

2017-03-01-VIDEO-

<http://www.luxuryandglamor.com/why-you-should-never-throw-your-boarding-pass>

## Wind, Rain, Heat: Health Risks Grow with Extreme Weather



As climate change proceeds, there will be more extreme weather events, and these events pose a threat to people's health, experts say.

[Read More](#)



### Sri Lankan Association OF NSW Seniors' function 2017 March

2 days ago • 110 views

Harold Gunatillake



## Diagnosing chest pain



Is That Chest Pain Serious? New Blood Test Could Tell  
Every day, a slew of previously healthy people experience chest pains, and go to the emergency room.

[Read More](#)

## Soap & Cancer

*The antimicrobial triclosan, found in soaps and shampoos, causes liver fibrosis and cancer in laboratory mice through molecular mechanisms*



Washing with soap - image from Shutterstock

Triclosan is an antimicrobial agent commonly added to soaps and shampoos. Robert H. Tukey, from the University of California/San Diego (California, USA), and colleagues found that triclosan disrupted liver integrity and compromised liver function in mouse models. Mice exposed to triclosan for six months (roughly equivalent to 18 human years) were more susceptible to chemical-induced liver tumors. Their tumors were also larger and more frequent than in mice not exposed to triclosan. The team posits that the mechanism of action may be that triclosan interferes with the constitutive androstane receptor, a protein responsible for detoxifying foreign chemicals in the body. To compensate for this stress, liver cells proliferate and turn fibrotic over time. Repeated triclosan exposure and continued liver fibrosis eventually promote tumor formation. The study authors urge that: "These findings strongly suggest there are adverse health effects in mice with long-term [triclosan] exposure, especially on enhancing liver fibrogenesis and tumorigenesis, and the relevance of [triclosan] liver toxicity to humans should be evaluated."

[VIEW NEWS SOURCE...](#)

If you have trouble falling sleeping or staying asleep, you may have magnesium deficiency. Even minimal lack of magnesium can stop your brain from relaxing at night.



be. EXPERT ADVICE

## Laser eye surgery alternatives

Not suitable for laser surgery? Vision correction surgeon Dr Michael Lawless explains some other options.

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### Modern Buddhism - Gen-la Kelsang Dekyong

19 hours ago • 292 views



New Kadampa Tradition



### Make Your Own Oatmeal Jars

21 hours ago • 1,272 views



DoctorOz

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## 20 Years After Dolly the Sheep, What Have We Learned About Cloning?

Today marks the 20th anniversary of the announcement of Dolly the sheep, the first mammal cloned from an adult cell.

[Read More](#)



Fat buildup around the abdomen could be responsible for the development of type 2 diabetes and coronary heart disease. [Abdominal fat may cause type 2 diabetes, heart disease](#)



# 5 Fun Facts About St. Patrick's Day

By Tanya Lewis, Staff Writer |



St. Patrick's Day has some funny traditions.

Credit: [Milleflore Images](#) / [Shutterstock](#)

Every year on March 17, millions of people gussy themselves up in green attire, hold big parades and drink lots of beer, all in the name of an old Irish saint. But what's the history of this emerald-hued holiday, and why do we celebrate it with shamrocks and alcohol?

## Who was St. Patrick?

St. Patrick was a Christian missionary, bishop and a patron saint of Ireland. He was born in Roman Britain to a wealthy family near the end of the fourth century. At age 16, he was captured by Irish raiders and brought to Ireland, where he spent six years in captivity, working as a shepherd. He became a devout Christian and, it's believed, began to dream of converting the Irish to [Christianity](#). He then escaped back to England. He wrote that a voice — God's — spoke to him in a dream telling him to leave Ireland. After reaching England, Patrick described having a second dream in which an angel told him to go back to Ireland as a missionary. He started religious training to become a priest. He was later sent to Ireland on a mission to convert the Irish to Christianity and minister to Christians already there. Rather than replacing pagan Irish rituals, he incorporated them into his teachings. For instance, the Irish used to honor their gods with fire, so Patrick used bonfires to celebrate Easter. He died in A.D. 461 on March 17, which became [St. Patrick's Day](#).

## Why green clothes?

Wearing green has become a staple of St. Patrick's Day, but the holiday was originally associated with the color blue. It's thought that the shift to green happened because of Ireland's nickname "[The Emerald Isle](#)," the green in the Irish flag and the shamrock, or clover. Green ribbons and shamrocks were worn as early as the 17th century. During the Irish Rebellion of 1798, an uprising against British rule in Ireland, Irish soldiers wore full green uniforms on March 17 to make a political statement. Legend has it that wearing green makes a person invisible to leprechauns that will pinch someone if they see them. [\[Image Gallery: One-of-a-Kind Places on Earth\]](#)

In Ireland, some people still adhere to the tradition of Catholics wearing green and Protestants wearing orange, the colors that represent their respective religious sects on the Irish flag.

(Extract only)

eLanka, Lankan-  
Australian "News-  
King": Always read



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## Why so much beer?

Beer is one of the most widely consumed beverages on St. Patrick's Day.

While the [Irish beer Guinness](#) remains a top St. Patty's Day choice, a disturbing trend is the consumption of green beer, dyed with food coloring. Some studies have linked food coloring to cancer (at least in lab animals) and headaches, though revelers would probably have to drink a lot more dye than the beers contain to cause health problems, according to nutrition expert Keri Glassman, founder and president of a nutrition practice based in New York City.

It's no surprise that [imbibing beer](#) or other alcoholic beverages affects brain function, and a new study helps reveal what's going on. The ethanol in these drinks disrupts connections between the brain's visual and motor areas, hindering muscle coordination, a recent study found.

## What Is It?

Like any other part of your body, your brain can have a tumor, which happens when cells grow out of control and form a solid mass. Because your brain has many types of cells, it can get many kinds of tumors. Some are cancer, and others aren't. Some grow quickly, others slowly. But because your brain is your body's control center, you have to take all of them seriously.

### Brain Tumors

Your skull is hard, your brain is soft, and there's really no room in your head for anything else. As a tumor grows, it presses on your brain because it has nowhere to go. That can affect how you think, see, act, and feel. So with brain tumors, whether it's cancer or not, what matters is where it's located, how quickly and easily it can grow or spread, and if your doctor can take it out.

### Secondary Brain Cancer

Most people who have brain cancer (about 100,000 each year) have this kind, which means cancer in some other part of your body has spread to your brain. About half of all brain cancers start as lung cancer. Other cancers that can spread to your brain include:

Breast cancer: Colon cancer: Kidney cancer  
Leukemia: Lymphoma: Melanoma (skin cancer)  
Primary Brain Cancer

A much smaller number of people (about 24,000 each year) have cancer that starts in the brain or spinal cord. About 3 out of every 10 people with brain cancer have a glioma, a group of tumors that start in your glial cells. Your brain has billions of these -- they help nerve cells called neurons work the way they should. These tumors can grow quickly and sometimes spread throughout your brain, which makes them harder to treat.

WebMD

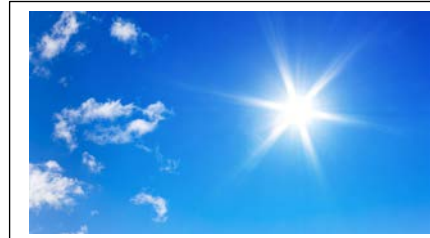
ARTICLE

## Coping With Fatigue

We share 7 strategies to keep your energy up when a flare is knocking you down.



## How to Protect Yourself from Sun and Heat in 2017



Whether you live in a spot that's currently a winter wonderland, or a city with constantly sunny skies, one thing is clear: When the sun is shining, you want to get outside.

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FEATURED NEWS

## Could a Blood Test Spot Autism?

An experimental blood test has shown promise as a novel way to diagnose autism in children.

[READ MORE](#)

## News from Harvard Health

[What's causing your itching, teary eyes?](#)

[What's the evidence for evidence-based medicine?](#)

[Do not get sold on drug advertising](#)



Cheers! Prince William, Duchess Kate celebrate St. Patrick's Day with Guinness

Prince William and Catherine, Duchess of Cambridge, pre-gamed for their trip to Paris on St. Patrick's Day with pints of Guinness!

[READ MORE](#)

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.

## Daily Dose of Coconut Oil Generates Powerful Health Benefits

Study shows that just one tablespoon of coconut oil daily could promote weight loss and improve cardiovascular health



Coconut oil - image from Shutterstock

Coconut oil has previously been thought of as a "bad fat", as it contains saturated fatty acids. Recent studies have shown that natural sources of saturated fats are actually not only not "bad", but are beneficial, particularly for the brain. A new study, conducted at the Postgraduate Program in Cardiology at the School of Medicine, Universidade Federal do Rio de Janeiro, evaluated the health effects of extra virgin coconut oil. The study focused primarily on how coconut oil affects HDL cholesterol and a range of other measurements, such as body weight, size, and circumference.

