



Millions of people living in the U.S. illegally could be targeted for deportation. This would become a possibility under sweeping rewrite of policies announced recently by the Trump administration. Any immigrant who is in the country illegally and is charged or convicted of any offense, or even suspected of a crime, will now be an enforcement priority That could include people arrested for shoplifting or minor offenses, or simple having crossed the border illegally

PM Modi indicated India's discomfort with the Trump administration's intent to curb H-1B visas.

The PM raised the issue during his interaction with US Congress members yesterday and he suggested that restrictions on professionals would be an unwelcome step. As of now, **Indian professionals** are granted a large number of the visas that allow residence in the US for six years. This is the first time that PM Modi's concerns in this case have been made public and point to a divergence with Trump's much-discussed campaign promises. PM hails Indians' role in enriching US economy

The PM said Indian professionals contributed to the US economy and were law-abiding and socially integrated residents, a statement that underlines that H-1B visas are not a one-way street where only the visitors benefit. TOI



Iceberg Lettuce

It's 95% water, and while it has fewer nutrients than some other greens, it does give you a few things. Besides fiber -- which helps keep you regular -- it also delivers potassium, manganese, iron, calcium, magnesium, and phosphorous -- all essential minerals that can help keep you healthy. WebMD

Eat More Potassium-Rich Foods to lower your high blood pressure



Potassium is an important mineral. It helps your body get rid of sodium and ease pressure on your blood vessels. Modern diets have increased most people's sodium intake while decreasing potassium intake (13). To get a better balance of potassium to sodium in your diet, focus on eating fewer processed foods and more fresh, whole foods. Foods that are particularly high in potassium include: Vegetables, especially leafy greens, tomatoes, potatoes and sweet potatoes
Fruit, including melons, **bananas**, avocados, oranges and apricots
Dairy, such as milk and yogurt
Tuna and salmon
Nuts and seeds
Beans
Bottom Line: Eating fresh fruits and vegetables, which are rich in potassium, can help lower blood pressure.

By Kerri-Ann Jennings, MS, RD



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by srilanka political
110,671 views

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For Constipation

The best way to stay regular is to exercise, eat a healthy, fiber-rich diet, and drink plenty of water. But if you have trouble going, certain foods can help. It's not the only factor, but fiber -- which adds to the size and water content of your stool -- is key. Women should shoot for 21 to 25 grams a day, and men, 30 to 38.



Pears

This sweet fruit is packed with vitamins and antioxidants, and it has a lot of fiber and water, which can help with constipation. One pear has only about 60 calories.

Just 20 minutes of exercise may help fight inflammation in the body, a new study suggests.

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5 Signs You May Be Gluten Intolerant

It's interesting that gluten-intolerance appears to be on the rise. Whether it be from modern farming practices, wheat changes, pesticides, or environmental changes, the reality is that gluten

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Swedish Government Belittles Trump With This All-Woman Photo

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 (Parking on site, close to station and public transport)

Entrance: Free for ages 65 years*and over
 Other guests: \$10

For further details and bookings please contact
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SANJANA of BATTICALOA



SANJANA has recently got her Adv. Level exam results – she got A Level passes in General English, Economics and Business Studies and will enter the Eastern University this year. She was educated at St. Cecilia College Batticaloa and previously got a scholarship to study at Methodist College Colombo in years 6-9.

She wrote asking me whether she was eligible for a laptop that she had heard AuSLMAT donates to children in Sri Lanka.

She will also do the UK exam of The Association of Chartered Certified Accountants (ACCA).

We are grateful to the many donors of laptops that we send to students in Sri Lanka. We are also grateful to friends who carry these laptops to Sri Lanka. Sanjana will receive her laptop later this month.

Her mother is the President of the YWCA Batticaloa and Sanjana is also on the committee of the YWCA. Her father died just three weeks before she sat for her Adv. Level examination.

AuSLMAT would be happy to get any more gifts to her in Batticaloa.

Quintus de Zylva



Clooneys Expecting Twins: 6 Facts About Older Parents

George and Amal Clooney are expecting twins this summer, making the couple part of a growing trend of people becoming parents at older ages in the United States.

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4 Must-See Climate Films in 2017

When climate denial and "alternative facts" pervade the body politic, it's time to zoom in on ... [READ MORE](#)

Protesters Ready for Trump's First Visit to New York as President

By SARAH MASLIN NIR

The president has not set foot in the city since his inauguration, puzzling and emboldening some protesters in his hometown.

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Does Coca-Cola Contain Cocaine?

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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.



This father-daughter duo singing 'You've Got a Friend in Me' will melt your heart

Little Claire Ryann has the perfect duet partner in her father, Dave Crosby, and it shows in this video that's gone viral.

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Study: High Amounts of Aluminium in Brains of Alzheimer's Patients



There have been unconfirmed suspicions that aluminum toxicity is at least a factor for dementia and Alzheimer's disease. There seems to be no doubt that aluminum is a neurotoxin, but whether there is an aluminum link to Alzheimer's and other forms of dementia, has not been fully explored just recently. A new study, "Aluminium [British spelling] in brain tissue in familial Alzheimer's disease" does just that. A pathological brain study of deceased individuals whose bodies were donated by family members. It was conducted in King's College of London and Keele University of Staffordshire, UK, and published December 2016 in the Journal of Trace Elements in Medicine and Biology. The study's conclusion: "Aluminium is neurotoxic and the concentrations of aluminium found in these familial AD brains are unlikely to be benign and indeed are highly likely to have contributed to both the onset and the aggressive nature of any ongoing AD in these individuals. These data lend support to the recent conclusion that brain aluminium will contribute towards all forms of AD under certain conditions."

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How to Lower High Triglycerides

Written by Jon Johnson Reviewed by Natalie Butler, RD, LD

Triglycerides are the most common fat in the body. Most of the foods that people eat, whether from animal or plant sources, can have an impact on the levels of triglycerides in the blood.

There are many different types of fats, from polyunsaturated fats found in olive oil to the saturated fats found in red meat. They all contribute to triglyceride levels in the body, but they do so in different ways.

When a person eats more **calories** than their body needs, the body stores these extra calories in the form of triglyceride fats. Then later, when the body needs more energy, it consumes these fats instead of needing more calories.

Triglycerides are important for health, but high levels of triglycerides in the body can lead to conditions such as **heart disease**, which is the **leading cause** of death in the United States. Taking steps to lower triglyceride levels and reduce other risk factors can decrease a person's chances of developing heart disease.

It is important to understand triglyceride levels in order to adjust them. The normal range for triglyceride levels is considered to be less than 150 milligrams per deciliter.

At-risk levels are anywhere from 150-199 milligrams per deciliter, and high triglyceride levels range from 200-499 milligrams per deciliter. Anything above 500 milligrams per deciliter is considered very high.

What to eat

In order to lower triglyceride levels, an individual must watch what they eat and adopt a nutrient-rich diet. Eating plenty of fruits, vegetables, whole grains, legumes, nuts, and seeds is a great way to increase the nutrients consumed, while also reducing calories.

A diet that is good for the heart and the blood also includes reducing the amount of sodium, refined grains, added sugars, and what are known as solid fats in the diet.

Fats: Solid fats come from meat, full-fat dairy products, and some tropical oils, such as coconut and palm oil. These foods contain trans fats and saturated fats.

Trans fats and saturated fats raise triglyceride levels, so people should try to replace them wherever possible.

Unsaturated fats, especially polyunsaturated fats (PUFAs), actually lower triglyceride levels.

Omega-3 fats found in cod liver oil, cold-water fish, such as salmon and sardines, and flaxseeds are great ways to add PUFAs to a diet. For example, instead of a steak or hamburger, which are high in saturated fats, people can opt for a filet of salmon or a tuna sandwich.

Animal products, such as lean meats, skinned poultry, fat-free or low-fat dairy, and seafood are also good options.

Carbohydrates

Individuals should limit their total **carbohydrate** intake to below 60 percent of their recommended daily calorie allowance. Diets with a carbohydrate intake above 60 percent are associated with a rise in triglyceride levels.

