopathy, or BSE. But in the mid-1990s, a new disease was discovered that was related to mad cow, called variant Creutzfeldt-Jakob disease (vCJD). Like mad cow disease, vCJD is a fatal, degenerative brain disorder. And unlike other types of Creutzfeldt-Jakob disease, such as a familial form of the condition that is caused by a gene mutation and can be inherited, the variant form of CJD may be caused by eating food contaminated with the central nervous system tissue of a cow that was infected with BSE. NINDS notes that there is no direct proof of the relationship between eating beef from cattle with BSE and developing vCJD, but both that agency and the World Health Organization (WHO) say that evidence of the link between BSE and vCJD is strong.

By Taylor Kubota, Live Science Contributor

Is Glucosamine Good for Joint Pain? ←

Some studies show it relieves mild to moderate knee osteoarthritis. Should you try supplements?



What DASH Can Do for You

The DASH Diet can help lower your blood pressure and cholesterol levels, which is good for your heart. In fact, DASH stands for Dietary Approaches to Stop Hypertension, or high blood pressure. Even if you don't have high blood pressure, the DASH Diet is worth a look. It may help you lose weight because it's a healthier way of eating. You won't feel deprived. You'll have lots of vegetables, fruits, and low-fat dairy products while cutting back on fats, cholesterol, and sweets

Cut the Salt

Too much salt causes fluids to build up in your body. This puts extra pressure on your heart. On DASH, you'll lower your sodium to either 2,300 or 1,500 milligrams a day, depending on your health, age, race, and any medical conditions. Here are some ways to cut back: Choose low- or no-sodium foods and condiments. Watch foods that are cured, smoked, or pickled. Limit processed foods. They're often high in sodium.

Get Your Grains

Eating whole grains like whole wheat breads, brown rice, whole grain cereals, oatmeal, whole wheat pasta, and popcorn is a good way to get fiber. Some fiber helps lower your cholesterol and also keeps you feeling full longer. For a diet of 2,000 calories per day: Eat six to eight servings a day. One serving is a slice of bread, 1 ounce of dry cereal, or 1/2 cup of cooked whole wheat pasta, rice, or oatmeal (about the size of half a baseball)

Load Your Plate With Vegetables

Vegetables give you fiber, vitamins, and minerals. They don't have a lot of calories or fat -- a good recipe for controlling blood pressure. Have four to five servings of vegetables a day. That's 1/2 cup of cooked or raw vegetables, 1 cup of raw leafy vegetables, or 1/2 cup of vegetable juice for each serving. Iffy about veggies? Start by adding a salad at lunch and dinner.

Don't Forget Fruit

Fruits offer lots of fiber and vitamins that are good for your heart. Many also have potassium and magnesium, which lower blood pressure. Have four to five servings of fruit every day. One serving is a medium apple or orange, or 1/2 cup of frozen, fresh, or canned fruit. One-half cup of fruit juice or 1/4 cup of dried fruit also counts as a serving. Try adding bananas or berries to your breakfast cereal or have fruit for dessert.

Have Some Yogurt

Low- and no-fat dairy foods are good sources of calcium and protein, which can help maintain a healthy blood pressure. Try to get three servings of dairy every day. Choose skim or 1% milk, buttermilk, and low- or no-fat cheeses and yogurt. Frozen low-fat yogurt is OK, too. One serving equals 1 cup of yogurt or milk, or 1 1/2 ounces of cheese -- about the size of three dice.

Go for Lean Meats and Fish

You can still eat meat. Just make sure it's lean. Meats are good sources of protein and magnesium. Skinless chicken and fish are also on the menu. Limit your servings to six or fewer a day. A serving is 1 ounce of cooked meat, fish, or poultry, or one egg. A good rule is to have no more than 3 ounces of meat at a meal -- the size of an iPhone. Limit egg yolks to no more than four in a week.

WebMD

Can reheating food make you sick?

Warming last night's dinner is easy and convenient, but do you know how to avoid the health risks?

The only thing worse than the diarrhea and vomiting that accompany food poisoning is knowing that you could have avoided it by practicing better food-safety habits.

Even if you're in a hurry and reheating food on the fly, you'll want to be sure and follow these guidelines to avoid getting sick:

- Wash your hands and the surfaces in your kitchen with dish detergent often to avoid cross-contamination of foods.
 - Follow [FDA guidelines](#) when reheating leftovers. Heat food to at least 165 degrees and bring sauces, soups and gravies to a boil.
 - When in doubt, throw it out. Contaminated food doesn't have to look or smell funny to be bad.
-
- Don't think that your microwave will zap bacteria. Microwave ovens cook unevenly, overcooking some spots and leaving some cold. It's the cold areas where bacteria thrive.

Additionally, the following foods are more susceptible to contamination:

Chicken



Chicken naturally contains [salmonella](#), but these deadly bacteria are destroyed by heat. When the meat cools, they can begin growing again. If you are reheating chicken, make sure that it is piping hot before serving. You can rotate it in the microwave or oven if needed for even cooking.

Rice



Never leave cooked rice out at room temperature or carry it in a packed lunch without an ice pack. That's because naturally occurring bacteria, *Bacillus cereus*, continue to grow even after rice has been cooked. Rice should go straight into the cool refrigerator for storage and directly to the oven or microwave for reheating.

Beets, Spinach, Carrots, Celery



Dense, starchy vegetables have high concentrations of nitrates, which are vital anti-inflammatories that calm blood vessels and increase blood flow. However, cooking at high temperatures turns these nitrates toxic by releasing carcinogens. It's not known whether these carcinogens can cause cancer; current [research studies](#) have had mixed results.

Of all vegetables, potatoes are susceptible to botulism, which can turn your digestive tract topsy-turvy. The warm temperatures of microwaving promote its growth; so does leaving oven-baked potatoes wrapped in foil on the counter. Eat immediately and refrigerate leftovers as soon as possible to **avoid getting sick**.

Quora.com

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Food Dyes May Cause Hyperactivity in Sensitive Children

In 1973, a pediatric allergist claimed that hyperactivity and learning problems in children were caused by artificial food colorings and preservatives in food.

At the time, there was very little science to back up his claim, but many parents adopted his philosophy.

The doctor introduced [an elimination diet](#) as a treatment for attention deficit hyperactivity disorder (ADHD). The diet eliminates all artificial food colorings, along with a few other artificial ingredients.

One of the earliest studies, published in 1978, found no changes in children's behavior when they were given a dose of artificial food dyes (6).

Since then, several studies have found a small but significant association between artificial food dyes and hyperactivity in children (1).

One clinical study found that removing artificial food dyes from the diet, along with a preservative called [sodium benzoate](#), significantly reduced hyperactive symptoms (7).

A small study found that 73% of children with ADHD showed a decrease in symptoms when artificial food dyes and preservatives were eliminated (8).

Another study found that food dyes, along with sodium benzoate, increased hyperactivity in both 3-year-olds and a group of 8- and 9-year-olds (9). However, because these study participants received a mixture of ingredients, it is difficult to determine what caused the hyperactivity.