Participants were all hypertensive, 63.2% male, with ages ranging from 54 to 70 years. 94.5% had blood lipid profiles indicating dyslipidemia and were taking standard cholesterol-lowering drugs. For the first three months, 136 participants were put on a standardized diet. For the third month and onward, the 116 who completed the first phase were placed in two intervention groups. The first group contained 22 participants who remained on the diet. The remaining 92 were put on the diet and given an additional 13 ml of extra virgin coconut oil daily (equivalent to approximately one tablespoon). The results at the end of the three months showed that the group of participants taking coconut oil saw a decrease in all six of the bodily parameters measured, including weight (reduction of .6 kilograms), body mass (reduction of .2 kg), waist circumference (reduction of 2.1 cm), neck perimeter (reduction of 4cm), systolic blood pressure (reduction of 3.3 points), and diastolic blood pressure (reduction of 3.5 points). Participants also saw a 3.1 to 7.4 mg increase in HDL cholesterol. The researchers concluded that "nonpharmacological interventions are essential for risk factor control in secondary prevention among patients with coronary disease. Our study showed that a diet rich in extra virgin coconut oil seems to favor the reduction of WC and the increase of HDL-C concentrations, raising with secondary prevention for CAD patients."

### VIEW NEWS SOURCE...

Diuli A. Cardoso<sup>1</sup>, Annie S. B. Moreira<sup>2</sup>, Glauca M. M. de Oliveira<sup>1</sup>, Ronir Raggio Luiz<sup>3</sup> and Glorimar Rosa. A coconut extra virgin oil-rich diet increases HDL cholesterol and decreases waist circumference and body mass in coronary artery disease patients. *Nutr Hosp.* 2015;32(5):2144-2152 ISSN 0212-1611 \*

## Simple Ways to Lower Cholesterol

When you are found to have a high blood level of cholesterol, it can be very helpful to change your diet and lifestyle to lower cholesterol. Lowering cholesterol has been shown to decrease the risk of heart disease. Even if you are taking a medication to lower your cholesterol levels, diet and exercise in addition can lead to optimal heart and blood vessel health. The following tips can be simple ways to help you to stay healthy.

### Good and Bad Cholesterol

Actually, some cholesterol is necessary for proper body function. But dietary saturated fat and cholesterol both raise levels of LDL "bad" cholesterol. High levels of LDL cholesterol can cause plaque to build up in arteries, leading to heart disease and stroke. HDL is a "good" cholesterol in that it helps eliminate bad cholesterol from your blood. It is possible to lower LDL cholesterol and raise HDL cholesterol with your diet.

### Serve Up Heart-Healthy Food

When it comes to fruits and vegetables, pick up the pace! Multiple servings throughout the day can help lower LDL "bad" cholesterol. Moreover, these foods have antioxidants that can be beneficial. Also, eating more vegetables and fruits often results in eating fewer high-fat foods. This can lower blood pressure promote weight loss.

### Think Fish For Heart Health

Fish is generally exceptionally heart healthy because it is high in healthy omega-3 fatty acids and low in saturated fat. It is the omega-3 fatty acids that help lower blood levels of triglycerides. Especially emphasize fatty fish. Keep in mind that deep oil frying of any food diminishes the health benefits.

### Start the Day With Whole Grains

Oatmeal or whole-grain cereal have fiber and complex carbohydrates that help you to feel fuller for longer, so you'll be less inclined to overeat later in the day. These breakfasts help reduce LDL "bad" cholesterol and can help with your weight control.

### Go Nuts for Cardiovascular Health

Nuts help to lower cholesterol because they are high in monounsaturated fat. This form of fat lowers LDL "bad" cholesterol while maintaining HDL "good" cholesterol levels. This can lower the risk of heart disease. Only eat a handful, though, because nuts are high in calories, especially if they are coated in sugar or chocolate.

### Unsaturated Fats Protect the Heart

Our daily fat needs are only about a third of our daily calories. However, the form of fat makes a difference. Unsaturated fats (in canola, olive, and safflower oils) lower LDL "bad" cholesterol levels. Saturated fats (in butter and palm oil) and trans fats increase LDL cholesterol. All fats have calories. Moderation is the key.

Medicine.net

## Muscle Cramps And Spasms



Low levels of minerals in your body can cause cramps and spasms. Magnesium is very important for muscle relaxation. When your body lacks magnesium, it can involuntarily contract, which can cause painful spasms.<sup>1</sup>

Curejoy.com

## Scientists Plan Washington March in Response to Trump

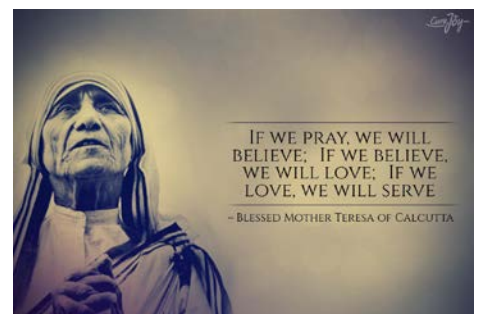


What began as a political conversation on Reddit is turning into a national movement: Scientists are planning to march on Washington to express their support for rigorous scientific research.

[Read More](#)

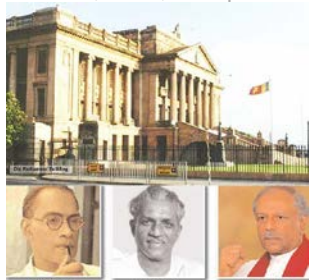
## 'Game-changing' stroke helmet could help doctors save lives: experts

A portable helmet being trialled by Australian paramedics that uses microwave technology to quickly diagnose a suspected stroke could help doctors save lives and intervene before major brain damage occurs.



# Tennyson in Parliament

March 9, 2017, 8:47 pm



Today's commotion in Parliament and the eviction of MP Dinesh Gunawardena reminded me of an episode involving Dinesh's fiery father Philip Gunawardena. This happened many decades ago when Parliament was at Galle Face and conducted its proceedings in English. Philip had behaved in an allegedly un-parliamentary manner. Francis Molamure, the Speaker, ordered Philip to leave the assembly. With characteristic obstinacy he refused. Thereupon the Speaker ordered the Parliamentary staff to physically remove the offender. As these officers carried Philip out the irrepressible Oxonian SWRD Bandaranaike declaimed appropriate lines from Tennyson -

"Lift him up gently, carry him with care  
Fashioned so tenderly. Young and so fair"

Those were the days my friends. We thought they will never end  
Sent by Rohantah G

# Harvard Heart Letter Inherited high cholesterol: Too often overlooked Research we're watching



**Image:** © Creatas/Thinkstock  
People with a condition known as familial hypercholesterolemia (FH) have genetic mutations that cause abnormally high cholesterol levels, which leaves them vulnerable to heart attacks and strokes at an early age. But many of them aren't getting appropriate cholesterol-lowering therapy, according to a report in the Dec. 23, 2016, issue of the journal *Science*. For the study, researchers merged genetic testing data with information from electronic medical records from more than 50,000 people. As earlier studies have shown, about one in 250 people had FH. But only 58% of the people with the disorder had a current prescription for a cholesterol-lowering statin drug. And of those statin-treated people with FH, just 46% were meeting the recommended goal of an LDL (bad) cholesterol level of 100 milligrams per deciliter (mg/dL) or lower. Because FH isn't common and the genetic test is so costly, routine screening among the general public doesn't make sense. But that could change as the cost of genetic testing drops in the future. For now, doctors may consider FH testing in select circumstances, especially in families with a history of very high LDL cholesterol (190 mg/dL or higher) and heart attacks that occur before age 50.



# Oprah Winfrey for president? She doesn't dismiss the idea in new interview

Oprah Winfrey has said in the past she won't run for office. But now that President Donald Trump is in the White House, she may have changed her tune.

[READ MORE](#)

# Pesticides Cause 'Catastrophic' Harm to People and Planet, UN Report Says



Thyroid problems are incredibly common. In fact, about 12% of people will experience issues at some point in their lives. Here are 10 common signs and symptoms that suggest you may have an underactive thyroid.  
[10 Signs You Have an Underactive Thyroid](#)



# An apple a day may not keep the doctor away, but it's...



# How to rediscover meaning in your life



# Parents: Call the doctor right away for these 4 symptoms



# The tricky thing about asthma



# Why Does Ice Cream Cause Brain Freeze?

[Read Article](#)



# SLIDESHOW These Potatoes Can Help You Lose Weight

Sweet potatoes are good for weight loss (hello, fiber) -- and they have other great benefits, to boot.

# Trump's Mexico wall / One in 10 firms bidding for project are Hispanic-owned



8 Ways You Can See Einstein's Theory of Relativity in Real Life  
Relativity is one of the most famous scientific theories of the 20th century, but how well does it explain the things we see in our daily lives?

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[Sri Lanka economy and financial news ... - economynext.com](#)



SLIDESHOW

# Urinary Tract Infection

UTIs can be painful and often require medical treatment. Learn how UTI's are diagnosed. [Read more...](#)

# HOLLYWOOD HEALTH REPORT Dr. Phil's rules to control diabetes



# 5 Ways Trump Continues His Assault on People and Planet



U.S. Environmental Protection Agency administrator Scott Pruitt renewed his science denier vows on ... [READ MORE](#)



UK Immigration.mp4

<http://elanka.com.au/organic-foods-the-way-to-go/>

## Omega-3 oils could tackle damage caused by air pollution, research shows

Exclusive New research indicates the benefits of eating omega-3 fatty acids, but also that pollution particles can penetrate the lungs into many organs, including testicles

A man wearing a mask looks out from a bus in Beijing as the city is blanketed by smog, Dec 2016

Virtually all cities in poorer nations, and more than half those in richer countries, are blighted by unhealthy air.