Ways to avoid carbohydrates include, for example, choosing lean burgers wrapped in lettuce instead of a high-carb bun. For dessert, opting for fresh or frozen **blueberries**, blackberries, or raspberries instead of sugary baked goods can reduce sugar cravings while also lowering overall carb intake.

Sugars

The types of carbohydrates in the diet can also contribute to triglyceride levels. Foods high in simple sugars, especially refined fructose, are known to raise triglyceride levels.

Added sugars may lead to high triglyceride levels.

Drinks make a large contribution to overall carbohydrate intake. Fruit drinks, soft drinks, and other sugar-sweetened beverages are some of the main sources for added sugars in the diet. Added sugars should be avoided to help reduce triglyceride levels.

Taking steps to avoid drinks containing added sugars can greatly reduce overall calories. Every 4 grams of sugar is equivalent to 1 teaspoon of sugar. The recommended daily maximum sugar intake for women is 24 grams (6 teaspoons) or 36 grams (9 teaspoons) for men.

Instead of drinks that contain high levels of added sugars, people can opt for low calorie drinks, such as water or tea. On a warm day, instead of reaching for a soft drink, a splash of 100 percent fruit juice to a glass of sparkling water is a better option.

Alcohol also has a direct effect on triglyceride levels in some people. In people with high triglyceride levels, refraining from drinking alcohol is a helpful step to reducing triglycerides.

People should work directly with their healthcare provider to gradually make any changes to the diet, and be certain there are no complications with any medicines they are taking.

Exercise

Physical activity also plays an important role in reducing triglyceride levels. Burning calories ensures that more triglycerides from within the body are being used up.

Any exercise is beneficial, but the effects of exercise will vary based on initial triglyceride levels, the amount of exercise, and the level of intensity of the exercise. A 30-minute walk each day is a great way to begin, as is engaging in low-stress activities, such as cycling or swimming.

The AHA recommend at least 30 minutes of moderate physical activity a day, 5 days a week. -MNT

<http://biggeekdad.com/2010/11/ventriloquist-performance/>

<https://youtu.be/SQDWayLiOEEb>

-Ye

You are my friend



Doomsday Clock Ticks Half-Minute Closer to Midnight in Historic Move
On Jan. 26, a team of scientists and experts announced the Doomsday Clock's new position for 2017.

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Did Mount Everest Really Shrink?

Scientists Measure Peak Again
Scientists in India are planning to measure Mount Everest again, in order to settle the question of whether it shrank in the last earthquake.

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What Is Irritable Bowel Syndrome?

What is IBS? Learn about symptoms, causes, and foods that trigger IBS.

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Study: Antacids During Pregnancy Linked to Increase in Asthma in Children

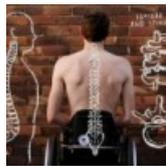


Not only do they make your acid reflux problems worse, acid blockers actually sicken your unborn child. An analysis of eight different studies, including data from over 1.6 million patients, found that taking heartburn medication during pregnancy significantly increases the risk for asthma for the baby. The researchers found that proton pump inhibitors (such as Prilosec or Nexium) increase the risk of babies developing asthma by 30%; other acid blockers (like Pepcid and Tagamet) increased the risk by 46%. These are huge numbers. This is of course only the latest alarm bell to go off regarding Big Pharma's wrong-headed answer to acid reflux and stomach problems. These drugs are the poster children of everything wrong with our current medical establishment and drug approval process.

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The amazing work of Professor Alan Mackay-Sim

For thousands of years it was thought impossible to regenerate the spinal cord. Now we know it's both possible and safe, thanks to the pioneering work of the 2017 Australian of the Year.



Doomsday Clock Now Two and a Half Minutes to Midnight, Thanks to Trump

The symbolic Doomsday Clock inched closer to midnight on Thursday and we ... [READ MORE](#)

Surprising Ways Alcohol May Be Good for You Know the Limits

Before you start a petition to replace the office water cooler with a beer keg, let's be clear: Alcohol is only healthy in smaller amounts -- about 1 drink a day for women (5 ounces of wine, 12 ounces of beer, or 1.5 ounces of liquor) and 2 for men. After that, the benefits get hazier and the risks increase.

Helps Your Heart

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.

Gets You More Active

Moderate drinkers are far more likely to exercise than people who don't drink. And they may even get more healthy effects from it. On the flip side, the more you exercise, the more likely you are to drink now and then. Scientists don't know exactly where this link comes from.

Prevents Kidney Stones

Regular moderate drinkers are less likely to get kidney stones -- 41% less likely for those who drink beer, 33% for wine drinkers. Part of the reason may be that alcohol, like caffeine in coffee and tea, makes you pee more often. That helps clear out the tiny crystals that form stones. Drink too much, though, and you can get dehydrated, and that increases your risk of kidney stones along with other health problems.

WebMD

Norovirus outbreak: Why it's easy to catch and hard to get rid of

It's winter and the norovirus is spreading again. Here's how the infectious disease gets around and how to prepare yourself from catching it.

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Fibre

Have you had your high fiber oatmeal or cereal this morning? If not, you should. Studies show fiber can lower blood cholesterol levels, improve and prevent constipation, slow digestion AND help you lose weight.

Adding fiber to your diet isn't as hard as you might think

Have at least three servings of whole grains each day — choose those which have whole grain as the first or second ingredient; Eat fruits and veggies with every meal — raw, if possible, and leave the peels on; Eat lots of beans and other legumes — they pack a fiber punch; Add grains or fruit to your yogurt or snacks, or make smoothies. You can also add extra fiber to your standard recipes.

WebMD

Trouble Breathing

Feeling short of breath can be a symptom of heart failure, an abnormal heart rhythm, or a heart attack. Tell your doctor if you struggle to catch your breath after doing things that used to be easy for you, or if it's hard to breathe while lying down.



Love fries and potato chips? A potential health danger lurks inside

That brown crust on fried potatoes or dark color of burnt toast signals the presence of a chemical that could be bad for your health.

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Fine lines showing up on your cheeks? Sleeping on your side might be the culprit.

Use honey on your face for blemishes, scratches and so on



Should you avoid pasta to lose weight?

When it comes to eating advice, it's getting harder and harder to separate myth from fact. So much information, and much of it is conflicting.

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Why might coffee drinkers live longer? Study sheds light

Written by [Honor Whiteman](#)

Coffee drinkers may live longer. This has been the conclusion of numerous studies during recent years. Now, researchers believe that they may have **uncovered one of the mechanisms underlying this association.**



Researchers say that they may have pinpointed one reason why coffee drinkers might live longer.

In a new study, researchers reveal the discovery of an inflammatory process that might drive the development of cardiovascular disease in later life. They also found that caffeine consumption could counter this inflammatory process. Lead author David Furman, Ph.D., of the Institute for Immunity, Transplantation and Infection at Stanford University in California, and colleagues recently reported their findings in the journal *Nature Medicine*.

Coffee, tea, soda, energy drinks, and chocolate are all commonly consumed foods and beverages that contain caffeine - a compound best known for its brain-stimulating abilities.

However, there is much more to caffeine than simply providing a morning energy boost. A number of studies have suggested that regular coffee intake may increase longevity. One study published in 2015, for example, found that coffee drinkers who consumed one to five cups per day had a **lower risk of all-cause mortality** than people who did not.

Now, Furman and colleagues say that they may have pinpointed one way by which caffeine consumption increases lifespan, and it may be down to its anti-inflammatory properties.

For their **study**, the researchers first set out to identify the inflammatory processes that might contribute to poor heart health in older age.

The team analyzed data from the Stanford-Ellison cohort, including one group of healthy adults aged between 20 and 30, and one group of healthy adults aged 60 and older.

Upon assessing the blood samples of each participant, the researchers identified two gene clusters that were more highly activated in the older group. They found that these gene clusters were linked to the production of IL-1-beta, a type of circulating inflammatory protein.

What Are Probiotics?



Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy.

Good bacteria are naturally found in your body. You can find probiotics in some foods and supplements.

It's only been since about the mid-1990s that people have wanted to know more about probiotics and their health benefits. Doctors often suggest them to help with digestive problems. And because of their newfound fame, you can find them in everything from yogurt to chocolate.