Tartrazine, also known as Yellow 5, has been associated with behavioral changes including irritability, restlessness, depression and difficulty with sleeping (10).

What's more, a 2004 analysis of 15 studies concluded that artificial food dyes do increase hyperactivity in children (11).

Yet it appears that not all children react the same way to food dyes. Researchers at Southampton University found a genetic component that determines how food dyes affect a child (12).

While effects from food dyes have been observed in children with and without ADHD, some children seem much more sensitive to dyes than others (1). Despite this, both the FDA and the EFSA have stated there is currently not sufficient evidence to conclude that artificial food dyes are unsafe.

Their regulatory agencies work on the premise that a substance is safe until proven harmful. However, there is certainly sufficient evidence to raise some concern.

Interestingly, in 2009 the British government began encouraging food manufacturers to find alternative substances to color food. As of 2010, in the UK a warning is required on the label of any food that contains artificial food dyes.

Bottom Line: Studies suggest there is a small but significant association between artificial food dyes and hyperactivity in children. Some children seem to be more sensitive to dyes than others.

By Becky Bell, MS, RD

Do Food Dyes Cause Cancer?

The safety of artificial food dyes is highly controversial.

However, the studies that have evaluated the safety of food dyes are long-term animal studies.

Interestingly, studies using Blue 1, Red 40, Yellow 5 and Yellow 6 found no evidence of cancer-causing effects (13, 14, 15, 16, 17, 18, 19).

Nevertheless, other dyes may be more concerning.

By Becky Bell, MS, RD



Mounting Evidence Links Lead, Mercury and Arsenic to Autism

I reported on six studies that found strong relationships between biomarkers for ... [READ MORE](#)

Vitamin D could Improve Heart Health



Vitamin D may help improve the health of your heart and reduce the likelihood of heart attacks.

In one study, men with blood levels below 15 ng/ml (37 nmol/l) were twice as likely to get a heart attack as those with levels of 30 ng/ml (75 nmol/l) or higher (29).

In another study, the likelihood of developing heart disease was 153% higher for people with blood vitamin D levels below 15 ng/ml (37 nmol/l) (30).

The highest risk was seen in individuals with low vitamin D levels who also had high blood pressure (30).

That said, although low blood vitamin D levels are often linked to an increased risk of heart disease, many studies fail to find a decreased risk from taking vitamin D supplements (31, 32, 33, 34).

Experts speculate that other factors linked to a good vitamin D status may be at play, such as time spent outdoors or a preference for vitamin-D-fortified beverages instead of [soft drinks](#) (35).

Thus, although taking vitamin D supplements may be beneficial for other reasons, increasing your levels through lifestyle choices still seems to be the best strategy against heart disease.

Bottom Line: Individuals with a good vitamin D status have a lower risk of developing heart disease. However, taking supplements doesn't seem to have an effect.

[Authoritynutrition.com](#)

Climate Change Could Trigger Collapse of Major Ocean Current

January 06, 2017 | Article

The failure of an important Atlantic Ocean current due to climate change could have a devastating effect on the planet.

[Read More](#)



Our pythons in Sri Lanka also have a weight problem.

11+ Herbs and Supplements for Diabetes

By [Taylor Jones, RD](#)

A healthy diet, exercise and certain medications are the cornerstones of diabetes prevention and treatment. However, some herbs and supplements may also have potential benefits.

Interestingly, many of them have been shown to have anti-diabetic properties, including lowering blood sugar and improving blood lipids and insulin sensitivity.

This is a list of the most promising herbs and supplements for diabetes.

1. [Turmeric](#)
2. [Ginger](#)
3. [Cinnamon](#)
4. [Onion](#)
5. [Black Seed or Black Curry](#)
6. [Fenugreek](#)
7. [Aloe Vera](#)
8. [Berberine](#)
9. [Bilberry, Blueberry and Whortleberry](#)
10. [Chromium](#)
11. [Magnesium](#)

Vitamin D may Lower Your Risk of Certain Cancers

Maintaining adequate vitamin D levels may have some benefits for preventing cancer.

In fact, various studies suggest that individuals with higher levels have a lower risk of certain types of cancer (36, 37).

Two recent reviews report that those with adequate levels may have up to a 25% lower risk of developing bladder cancer. Higher vitamin D levels may also reduce the risk of dying from the disease (38, 39).

Similarly, several other studies show that maintaining higher blood vitamin D levels may reduce the risk of developing colorectal cancer (40, 41, 42, 43).

In addition, some studies report that vitamin D may play a role in slowing down the progression of cancer. That said, it remains unclear whether taking vitamin D supplements provides any anti-cancer benefits (44).

In fact, several studies failed to find protective effects against cancer after participants took vitamin D supplements, despite having increased blood levels (45, 46, 47, 48, 49). In sum, more studies are needed to determine cause and effect, as well as the true value of taking vitamin D supplements as an anti-cancer strategy.

Until then, it may be wise to focus on maintaining adequate vitamin D levels through lifestyle choices that are known to reduce the risk of cancer. For instance, through a healthy diet and regular [physical activity](#) — preferably outdoors.

Bottom Line: Vitamin D may play a role in cancer prevention. However, more studies are needed to determine its exact role.

[Authoritynutrition.com](#)

TOMATOES ARE DENSE IN PHYTONUTRIENTS

In terms of phytonutrients, few vegetables compare with tomatoes. They contain flavonones, flavonols, hydroxycinnamic acids, carotenoids, glycosides and even fatty acid derivatives. Better antioxidant protection has also been shown using broad measurements of oxidative stress in different body systems including neurodegenerative diseases.

A little humor for all Catholics and non Catholics.

The first Catholic man tells his friends, "My son is a priest, when he walks into a room, everyone calls him 'Father'."

The second Catholic man chirps, "My son is a Bishop. When he walks into a room people call him 'Your Grace'."

The third Catholic gent says, "My son is a Cardinal. When he enters a room everyone bows their head and says 'Your Eminence'."

The fourth Catholic man says very proudly, "My son is the Pope. When he walks into a room people call him 'Your Holiness'."

Since the lone Catholic woman was sipping her coffee in silence, The four men give her a subtle, "Well....?"

She proudly replies,
I have a daughter



When she walks into a room, people say, "JESUS"

Little sleep makes you fat

Getting too little sleep may increase levels of an appetite-stimulating hormone called ghrelin and decrease levels of the hormone leptin, which makes you feel full, according to the National Institutes of Health. This may lead to an increase in hunger and make it harder to stick to a diet.

Eggs Are Extremely Nutritious And Healthy

Eggs are [one of the most nutritious foods](#) you can eat (4).

Despite being relatively low in [calories](#), eggs contain high amounts of good-quality protein, fat and a variety of nutrients.

One large egg contains the following (5):

Calories: 78

Protein: 6 grams

Fat: 5 grams

Carbs: 1 gram

Selenium: 22 percent of the RDI

Riboflavin: 15 percent of the RDI

Vitamin B12: 9 percent of the RDI

Eggs also contain smaller amounts of almost every vitamin and mineral that your body needs.

What's more, they are among very few dietary sources of [choline](#), a very important nutrient that most people are not getting enough of (6).