Photograph: Andy Wong/AP  
Supplements of healthy fats could be an immediate way of cutting the harm caused to billions around the world by air pollution, according to emerging research.

However, the research also shows air pollution particles can penetrate through the lungs of lab animals into many major organs, including the brain and testicles. This raises the possibility that the health damage caused by toxic air is even greater than currently known.

The new research on mice showed that omega-3 fatty acids (OFAs), found in flax, hemp and fish oils, can both prevent and treat the inflammation and oxidative stress caused by air pollution, with the OFAs delivering a 30-50% reduction in harm.

Air pollution around the world is rising at an alarming rate, according to the World Health Organization, with virtually all cities in poorer nations blighted by unhealthy air and more than half of those in richer countries also suffering.

Low air quality has long been linked to lung and heart disease and strokes, but scientists are now uncovering links to brain problems such as dementia, mental illness and reduced intelligence, as well as diabetes, kidney disease and premature births.

Dr Jing Kang, at Massachusetts General Hospital, part of Harvard Medical School in the US, who led the research said: "These pathological changes are very important because they are the fundamental mechanisms for the common chronic diseases we have today.

"I can anticipate the same things [that happen in mice] would happen in humans, because many other inflammatory diseases in humans can be treated with OFAs. We feel very confident OFAs can do something very good."

"I would definitely recommend taking OFAs to counter air pollution problems," he said. "OFAs are well known to have many other healthy benefits and the key thing is they are not like a drug, but a nutrient with so many benefits."

TheGuardian

## Climate scientists say likelihood of extreme summers surging due to global warming

"It could make Sydney a less liveable city, one of the report's authors, Dr Sarah Perkins-Kirkpatrick, said. Perkins-Kirkpatrick is a research fellow at the University of New South Wales' Climate Change Research Centre and said [Sydney](#) was unprepared for the knock-on effects of a significant increase in average summer temperatures".

## Colon and Rectal Cancers Rising in Young People

By RONI CARYN RABIN

**Scientists are reporting a sharp rise in colorectal cancers in adults as young as their 20s and 30s, though the reasons are unclear.**

Obesity and sedentary lifestyles are also associated with colorectal cancer, as are heavy alcohol use and chronic conditions like inflammatory bowel disease and Type 2 diabetes, all of which are on the rise. But experts are not entirely convinced these are the only reasons colorectal cancer is increasing among young people. While rates of cancers tied to human papillomavirus, or HPV, have been rising in recent years, that virus causes mainly cancers of the cervix, anus or the back of the throat, and only a small number of cases of rectal cancer.

**Ed: Minimise eating red meat. Look after the trillions of microbiota by eating fermented foods, pickles and cultured food. Keep them happy and they will keep you healthy**

## Health benefits of high fibre diets

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

When you talk of food you dream of the yummy foods you eat, like biriyani, foods cooked with flour like indiappans, pittues', parathas' hoppers and so on. Health-minded individuals talk of eating a balanced diet composed of carbs including vegies, and meat or fish with rice. Today, for a balanced diet situation you need to include fermented foods like pickle...

[Continue Reading](#)



### How Many Grapes in a Bottle?

Admit it, you've wondered. A standard 750-milliliter bottle of wine has 736 grapes, or about 2.6 pounds of fruit. That number may vary depending on the size, type, and water content of the grapes -- and on how much wine you had before you started counting.-WebMD



### How Wine is Made

It's a process called fermentation. Tiny organisms called yeast eat the sugar in pressed grape juice and make two waste products: alcohol and carbon dioxide. The liquid that results is filtered to get rid of the solid pieces and bottled immediately or aged in barrels. The end result: That waste becomes wine.



### Difference between Red and White

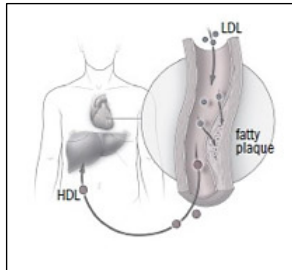
White wine is fermented without the skins, and red wine is fermented with them. That gives red wine more antioxidants called polyphenols. They bring bitterness, color, and astringency (the puckered mouth you get from vinegar or lemons), along with some health benefits. Red wine has about 7 times more polyphenols than white wine.



### Aged in Oak Barrels

Some of the more expensive wines go through this process. It slowly adds oxygen to the wine and pleasant flavors from the wood. Why oak? It goes back to the Romans, who discovered that oak was easy to bend into vessels to transport wine, and that it improved flavor.

## What does HDL cholesterol do?



LDL (bad) cholesterol forms fatty deposits (plaques) in the coronary arteries that can cause heart attacks. HDL removes cholesterol from the blood and transports it to the liver for elimination or recycling.



## A Healthy Pour

The right amount of wine -- particularly red wine -- may be good for you. This may be because of the ethanol your body makes from alcohol, as well as those polyphenols, which are linked to better heart and brain health. But more than a glass or two a day can increase your risk of stroke, high blood pressure, liver disease, certain cancers, and other conditions

## Today's Videos



### VIDEO: Long Live Benjamin - Episode 1

What happens when a man's best friend is a capuchin monkey? In episode of this six-part documentary, the artist Allen Hirsch makes discovery while on honeymoon in Venezuela.

click

## Desmond Kelly- Mr Music



"Mr.Music" - Desmond Kelly's latest musical endeavour is now available, especially for lovers of good "Country Music" that will bring back "memories that matter", including original compositions, some of which will be heard & enjoyed for the first time.

The CDs, proudly presented by e'Lanka, Australia's Premier Website for Lankan/Aussies everywhere will all be produced under the apt "title" Especially for You, starting with Volumes 1 & 2, each containing at least 20 great songs, vocal & instrumental, from a huge repertoire, sung & played by Des., everywhere. With the exception of the Original Compositions, the "rest" are simply "Covers" and or "tributes" to various entertainers.

For more information on the above, which will also be featured on a special "e'Lanka You-Tube Channel", comprising only "Des Kelly's e'Lanka Recordings", please contact Neil Jayasekera or Desmond Kelly :- E'mail : [neil@eLanka.com.au](mailto:neil@eLanka.com.au) or [www.eLanka.com.au](http://www.eLanka.com.au) E'mail : [dkelly2U@gmail.com](mailto:dkelly2U@gmail.com) (or Tel.03-8-759-1932.

Copies of these CDs will be strictly restricted, so please be early. "First come, first served".

Victor Melder

### *Songs on Radio Ceylon[edit]*

*Kelly was one of a group of musicians who was discovered by Radio Ceylon, now the Sri Lanka Broadcasting Corporation.*

*Radio Ceylon gave him a platform for his songs and announcers Vernon Corea and Christopher Greet played his compositions on their music programs - Radio Ceylon made him into a household name - not only in Sri Lanka but also in the Indian sub-continent. His pop hit Dream World was in the hit parades in both Ceylon and India. He has also been featured in the top entertainment column, EMCEE, published in the Ceylon Daily News in the 1960s.*

### *Acting Career in Australia[edit]*

*Des Kelly is best known for such pop hits such as Dream World, Cha Cha Baby, and The Reason Being. He migrated with his family to Melbourne, Australia in 1962 where he worked as an entertainer. Kelly also became an actor and appeared on TV shows such as Homicide and Hunter for Crawford Productions and as a solo entertainer on some of the top television shows in Australia, such as In Melbourne Tonight, the Delo & Daly show and Reg Lindsay's Country Hour which was produced in Adelaide, Australia. He is also known for a road safety song in Australia titled It's You. He has collaborated with fellow Australian musician Robin Foenerander on a range of pop songs. Des Kelly has also released CDs which include the popular Sri Lankan balla music and calypso songs.*

*Des Kelly is now semi-retired although he is still in demand in Melbourne as an entertainer.*

From Wikipedia



Dear Dhamma Friends,

This is the time again to celebrate Songkran and receive blessings for New Year- 2017 at Lumeah Temple on 9th April( Sunday ).As you know this day provides an opportunity to show our appreciation and gratitude to these monk, by joining with other Buddhist communities to raise funds for the basic needs of the monks and upkeep of the temple. We have been continuously holding our Sri Lankan food stall for last 38+ years to raised funds but unfortunately, as you may know our regular helpers are not in a position to run the Sri Lankan Food stall like good old day. As such we have decided to make a collection and donate to the temple like last year on this special occasion. This is one way we could show our gratitude to these monk who have been helping our community for last 44 years.

However due to a request form the organizers and also the demand form the regular customers for Sri Lankan food, we are hoping to keep the Sri Lankan stall open with limited variety of food ( pre-packed meals and short-eats) with the help of a Sri Lankan family at a reasonable cost.