How Do They Work?

Researchers are trying to figure out exactly how probiotics work. Here are some of the ways they may keep you healthy:

When you lose "good" bacteria in your body (like after you take antibiotics, for example), probiotics can help replace them.

They can help balance your "good" and "bad" bacteria to keep your body working like it should.

Types of Probiotics

Many types of bacteria are classified as probiotics. They all have different benefits, but most come from two groups. Ask your doctor about which might best help you.

Lactobacillus. This may be the most common probiotic. It's the one you'll find in yogurt and other fermented foods. Different strains can help with diarrhea and may help with people who can't digest lactose, the sugar in milk.

Bifidobacterium. You can also find it in some dairy products. It may help ease the symptoms of irritable bowel syndrome (IBS) and some other conditions.

Saccharomyces boulardii is a yeast found in probiotics. It appears to help fight diarrhea and other digestive problems.

What Do They Do?

Probiotics help move food through your gut. Researchers are still trying to figure out which are best for certain health problems. Some common conditions they treat are:

- Irritable bowel syndrome
 - Inflammatory bowel disease (IBD)
 - Infectious diarrhea (caused by viruses, bacteria, or parasites)
 - Antibiotic-related diarrhea
- WebMD

Probiotics for High Blood Pressure

Unhealthy gut microbes can trigger a rise in blood pressure, which can lead to hypertension.



Scientists have determined that microorganisms within the intestines partially determine blood pressure levels in rats. These microorganisms play a critical role in the onset of high blood pressure. The findings were recently published in *Physiological Ergonomics*. The study matters a great deal as the biology of rats is similar enough to that of humans to make scientific findings in rat studies relevant to humanity. Let's delve into the study details to explain how the findings came about and what they mean in the context of human health.

Study Details: Two groups of rats were studied in the above-referenced research. One set had high blood pressure. This group was characterized as the "hypertensive" group. The second group had normal blood pressure and was appropriately referred to as the "normal" set. Researchers removed a section of the biological material of each group's large intestines.

The animals were provided with antibiotics for 10 days to minimize natural microbiota levels. Once the antibiotics were applied for this time period, hypertensive microbiota were transplanted to the rats with normal blood pressure. The normal microbiota were transplanted to the hypertensive set.

The Results : The scientists found that the set treated with the hypertensive microbiota endured high blood pressure. The surprising result is that rats given the normal microbiota did not endure a meaningful decrease in blood pressure. However, readings did drop by a small margin. This finding will likely spur even more studies of microbiota in the onset of hypertension in human beings.

The finding also lends credence to the notion that probiotics have an important role to play in the treatment of hypertension. Probiotics are helpful microorganisms found within the gut. Adding probiotics to one's diet should make a positive impact on blood pressure.

[VIEW NEWS SOURCE...](#)

Sareema Adnan, James W Nelson, Na

Dizziness

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

WebMD

Chili Pepper Compound Curtails Breast Cancer

New research may have uncovered a molecule that slows down triple-negative breast cancer, which is especially aggressive and difficult to treat.



Chili peppers - image from Shutterstock

Research at Bochum, Germany's Ruhr University led by Dr. Hanns Hatt and Dr. Lea Webero with collaboration by several German institutions, tested the effects of a spicy compound in chili peppers that could aid in slowing cultivated tumor cells of a subtype of breast cancer known as triple-negative breast cancer. Breast cancer is the most prevalent form of cancer in women around the entire world regardless of race or ethnicity.

Scientists, through genetic research, have been able to place breast cancer in subtypes which respond in different ways to types of treatment. Triple-negative breast cancer is especially aggressive and has proven to be very difficult to find a treatment for because of the absence of the three receptors that are known to promote breast cancer. Those are estrogen receptors (ER), progesterone receptors (PR), and the growth factor receptor 2 (HER-2).

Breast cancers that test positively for HER2 usually respond well to treatment and some specific drugs. However, the type of cancer that tests negatively for those needed receptors is called **triple-negative breast cancer**. Since the tumor cells in that cancer lack the three receptors, commonly used treatments such as hormone therapy and drugs that target them are not effective. Using chemotherapy, however, is still effective and usually the only option, and this cancer, in the early stages, may respond better to chemotherapy than other cancers.

Tested was the effect of the active ingredient **capsaicin**, which is in chili or pepper, on SUM149PT cell culture, a model for triple-negative breast cancer. Capsaicin has been shown to induce the death of cells and to inhibit their growth.

The scientists were motivated by other existing research which suggests that some transient receptor potential (TRP) channels have an influence on the growth of cancer cells. **TRP** channels are membranous channels that conduct sodium and calcium ions, which can be influenced by stimuli including pH changes or temperature.

One TRP channel that plays a significant role in the development of several diseases is TRPV1, an olfactory receptor, to which researchers have given a great deal of attention. In this study, the researchers investigated the TRP channels could be utilized in breast in a large selection of breast cancer tissue, as well as analyzing how TRPV1 cancer therapy. The TRPV1 receptor appeared quite frequently and in the tumor cells of nine different samples taken from breast cancer patients.

The cultivated cells contained several typical olfactory receptors, which are proteins that bind together smell molecules and are located on olfactory receptor cells lining the nose. TRPV1 is typically in the fifth cranial nerve, named the trigeminal nerve. TRPV1 is activated by the spice capsaicin and by helional, a chemical compound with a fresh sea breeze scent. Helional and capsaicin were added to the culture for hours or days, which activated the TRPV1.

As a result of the TRPV1 being activated, the cancer cells died more slowly, tumor cells died in larger numbers, and the ones remaining were not able to move as quickly. This suggests a reduction in their ability to metastasize. An intake of capsaicin through inhalation or food would not be sufficient to treat triple-negative cancer. However, Dr. Hanns Hatt, the lead study author, said that if the TRPV1 receptor could be switched on with specially designed drugs, it might constitute a new treatment for this type of cancer.

[VIEW NEWS SOURCE...](#)

Foods to keep your uric acid at normal levels

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

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

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

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

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

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

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

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

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

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

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

Low fat dairy products like **milk** , curd help lower uric acid level.

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

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

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

Eating grains that are more alkaline such as jowar,bajra are helpful. Tomatoes, broccoli, and cucumbers are some of the veggies that you need to start including in your meals. Tomatoes are one of the best vegetables that you could have for lowering uric acid. Fresh tomato is alkaline by nature and when it is exposed to the blood stream it increases the alkalinity of the blood.

. TOI

What are some mind-blowing phones accessories that exist that most people don't know about?

Lila Pan,

This is the greatest phone accessory I've used, and I've only been using it for a few weeks.



It's called a Finger Ring. You stick it on the back of your phone or phone case, and it provides a ring grip that you can put your finger through. This allows you to hold your phone more securely. I have seen my friends drop their phones many times, either while using it or when someone bumped into them. Their screens would shatter or the phone would be completely broken, even with a case.



It's also useful as a kickstand for your phone, for when you want to watch a video.



Paris Jackson speaks out about father Michael Jackson in Rolling Stone

In Rolling Stone magazine, Michael Jackson's daughter Paris sheds light on overcoming her darkest days following the sudden death of her father nearly eight years ago. Now 18, she says, "They always say time heals, but it really doesn't."

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Cucumber

[Juice To Melt Belly Fat](#)



Kale promotes good sleep

Kale is one of the healthiest options. A leafy green, rich in calcium and folic acid, both promote good sleep. You can gently steam kale or drizzle some lemon juice on it and eat it with red onion, for a potent salad. Excessively cooking kale drains out the nutrients.



by CureJoy



Al Gore's Prediction Comes True

When An Inconvenient Truth was released more than 10 years ago, the most criticized scene of ... [READ MORE](#)

Now this is a known fact & cannot be disputed! So forget the pundits who tell you that the computer originated during the 2nd world war!

The oldest computer can apparently be traced back to the time of Adam and Eve.

It was an Apple, but with extremely limited memory. Just One byte.....Then everything CRASHED.