In addition to being very nutritious, they are very filling and have been shown to be a [great weight loss food](#) (7, 8).

In fact, studies have shown that the simple act of eating eggs for breakfast can cause people to eat up to 500 fewer calories over the course of the day (8, 9).

Bottom Line: Eggs are low in calories, but they're very nutritious. They're also very filling and may help with weight loss.

EcoWatch



Credit: Valeriy Kirsanov | Dreamstime

They can tell when you have low blood sugar

Some trained dogs seem to detect low blood sugar levels. According to a 2000 article in the British Medical Journal, more than one-third of dogs living with diabetic people have been reported to display behavioral changes when their owners' blood sugar drops, sometimes even before patients themselves were aware of it. In two case studies cited by the paper, the dogs not only detected their owners' falling glucose levels, they even nudged their owners into eating.

It's unclear how the dogs did it, but it's possible that they detected minute muscle tremors, or changes in the owners' scents, according to the study.

And they might be able to learn the skill. Reportedly, Cavalier King Charles Spaniel was recently taught to recognize low blood sugar by the Pups in Prison program at the Junee Correctional Centre in Australia, where inmates helped train service dogs. LiveScience

More Doubt on Value of Mammograms

Mammograms may cause women to receive treatment they likely don't need.

[READ MORE](#)



Mounting Evidence Links Lead, Mercury and Arsenic to Autism

In November 2016, I reported on six studies that found strong relationships between ... [READ MORE](#)

Surprising Signs of Type 2 Diabetes

Learn about type 2 diabetes warning signs, diagnosis, and treatment options.

[VIEW SLIDESHOW](#)



Credit: Public Domain

Alice in Wonderland Syndrome

Named in a [1955 Canadian Medical Association Journal\(CMAJ\) article](#), this syndrome is often associated with people who have migraine headaches and epilepsy. People with the condition may have distorted vision or perceptions that make it seem like parts of their body are much bigger or smaller than expected, or that one body part is taller or shorter than they are in reality. The CMAJ article also says the name was chosen because Carroll experienced migraines. This syndrome may also be caused by [viral infection](#) or [drug use](#).

[Original article on Live Science](#)

Understanding Blood Sugar Control

After you eat a meal, the sugars in each of the foods you eat raises the level of sugar in your blood. The body responds by secreting insulin — a hormone produced by the pancreas. Insulin lowers blood sugar levels by increasing the rate at which glucose is taken up by cells throughout the body.

If you go too long without eating, or eat the wrong (read: "junk") foods, or if your hormones are out of balance, your blood sugar will fall too low. When this happens, your adrenal glands will release adrenalin and cortisol in order to remedy the situation. At this point, you should eat food that will slowly and gradually raise your blood sugar levels again. www.cureioiv.com

High Heat Increases Heart Disease Risk

Cooking at a high temperature may raise the risk of heart disease due to toxic chemicals being released.

A recent study warns that cooking food at a high temperature may increase the risk of developing of [heart disease](#). This is due to the toxic chemicals created in foods when cooked on high heat. This research was also carried out to explore why some ethnicities are more apt to develop heart disease than others.

When food is cooked at a temperature greater than 150 degrees centigrade, it modifies the chemical structure and can produce toxic products known as neo-formed contaminants (NFCs). Trans-fatty acids are formed when oils break down as a result of foods being fried at high temperatures. These are banned from food sales in different sections of the world, as they are perceived as being harmful. Other toxins created are advanced glycation end-products.

The University of Edinburgh lead an international team and performed a review of previous studies that explored the effects of NFCs on animal and human tissue. They also investigated the relationship between NFCs and heart disease risk. The findings showed that frying and roasting at high heat, which is common in South Asian countries, for instance, ultimately creates high levels of trans-fatty acids, particularly if the oil is reused. This is true for urbanized South Asians such as Pakistani, Indian, Sri Lankan, and Bangladeshi populations.

Men born in Pakistan have a 62 percent higher risk of dying from a heart attack in comparison to those born in England and Wales. It is also possible that the increase in risk could be linked to a higher rate of diabetes in certain communities. These findings can be especially important in a country like Scotland, which has heart disease rates which are among the world's highest.

The researchers also found that the lower heart disease rates in China appeared to be because their common method of cooking is steaming, braising, or boiling. Those methods do not create high levels of toxicity. In Chinese stir fry, only a dash of oil is used together with splashes of water. Realizing that dark soy sauce can be harmful, they mostly use light soy and very little oil and few spices.

University of Edinburgh professor Raj Bhopal stated "We still don't know why some ethnic groups are more susceptible to heart disease and this could be part of the answer to this mystery. It is exciting because if our findings are proven to be correct, we could make a real impact on rates of heart disease within a generation.

He went on to state "We've found some evidence to back up this view but more research will be needed to confirm the findings before we can make any recommendations for changing national guidelines on a healthy diet.

Diabetes, Iron intake and complications

Iron, one of the most abundant minerals on earth, is required in human body as part of enzymes and proteins involved in carrying oxygen to cells and for regulating cell growth. Now you must be wondering about the link between iron and diabetes. Well, there are some evidences suggesting that high consumption of iron elevates the risk of developing Type 2 diabetes.

A study was carried out that enrolled 85,000 middle-aged women and results concluded that women who consumed too much heme iron (the kind found in animal foods) have as much as 28% increased risk of developing Type 2 diabetes. Another similar study was conducted, where 33,000 healthy women were followed for 10 years. Results showed that women with high iron stores had higher incidences of Type 2 diabetes. The mechanism behind this may be attributed to high levels of iron damaging muscle tissues that decrease the body's ability to move glucose from blood into cells and thus interfering with insulin production. The role of iron in diabetes is also supported by the fact that there was a reversal or improvement in diabetes with a reduction in iron load. Also, there is evidence that women with Type 2 diabetes who consume a high amount of heme iron and red meat have up to 50% increase in the risk of coronary heart disease.

Iron is also a core component of prenatal vitamins but recent researches are claiming higher risk of developing gestational diabetes in pregnant women with high iron levels. In support, a new study, published in *Diabetologia*, showed that excess iron could increase the risk for gestational diabetes mellitus (GDM) at certain weeks of pregnancy. Hence, pregnant women should be monitored for iron (World Health Organisation routine recommendations for iron) to reduce the risk.

Iron is a double-edged sword. If we lack it, we risk anemia and we have excess of it, we increase our risk for a range of conditions. Improvement in insulin sensitivity and insulin secretion can be achieved with frequent blood donation and decreasing iron stores. Diabetes foot is one of the most important and most devastating complications of Diabetes. All diabetic patients are at risk for this complication.

The interesting fact is that with proper care, education and early intervention this complication can be avoided and treated at a very early stage.

If you are diabetic, avoid red meat and consume iron supplements only if it is really required and recommended.

Dr Rajes Jain

According to a Fengshui Master in HK:
This February won't come in our lifetime again. Because this February has 4Sundays, 4Mondays, 4Tuesdays, 4Wednesdays, 4Thursdays, 4Fridays & 4Saturdays. This only happens once every 823years. This is called money bags. So share to at least 5 people or 5 groups and money will arrive within 4days. Based on Chinese Feng Shui. Share within 11 minutes of reading.