If you wish to send a donation by cheque please make it to "Wat pa Buddharamssee Temple" and forward to my address (3, Josephine Crs Georges Hall 2198) or to send money with one of our friends who is coming to Songkran on 9th April so that all collection can be donated together on behalf of the Sri Lankan community. If you need any other information please contact on 9725 6131 or Mob.040847 9598

With metta

On behalf of Sri Lankan Group  
Chandra Gunasekera

## People who consume more gluten 13 percent less likely to have diabetes

Throughout the 30-year follow-up period, 15,947 cases of type 2 diabetes were identified.

The study found that participants who had the highest gluten intake - up to 12 grams per day - had a lower risk of developing type 2 diabetes over the 30-year follow-up period. Those who ate less gluten also had a lower cereal fiber intake. Fiber is known to protect against type 2 diabetes.

After adjusting for the protective effect of fiber, participants in the upper 20 percent on the gluten consumption scale were 13 percent less likely to develop type 2 diabetes, compared with those on the opposite end of the scale - namely, those whose gluten intake was below 4 grams per day.

"People without celiac disease may reconsider limiting their gluten intake for chronic disease prevention, especially for diabetes," says co-author Zong.

Limitations of the study include its observational nature, which means that it cannot establish causality, and the fact that more research is needed to confirm the findings. Additionally, the researchers did not include data from those who have eliminated gluten from their diet completely.

[Learn how gluten may trigger lymphoma in some celiac disease patients.](#)

Written by [Ana Sandoiu](#)

## CANADIAN MAYOR REFUSES TO REMOVE PORK FROM SCHOOL CANTEEN MENU\* and EXPLAINS WHY

The article appearing in March 2<sup>nd</sup> issue of this newsletter, with the above caption was a hoax. Our apologies for publishing it

## What Is Processed Meat?

There's no clear definition -- it's more of a description -- but if you smoke it, salt it, cure it, or add preservatives to it, it's probably processed. People who eat a lot of these kinds of meats are more likely to get heart disease, diabetes, and even certain kinds of cancer, thanks to all the salt, fat, and chemical preservatives.

## CEYLON- COLONIAL FREAK DAYS

One does not quite understand how much your country means to you until you have lost your country or your country has lost you.

Go to >  
<http://see.this.onblerd.com/story/2017/02/sri-lanka- ceylon-colonial-freak-show/>



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[EPA head Scott Pruitt denies that carbon dioxide causes global warming](#)

Trump adviser shocks scientists and environmental advocates with statement that negates EPA policy and 'overwhelmingly clear' evidence on climate change



[Top 5 Reasons To Drink Kombucha Everyday](#)

by [Devin Burke](#)

## Jesus is coming

Dear Readers,  
Jesus is back in the news. Recent headlines announced archaeological discoveries that unearthed the oldest church ever found with an inscription that reads: "The god-loving Akeptous has offered the table to God Jesus Christ as a memorial."  
And new developments in the Mideast with Iran and ISIS have some of today's Christians believing that the period known as the "End Times" has begun. In one of the most popular editions of **Newsmax** magazine ever, we explore the debate about Jesus and his Second Coming.



Our special report is titled **The Jesus Question: Will He Ever Return?** Is the Second Coming real or myth? **Newsmax** magazine explores the issue with leading religion figures — uncovering the surprising controversies and new revelations surrounding the Second Coming of Christ.

And we also ask: What does this mean for America? This issue of **Newsmax** magazine also includes an exclusive interview with world-famous evangelist Rev. Billy Graham, who reveals **the biggest spiritual danger America faces today.** **Newsmax's** compelling **Jesus Question** report explores:

- What the Bible predicts about the Second Coming
- The surprising number of Americans who expect Christ's return
- Why many believe the Second Coming is imminent
- The world's most likely flashpoint for Armageddon
- Mike Huckabee's exclusive **Newsmax** interview about Christ's return
- Why end-times beliefs can profoundly influence people
- Where different denominations stand on the Second Coming
- The two central end-time issues confronting Christianity
- The ominous parallels between today's times and Christ's message
- Apocalypse later — earlier predictions about the world's end
- What Columbus, Newton, and Nostradamus predicted about Christ's return
- Why the restoration of Israel worries some believers
- What Muslims believe about Jesus
- An atheist's viewpoint on the Second Coming
- And much more . . .

This special edition of **Newsmax** magazine is not to be missed — get it with our **FREE** Offer at absolutely no cost — we even pay shipping! Get your **FREE** Copy — [Go Here Now](#)



## 6 Health Risks of Taking Too Much Vitamin D

Taking extremely high doses of vitamin D3 for long periods of time may ... [READ MORE](#)

[Wine: the smart way to make space for new bottles](#)

## Before they were famous: What were Barack and Michelle Obama like?



**Keven Farmer, Bodyguard/Security (2014-present)**

[Updated Thu](#)

I grew up 4 blocks from the Robinson family, I played basketball with her brother Craig and was a casual acquaintance. Only saw Michelle once in a blue moon. She was always on her way to do something. She was tall, regal with a precise way of speaking. She literally and figuratively was going places  
Years later, while working at the Chicago Urban League, I was working to get minorities hired in an asbestos removal project. My boss told me to go to a meeting being held in the projects by this guy named Barack Obama.  
After hearing him speak that night, my first thought was "this dude could be president" "Cool, self assured. extremely articulate and easily the smartest guy in the room. This was in, oh 88 or 89.  
There, that's my Obama story!!  
Quora

I am sharing with you our latest issue of Confluence. I hope you will like it. I will certainly appreciate your feedback V Anand

<http://www.confluence.mobi/wp-content/uploads/2017/02/Confluence-Feb-2017.pdf>



## Health Risks and Benefits of Eating Raw Fish

There are several practical reasons people cook fish before eating it, rather than simply ... [READ MORE](#)



FEATURED

## Acupuncture: Alternative Pain Treatments

This ancient Chinese practice may ease back pain and cancer treatments. Find out the truth about acupuncture.

[READ MORE](#)



## Microfibers: The New Plastic Pollution That Threatens Our Waters

A new movie is putting pressure on the clothing industry to address a major emerging threat ... [READ MORE](#)

## Your healthy breakfast

Start with breakfast, switching from eggs, bacon, donuts, white toast, or bagels to oatmeal or bran cereal and fruit. If you just can't spare 10 minutes for a sit-down breakfast, grab high-fiber cereal bars instead of donuts or muffins.

Sri Lankans in Sri Lanka- what would be a healthy breakfast? Oatmeal would be out of reach of the average person.

Wholemeal bread with lentil curry would be a popular healthy breakfast, alternate with boiled mung seeds (mung ata) would be a healthy breakfast for most people. Milk rice made of red or brown rice is preferred on auspicious days

## What Is Bladder Cancer?

Bladder cancer is the growth of abnormal or cancerous cells on the inner lining of the bladder wall. Most bladder cancers are detected at early stages when the tumor has not spread outside the bladder and treatments are successful.

### Bladder Cancer Symptoms: Blood in Urine (Hematuria)

One sign of bladder cancer is blood in the urine, also known as hematuria. Blood in the urine does not always mean bladder cancer. Hematuria is most often caused by other conditions like trauma, infection, blood disorders, kidney problems, exercise, or certain medications. Blood in the urine may be seen by the naked eye (gross hematuria) or only detected on urine testing (microscopic hematuria). The urine may be discolored and appear brownish or darker than usual or, rarely, bright red in color.

### Bladder Cancer Symptoms: Bladder Changes

Bladder cancer sometimes causes changes in bladder habits like having to urinate more often or feeling an urgent need to urinate without producing urine. Another symptom of bladder cancer is pain or burning during urination without evidence of a urinary tract infection. These symptoms of bladder problems, like bleeding, are usually caused by conditions other than cancer. Bladder cancer tends to cause no symptoms until it reaches an advanced stage that is difficult to cure.

### Possible Causes of Bladder Cancer: Smoking

Smoking is the greatest known risk factor for bladder cancer; smokers are four times more likely to get bladder cancer than nonsmokers. Harmful chemicals from cigarette smoke enter the bloodstream in the lungs and are ultimately filtered by the kidneys into the urine. This leads to a concentration of harmful chemicals inside the bladder. Experts believe that smoking causes about half of all bladder cancers in men and women.

### Possible Causes of Bladder Cancer: Chemical Exposure

Exposure to certain chemicals on the job can increase risk of bladder cancer. Occupations that may involve exposure to cancer-causing chemicals include metal workers, hairdressers, and mechanics. Organic chemicals called aromatic amines are especially associated with bladder cancer and are used in the dye industry. Those working with dyes, metal workers, or in the manufacturing of leather, textiles, rubber, or paint should be sure to follow recommended safety protocols. Smoking increases the risk even more for these workers.

### Who is at Risk for Bladder Cancer?

Bladder cancer can affect anyone, but certain groups are at greater risk. Men are three times more likely than women to get bladder cancer. Around 90% of cases occur in people over age 55, and whites are twice as likely as African Americans to develop the condition.