[Which Personality Types Are Most Likely to Be Happy?](#)

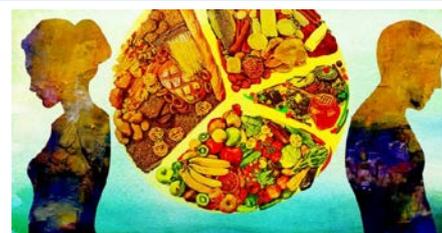
The real link between personality and well-being. [Read More](#)



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Evolution, Climate and Vaccines: Why Americans Deny Science

Americans like science. So why do they reject scientific conclusions?

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Check your Vitamin B12 level

According to the American Journal of Clinical Nutrition, 4% of the women between the ages of 40 and 60 suffer from vitamin B12 deficiency. So is B12 vitamin that critical for the body? Yes, it is. Vitamin B12 deficiency can cause serious health issues as it is required to make red blood cells, nerve development, DNA, and various other bodily functions. Apart from age, various other factors such as certain common medications and lack of meat intake lead to vitamin B12 deficiency. You all will agree that diagnosing a problem is the crucial step to finding a solution. So it's vital for everyone out there, especially all you ladies in your 30s, to be well aware of the symptoms of B12 deficiency. Given here are some of the common early symptoms that might warn you of the deficiency.

Dizziness

Frequent episodes of dizziness/vertigo and a wobbly feeling are a common symptom of B12 deficiency. Often, we dismiss the wobbly feeling when we stand up after sitting for too long as "head rush". However, with age, the constant dizzy feeling might point to something major, which in this case might be vitamin B12

deficiency. Pins And Needles Sensation

It is common to feel the "pins and needles" type of sensation if you compress any body part for too long. However, if you feel this sensation without the compression, you might be suffering from B12 deficiency. Numbness and electric shock waves are also common symptoms. This uncomfortable feeling is a result of nerve damage caused due to less oxygen levels in the cells.

Complexion

Vitamin B12 largely aids in red blood cell production, and its deficiency results in less RBCs, which in turn result in a pale complexion. The idea of vampires is beautiful, but let's just keep that limited to books and movies.

Forgetfulness

You know that weird feeling when you are talking to someone on your cell phone and you are wondering at the back of your mind, "Where did I keep my cell phone?!" This is perfectly fine, but it can be alarming when you keep your car keys in the refrigerator or forget the names of your close friends.

If such instances are a frequent occurrence for you, don't mistake them as signs of early dementia. These symptoms might be an indication of vitamin B12 deficiency.

Constantly Tired Or Sleepy

Do you struggle to stay awake during afternoons even after 8 hours of sleep? If you are suffering from chronic fatigues, it can be a symptom of vitamin B12 deficiency. Due to less RBCs in blood, your cells struggle to receive enough oxygen, resulting in tiredness.

Muscle Weakness

Struggling to pick up the grocery bag or laundry? Often, we women ignore these symptoms as simple struggles of our busy daily lives. However, if these episodes of weakness are frequent, then it's time to test your B12 levels.

Vision

Light sensitivity, spotting, and blurred or double vision are a few common vision issues experienced by people with vitamin B12 deficiency. In certain cases, it may even lead to optic nerve damage.

So if you observe even one of these symptoms, visit your doctor and get yourself checked for vitamin B12 deficiency

CureJoy

"What a lot of Australian families have is very expensive urine." **Australian Medical Association**
Spending too much on unnecessary supplements

How does red meat influence diverticulitis?

The researchers explain that red meat has been linked to increased levels of C-reactive protein and ferritin, both of which are inflammatory chemicals. Red meat has also been linked to cardiovascular disease, [cancer](#), and [diabetes](#), conditions where [inflammation](#) plays a key role.

Another theory is that red meat consumption influences the types of bacteria present in the gut - the microbiome. It is possible that alterations in populations of these bacteria could affect the integrity of the gut lining and the immune responses. Similarly, the higher temperatures required to cook unprocessed meats might influence microbiome factors and levels of inflammation.

Although the investigation tapped into a relatively large pool of participants, the authors note some shortfalls. For example, because the study is observational, cause and effect cannot be concluded. Additionally, the study only focused on men, and inaccuracies in participants' recall could also affect the results.

More research is needed, but for people at increased risk of diverticulitis, these preliminary results may guide future eating habits. MNT

Cups and cups of green tea

You've probably heard it a dozen times already. There's no denying the fact that green tea is one of the healthiest drinks for your body. It helps to increase your metabolic rate, promotes weight loss, reduces the chance of getting cancer (thank you, antioxidants), lowers risk of infection, type II diabetes, and cardiovascular diseases. If none of this convinces you, drink it for its ability to trim the flabby friend around your waist.

There are several studies that claim drinking green tea regularly helps to get rid of belly fat.¹ One study claims that coupling green tea with adequate exercises helped to burn 17% more fat than people who solely relied on exercises.² Get with the program.

Curejoy.com



11 Superfoods That Reverse The Effects Of Aging On Skin

Everyone wants smooth, radiant skin. What you eat can bring you closer to that goal. Add years to your life and skin with these 11 powerful wrinkle-fighting Superfoods...

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Citrus Fruit: Fruits like oranges, grapefruits and tangerines are high in [vitamin C](#), a well-known immunity booster.

Vitamin C is recognized for its antibacterial and [anti-inflammatory](#) properties. It also helps maintain the integrity of your skin, which acts as a protective barrier against infection. In addition, vitamin C can act as an antioxidant, helping protect your immune cells against harmful compounds formed in response to viral or bacterial infections.

Therefore, getting enough vitamin C is a great way to strengthen your immune system and may reduce your likelihood of infection. Some studies also report that upping your vitamin C intake during the common cold may help you get better more quickly.

That said, it might be more advantageous to increase your intake from plant foods rather than supplements, since plants contain other beneficial compounds that supplements may not.

Other foods high in vitamin C include bell peppers, guavas, dark leafy greens, broccoli, berries, tomatoes, papaya and snap peas.

Bottom Line: Citrus fruit and other vitamin-C-rich foods can help boost your immune system. This likely lowers your risk of infection and may even speed up your recovery.

By Alina Petre

THE CELEBRATION OF 150 YEARS OF 'CEYLON TEA' IN 2017

Scottish still loves 'CEYLON TEA'



The Tea Industry of Sri Lanka will celebrate its 150th Anniversary in 2017. The commercial cultivation of tea commenced in 1867, fortuitously supplanting coffee, which, till then, was the country's main cash crop, shortly thereafter devastated by a ravaging plant blight. A Scotsman named James Taylor is reputed to have developed the first commercial plantation and commenced the manufacture of Tea on Loolcondra Estate, Hewaheta. He was followed by other pioneers, who not only contributed agriculturally, but also helped create the infrastructure, which continues to facilitate the supply chain of this great Industry.

For over one hundred years, the Tea Industry sustained the economy of this country and continues to contribute significantly to it. Though, currently, eclipsed by one or two other revenue earning sources, which have emerged in more recent years, it is still one of the highest foreign exchange earners for the country, contributing over US Dollars 1.5 billion.

The Tea Industry also supports approximately 20 percent of the country's population, through direct and indirect employment, out-sourcing and dependent families, which extends to a number of ancillary industries, such as shipping, transportation, printing, packaging, etc. Additionally, tea contributes 15% of the nation's foreign exchange earnings and generates 65% of export agriculture revenue.

The Sri Lanka Tea Board, in collaboration with the Colombo Tea Traders' Association, is organizing a number of celebratory events to coincide with this Sesquicentennial Anniversary, throughout the year 2017.

This will commence with the unveiling of a sculptured bust of James Taylor at the Head Office of the Sri Lanka Tea Board, on January 19, 2017.

A first day cover and a series of stamps will be issued in February 2017, followed by the release of a Rs.10/- coin by the month of August, to commemorate this anniversary.

Over the months of March to July, a series of Education Fairs will be conducted in all seven tea producing regions, to serve as an outreach to the local community in an endeavour to infuse a better understanding of the relevance and importance of the Tea Industry to the country and its career opportunities and to create an awareness of the significance of this historic event.