2017 FEBRUARY 2017						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	☾	☉	☾	☉

Chili pepper compound can stop breast cancer, study finds



Written by Ana Sandoiu

Research has identified different subtypes of breast cancer that respond to varying treatment types. Of these, the so-called triple-negative breast cancer is particularly aggressive and difficult to treat. However, new research may have uncovered a molecule that slows down this kind of cancer.

Breast cancer is the most prevalent form of **cancer** in women around the world, with almost **1.7 million** new cases diagnosed in 2012.

In the United States, breast cancer is also the **most common** form of cancer in women, regardless of race or ethnicity.

Genetic research has enabled scientists to classify breast cancer into subtypes, which respond differently to various kinds of treatment. These subtypes are categorized according to the presence or absence of three receptors that are known to promote breast cancer: **estrogen**, **progesterone**, and the epidermal growth factor receptor 2 (HER2).

Breast cancers that test positively for HER2 typically respond well to treatment and even to some specific drugs. However, there are types of cancer that test negatively for HER2, as well as for estrogen and progesterone - this is called **triple-negative breast cancer**.

As some **studies** have shown, triple-negative cancer is more difficult to treat, with **chemotherapy** being the only option.

New research, from the Ruhr University in Bochum, Germany, tested the effects of a spicy molecule on cultivated **tumor** cells of this particularly aggressive cancer type.

Researchers were led by Dr. Hanns Hatt and Dr. Lea Weber, and they collaborated with several institutions in Germany. These included the Augusta clinics in Bochum, the hospital Herz-Jesu-Krankenhaus in Dernbach, and the Centre of Genomics in Cologne.

Examining the effect of spicy molecule on cancer cells

The researchers tested the effect of an active ingredient commonly found in chili or pepper - called capsaicin - on SUM149PT cell culture, which is a model for triple-negative breast cancer.

The scientists were motivated by existing research, which suggests that several transient receptor potential (TRP) channels influence cancer cell growth. As the authors explain, TRP channels are membranous ion channels that conduct **calcium** and sodium ions, and which can be influenced by several stimuli including temperature or pH changes.

One of the TRP channels that play a significant role in the development of several diseases - and received a great deal of attention from researchers - is the olfactory receptor TRPV1.

Capsaicin has also been shown to induce cell death and inhibit cancer cell growth in several types of cancer, including colon and **pancreatic cancer**.

In this new study, the researchers aimed to investigate the expression of TRP channels in a vast amount of breast cancer tissue, as well as to analyze and understand how TRPV1 could be used in breast cancer therapy.

Capsaicin activates TRPV1 to inhibit cancer cells

Researchers found several typical olfactory receptors in the cultivated cells. **Olfactory receptors** are proteins that bind smell molecules together and are located on olfactory receptor cells lining the nose.

The scientists found that the TRPV1 receptor appeared very frequently. TRPV1 is normally found in the fifth cranial nerve, which is called the trigeminal nerve.

This olfactory receptor is activated by the spicy molecule capsaicin as well as by helional - a chemical compound giving the scent of fresh sea breeze.

Dr. Hatt and team found TRPV1 in the tumor cells of nine different samples from breast cancer patients.

Researchers added capsaicin and helional to the culture for several hours or days. This activated the TRPV1 receptor in the cell culture.

As a result of TRPV1 being activated, the cancer cells died more slowly. Additionally, tumor cells died in larger numbers, and the remaining ones were not able to move as quickly as before. This suggests that their ability to metastasize was reduced.

The findings were **published** in *Breast Cancer: Targets and Therapy*.



15 Ways You Had No Idea You Could Use Olive Oil

This fantastic article was written by Gwendy Taylor, a mother of two who researches and writes about various health and wellness topics. We encourage you to check out some of her work on [Diabetes Daily](#) and [Twitter!](#)

We all know that olive oil is a healthy cooking oil, and is the preferred oil of choice for salad dressings, but olive oil's health benefits go far beyond consumption. Olive oil has long been used in cosmetics, medicines, and for other non-dietary purposes.

[Read More](#)

Delaware-Size Iceberg Is About to Break Off from Antarctica

By Laura Geggel, Senior Writer |



An iceberg one-fourth the size of Wales is about to break off of Antarctica.

Credit: Copyright MIDAS Project, A. Luckman, Swansea University
An icy thread measuring a mere 12 miles (20 kilometers) long is all that's anchoring a massive iceberg the size of Delaware to its home in West Antarctica, climate scientists report.

If the iceberg breaks away — an event known as calving — the Larsen C Ice Shelf in Antarctica will lose more than 10 percent of its area, which amounts to about 2,000 square miles (5,000 square km), according to Project MIDAS, an Antarctic research project based in the United Kingdom.

MIDAS researchers noticed the rift in 2014, and have used satellite and other data to monitor it ever since. The rift made headlines late last year when NASA's IceBridge mission snapped [a photo showing the eerily immense crack](#), which measured 70 miles (112 km) long, more than 300 feet (91 meters) wide and about one-third of a mile (0.5 km) deep as of Nov. 10, 2016. [\[In Images: IceBridge Investigates Antarctica\]](#)

However, the rift has worsened since November, Project MIDAS announced yesterday (Jan. 5).

"After a few months of steady, incremental advance since the last event, the rift grew suddenly by a further 18 km [11 miles] during the second half of December 2016," MIDAS researchers [wrote in a blog post](#). "Only a final 20 km of ice now connects an iceberg one quarter the size of Wales to its parent ice shelf."

Should we eat more Bananas?

Written by Dr Harold Gunatillake FRCS, FICS, FIACS, AM (Sing), MBBS-Health writer
Bananas are available in every little way-side tea boutique or street eating outlet in Sri Lanka on the main trunk roads. Bananas are kept hanging in most of these places. The secret is that hanging unripe green skin bananas change as they ripen and become sweeter. There are enzymes in bananas that begin to break down starches into sugars. What this means is that it ...

[Continue Reading](#)

Upswing: Chinese Food

Foods high in fat can cause blood sugar to stay higher for longer periods of time. Pizza, French fries, and most fried foods are high in carbohydrates and fat. It's a good idea to check your blood sugar about two hours after you eat such foods to see how your blood sugar levels are affected.

Medicine.net

RECIPE OF THE DAY



Asian Vegetables and Chicken in a Spicy Peanut Sauce

Spice up your weekend with sweet and spicy Asian stir fry, made with chicken and a hot peanut sauce.

STIR IT UP



How to

Cure Constipation

Incorporating the following simple hacks will help most people get ... [READ MORE](#)

Does Sugar Really Cause Cavities?

By Elizabeth Palermo, Associate Editor |



Credit: [Dentist photo](#) via Shutterstock

You've probably heard it all your life: Eating sweets will rot your teeth. But while a diet high in sugar certainly promotes the formation of cavities (as well as other medical problems, such as obesity), sugar itself isn't the real culprit behind tooth decay.