Other factors that increase the risk of getting bladder cancer include a family history of the condition and previous cancer treatment. Birth defects involving the bladder increase the risk of bladder cancer. When people are born with a visible or invisible defect that connects their bladder with another organ in the abdomen, this leaves the bladder prone to frequent infection. This increases the bladder's susceptibility to cellular abnormalities that can lead to cancer. Chronic bladder inflammation (frequent bladder infections, bladder stones, and other urinary tract problems that irritate the bladder) increase the risk of developing bladder cancer.

medicine.net

[Trump's policy changes put women's sexual and reproductive health at risk, argues expert](#)



## 7 Health Reasons to Include Coconut Oil in Your Daily Diet

Coconut oil is the extracted oil from coconut, the fruit of the coconut tree that's ... [READ MORE](#)

## Common Ground

Aside from plain water, coffee and tea are the most enjoyed beverages around the world. Both have things in them that may help your health, and they're an excuse to get together with a friend -- that can be good for you, too.

### Green, Oolong, Black: What's the Difference?

Tea makers dry and crush the leaves to bring out their oils, then they might expose them to air for a while, depending on the kind of tea they want to make. This is called "fermentation" -- it's a chemical reaction that affects the flavor of the leaves and turns them brown.

The longer they're exposed, the more caffeine they have. Green tea uses leaves that haven't been fermented at all, which is why it has almost no caffeine. Oolong uses leaves that have been fermented for a time, while black tea leaves are fermented the longest.

### Free Radicals

These chemicals can damage your cells and lead to disease and illness. Your body makes them when it turns certain foods into energy and when sunlight hits your skin. You also can get them from things you eat and drink. Tea and coffee help your body fight free radicals with chemicals of their own called antioxidants.

### Type 2 Diabetes

Both tea and coffee are linked to a lower chance of getting this condition, which affects how your body uses blood sugar (glucose) for fuel. Coffee has lots of a certain antioxidant that helps keep your blood sugar lower and more stable -- the main challenge of diabetes. And antioxidants from tea may help your body process sugar in your blood.

### Parkinson's Disease

Coffee and tea may help against this serious disease, which attacks the nerve cells in your brain and makes it hard for you to move. Some studies suggest that caffeine can ease early symptoms of Parkinson's, while others show that drinking coffee and tea might help protect your brain from it in the first place.

WebMD





## Brain Foods-Ginseng, Fish, Berries, or Caffeine?

Listen to the buzz about foods and dietary supplements, and you'll believe they can do everything from sharpen memory, attention span, and brain function.

But do they really work? There's no denying that as we age, our body ages right along with us. The good news is that you can improve your chances of maintaining a healthy brain if you add "smart" foods and drinks to your diet.

### Caffeine Can Make You More Alert

There's no magic bullet to boost IQ or make you smarter -- but certain substances, like caffeine, can energize you and help you concentrate. Found in coffee, chocolate, energy drinks, and some medications, caffeine gives you that unmistakable wake-up buzz, though the effects are short-term. And more is often less: Overdo it on caffeine and it can make you jittery and uncomfortable.

### Sugar Can Enhance Alertness

Sugar is your brain's preferred fuel source -- not table sugar, but glucose, which your body processes from the sugars and carbs you eat. That's why a glass of something sweet to drink can offer a short-term boost to memory, thinking, and mental ability.

Have too much, though, and memory can be impaired -- along with the rest of you. Go easy on the sugar so it can enhance memory without packing on the pounds.

### Eat Breakfast to Fuel Your Brain

Tempted to skip breakfast? Studies have found that eating breakfast may improve short-term memory and attention. Students who eat it tend to perform better than those who don't. Foods at the top of researchers' brain-fuel list include high-fiber whole grains, dairy, and fruits. Just don't overeat; researchers also found high-calorie breakfasts appear to hinder concentration.

### Fish Really is Brain Food

A protein source linked to a great brain boost is fish -- rich in omega-3 fatty acids that are key for brain health. These healthy fats have amazing brain power: A diet with higher levels of them has been linked to lower dementia and stroke risks and slower mental decline; plus, they may play a vital role in enhancing memory, especially as we get older.

For brain and heart health, eat two servings of fish weekly.

### Add a Daily Dose of Nuts and Chocolate

Nuts and seeds are good sources of the antioxidant vitamin E, which has been linked in some studies to less cognitive decline as you age. Dark chocolate also has other powerful antioxidant properties, and it contains natural stimulants like caffeine, which can enhance focus.

Enjoy up to an ounce a day of nuts and dark chocolate to get all the benefits you need with a minimum of excess calories, fat, or sugar.

Add

the good-for-you, monounsaturated fat that helps with healthy blood flow. Avocados and Whole Grains Every organ in the body depends on blood flow, especially the heart and brain. A diet high in whole grains and fruits like avocados can cut the risk of heart disease and lower bad cholesterol. This reduces your risk of plaque buildup and enhances blood flow, offering a simple, tasty way to fire up brain cells.

Whole grains, like popcorn and whole wheat, also contribute dietary fiber and vitamin E. Though avocados have fat, it's [Medicine.net](http://www.Medicine.net)

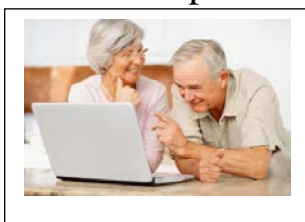
## Scientists Untangle the Soy-Breast Cancer Paradox



To eat soy or not: That's the question many U.S. women have been asking.

[Read More](#)

## Brain-Stimulating Activities May Keep Seniors Sharp



Elderly adults who use a computer or engage in other brain-stimulating activities may reduce their risk of developing memory problems later in life.

[Read More](#)

## Are Any Fad Diets Actually Healthy? What the Research Shows



A new review attempts to dispel the hype surrounding some popular diet trends, and outline what experts really know about a heart-healthy diet.

[Read More](#)

## Cashews for bone health

These nuts are high in magnesium, a mineral that contributes to your **bone health** by stimulating your thyroid's production of calcitonin. This hormone inhibits the activity of **osteoclasts**, the cells that function to break down bone. [Today.com](http://www.Today.com)

Slashing meat consumption saves the lives of animals, lowers our carbon footprint and leads to better health. A study from the Oxford Martin School found that diets of limited meat consumption can cut emissions by a third while saving 5 million lives, vegetarian diets could reduce emissions by 63 percent and save 7 million lives, and vegan diets could reduce emissions by 70 percent and save 8 million lives.



Germany Bans Meat at Official Functions to 'Set a Good Example for Climate Protection'

Eating less meat is essential to curbing climate change, which is why ... [READ MORE](#)



6 surprising foods that have more vitamin C than an orange

Think eating an orange is the best way to fight a cold? Think again! These 6 foods have even more vitamin C than the citrus fruit.

[READ MORE](#)



## Start Slow to ease depression

It may be the last thing you want to do when you're feeling down, but exercise releases feel-good chemicals in your brain and can help ease depression symptoms. You don't have to do too much, maybe just go for a short walk. If you can push yourself to do it a few days in a row, you may not need as much of a push the following day. [WebMD](http://www.WebMD)

India has become healthier with a decline in infant mortality over the last decade.

A new set of data gathered during the [National Family Health Survey](#) revealed infant mortality rate declined from 57 to 41 per 1,000 live births. The sex ratio at birth improved marginally nationally with 919 females born against 1,000 males during the fourth phase of the survey. During 2005-06, 914 females were born per 1,000 males.



## Yoga

The fixed and moving poses of this meditative form of exercise can make you stronger and more flexible. That can give you energy and a sense of well-being. The breath control involved in yoga also can calm your emotions. You can look for videos online, but a class gets you out into the world and around other people. Namaste!  
WEBMD

## Cancer figure in Sri Lanka

Approximately 27,873 new cancer patients had registered with the main cancer treatment centres affiliated to nine hospitals in the country last year, to the National Cancer Control Programme. Addressing the media at the Health Education Bureau (HEB) to announce the 'World Cancer Day', commemorated the world over on Saturday (04), Consultant Community Physician of the National Cancer Control Programme (NCCP) Dr. Suraj Perera said however that that the figures that had been taken from the nine centres treating patients with cancer could be flawed. Some of those patients were suspect cases as well as those who had registered themselves in two or three hospitals. Dr Perera responding to a question regarding the incidence of cancer in the country said that according to the National Cancer Register in 1995 the number of cases detected had been 5012 while they had increased to 16,963 by 2010. This may be due to several reasons which include the fact that Sri Lanka had an aging population, the increase in the number of patients being screened and the increasing number of cancer patients seeking treatment. He said that breast cancers comprised 26.8 per cent of all female cancers in the country while oral, lip and pharynx cancers comprised 24 per cent of all male cancers. Director NCCP, Dr Sudath Samaraweera said the Epidemiology unit had initiated a Human Papilloma Virus (HPV) vaccination programme for school girls this year. The HPV vaccine was administered to prevent cervical cancer – another cancer common among Sri Lankan women. (Daily Island 2.1.2017)

## So what are the cancer risks to women from alcohol?

In the UK a study was performed which looked at the incidence of cancer in women drinkers - the [Million Women Study](#). These women were followed for more than 7 years. Here's what they found. 25% said they didn't drink at all 98% of those who did drink consumed fewer than 21 drinks per week and consumed an average of 10g of alcohol (1 drink) per day.