An unique 'Global Ceylon Tea Party', hosted by the country's Diplomatic Missions worldwide, will be held on July 6, at 5.00 p.m. in each time-zone around the world, serving fine Ceylon Teas and a specially created biscuit for the occasion by Maliban Biscuit Manufactories, the oldest biscuit manufacturer in Sri Lanka. The publication of a Commemorative Book, an authentic historical record of 'The 150 Years of Ceylon Tea', will be launched on June 14, 2017.

A 'Grand Charity Tea Auction' will be held on June 14, 2017, the entire proceeds of which will be invested in charitable projects, benefitting the work force of the Plantation Sector.

During the month of July, an International Tea Festival, to promote amongst Tourists and Sri Lankans the uniqueness of Ceylon Tea and the tea culture, through a festive atmosphere, will be held, with a focus on street events, featuring Tea stalls, food stalls and entertainment, including performances depicting tea related activities. It is intended that this will become an annual event in the future.

Visit Ceylon Tea Expo
Exhibition in Colombo from
August 11 to 13

An International Colombo Tea Convention will be held from August 8 to 11, 2017, with an expected approximately 300 overseas delegates, apart from significant local participation. Erudite presentations will be delivered by eminent personalities in the Global Tea Trade and the International Business Arena, both from overseas and Sri Lanka, with expertise and experience in a wide spectrum of relevant disciplines, setting the tone for stimulating discussions and sharing of diverse views, with competent moderators regulating the different session.

An Award Ceremony to recognize stakeholders in the Tea Industry, encompassing all sectors in every region, ranging from the Best Tea Plucker, Tea Taster and Tea Blender to the Best Manufacturer and the most Creative Innovator, etc.

A Programme will be initiated to upgrade the Ceylon Tea Museum, which is of great relevance to the history of the Industry.

A Ceylon Tea Expo Exhibition will be held from August 11 to 13, to enable Exporters, Manufactures, Producers and Service Providers in the Tea Industry, both local and international, to showcase their products and services.

Continued next page

Drinking a few cups of tea a day may be good for your health. :True

Tea leaves come from the *Camellia sinensis* plant. They contain antioxidants that counter free radicals, which can damage cells. Antioxidants may reduce or help prevent some of this damage.

What's the difference between the main varieties of tea? Processing

The difference between the three main varieties of tea (green, black, and oolong) is the process used to make them. Black tea is exposed to air, or fermented, which darkens the leaves and gives them flavor. Green tea is made by heating or quickly steaming the leaves. Oolong tea leaves are partially fermented.

There's no hard evidence that drinking tea can prevent cancer in people in general; many factors affect cancer risk. However, several studies have linked drinking tea to a lower risk of cancer for some people. More research is needed to define those groups.

Some studies show that drinking green tea may help curb a few heart disease risk factors, including body weight, blood pressure, and cholesterol absorption. However, the FDA denied a petition filed by a green tea maker that wanted to put heart-health claims on its product's label, ruling that there wasn't credible scientific evidence to support the claims. WebMD

MEMORABLE MOMENT FOR IRANGANI

Mrs Irangani Gunatillake, receptionist at the Ceylon Tea Centre in London, flew to Glasgow early last month to meet the Queen. The occasion was the visit by Her Majesty and the Duke of Edinburgh to the new administrative building of the Scottish Co-operative Wholesale Society.

The Queen was received by Lord Taylor, President of the SCWS, and conducted around an exhibition depicting 100 years of Co-operation in Scotland. Mrs Gunatillake showed the Queen a photographic display on the Ceylon tea industry and a panel claiming that the SCWS supplies one third of all the tea consumed in Scotland. A reference was also made to the happy coincidence that the centenary of the SCWS corresponds closely to that of the Ceylon Tea industry.

Photo, courtesy Scottish Daily Record.



SLTB NEWSPAPER SUPPLEMENT ON THE UNVEILING OF THE JAMES TAYLOR MONUMENT ON JANUARY 19, 2017

The commercial cultivation of tea in Ceylon, as Sri Lanka was then known, is acknowledged to have commenced in 1867 at Loolecondera Estate, Hewaheta, in the Kandy District, by an enterprising young agriculturalist, James Taylor, a redoubtable Scotsman, of which extraction were most of the pioneers of the Industry.

Taylor, the son of Michael Taylor and Margaret Moir, was born on March 29, 1835, in a cottage called "Moss Park" on the Monbodde Estate, near Laurencekirk in Kincardineshire. On being recruited as a Coffee Planter on Narengghena Estate, he arrived in Ceylon on February 20, 1852. Following a brief posting there, he was transferred to Loolecondera Estate, where he spent the rest of his life and eventually expired on May 2, 1892, at the age of 57 years, of dysentery, while still in service.

With the decline in Coffee in the late 1860s, in 1867, Taylor pioneered the commercial cultivation of Tea on Loolecondera estate. Tea soon replaced Coffee, which was the main cash crop of the island, hitherto, on account of the "plant blight" that devastated the coffee plantations. It was Taylor's fortitude, vision and indefatigability that created this significantly successful agricultural enterprise - The Tea Industry of Ceylon, and it is to him that Ceylon Tea owes its worldwide fame.

As D.M. Forrest in his book 'A Hundred Years Of Ceylon Tea' observed, *"He was a natural technician. He sometimes spent more money than his proprietors liked, but his roads were the best in the district and, when finished, cost nothing for two years except 5s for a cross-drain. His thatching, too, was good for five years against the normal three."* It was he who first extolled the benefits of 'finer plucking', which enhanced the selling price of the made tea and raised the value of the land under tea cultivation, per acre.

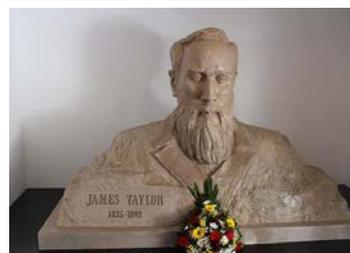
Sir Arthur Conan Doyle paid tribute to the indomitable spirit and the profound sacrifices made by the pioneers of the Industry when he wrote, *"Not often is it that men have the heart, when their one great industry is withered, to rear up in a few years another as rich to take its place; and the tea fields of Ceylon are as true a monument to courage as is the lion of Waterloo"*

The Sri Lanka Tea Board, in collaboration with the Colombo Tea Traders' Association, has organized a series of celebratory events throughout the year 2017, to commemorate this momentous anniversary.

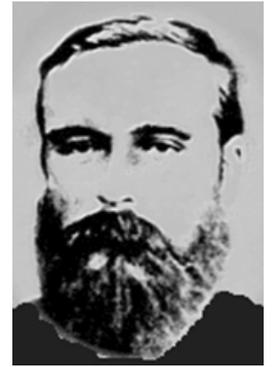
As a fitting tribute for his inestimable contribution to the Tea Industry and the country, the commemorative programme will commence with the unveiling, by the Hon. Minister of Plantation Industries at the Head Office of the Sri Lanka Tea Board, on January 19, 2017, of a monument, as an enduring memorial to him, in the form of a sculptured bust of James Taylor, acknowledged as the 'Father of Ceylon Tea', and who, at Loolecondera, was reverentially addressed as 'Saami Dorai', translated as 'the master who is God'. As a commentator once remarked, *"And thereby hangs a tale of how a Scots wheelwright's son was transmuted into a rustic God on a stony hillside in Ceylon"*.

There is some evidence that green tea may help control glucose (or blood sugar) levels; however, that hasn't been widely tested in people. More research is needed to learn how much green tea would be needed and whether green tea also helps curb body weight and body fat.

Herbal teas are not made from the Camellia sinensis plant and are not really teas at all. Herbal teas are infusions of leaves, roots, bark, seeds, or flowers from other types of plants. Common herbal teas include chamomile and mint. They are not associated with the potential health benefits of green, black, or oolong tea.