Dental cavities — also known as caries, the Latin word for "decay" — are formed when bacteria living in the mouth digest carbohydrate debris left on the teeth after you eat. Such debris might include the refined sugars found in cookies, candy and other treats, but can also come from healthy foods like [whole grains](#), vegetables and fruits. When digesting these carbohydrates, bacteria in your mouth produce an acid that combines with saliva to form that nasty stuff your dentist warned you about: plaque. [\[Chew on This: 8 Foods for Healthy Teeth\]](#)

It's plaque — not sugar — that leads to tooth decay. Plaque starts building up after every meal, and if it isn't brushed away frequently, it can erode the hard, outer enamel of a tooth, resulting in tiny holes in the tooth's surface. These holes mark the first stage of cavity formation.

And those tiny holes can do a lot of damage if left untreated. Eventually, the acid and bacteria in plaque can eat through the other layers of your teeth, as well — from the softer layer of teeth under the enamel, known as dentin, to the third layer (the pulp), which contains your teeth's blood vessels and nerves. Cavities affecting the pulp of a tooth, as well as the [bone supporting the tooth](#), can cause severe toothaches, sensitivity, pain when eating and abscesses in the mouth. Ultimately, sugar is just one of many carbs that can land you in the dentist's chair, but that doesn't mean you should trade in your apples for candy corn just yet. In addition to the many health benefits of a plant-heavy diet, the [kinds of foods you eat](#) are important to oral health.

Some foods — like hard candy, breath mints, raisins and dry cereal — can get stuck in the grooves and crevices of your teeth, where they could cause decay. Fruit and [yogurt](#), on the other hand, wash away easily with saliva and are, therefore, less likely to cause plaque buildup.

And the way you consume food is just as important as the kinds of food you eat. For example, chugging a can of soda actually does less damage to your teeth than sipping on a soda throughout the day, because the acid created by mouth bacteria sticks around for 30 minutes after you eat or drink. So every time you munch another chip or take a sip of soda, you restart the plaque-production clock and increase your risk of developing cavities.

Carbonated soft drinks also contain phosphoric and citric acids that have been shown to erode tooth enamel. Eating or drinking highly acidic foods — even healthy foods, like citrus fruits — can lead to tooth decay if [oral hygiene](#) is not properly maintained.

Follow Elizabeth Palermo on Twitter [@techEpalermo](#), [Facebook](#) or [Google+](#). Follow [LiveScience @livescience](#). We're also on [Facebook](#) & [Google+](#).



Simple Fix for Vertigo

A doctor at the University of Colorado Hospital has become a YouTube sensation. That's because she has developed a simple maneuver to treat vertigo at home. CBS4 Health Specialist Kathy Walsh first explained the [treatment in a story in 2012](#). Since then, it's gotten 2.6 million views on [cbsdenver.com](#).

[Read More](#)



Healthy banana pancakes

These pancakes only require 4 ingredients and are totally gluten-free, grain-free and guilt-free!

Jolly Sri Lankan life today



Pic: courtesy Face Book
In keeping with Eddie Jayamanne's song-
"Kappala Beepalla sudi-karapalla

Secrets of Metabolism

By *Brenda Goodman, MA*

WebMD Health News

Reviewed by *Michael W. Smith, MD*

Jan. 3, 2017 -- If you're trying to manage your weight, you'll need to mind your metabolism.

Metabolism, specifically resting metabolism, is the body's engine. It's the energy you burn just to keep your heart beating, your [lungs breathing](#), and your other organs running.

Unless you're an elite athlete, resting metabolism accounts for 60% to 75% of all the calories you burn each day, and it varies a lot from person to person.

If you're counting calories, knowing your resting metabolism can help you figure out how much you can eat without gaining weight.

People who have a naturally high metabolic rate can eat more, without gaining weight, than people who burn calories at a slower pace.

Sounds great, right? You've got this awesome internal combustion engine that burns hundreds of calories a day without you having to do a single situp.

Now for the bad news: It's hard to boost your resting metabolism much beyond its natural set point, though it is possible to slow it down.

Here's what science has shown can put a dent in your ability to [lose weight](#) and keep it off.

Sleep

Researchers have known that short [sleep](#) leads to [weight gain](#). People who don't get at least 6 hours of sleep at night are prone to overeating, and they usually crave starchy, sugary foods.

It turns out that overeating isn't the only issue when you're cheating sleep; not getting enough shut-eye also slows metabolism.

Researchers at the University of Pennsylvania recently brought 36 healthy adults into their sleep lab. Over 5 days, half the group was only allowed to sleep 4 hours a night; the other half got to sleep up to 10 hours at a time.

Even though the sleep-restricted group was active and awake for more hours of the day, their resting metabolisms slowed by about 50-60 calories a day, says senior study author Namni Goel, PhD. Goel studies sleep medicine at the University of Pennsylvania School of Medicine.

It's not a huge amount, but "that can add up across multiple nights of sleep restriction," she says.

Even more concerning, Goel says, is that metabolism sputters just as appetite goes up. Her sleep-restricted volunteers were eating about 500 more calories each day, so the total calorie imbalance just from not getting enough sleep was substantial -- around 550 calories a day, enough to lead to about a pound of weight gain each week.

Protein

Kevin Hall, PhD, a senior investigator at the National Institutes of Health, has been doing experiments to test the idea that all calories are equal, no matter where they come from. With [fats](#) and carbohydrates, that seems to be true. But Hall says protein seems to be a different story.

"It looks like there might be some benefit to increasing the amount of protein that you eat," he says, though more research is needed before he can say for sure. And he's not sure why protein might boost metabolism, but he has some theories.

The body spends more energy trying to digest and absorb proteins than it does fats and carbohydrates.

"It also might increase metabolic rate, but very slightly. We're not talking about huge increases here," Hall says.

Diets that switch the body's calorie primary fuel source from [sugar](#) or carbohydrates to fats also may help with your metabolism. Diets that do this are called ketogenic diets. They tend to be higher in fats or proteins and lower in carbohydrates.

In a recent study, Hall had 17 [overweight](#) or [obese](#) men follow two different low-calorie diets. The first was a [diet](#) that was higher in carbohydrates and lower in fats. The second was a [ketogenic diet](#) that was lower in carbohydrates and higher in fats. Protein was kept the same between the two diets. The men lost weight on both diets, but their metabolisms were slightly higher on the ketogenic diet.

The take-home message for people who are looking to lose weight is that if you're going to cut calories, don't cut your protein intake.

Eating more protein may help keep your resting metabolism high, which can help you both lose weight and keep it off after.

Food Dyes: Harmless or Harmful?

By [Becky Bell, MS, RD](#)

Artificial food dyes are responsible for the bright colors of candy, sports drinks and baked goods.

They're even used in certain brands of pickles, smoked salmon and salad dressing, as well as medications.

In short, they're everywhere.

In fact, artificial food dye consumption has increased by 500% in the last 50 years, and children are the biggest consumers ([1](#), [2](#), [3](#)).

Claims have been made that artificial dyes cause



serious side effects, such as hyperactivity in children, as well as cancer and allergies.