During a follow-up period, 68,775 invasive cancers occurred.

Increasing alcohol consumption was associated with increased risks of cancers of the oral cavity and pharynx, oesophagus, larynx, rectum, liver, breast and total cancer.

There was no difference between those who drank wine and those who drank other forms of alcohol.

The study reported that "*For cancers of the upper aerodigestive tract, the alcohol-associated risk was confined to current smokers*", the good news being that there was little or no effect of alcohol on these cancers for women who had never smoked or who had quit.

The researchers concluded that "*Low to moderate alcohol consumption in women increases the risk of certain cancers. For every additional drink regularly consumed per day, the increase in incidence up to age 75 years per 1000 for women in developed countries is estimated to be about 11 for breast cancer, 1 for cancers of the oral cavity and pharynx, 1 for cancer of the rectum, and 0.7 each for cancers of the oesophagus, larynx and liver, giving a total excess of about 15 cancers per 1000 women up to age 75.*"

Catherine Saxelby

<newsletter=foodwatch.com.au@cmail19.com>

## Cancer isn't the only problem caused by alcohol consumption



### Fertility

We all know you shouldn't drink while you're pregnant, or trying to get pregnant, but did you know that excessive drinking can upset your menstrual cycle and increase your risk of infertility?

### Sexually transmitted diseases

There seems to be a trend towards binge drinking. Apart from its physiological dangers it removes inhibitions with binge drinkers more likely to have unprotected sex with multiple partners thus increasing the risks of unwanted pregnancies and sexually transmitted disease.

### Liver Disease

Women have a higher risk than men of cirrhosis of the liver as well as other alcohol-related liver diseases.

### Brain damage

Women who drink to excess increase their likelihood of memory loss and brain shrinkage.

### Cardiovascular problems

Studies have shown that excessive drinking puts women at increased risk of heart muscle damage.

### Sexual Assault

Binge drinking has been shown to be a risk factor for sexual assault. This is especially true for younger women.

To learn more check out this [fact sheet](#).

Catherine Saxelby

<newsletter=foodwatch.com.au@cmail19.com>

## • To Make The Worlds Tastiest Sourdough bread (Updated) Hobbs House Bakery 523,939 views

Here is a quick overview of the steps required:

1. Make a sourdough starter. You can learn about making one in [this video](#).
2. Feed your starter daily and let it grow for a few days. You will use part of this starter to make the bread and save the rest for future use.
3. Mix part of your starter with flour and water and allow this mixture to rest for a few hours. Then add salt.
4. Fold the dough a few times before letting it rest again for approximately 10–30 minutes. Repeat the folding and resting steps a few times until the dough becomes smooth and stretchy.
5. On the final rest, let the dough rise at room temperature until it grows to about 1.5 times its original volume.
6. Shape your bread loaf and bake it in a Dutch oven.
7. Allow bread to cool on a rack for 2–3 hours before slicing it.

For a complete video about how to use your starter to make a loaf of bread, check out [this video](#). Keep in mind that making your sourdough starter will take approximately 3–5 days. Do not rush this process, as the quality of your starter is what will give your dough a good flavor and help it rise.



## What Is Sourdough Bread?

## Shona People: History & Culture



The Shona's ancestors built great stone cities in southern Africa over a thousand years ago. Their artists are well known for their finely carved wooden headrests and stone sculptures.

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6 colon cancer warning signs never to ignore

You may think of it as an older person's problem, but more adults in their 20s and 30s are being diagnosed with colorectal cancer.

[READ MORE](#)

## Heart healthy Diet in a nut-shell

Written by Dr Harold Gunatillake-health writer

This Mantra should be registered in your memory – both partners preparing daily foods for them. Forget the diet fads around and learn the basics- you'll not go wrong.

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We are one people, with one destiny. We all bleed the same blood. We all salute the same flag. And we are all made by the same God.

### Eat More Beans

A satisfying, protein-rich meal doesn't have to be built on an expensive slab of steak or pork. At only 25 cents per cup, dried beans are one of the best values at the grocery store. To save time, cook up a double or triple batch of beans and freeze them in 1- and 2-cup portions for fast meals later on. Don't get stuck in a rut with any one kind: There's a rainbow of options that can add variety to your diet.



### Sneak Yourself More Vegetables

You know you should eat more veggies. They're full of good-for-you fiber and vitamins. But the average person eats only about half the amount they should. So how can you get more in? Swap out pasta for strands of zucchini that you shred with a julienne peeler. Or pulse cauliflower in the food processor until it looks like rice, and use it in pilafs and stir-fries. You'll cut calories and add major nutrition.

WebMD

*Well worth a good read and digest. A good broad based enlightened education and compassion is what is needed to counter ultra right wing xenophobia. – Rohantah Gunaratne*

<https://www.msn.com/en-ca/money/topstories/robert-mercator-the-big-data-billionaire-waging-war-on-mainstream-media/ar-AAAnsozS>

## Health Tip: Reheat Food Safely

[Super Foods for Your Bones](#)

[Slideshow Pictures](#)

[Bad Foods That Are Good for](#)

[Weight Loss Slideshow](#)

[Take the Superfoods Quiz](#)

(HealthDay News) -- Leftovers are a great way to enjoy a healthy, easy meal that you've already spent time to prepare. But, thorough reheating is important to avoid [food poisoning](#). The [Foodsafety.gov](#) website advises:

- Only reheat and eat leftovers that were stored properly, within two hours of cooking.
- Do not use a slow cooker to reheat food.
- When reheating in a microwave, make sure your food is covered and is evenly distributed.
- Use a food thermometer to make sure food is re-heated to 165 degrees.

-- Diana Kohnle

## 3 Diet Trends That Aren't Heart-Healthy | Video

Experts attempt to dispel the hype surrounding some popular diet trends in a new review study.

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## Physical activity for Breast Cancer

Of all lifestyle factors, physical activity has the most robust effect on breast cancer outcomes. Weight gain of more than 10 percent **body weight** after a breast cancer diagnosis increases breast cancer mortality and all-cause mortality. However, there are good reasons to discourage even moderate weight gain because of its negative effects on mood and body image."

For pain in Osteo-arthritis



In knees with osteoarthritis, the cartilage gradually deteriorates, joint fluid loses its shock-absorbing qualities, and bones may begin to rub against each other—all of which may cause bone spurs and the knee pain you're feeling.

## What is Synvisc-One?

Synvisc-One is a one-injection treatment that supplements the fluid in your knee to help lubricate and cushion the joint. Synvisc-One is the #1 prescribed viscosupplement; it provides up to six months of osteoarthritis knee pain relief with just one injection.\*

**Get up to six months of osteoarthritis knee pain relief with Synvisc-One.\***

You don't need to be in constant pain to be ready for a different treatment.

Receive an Osteoarthritis Knee Pain Relief Info Kit to learn more about Synvisc-One today.

# How Brain Connections Are Destroyed



By [Dr. Blaylock](#)

A tremendous amount of new research indicates that processes that cause inflammation in the body also cause a loss of cognitive ability — that is, the ability for a person to remember, learn, speak clearly, and focus attention.

Approximately 10 percent of people over age 65 will suffer from mild cognitive impairment (MCI). A significant number of these individuals, though not all, will progress to dementia.

As the human brain ages, it is not actually the neurons (brain cells) that are lost, but rather the connections between them — dendrites, synapses, and axons.

These connections are far more numerous than the neurons themselves.

In fact, neural connections number somewhere in the trillions.

Because the neurons are still alive, there is a chance that the connections can be repaired and cognitive loss can be reversed.

Therefore, it is vitally important to find out what is destroying these connections.

And there is compelling evidence that it is the brain's special immune cells, the microglia, that are doing the dirty work.

In normal, youthful brains, these microglial immune cells are rather calm, and become active only when they are needed to repair damage to neural connections or to fight an infection.

Yet as we age, these microglia change their behavior and assume a state in which they are referred to as "primed."

When this occurs, the microglia drastically increase production of inflammatory chemicals and the excitotoxin glutamate.

But they do not automatically release any of these destructive chemicals. The chemicals remain inside the microglia.

In this way, the primed microglia are like a car with its engine revved up but the brake is engaged. In this primed state the microglia are not causing inflammation of the brain and are thus not harmful — at least not yet.

However, if a person with microglia in this primed state experiences an immune stimulation somewhere in his or her body, it can trigger these microglia to become fully activated.

And then the brake is released.

The body has special immune pathways to the brain that can allow rapid activation of brain microglia following inflammation signals from the body.

At that point, the microglia release a host of very destructive inflammatory chemicals, free radicals, prostaglandins, and excitotoxins into the surrounding brain.

This massive release of chemicals from the fully activated microglia begins to strip away dendrites, axons, and synapses — a process that can take place over many years, causing damage to the brain.

# Lowering systolic BP below 120 may prevent early death

IANS |



*Lowering systolic BP below 120 may prevent early death (Thinkstock photos/Getty Images)*

Intensive treatment to lower systolic (top number) [blood pressure](#) to below 120 mm Hg can prevent 107,500 [early deaths](#) every year, according to a new study.