The father of Ceylon tea



Born James Taylor
March 29, 1835
Kincardineshire, Scotland

Died May 2, 1892
(aged 57)
Kandy, British Ceylon
(present-day Sri Lanka)
Known for First tea
plantation to British Ceylon
(Sri Lanka)

British agriculture in 1825. This began with the widespread planting of coffee. The bushes flourished in the rich soil of the hill regions until 1869 when a catastrophic blight wiped out almost the entire crop. Estate owners had no choice but to diversify into other crops in order to avoid total ruin. And it was another pioneering Scotsman who emerged to lead the way. James Taylor was only sixteen when he left Scotland in 1852 to sign on for three years as an assistant supervisor on a coffee plantation on the faraway island of Ceylon, "the pearl at the foot of India". The son of a modest wheelwright from Kincardineshire would never see his native country again. Taylor's employers, Harrison and Leake, were so impressed by the quality of his work that they put the eager young Scot in charge of the Loolecondera Estate, near Kandy, in the late 1850s and instructed him to experiment with sowing tea seeds on the 19 acres of land. A variety of tea from China had been grown in Ceylon many years earlier with mixed results.

James Taylor's statue was unveiled at the Head Office of the Sri Lanka Tea Board in January 2017 by the Hon Minister of Plantation, for his inestimable contribution

Mending Meniscus Tears with Stem Cells

Scientists begin first human trials of revolutionary stem cell 'living bandage' for meniscal tear knee injuries.



For the first time, a living bandage formulated from stem cells is being used to treat a common knee injury. Researchers from the Universities of Liverpool and Bristol have trialed this revolutionary treatment on humans. The condition is meniscal tears, which are common among athletes, particularly those who play football or rugby. Over 1 million people every year in Europe and the US suffer this injury. The tear occurs mostly in the center of the meniscus which is difficult to repair due to poor blood supply. For many people especially athletes, the only solution is a surgical operation to remove the torn tissue, but this puts the patient at risk of developing osteoarthritis later in life. The 'cell bandage' as it is called, was developed by the firm Azellon and trial funding was supported by Innovate UK. The study was published in the journal *Stem Cells Translational Medicine*.

Cell Bandage Made From Patients Own Stem Cells

The cell bandage was engineered to help the meniscal tear injury heal itself by promoting new cell growth in the affected tissues. The prototype cell bandage was trialed on five people 18 to 45 years old suffering from meniscal tears. The bandage is made of stem cells from the patient's bone marrow, and the cells take two weeks to grow before being implanting onto a membrane scaffolding. Surgery is then required to sew the membrane into the torn cartilage.

After a 24 month healing period, 3 out of 5 patients were reported with full knee functionality. In the other two patients, healing was not successful and surgical removal of the meniscus was necessary due to a return of symptoms. Professor Anthony Hollander suggested that the cell bandage trial was a success and was confident that this new procedure will bring an alternative to the traditional surgery. The goal is to use stem cells to restore the damaged knee to full functionality by repairing all damaged tissue.

Future Cell Bandage to be Made From Donor Stem Cells

The team is currently working on an advanced version of the cell bandage, this time using donor stem cells. The hope is to reduce the cost of the bandage and simplify the medical procedure. Professor Ashley Blom explained that the cell bandage is offering surgeons an exciting new alternative treatment for knee injuries.

The new bandage could benefit younger patients by offering the benefit of lower risks of early onset osteoarthritis. Innovate UK said that commercial success is going to depend on the close cooperation between businesses, hospitals, and universities. This first human trial of the cell bandage is an exciting turn for the future of stem cell research.

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Apple Cider Vinegar Validations

Posted on Jan. 20, 2017, 6 a.m. in [Functional Foods](#) [Cancer](#) [Diabetes](#) [Weight and Obesity](#)

Is apple cider vinegar all that it's cracked up to be? Here are some of the science-backed benefits.



Vinegar is an ingredient used in many dishes, sauces and dressings, and it also has various other uses related to cleaning, deodorizing and sanitizing. While there are various types of vinegar available, apple cider vinegar is the variety commonly found in most kitchens. In addition to its many other uses, apple cider vinegar is also touted as an effective way to treat or prevent various health problems such as cancer, cardiac disease and diabetes. Many nutritionists recommend using the organic, unfiltered variety of vinegar with the "mother" since the higher level of enzymes, proteins and friendly bacteria are more beneficial.

- **Antibacterial** - vinegar has been used as a disinfecting cleaner, a food preservative and a fungicide. The acetic acid present in vinegar is able to kill bacteria and prevent their growth. Apple cider vinegar has long been used to preserve foods since the acetic acid prevents bacteria such as E. coli from causing spoilage. All types of pickled foods are made with vinegar and remain shelf stable for up to a year.
- **Weight loss aid** - when as little as 2 tablespoons per day is combined with high-carbohydrate meals, vinegar can create a feeling of being full while consuming fewer calories. While the average amount of weight loss is less than 2 pounds per month, a reduction in belly fat and waist circumference is an added benefit.
- **Reduces blood sugar** - since it has been shown to normalize blood sugar levels in people with diabetes and pre-diabetes, they can benefit from adding apple cider vinegar to their diet. Diabetics that are taking medication to lower their blood sugar should consult with their doctor before increasing their intake of vinegar.
- **May reduce cholesterol and risk of heart disease** - while no human studies have been done to support this benefit, research using animals has shown apple cider vinegar can reduce blood pressure, cholesterol and triglycerides. More research needs to be done to determine whether the same benefit exists for humans as it has in animal studies.
- **Cancer prevention** - laboratory studies found that apple cider vinegar may be able to slow the growth of cancer cells or even kill them. Some nutritionists believe that maintaining the proper alkaline/acid balance can prevent cancer, and vinegar can be used to restore this balance.
- **Natural hair rinse** - commercial shampoos and conditioners can cause product buildup over time, but the acid in apple cider vinegar can remove it, leaving the hair shiny and tangle-free. The vinegar should be mixed with an equal part of water and left on the hair a few minutes before rinsing. This process can also be used to treat dandruff since the acid it contains kills Malassezia, a fungus thought to cause dandruff.

Apple cider vinegar has been around for hundreds of years and it has many beneficial applications. Unfortunately, science often neglects to conduct research on natural products since there is little funding for them. However, the use of vinegar has shown it does have some significant health benefits even though they are not generally supported by science.

WHN



The Ultimate Southern Fried Chicken

Made with paprika and pepper, juicy and crunchy fried chicken will make you believe you're in the south.

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Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer

Mango nutrition



by Mae Chan
PreventDisease.com

Mangoes may very well be the king of all fruits. They fight cancer, alkalize the body, aid in weight loss, regulate diabetes, help digestion, clean your skin, and make the perfect snack. Here are 17 healthy reasons why you should be eating a mango every day.

Nutrition chart

One cup of mangoes (225 gms contain) contains the following percentages that apply to daily value.

105 calories

76 percent vitamin C (antioxidant and immune booster)

25 percent vitamin A (antioxidant and vision)

11 percent vitamin B6 plus other B vitamins (hormone production in brain and heart disease prevention)

9 percent healthy probiotic fibre

9 percent copper (copper is a co-factor for many vital enzymes plus production of red blood cells)

7 percent potassium (to balance out our high sodium intake)

4 percent magnesium

Aphrodisiac

Mango has aphrodisiac qualities and is also called the 'love fruit'. Mangoes increase the virility in men.

Vitamin E, which is abundantly present in mangoes, helps to regulate sex hormones and boosts sex drive.



Is Your Rash Psoriasis?

Find out how to identify a psoriasis rash. Learn about the types of psoriasis and explore treatment options.

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How to Eat When Chemo Kills Your Appetite

Reviewed by Brunilda Nazario, MD

You might not feel hungry when you're having chemotherapy, but it's important you keep eating well.

Nutritious food keeps up your strength, fights fatigue, and helps your body heal. Here are 11 healthy tips to think about, even when food is the furthest thing from your mind:

Fight off nausea. It's tough to eat when even the thought of food makes you sick. Fend off an upset stomach with dry foods like crackers. Eat them first thing in the morning, then every few hours. Sip ginger ale or ginger tea throughout the day. Ginger, lemon, lavender, and peppermint can also help settle your stomach.

Eat your favorite foods. Your appetite, and the foods that appeal to you, can change from day to day. It's OK to eat high-fat, high-calorie foods you normally try to stay away from, or to eat, say, breakfast foods for dinner. For now, eat what sounds good, when it sounds good.

Try small meals. Many people who get chemo find they have more of an appetite when they eat every few hours. Try having six to eight small meals a day rather than three big ones.