The topic is highly controversial and there are many conflicting opinions about the safety of food dyes. This article separates the fact from fiction.

What Are Food Dyes?

Food dyes are chemical substances that were developed to enhance the appearance of food by giving it artificial color.

People have added colorings to food for centuries, but the first artificial food colorings were created in 1856 from coal tar.

Nowadays, food dyes are made from petroleum.

Over the years, hundreds of artificial food dyes have been developed, but a majority of them have since been found to be toxic. There are only a handful of artificial dyes that are still used in food.

Food manufacturers often prefer artificial food dyes over natural food colorings, such as beta carotene and beet extract, because they produce a more vibrant color.

However, there is quite a bit of controversy regarding the safety of artificial food dyes. All of the artificial dyes that are currently used in food have gone through testing for toxicity in animal studies.

Regulatory agencies, like the US Food and Drug Administration (FDA) and the European Food Safety Authority (EFSA), have concluded that the dyes do not pose significant health risks.

Not everyone agrees with that conclusion. Interestingly, some food dyes are deemed safe in one country, but banned from human consumption in another, making it extremely confusing to assess their safety.

Dyes That Are Currently Used in Food

The following food dyes are approved for use by both the EFSA and the FDA ([4](#), [5](#)):

Red No. 3 (Erythrosine): A cherry-red coloring commonly used in candy, popsicles and cake-decorating gels.

Red No. 40 (Allura Red): A dark red dye that is used in sports drinks, candy, condiments and [cereals](#).

Yellow No. 5 (Tartrazine): A lemon-yellow dye that is found in candy, soft drinks, chips, popcorn and cereals.

Yellow No. 6 (Sunset Yellow): An orange-yellow dye that is used in candy, sauces, baked goods and preserved fruits.

Blue No. 1 (Brilliant Blue): A greenish-blue dye used in ice cream, canned peas, packaged soups, popsicles and icings.

Blue No. 2 (Indigo Carmine): A royal blue dye found in candy, ice cream, cereal and snacks.

The most popular food dyes are Red 40, Yellow 5 and Yellow 6. These three make up 90% of all the food dye used in the US ([3](#)).

A few other dyes are approved in some countries, but banned in others. Green No. 3, also known as Fast Green, is approved by the FDA but banned in Europe.

Quinoline Yellow, Carmoisine and Ponceau are examples of food colorings allowed in the EU but banned in the US.

Bottom Line: There are six artificial food dyes that are approved by both the FDA and the EFSA. Red 40, Yellow 5 and Yellow 6 are the most

White Rice

It can spike -- and then crash -- your blood sugar, which makes you hungry again. Choose basmati rice or brown rice instead. They aren't as likely to cause that roller coaster reaction. And don't overcook it.

[How to Detox After Chemotherapy](#)



Heart of the Matter: 7 Things to Know About Your Ticker

By Rachael Rettner, Senior Writer |



An image shows a human heart with a cardiogram

Credit: heart-beat-130925

The heart is a vital organ that pumps blood through the body, and is **part** of the body's **circulatory system**. It is capable of some seemingly **amazing** feats you may not be aware of. Here are seven things you should know about the heart.

The heart can beat on its own

The heart does not need a brain, or a body for that matter, to keep beating. The heart has its own electrical system that causes it to beat and pump blood. Because of this, the heart can continue to beat for a short time after **brain death**, or after being removed from the body. The heart will keep beating as long as it has oxygen.

The heart beats about 100,000 times a day

Your heart is a busy organ. The **human heart** beats about 100,000 times a day, which adds up to about 3 billion beats over an average lifetime. The **blood** that your heart pumps could travel about 60,000 miles through blood vessels. That's the distance your blood vessels would cover if laid out, end to end.

More women than men die from heart disease

Although **heart disease** is often stereotyped as a condition that afflicts men, slightly more women than men in the U.S. have died from the condition each year over the past three decades, according to the American Heart Association. For example, in 2009, heart disease was responsible for 401,495 deaths in U.S. women, and 386,436 deaths in U.S. men, the AHA says.

Heart rate is individual

A person's **heart rate**, or the number of times the heart beats per minute, depends on many factors, including age, fitness level, **body** size and medication. Resting heart rate for adults is typically between 60 and 100 beats per minute.

Blood pressure is two numbers

Blood pressure is not a single measurement, but two: systolic pressure, or the pressure when the heart beats, and diastolic pressure, or the pressure when the heart rests between beats. It is typically written as systolic pressure (top number) over diastolic pressure (bottom number). Normal systolic blood pressure is below 120, and normal diastolic pressure is below 80.

Blood pressure should be taken in both arms

Although the American Heart Association recommends that people have their blood pressure measured in both arms at their first visit with a doctor, most people have their blood pressure taken in just one arm.

Studies suggest that taking a **blood pressure measurement in both arms** may better help determine heart disease risk. In one recent study, people who had different blood pressure readings in their right versus left arm were at increased risk for heart problems over

Injections of tiny beads could promote weight loss.

In a **small study** presented at the Society of Interventional Radiology's annual meeting this year, researchers described a **new** procedure that may curb feelings of hunger and promote weight loss.

In the procedure, called bariatric arterial embolization, microscopic beads are injected into the blood through a tiny nick in the wrist or groin. The beads travel to a part of the stomach called the fundus, where they decrease the amount of blood flow to that area. The fundus produces most of the body's ghrelin, also known as the **hunger hormone**, so by decreasing blood flow to the area, the procedure may limit the amount of ghrelin the fundus secretes, the researchers said.

Study lead author Dr. Clifford Weiss, director of interventional radiology research at the Johns Hopkins University School of Medicine, noted in a statement that the doctors who completed the study are excited about the possibilities the procedure offers. Compared to **weight-loss surgery**, this procedure "is significantly less invasive and has a much shorter recovery time," he said.

However, the findings have not yet been published in a peer-reviewed journal, and much more research will be needed to confirm the procedure's safety and effectiveness.

By Stephanie Bucklin, Live Science Contributor

Eating fat doesn't make you fat.

A **study** published in the journal *The Lancet Diabetes & Endocrinology* found that men and **women** who followed a high-fat, **Mediterranean diet** that was rich in either olive oil or nuts lost more weight and reduced their waist circumference more than people who were instructed to reduce their fat intake.

In the study, researchers used data gathered over a five-year period on people in Spain, as part of a study that examined the effects of the Mediterranean diet on heart health. The study included almost 7,500 older adults who were instructed to follow one of three diets: a Mediterranean diet with at least 4 tablespoons of extra-virgin olive oil each day, a Mediterranean diet with at least three servings of nuts each week, or a control diet in which the participants were advised to **generally avoid consuming fat**.

After five years, the people in both the olive-oil group and the nut group lost more weight than the control group, and also greater reductions in their waist circumferences when compared with the control group.

The key takeaway is that neither fat-rich diet led to **weight** gain or increases in weight, lead study author Dr. Ramon Estruch, an internal medicine physician at the University of Barcelona in Spain, told Live Science in June.

Plant protein may keep you full longer than meat does.