Systolic blood pressure refers to the pressure in the arteries when the heart beats. The bottom number, diastolic, refers to the pressure between beats.

Current guidelines recommend keeping systolic blood pressure below 140 mm Hg (millimeters of mercury).

However, the results also revealed that there was a 27 per cent reduction in mortality from all causes when systolic blood pressure was lowered to below 120, compared to the standard treatment of lowering blood pressure to below 140 mm Hg.

"If fully implemented, intensive lowering of systolic blood pressure could prevent about 107,500 deaths per year," said researchers at [Loyola University](#) in [Chicago](#).

For the study, published in the journal *Circulation*, the team enrolled more than 9,350 adults aged 50 and older who had high blood pressure and were at high risk for cardiovascular disease.

High blood pressure, or hypertension, is a leading risk factor for heart disease, stroke, kidney failure and other health problems. While saving lives, an intensive blood pressure regimen also would cause serious side effects, the researchers said.

TOI



## Trump Orders EPA to Dismantle Clean Water Rule

**Rule** Throwing the weight of his office behind the nation's biggest polluters, President Donald Trump on ... [READ MORE](#)

"Water is life and Trump's dirty water order puts our environment and millions of American lives at risk so that polluters can profit from the destruction of our waterways," said Marissa Knodel, oceans campaigner with the group Friends of the Earth.

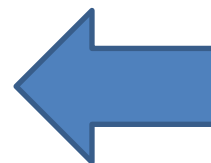
"The Clean Water Rule is grounded in science and the law so that our streams and wetlands can keep us healthy and safe, provide habitat for fish and [wildlife](#) and beautiful places to recreate," Knodel added. "In contrast, Trump's dirty water order is dangerous and illegal, based on corporate greed and unlawful environmental pollution."



## 2. Heart attacks increase toward the end of the year.

By [NICHOLAS BAKALAR](#)

A disproportionate number of heart-related deaths occur during the holidays, from Dec. 25 to Jan. 7. And it's not just because of the cold.



## 4. Few Americans follow 4 main pillars of heart health.

By [RONI CARYN RABIN](#)

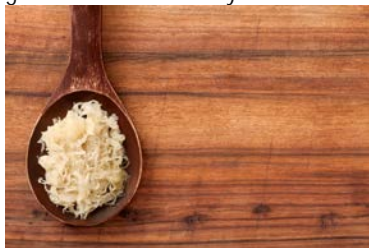
A new study found that fewer than 3 percent of American adults followed four main components of a heart-healthy lifestyle.

## Surprising Benefits of Sauerkraut (plus how to make it)

By [Alina Petre, MS, RD](#)

Sauerkraut is a type of fermented cabbage with major health benefits.

It's thought to have originated in China more than two centuries ago. Back then, fermentation was one of the methods used to keep foods from spoiling quickly (1). Sauerkraut survived the test of time to become a popular side dish and condiment in many cultures. It's especially appreciated in Germany, where its name comes from. Due to the fermentation it undergoes, sauerkraut offers nutrition and health benefits far beyond those of fresh cabbage. This article outlines eight health benefits of sauerkraut, and provides a step-by-step guide for how to make your own.



### 1. Sauerkraut Is Very Nutritious

Sauerkraut contains many nutrients important for optimal health. One cup (237 ml) provides you with (2):

**Calories:** 27**Fat:** 0 grams**Carbs:** 7 grams**Fiber:** 4 grams**Protein:** 1 gram**Sodium:** 39% of the RDI; **Vitamin C:** 35% of the RDI; **Vitamin K:** 23% of the RDI; **Iron:** 12% of the RDI; **Manganese:** 11% of the RDI; **Vitamin B6:** 9% of the RDI; **Folate:** 9% of the RDI; **Copper:** 7% of the RDI**Potassium:** 7% of the RDI

Sauerkraut is particularly nutritious because it is fermented.

Sauerkraut fermentation is the process of microorganisms on the cabbage digesting its natural sugars and converting them into carbon dioxide and organic acids.

Fermentation starts when yeast and bacteria that are naturally present on the cabbage, your hands and in the air come into contact with the sugars in the cabbage. Sauerkraut fermentation creates conditions that promote the growth of beneficial probiotics, which are also found in products like yogurt and kefir (3).

Probiotics are bacteria that provide powerful health benefits. They also help make foods more digestible, which increases your gut's ability to absorb the vitamins and minerals they contain (4, 5).

This is what makes sauerkraut more nutritious than raw cabbage or coleslaw. However, unlike cabbage, sauerkraut can be high in sodium. Keep this in mind if you're [watching your salt intake](#).

**Summary:** Sauerkraut is rich in fiber, vitamins and minerals. Its probiotics also help your body absorb these nutrients more easily.

## What Is a Balance Disorder?

A balance disorder is a condition that makes you feel unsteady or dizzy, as if you are moving, spinning, or floating, even though you are standing still or lying down. Balance disorders can be caused by certain health conditions, medications, or a problem in the inner ear or the brain.

What Is the Vestibular System, and How Does it Work?

The medical term for all of the parts of the inner ear involved with balance is referred to as the vestibular system. It controls our sense of balance, posture, the body's orientation in space, locomotion, and other movements; and keeps objects in visual focus as the body moves. The vestibular system works with other sensory systems in the body, for example, the eyes, bones, and joints, to check and maintain the positioning of the body at rest and in motion.

What Is the Labyrinth?

Our sense of balance is primarily controlled by a maze-like structure in the inner ear called the labyrinth, which is made of bone and soft tissue. The semicircular canals and otolithic organs within the labyrinth help maintain our balance. The cochlea within the labyrinth enables us to hear.

Some of the common symptoms of a balance disorder include:

- Dizziness or vertigo
- Falling or a feeling as if you are going to fall
- Lightheadedness, fainting, or a floating sensation
- Blurred vision
- Confusion or disorientation
- Nausea and vomiting
- Diarrhea
- Changes in blood pressure and heart rate
- Fear
- Anxiety
- Panic

Symptoms may come and go over short periods of time, or last for longer periods of time.

What Causes a Balance Disorder?

A balance disorder may be caused by viral or bacterial infections in the ear, head injuries, or blood circulation disorders that affect the inner ear or brain. Many people experience problems with their sense of balance as they age. Balance problems and dizziness also can result from taking certain medications. Problems in the nervous and circulatory systems can be the source of some posture and balance problems. Problems in the skeletal or visual systems, such as arthritis or eye muscle imbalance, also may cause balance problems. However, many balance disorders can begin very suddenly with no obvious cause.

What Are the Types of Balance Disorders?

There are more than a dozen types of balance disorders. Some of the most common include:

- Vertigo
- Benign paroxysmal positional vertigo (BPPV)
- Labyrinthitis
- Meniere's disease
- Vestibular neuronitis
- Perilymph fistula
- Mal de debarquement syndrome (MdDS)

[WebMD](#)



## 5. 120 may be a good target blood pressure.

By [NICHOLAS BAKALAR](#)

Lowering blood pressure to 120 — instead of the current guideline of 140 — could prevent more than 100,000 deaths a year in the United States alone, researchers report.

## What are Inflammatory Diets?

By Dr Harold Gunatillake FRCS, FICS, FIACS, AM (Sing), MB,BS-Health writer

In Sri Lanka when our parents took us to the ayurvedic physician for minor ailments, when asked what food should be given, you hear the words "heaty foods"(Giniham kama) and "cooling foods"(Seethala kama), and the physician would rattle off some vegetables to be eaten as cooling foods and meat as a heaty food. Western qualified doctors' then did not believe it. Also accordin...

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## Is It Bad To Shave Pubic Hair?

Pubic hair shaving originated in ancient Egypt and Greece for hygienic reasons. Pubic hair removal has a lot to do with cultural and society trends.

The influence comes from cinematic trends, or just the desire to return to childhood.

Let's have a look at this practice and how it can affect your health...

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### Margarita

If this is that frozen concoction that helps you hang on, you might want to rethink things. Frozen or on the rocks, a typical 10-ounce margarita has 550 calories and almost three servings of alcohol. Recipes vary, but if you get yours in a giant plastic sombrero at the local Mexican joint, what's in your drink may not matter as much. [WebMD](#)

# Arugula: Health Benefits, Facts, Research

Written by [Megan Ware RDN LD](#) Reviewed by Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT

Arugula, also known as rocket and rucola, is a less recognized cruciferous vegetable that provides many of the same benefits as the better-known vegetables of the same family - broccoli, kale, and Brussels sprouts.

Arugula leaves are tender and bite-sized with a tangy flavor.

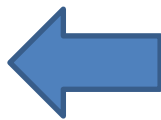
Along with other leafy greens, arugula contains very high nitrate levels (more than 250 milligrams/100 grams).

High intakes of dietary nitrate have been shown to lower blood pressure, reduce the amount of oxygen needed during exercise, and enhance athletic performance.

This article provides a nutritional breakdown of arugula and an in-depth look at its possible health benefits, how to incorporate more arugula into your diet, and any potential health risks associated with consuming arugula.