Make it easy. You won't want to grocery shop or cook on some days. Plan ahead and keep your pantry stocked with easy-to-prepare foods. On days you feel well enough to cook, make extra portions and freeze them for later. Ask friends and family to help you shop and prepare meals, or consider getting your meals delivered.

Sip liquids throughout the day. Staying hydrated helps your body get rid of toxins, but drinking too much at once can make you too full to eat. Try to drink most of your fluids between meals, rather than during. It's best to make sure you get plenty of water. But if you're losing weight, you may want to drink high-calorie liquids like fruit nectars, milkshakes, or cream soups.

Pay attention to protein. It helps repair body tissue and keeps your immune system healthy. Snack on peanut or almond butter with fruit. Add chopped or ground nuts to baked goods, salads, or ice cream. Other easy options: cheese and crackers, egg salad, or a bowl of cereal with milk.

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Sleepless nights can take their toll on your energy, mood, productivity, and overall quality of life.

Here are 5 most effective plants that can improve the feel of your bedroom and your quality of sleep...

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Are you confused about cooking oils?



Written by Dr Harold Gunatillake

FRCS, FICS, FIACS, AM(Sing) MBBS-Health writer

When you visit the super-market you could see the varieties and brands of cooking oils, and you wonder what's best for your type of cooking for taste, ease and health-wise. A few decades back there was not much of a choice and less confusing too. In Sri Lanka, it was coconut oil an... [See More](#)



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Artificial Sweeteners: Is Aspartame Safe?

Harriet Hall

Note: This was originally published as a "SkepDoc" column in [Skeptic magazine](#) under the title "Aspartame: Safe Sweetener or Perilous Poison?" and is reprinted here with the kind permission of Michael Shermer. There are other artificial sweeteners not specifically addressed here, but as far as I know there are no convincing health concerns about any of them, just this same kind of hype and fearmongering based on animal studies and speculation with no validation from human clinical studies.

Aspartame is a low calorie sugar substitute marketed under brand names like Equal and Nutrasweet. It is a combination of two amino acids: L-aspartic acid and L-phenylalanine. It is available as individual packets for adding to foods and it is a component of many diet soft drinks and other reduced-calorie foods. Depending on who you listen to, it is either a safe aid to weight loss and diabetes control or it is evil incarnate, a deadly poison that is devastating the health of consumers.

A reader sent me an ad from his local newspaper that recommended using stevia instead of aspartame and made these startling claims about aspartame:

1. It is derived from the excrement of genetically modified *E. coli* bacteria
2. Upon ingestion, it breaks down into aspartic acid, phenylalanine, methanol, formaldehyde, and formic acid.
3. It accounts for over 75% of the adverse reactions to food additives reported to the FDA each year including seizures, migraines, dizziness, nausea, muscle spasms, weight gain, depression, fatigue, irritability, heart palpitations, breathing difficulties, anxiety, tinnitus, schizophrenia and death.

Let's look at those claims one by one.

1. In some markets, aspartame manufacture takes advantage of modern genetic laboratory processes. A plasmid introduces genes into *E. coli* bacteria; the genes are incorporated into the bacterial DNA and they increase production of enzymes that enhance the production of phenylalanine. The bacteria produce more phenylalanine, serving as little living factories. The phenylalanine these workhorses produce for us is exactly the same as phenylalanine from any other source. It is disingenuous and inflammatory to characterize it as "derived from excrement." Genetic processes like this are widely used today. One stunning example is Humulin. Diabetics used to develop allergic reactions to the beef and pork antigens in insulin derived from cows and pigs because it was slightly different from human insulin and contained impurities. Scientists found a way to put human insulin genes into *E. coli* bacteria and put them to work producing true, pure human insulin. This was such a great advantage to diabetics that animal insulins are no longer even available.
2. Some of the things we ingest are directly absorbed and utilized unchanged, like water. But most of what we ingest is metabolized. Aspartame is metabolized. It does indeed break down into aspartic acid, phenylalanine, and methanol. Aspartic acid and phenylalanine are amino acids that we need to survive. Methanol is produced in small amounts by the metabolism of many foods; it is harmless in small amounts. A cup of tomato juice produces six times as much methanol as a cup of diet soda. Methanol is completely metabolized via formaldehyde to formic acid; no formaldehyde remains. Lastly, the formic acid is broken down into water and carbon dioxide. Human studies show that formic acid is eliminated faster than it is formed after ingestion of aspartic acid. So yes, those compounds appear, but so what? We get much larger amounts of the same compounds from our food, and they don't hurt us.
3. I searched for documentation of that claim, and I couldn't find the 75% figure anywhere. What I did find was that FD&C dyes (not aspartame) are the food additives most frequently associated with adverse reactions. Anyway, a list of reported adverse reactions is meaningless by itself. People can report any symptom they noticed after using aspartame, but they can be fooled by the *post hoc ergo propter hoc* fallacy: just because a symptom occurred after ingesting aspartame, that doesn't prove aspartame caused the symptom. Controlled studies are needed to determine if the symptom occurred more often in people using aspartame than in people not using it. Many such studies have been done and have not shown a correlation of aspartame use with any of those symptoms.

[Hidden Heart Risks? Masked Hypertension May Affect 17 Million](#)

January 23, 2017 | Article

Nearly one in eight Americans who think that they have normal blood pressure may have a type of high blood pressure that doesn't show up at the doctor's office, a new study finds.

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NEWS

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That habit could dramatically heighten your chance of developing prediabetes, researchers say.



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"If you kick-start your day by drinking a glass of pure warm water, fat deposits and toxins circulating in the blood are eliminated from the body. It can help you assist with nasal/throat congestion, ease constipation, and boost digestion. It is an easy tactic to crank up your metabolism, aid weight loss goals, and reduce cholesterol quickly. Water is truly the elixir of life! Up to sixty percent of your body is water, which plays a role i...

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Study: Virgin Coconut Oil Protects the Liver from Harm Caused by Chemotherapy Cancer Drugs



A study published this month (January 2017) in Nigeria shows the hepatoprotective effect of virgin coconut oil when used with MTX cancer chemotherapy.

Chemotherapy drugs are known for damaging the liver. Unlike the U.S., where government dietary advice is still against saturated fats and coconut oil, many of the coconut-producing countries are learning that their traditional diets high in saturated fats, and specifically coconut oil, are actually healthy. There is a wide body of research now looking at the health benefits of coconut oil, specifically virgin coconut oil, which is less refined than machine-made commercial coconut oils. The current study from Nigeria acknowledges that the "emerging health benefit of virgin coconut oil (VCO) has been associated with its potent natural antioxidants." So they designed a study using rats to see if virgin coconut oil and its antioxidant properties could protect the liver against oxidative stress caused by chemotherapy cancer drugs. They saw a definite improvement in liver function from the group that consumed virgin coconut oil.

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Cow's Milk-allergy

An allergy to cow's **milk** is most often seen in babies and young children, especially when they have been exposed to cow's milk protein before they are six months old (5, 6).

It's one of the most common childhood allergies, affecting 2–3% of babies and toddlers (7). However, around 90% of children will outgrow the condition by the time they're three, making it much less common in adults.

A cow's milk allergy can occur in both IgE and non-IgE forms, but IgE cow milk allergies are the most common and potentially the most serious.

Children or adults with an IgE allergy tend to have a reaction within 5–30 minutes of ingesting cow's milk. They experience symptoms like swelling, rashes, hives, vomiting and, in rare cases, anaphylaxis.

A non-IgE allergy usually has more gut-based symptoms like vomiting, constipation or diarrhea, as well as inflammation of the gut wall (6).

A non-IgE milk allergy can be quite difficult to diagnose. This is because sometimes the symptoms can suggest an intolerance and there is no blood test for it (8).

If a diagnosis of a cow's milk allergy is made, the only treatment is to avoid cow's milk and foods that contain it. This includes any foods or drinks that contain:

Milk

Milk powder

Cheese

Butter

Margarine

Yogurt

Cream

Ice cream

Breastfeeding mothers of babies with an allergy may

also have to remove cow's milk and foods that contain it from their own diets.