A **recent study** published in the journal *Food and Nutrition Research* found that **plant protein** may be more effective than animal protein at making you feel full and helping you eat less at your next meal.

In the study, 43 young male participants ate one of three different breakfast meals, on three different days, each two weeks apart. The first was a high-protein meat patty with a potato mash, the second was a high-protein legume patty with a split-pea mash, and the third was a low-protein legume patty with a potato mash. (Legumes are a plant group that includes beans and lentils.)

The men reported **feeling fuller** after eating the high-protein legume-patty meal than they did after eating each of the other two meals.

In addition, the participants who consumed the high-protein legume patty consumed 12 to 13 percent fewer calories at lunch compared with when they had consumed either of the other two patties for breakfast, senior study author Anne Raben, a professor of obesity research at the University of Copenhagen, told Live Science in November. One reason for this may have been the higher amount of fiber in the high-protein legume patty, the researchers noted.

[Research at Bond University aims to find if ginger can reduce chemotherapy nausea symptoms](#)



Probiotics help lower blood sugar levels.

Consuming probiotics may help decrease [blood sugar levels](#), according to a [small study](#) from Canada.

In the study, some people who were following the [DASH \(Dietary Approaches to Stop Hypertension\) diet](#), which is recommended for people with high blood pressure, were asked to eat probiotics as well. The people who consumed probiotics over the three-month study period had a larger average decrease in several measures of blood sugar levels than the group that only followed the DASH diet and did not take probiotics.

Although more research is needed, the findings suggest that adding probiotics to the DASH diet could help [protect against diabetes](#), said the study's author, Arjun Pandey, a researcher at the Cambridge Cardiac Care Centre in Ontario.

One possible explanation for the findings may relate to a compound called butyrate, which is produced in the gut by certain bacteria and plays a role in insulin sensitivity, Pandey told Live Science in November. Increased levels of butyrate may lead to higher insulin sensitivity, thus leading body cells to absorb sugar from the blood more efficiently and, in turn, decrease blood sugar levels, he said.

The findings were presented at the American Heart Association's Scientific Session



5 Fascinating Google Earth Time-Lapse Videos Show 32 Years of Climate Change

Google Earth has added four years of new data along with high-resolution satellite imagery to its ... [READ MORE](#)
There has never been a more important time to be engaged on environmental issues to ensure the health and longevity of our planet. [EcoWatch's TrumpWatch](#) is galvanizing the movement working to ensure that environmental protections remain intact, and America remains a leader in reducing global carbon emissions and investing in renewable energy.

Will you join us?

Anti-Aging Secret of Pomegranates Revealed

A molecule in pomegranates, generated by gut microflora, enables muscle cells to protect themselves against one of the major causes of aging.



Pomegranates - image from Shutterstock

Until recently, the scientific evidence that [pomegranates](#) are truly the superfood that we've all been led to believe has been unsubstantial. To add to this, some questionable marketing tactics have raised doubts as well. A team of researchers from the Ecole Polytechnique Federale de Lausanne (EPFL) and the life science company Amazentis decided to investigate the fruit more closely and discovered that there is a molecule within pomegranates that is transformed by microbes in the gut, allowing muscle cells to protect themselves against one of the major causes of [aging](#).

[Mitochondria](#) are the powerhouses of cells, containing inner compartments that are no longer capable of carrying out their vital function as they age. The dysfunctional mitochondria accumulate within the cell since the cells are unable to recycle them. This affects the health of many tissues, including muscles, which become gradually weaker with time. This buildup of mitochondria is also believed to be a potential cause in other diseases of aging, such as Parkinson's disease.

The researchers identified a molecule, urolithin A, that was able to reboot the cell's ability to recycle the components of the dysfunctional mitochondria on its own. "It's the only known molecule that can relaunch the mitochondrial clean-up process, otherwise known as mitophagy," said Patrick Aebischer, co-author of the study. "It's a completely natural substance, and its effect is powerful and measurable."

The researchers at first tested their hypothesis on the nematode *C. elegans* (worms). This is a common approach for [aging](#) testing, as after just 8-10 days it's already considered elderly. They found that the lifespan of worms exposed to urolithin A increased by more than 45% as compared to the control group. When they then tested the molecule on rodents, they found a large reduction in the number of mitochondria, which indicated that a hearty cellular recycling process was occurring. They also found that the older mice (around 2 years old), showed 42% more endurance when running than mice of the same age that were in the control group.

It should be noted that the fruit itself does not contain the miracle molecule, but rather its precursor. That molecule is converted into urolithin A by microbes that are present in the intestine. Therefore, there can be a wide range of urolithin A produced, depending on the species of animal, as well as the flora present in the gut microbiome. In some cases none at all will be produced, so the pomegranate juice would be ineffective. For these cases, however, the researchers are already working on developing a solution. They founded a start-up company, Amazentis, which has come up with a method to deliver finely calibrated doses of urolithin A and they're currently conducting their first clinical trials testing humans.

[VIEW NEWS SOURCE...](#)

Ammonia Detected in Earth's Atmosphere for First Time

By Laura Geggel, Senior Writer |



Credit: Pigdevil Photo | Shutterstock.com

In an unexpected first, researchers have discovered ammonia in Earth's lowest atmospheric layer, a new study said. The detected ammonia was most concentrated in the upper layer of the troposphere above India and China, countries that have [experienced](#) population and economic booms in recent years. The gas (NH₃) is most likely coming from livestock farming and fertilization in those countries, the researchers said.

Plants and crops need ammonia to grow, but too much of it can harm the environment and human health. However, the newly detected ammonia may have an unexpected silver lining: The gas is involved in cloud formation, so it may act as a cooling agent and help compensate for the human-caused greenhouse gas effect, the researchers said. [Infographic: Earth's Atmosphere Top to Bottom](#)

Cloud formation

Ammonia can act as an aerosol, or teeny particles suspended in the atmosphere. Aerosols often act as "cloud seeds" around which cloud droplets can form.

Aerosols are the smallest particles known to contribute to cloud formation, and they also appear to influence the properties of existing clouds, the researchers said. For instance, aerosols can alter the size of cloud particles, changing how clouds reflect and absorb sunlight. This can lead to reduced visibility (haze) and redder sunrises and sunsets, [according to NASA](#).

The finding shows that in addition to polluting local ecosystems, agricultural ammonia released in high concentrations can drive the formation of new clouds and alter the properties of existing clouds, the researchers said. [Gallery: Reading the Clouds]
In a strange twist, humans may rely on atmospheric ammonia to mitigate the human-induced effects of climate change. The accumulation of aerosols in the troposphere is thought to have a cooling effect, as clouds reflect the sun's [energy](#). However, clouds can also trap heat released by Earth, which can warm the planet.

In a November study published in the [journal Nature Communications](#), researchers found that [ammonia released from guano](#) (seabird poop) in the Arctic may influence cloud formation, leading to a slight cooling effect there.

The new study was published [online](#) Nov. 18 in the [journal Atmospheric Chemistry and Physics](#).



3 Benefits of Vinegar Baths You Never Knew About

There are many types of baths that can be used for detoxification and relaxation, but none that benefit the skin with a single ingredient as much as vinegar baths.