Contents of this article:

- [Possible health benefits of arugula](#)
- [Nutritional profile](#)
- [How to incorporate arugula into your diet](#)
- [Potential health risks](#)



## Fast facts on arugula

Here are some key points about arugula. More detail and supporting information is in the main article.

- Arugula is a type of cruciferous vegetable
- A certain chemical in arugula may help slow [cancer's](#) progression
- Arugula might also improve muscle oxygenation during exercise

## Possible health benefits of arugula

*Arugula is a less recognized cruciferous vegetable that provides many of the same benefits as broccoli, kale, and Brussels sprouts.*

Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of many adverse health conditions.

Many studies have suggested that increasing consumption of plant foods like arugula decreases the risk of obesity, diabetes, heart disease, and overall mortality while promoting a healthy complexion, increased energy, and overall lower weight.

### 1) Cancer

For the past 30 years, eating a high amount of cruciferous vegetables has been associated with a lower risk of [cancer](#); namely lung and colon cancer.

Recently, studies have suggested that the sulfur-containing compounds (sulforaphane) that give cruciferous vegetables their bitter bite are also what give them their cancer-fighting power.

Sulforaphane is now being studied for its ability to delay or impede cancer with early promising results associated with [melanoma](#), esophageal, prostate, and pancreatic cancers.

Researchers have found that sulforaphane can inhibit the enzyme histone deacetylase (HDAC), known to be involved in the progression of cancer cells. The ability to stop HDAC enzymes could make sulforaphane-containing foods a potentially powerful part of cancer treatment in the future.

Easily recognized [cruciferous vegetables](#) include broccoli, cauliflower, Brussels sprouts, [kale](#), turnips, and cabbage as well as the lesser-known arugula, Broccolini, daikon, kohlrabi, and watercress.

Arugula also contains chlorophyll, which has been shown to be effective at blocking the carcinogenic effects of heterocyclic amines generated when grilling foods at a high temperature.

### 2) Osteoporosis prevention

Low intake of [vitamin K](#) has been associated with a higher risk of bone [fracture](#). Adequate [vitamin K](#) consumption improves bone health by acting as a modifier of bone matrix proteins, improving calcium absorption and reducing urinary excretion of [calcium](#).

Arugula also contributes to your daily need for calcium, providing 64 milligrams in 2 cups.

### 3) Diabetes

Leafy greens contain an antioxidant known as [alpha-lipoic acid](#) that has been shown to lower glucose levels, increase insulin sensitivity, and prevent oxidative stress-induced changes in patients with [diabetes](#).

Studies on alpha-lipoic acid have also shown decreases in peripheral and autonomic [neuropathy](#) (nerve damage) in diabetics.

However, most studies have used intravenous alpha-lipoic acid, so there is uncertainty whether consuming it would elicit the same benefits.

### 4) Exercise and athletic performance

Dietary nitrate supplementation in the form of beetroot juice has been shown to improve muscle oxygenation during exercise; this suggests that increased dietary nitrate intake might enhance exercise tolerance during long-term endurance exercise.

Some researchers believe that it could improve quality of life for those with cardiovascular, respiratory, or metabolic diseases who find the activities of daily life are physically difficult because of lack of oxygenation. Beetroot juice improved performance by [2.8 percent](#) (11 seconds) in a 4-kilometer bicycle time trial and by 2.7 percent (45 seconds) in a 16.1-kilometer time trial.

Beetroot is just one of many vegetables that are [high in nitrate](#). Leafy green vegetables like arugula are among the top sources.

**Nutritional profile of arugula:** According to the [USDA National Nutrient Database](#), two cups of arugula (about 40 grams) contains approximately 10 [calories](#).

Arugula also contains 1 gram of protein, 0.3 grams of fat, and 1.5 grams of carbohydrate (including 0.6 grams of fiber and 0.8 grams of sugar). Consuming 2 cups of arugula will provide 20 percent of vitamin A, over 50 percent of vitamin K, and 8 percent of vitamin C, [folate](#), and calcium needs for the day.

[Why airlines need more female pilots to take to the skies](#)



[Aboriginal DNA study reveals 50,000-year story of sacred ties to land](#)



# Which fruits and vegetables are best for Health?

The team found that apples, pears, citrus fruits, green leafy vegetables (such as chicory and spinach), and cruciferous vegetables (such as cabbage and broccoli) were best for reducing the risk of stroke, CVD, heart disease, and premature death. The greatest reduction in cancer risk was associated with intake of green vegetables (such as green beans), yellow vegetables (such as peppers and carrots), and cruciferous vegetables.

Consumption of raw and cooked vegetables was associated with reduced risk of premature death, but the team did not have enough data to determine which specific fruits and vegetables reduced this risk.

While the study did not investigate the mechanisms behind high fruit and vegetable intake and reduced risk of disease and death, the team notes that fruits and vegetables have been linked to lower [cholesterol](#) and improved blood vessel and immune system function.

"This may be due to the complex network of nutrients they hold," notes Dr. Aune.

"For instance, they contain many [antioxidants](#), which may reduce DNA damage, and lead to a reduction in cancer risk."

Overall, the researchers believe their findings highlight the importance of fruits and vegetables as part of a healthful diet. "We need further research into the effects of specific types of fruits and vegetables and preparation methods of fruit and vegetables. We also need more research on the relationship between fruit and vegetable intake with causes of death other than cancer and cardiovascular disease.

However, it is clear from this work that a high intake of fruit and vegetables hold tremendous health benefits, and we should try to increase their intake in our diet."

*Dr. Dagfinn Aune*

***If you drink alcohol, do so moderately. Drinking too much alcohol increases the risk for memory loss and dementia. People with alcoholism have difficulty performing short-term memory tasks, such as memorizing lists. Another type of memory loss associated with alcohol use is called Korsakoff's syndrome. In this condition, long-term vitamin B<sub>1</sub> deficiency combined with the toxic effects of alcohol on the brain can trigger sudden and dramatic amnesia. In some cases this memory loss is permanent, but if caught early, can be reversed to some degree.***

## Why Does Spinach Give Us Strength?



Written by Grace Rattue  
**Spinach has long been associated with strength, but why the leafy vegetable makes us stronger has remained unknown until now.**

Researchers at the Karolinska Institute say that **nitrate**, found naturally in **spinach and several other vegetables**, significantly increases muscle strength.

In the study, the team placed nitrate directly into the drinking water of a group of mice for seven days and then compared their muscle strength to a control group. According to the researchers, the amount of nitrate given to the mice was roughly the equivalent to that which a human would obtain by consuming 200 to 300 grams of fresh spinach or 2 to 3 beetroots a day.

Spinach and beetroot are two of the main sources of nitrate, but it is also found in several other vegetables, such as chard and lettuce.

After 7 days, the researchers examined different muscles on the mice's legs and feet. They discovered that those given nitrate had significantly stronger muscles than mice in the control group. According to the researchers the greatest effect were observed in the extensor digitorum longus muscle, which extends down the tibia, and the flexor digitorum brevis muscle of the foot.

Nitrate, found naturally in spinach, significantly increases muscle strength, say researchers. Furthermore, the team found that the nitrate mice had higher concentrations of two different proteins, CASQ1 and DHP, found naturally in the muscles. These proteins, which is assumed to explain the greater muscle strength, are used for storing and releasing [calcium](#), which is essential for making muscles contract.

The researchers now want to conduct further studies in order to determine how their findings can be applied to individuals with muscle weakness.

Dr Andrés Hernández, researcher at the Department of Physiology and Pharmacology, explained:

"From a nutritional perspective our study is interesting because the amount of nitrate that affected muscle strength in mice was relatively low. Translated to humans it means that we can obtain the equivalent volume by eating more of a vegetarian diet, as nitrate is found naturally in several leafy vegetables, especially in beetroot juice, for example. There are currently no dietary supplements containing nitrate."

The research was funded by the Swedish Research Council, the Swedish National Centre for Research in Sports, Association française contre les myopathies, AFM (French Association against Myopathies) and the National Institute for Arthritis and Musculoskeletal and Skin Diseases (NIAMS).

## Circumventing the Travails & Tribulations in Life.

*It is a fact of life that one seeks employment  
On completion of one's educational achievement  
Looking forward to being free from Parental dependent  
And that feeling of being financially independent  
That brings to the fore the want for remuneration  
Commensurate with one's educational qualification  
Some earning more to others consternation  
But the imbalance is based on labour determination  
Then comes the day that you receive your due payment  
For the work you put in for the Employers enhancement  
A day called "payday" – a day that gives pleasure & enjoyment  
But how long the pay lasts is Employee dependent  
We do depend so much on those pay days with jubilation  
Even though it tends to run out before the next; on occasion(s)  
"Cut your coat according to the cloth" is a wise notion  
Or get into debt would be the extremely bad option  
Leave you with these thoughts to overcome any predicament  
That will leave you destitute in your quest for better accomplishment(s)  
For we live in a World fast paced and no room for procrastination  
Make your earnings be one that covers today & the future requirement(s).*

Noor Rahim  
Canada

## How on Earth Did This Magician Float Through London?

London has some pretty wonderful sights, but seeing a guy floating around beside a red bus is not usually one of...[How on Earth Did This Magician Float Through London?](#)

Surprise

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