As for babies who aren't breastfeeding, a suitable alternative to a cow's milk-based formula will be recommended by a health professional (9).

Summary: A cow's milk allergy mostly affects children under the age of three. A diagnosis of cow's milk allergy means that all milk and milk products must be avoided.

By Helen West, RD



Eggs-allergy

An **egg** allergy is the second most common cause of food allergy in children

However, 68% of children who are allergic to eggs will outgrow their allergy by the time they're 16

Symptoms include:
Digestive distress, such as a stomach ache
Skin reactions, such as hives or a rash
Respiratory problems

Anaphylaxis (which is rare)

Interestingly, it's possible to be allergic to **egg whites**, but not the yolks, and vice versa. This is because the proteins in egg whites and egg yolks differ slightly.

Yet most of the proteins that trigger an allergy are found in egg whites, so an egg white allergy is more common (11).

Like other allergies, the treatment for an egg allergy is an egg-free diet (13).

However, you may not have to avoid all egg-related foods, as heating eggs can change the shape of the allergy-causing proteins.

This can stop your body from seeing them as harmful, meaning they're less likely to cause a reaction (14, 15, 16).

In fact, one study found that around 70% of children with an egg allergy could tolerate eating biscuits or cakes containing a cooked egg component (17).

Some studies have also shown that introducing baked goods to children with an egg allergy can shorten the time it takes for them to outgrow the condition (18).

Nevertheless, this isn't the case for everybody, and the consequences of ingesting eggs when you are allergic to them can be severe. Because of this, you should check with your doctor before you reintroduce any egg-containing foods.

Summary: The most common type of egg allergy is an egg white allergy. The treatment is an egg-free diet. However, some people may be able to reintroduce some foods containing cooked eggs into their diet.

By Helen West, RD



Tree Nuts



A tree nut allergy is an allergy to some of the nuts and seeds that come from trees.

It's a very common food allergy that's thought to affect around 1% of the US population

Some examples of tree **nuts** include:

Brazil nuts: Almonds: Cashews: Macadamia

nuts: Pistachios: Pine nuts: Walnuts

People with a tree nut allergy will also be allergic to food products made with these nuts, such as nut butters and oils.

They are advised to avoid all types of tree nuts, even if they are only allergic to one or two types

This is because being allergic to one type of tree nut increases your risk of developing an allergy to other types of tree nuts.

Additionally, it's easier to avoid all nuts, rather than just one or two types. And unlike some other allergies, an allergy to tree nuts is usually a lifelong condition.

Allergies can also be very severe, and tree nut allergies are responsible for around 50% of anaphylaxis-related deaths (23, 24).

Because of this, people with nut allergies (as well other potentially life-threatening allergies) are advised to carry an epi-pen with them at all times.

An **epi-pen** is a potentially life-saving device that allows those with allergies to inject themselves with a shot of adrenaline if they begin to have a severe allergic reaction.

Adrenaline is a naturally occurring hormone that stimulates the body's "fight or flight" response when you are stressed.

When given as an injection to people having a severe allergic reaction, it can reverse the effects of the allergy and save the person's life (25).

Summary: A tree nut allergy is one of the most common food allergies. It's frequently associated with severe allergic reactions, and the treatment is usually a lifelong avoidance of all tree nuts and tree nut products.

By Helen West, RD

Shellfish-allergies

A shellfish allergy is caused by your body attacking proteins from the crustacean and mollusk families of fish, which are known as shellfish.

Examples of shellfish include: Shrimp: Prawns: Crayfish: Lobster: Squid: Scallops

The most common trigger of a seafood allergy is a protein called **tropomyosin**. Other proteins that may play a role in triggering an immune response are **arginine kinase** and **myosin light chain** (31, 32).

Symptoms of a shellfish allergy usually come on quickly and are similar to other IgE food allergies.

However, a true seafood allergy can sometimes be hard to distinguish from an adverse reaction to a contaminant of seafood, such as bacteria, viruses or parasites.

This is because the symptoms can be similar, as both can cause digestive issues like vomiting, diarrhea and stomach pain.

A shellfish allergy doesn't tend to resolve over time, so most people with the condition must exclude all shellfish from their diet to avoid having an allergic reaction (33).

Interestingly, even the vapors from cooking shellfish can trigger a shellfish allergy in those who are allergic. This means that many people are also advised to avoid being around seafood when it's being cooked (34).

Summary: The most common trigger of a shellfish allergy is a protein called tropomyosin. The only treatment for a shellfish allergy is removing all shellfish from your diet. By Helen West, RD



100-Mile-Long Crack in Antarctic Ice Shelf Keeps Growing

The could cause the ice shelf's collapse this year.

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About High Blood Pressure and Oxidative Stress

High blood pressure (hypertension) is considered the “silent killer” or precursor to heart disease and heart attack by many. Some question what readings determine whether one’s blood pressure is too high or low, but one thing is for certain: outside conventional pharmaceutical industry controlled medicine, blood pressure medications are full of side effects and capable of worsening overall health.

Oxidative stress is recognized as a precursor for chronic inflammation and a wide range of non-infectious disease, as well as affecting overall immunity to the degree one is defenseless against all sorts of infectious diseases. It is a health destroyer.

Oxidative stress is the result of the body not being able to scavenge free radicals from normal metabolic functions with the body, thus creating a toxic overload of free radicals. You’ve no doubt heard of free radicals and their antidotes, antioxidant nutrients.

Free radicals are atoms or groups of atoms with an unpaired numbers of electrons. These reactive atoms or molecules are what can be considered normal waste from normal metabolic functions with oxygen. A healthy body’s immune system fortified with antioxidant nutrients can handle most of them.

Otherwise they damage proteins, molecules, and genes throughout the body.

Oxidative stress leads to free radicals damaging proteins, molecules, genes, and aging biologically beyond one’s calendar years. That’s why antioxidant foods and supplements are promoted as “anti-aging.”

by Paul Fassa

Health Impact News

Study: Coconut Oil’s Lauric Acid Reduces High Blood Pressure



There have been numerous studies on lauric acid for various health supporting factors. Did you know that virgin coconut oil is 50 percent or more lauric acid? So whatever healthy attributes lauric acid contains so does coconut oil, and more. And more will be explained later in this article. For now we’ll focus on coconut oil’s major component, lauric acid, and a recent animal study with dramatic results discovered for reducing hypertension (high blood pressure) and oxidative stress.

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Spinach

Here’s a green leafy veggie that can be used raw in a salad or sauteed as a side dish. It doesn’t have quite as much water as iceberg lettuce, but it’s loaded with vitamin K, folate, manganese, and magnesium, plus antioxidants that help fight inflammation and cancer.



Greece

The Mediterranean diet, in particular that consumed on the island of Crete, is the most scientifically validated diet in human history. At its core, it’s based on a high intake of vegetables, especially leafy greens and tomatoes, wholegrain cereals, olive oil, cheese in moderation, yoghurt, nuts, fish and seafood and small portions of meat. The focus is on eating nourishing, seasonal foods.

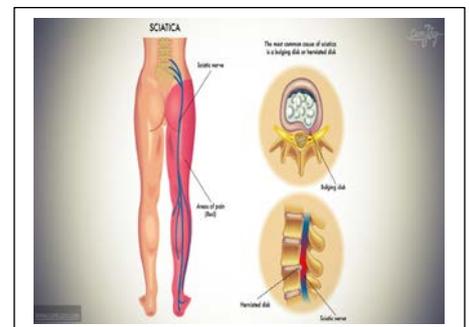
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6 Natural Ways To Relieve Sciatic Pain



A research shows that at least 40% of the people suffer from Sciatica or some sort of sciatic nerve related pain, at some point in their lives.

Those who are not aware, this is the very nerve that runs along either of lower spine through pelvis and buttocks and passes along the back of each upper leg before it divides at the knee into branches that go to the feet...

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Dark Spot Under Nails

If you haven’t banged or hurt your finger or toe recently, little dots of blood trapped under your nail could point to an infection in the lining of your heart or valves, called endocarditis. You can also get these blood specks when you have diabetes, and people with that condition are two to four times more likely to have heart disease and strokes.

WebMD