I'm not a fan of the smell of vinegar, but I'm a huge fan of vinegar baths because they leave my skin and hair looking and feeling amazing.

[Read More](#)

[Researchers Discover Ancient Flower That Naturally Treats Diabetes; Big Pharma Immediately Begins Developing Synthetic Version](#)



Food Allergy Triggers

It's common to have a bad reaction to foods we eat on occasion, such as gas from eating beans or headaches from drinking wine. If you're lactose intolerant you may experience diarrhea when you consume dairy. These are all examples of food sensitivities or intolerances, which are different from allergies in that they are not immune system reactions. With a food allergy, the immune system reacts to specific foods which can result in symptoms that range from mild skin rashes or itching, to anaphylaxis, a serious reaction that can be fatal. Common Food Allergy Symptoms

When the body has an immune system reaction to a specific food, it produces antibodies to that food. When you eat that food, an immune response is triggered, your body releases histamines and you have allergic symptoms. These symptoms may occur immediately after eating the specific food, or up to hours later. Food allergy symptoms may include:

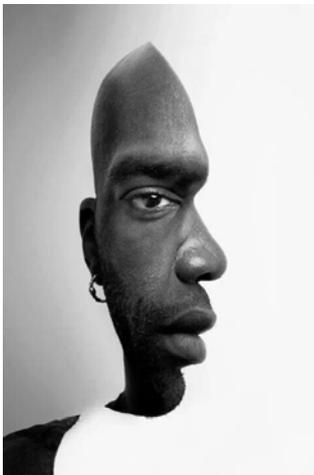
- skin rash
 - hives
 - swelling of the tongue or throat
 - breathing problems including asthma
 - vomiting or diarrhea
 - abdominal pain
- In severe cases, the allergic reaction may result in a drop in blood pressure, loss of consciousness, or death.
Medicine.net



Low Iron Levels May Be Linked to Hearing Loss

When people have low levels of iron in their blood, they may develop a condition called iron deficiency anemia, which is known to have wide-ranging effects throughout the body.

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What is the most humane method of killing a chicken (for food)?



Steven Walling, used to keep a flock of chickens



There are basically two systems for killing poultry in the US that are widely accepted as humane (unless you're the kind of person that thinks killing is inherently inhuman... [Read More](#) »



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Kit Kat lovers, prepare to have your minds blown. The filling between the crispy wafers of the candy bar isn't what you thought

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SWEET HACK

Croissants

Flaky, buttery, and perfect with your morning latte. But they score really low on the satiety index, a measure of how well a food satisfies your hunger.



There's not much in them that's good for you, and they're loaded with fat and white flour. That gives you more calories without leaving you satisfied. If you want a breakfast that will last you to lunch, a poached egg on whole-grain toast should do the trick.

WEBMD

What Are The Health Benefits Of Epsom Salts?



Most of us know our calcium and vitamin intake but are ignorant about how important magnesium is for our body. Let's find out...

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A stroll down Galle Face Green in Colombo



5 street eats you have to try in Sri Lanka

If you're in Sri Lanka's capital, Colombo, there's only one place to start – Galle Face Green. The largest urban park in this jumbly city, it's actually a cross between a park and a beach, the huge space also serving as an area for rallies, parties and, back in...

INDEPENDENT.CO.UK

IF YOU HAVE NOT VISITED SRI LANKA FOR MANY YEARS, VISIT GALLE FACE GREEN ON A SUNDAY EVENING TO SEE THE CHANGE, HOW PEOPLE RELAX - YOU'LL BE AMAZED,

DURING OUR YOUTH IN THE FIFTIES WE WOULD VISIT THE GREEN, PARK THE CAR BY THE ROAD-SIDE AND WALK MILES TO GET SOME FRESH AIR' THE ONLY BITES AVAILABLE WAS A "KADALE (GRAM) MAN WITH HIS CART FULL OF VARIETIES OF GRAM AND CHICK PEAS'

TODAY THE ATMOSPHERE HAS TRANSFORMED. FIRSTLY, YOU WOULDN'T GET A PARKING PLACE, AS THE PLACE IS FULL OF VANS WHERE THE RURAL FOLK WITH THEIR FAMILIES GATHER FOR THERE SING SONGS, THE WOMEN FOLK COOKING FOOD AND A FULL PICNIC ATMOSPHERE CREATED.

YOU MAY WALK ALONG THE PROMENADE BESIDE THE BEACH AND ENJOY THE VARIETIES OF HOT STREET FOODS AND THAT WOULD BE AN EXPERIENCE, PROVIDED YOU ARE LUCKY ENOUGH TO GET A PARKING SPOT FOR YOUR CAR.

YOU COULD VISIT IN A TUK TUK OR NANO LEAVING YOUR VEHICLE AT HOME, AND IT WOULD BE EASY TO GET ONE TO RETURN HOME.

Like spicy food? If so, you might live longer



A study, by the Larner College of Medicine at the University of Vermont, has found that consumption of hot red chili peppers is associated with a 13 percent reduction in total mortality, primarily in deaths due to heart disease or stroke.

Going back for centuries, peppers and spices were thought to be beneficial in the treatment of diseases, but only one other study, conducted in China and published in 2015, has previously examined chili pepper consumption and its association with mortality.

So, this new study, published recently in PLoS ONE, corroborated the earlier study's findings. Using National Health and Nutritional Examination Survey (NHANES) III data, collected from more than 16,000 Americans, who were followed for up to 23 years, researchers examined the baseline characteristics of the participants, according to hot red chili pepper consumption.

They found that consumers of hot red chili peppers tended to be "younger, male, white, Mexican-American, married, and to smoke cigarettes, drink alcohol, and consume more vegetables and meats.. had lower HDL-cholesterol, lower income, and less education," in comparison to participants who did not consume red chili peppers.

They examined data from a median follow-up of 18.9 years and observed the number of deaths and then analysed specific causes of death.

"Although the mechanism by which peppers could delay mortality is far from certain, Transient Receptor Potential (TRP) channels, which are primary receptors for pungent agents such as capsaicin (the principal component in chili peppers), may in part be responsible for the observed relationship," said the study authors.

As stated by the researchers, there are some possible explanations for red chili peppers' health benefits. Among them are the fact that capsaicin, the principal component in chili peppers, is believed to play a role in cellular and molecular mechanisms that prevent obesity and modulate coronary blood flow, and also possesses antimicrobial properties that "may indirectly affect the host by altering the gut microbiota." TOI



Spaghetti Squash Lasagna With Broccolini

In this low-carb spaghetti squash lasagna recipe, garlicky Broccolini, spaghetti squash, and cheese are combined for a healthy take on a favorite casserole.

Recipe From [EatingWell.com](#)

[View Recipe](#)

Importance of vitamin D

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



There are four fat soluble vitamins required by the body-includes A, D, E, K. These vitamins are absorbed in the gut when fatty foods are consumed

Today the discussion is on vitamin D also called the 'sunshine vitamin'. It is taken in with food and also manufactured in your skin with exposure to sun rays. People in the tropics should not lack vitamin D but unfortuna...

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