

# Health & Views

March 2017 - 2<sup>nd</sup> issue

**Trump promised to wipe out Isis – perhaps he already has ...**

Click with caution

Air India makes 'first round the world trip with all female crew'

Health Education for Sri Lankans & others



<https://youtu.be/tmzS>

VJRRou8

March 11<sup>th</sup> at

Thornleigh Civic Centre

Are you a Senior?

Patients pay five times more to see some specialists, study finds



Analysis of Medicare claims finds out-of-pocket costs varies widely depending on need and location



India's national airline claims to have made the first round-the-world trip staffed entirely by women.

An Air India Boeing 777 flew from Delhi to San Francisco over the Pacific Ocean, covering around 9,500 miles (15,300 km), the carrier said. It then made the return trip across the Atlantic. In addition to female pilots and cabin crew, all ground staff working with the plane - including safety auditors, engineers and air traffic controllers - were women.

The Independent

**George W. Bush on his friendship with Michelle Obama: 'We just took to each other'**

Scott Stump  
TODAY

Anyone who thinks Republicans and Democrats can't get along needs only to look at the friendship between George W. Bush and Michelle Obama.

The former Republican president has opened up about his wise-cracking relationship with the former Democratic first lady, which was captured in a **sweet photo** from the opening of the Smithsonian National Museum of African American History and Culture in September.

"I'm kind of a needler, and she handles it pretty well," Bush told Ellen DeGeneres on her show Wednesday. "(The friendship) surprised everybody. That's what's so weird about society today, (the surprise) that people on opposite sides of the political spectrum can actually like each other."

Their shared sense of humor helped them hit it off despite being on opposite sides of the political spectrum. The two have often been seated next to one another at official events like the opening of the African American museum. "She kind of likes my sense of humor," Bush told *People*. "Anybody who likes my sense of humor, I immediately like. I needle her a little bit and around her, I'm fairly lighthearted. (The Obamas) are around serious people all the time and we just took to each other."

They also have a shared passion for helping **U.S. military veterans**. The proceeds of **Bush's new book**, "Portraits of Courage: A Commander in Chief's Tribute to America's Warriors," are being donated to help veterans, while Obama helped create the **Joining Forces** initiative with Dr. Jill Biden to support service members.

**RELATED: Ellen DeGeneres teases George W. Bush about his poncho problem on Inauguration Day**  
As for Bush's relationship with her husband, former President Barack Obama, it's not quite the same.

"Let's put it this way, he's never given me a hug that way," Bush joked to DeGeneres.



ZACH GIBSON / AFP/Getty Images

George W. Bush got a sweet hug from Michelle Obama at the opening ceremony for the Smithsonian National Museum of African American History and Culture on Sept. 24 in Washington, D.C.



Skip Dinner? Evening Fast May

Burn Fat

Looking to burn more fat? You could give fasting a try, according to results from a preliminary study.

[Read More](#)



**Hottest Dance Moves Revealed by Science**

A new study reveals how we judge the best dancers. Turns out, hips don't lie.

[Read More](#)

**Related**

**Obama returning to spotlight with JFK award, deal for his memoir**

[Watch Now](#)



**Cabbage and Its Cousins:** Cruciferous vegetables, like broccoli and cabbage, have the same sugars that make beans gassy. Their high fiber can also make them hard to digest. It will be easier on your stomach if you cook them instead of eating raw.

## Drink Water, Coffee or Tea to lose weight

While sugary beverages lead to weight gain, some beverages may help reverse a weight loss stall. Studies have found that plain water can boost metabolism by 24–30% for 1.5 hours after drinking a 17-ounce (500-ml) serving (39, 40).

This may translate into weight loss over time, especially in those who consume water before meals, which may help reduce food intake.

In a 12-week study of older adults who followed a weight loss diet, the group who consumed one serving of water before meals lost 44% more weight than the non-water group (41).

Coffee and tea may also benefit your weight loss efforts.

These beverages typically contain caffeine, which has been shown to increase fat burning and boost metabolic rate by up to 13%. However, these effects seem to be strongest in lean individuals (42, 43, 44, 45).

In addition, green tea contains an antioxidant known as EGCG (epigallocatechin gallate), which was found to boost fat burning by 17% in one study (43).

Moreover, research suggests that consuming caffeinated beverages can significantly enhance the metabolism-boosting, fat-burning effects of exercise (46, 47).

**Summary:** Drinking water, coffee or tea can help boost your metabolic rate and assist with weight loss. Caffeine and EGCG have been shown to promote fat burning.

AuthorityNutrition.com

## The Brain Can Produce Its Own Sugar: Report

By SHANIKA GUNARATNA CBS

NEWS February 27, 2017, 1:53 PM

<http://www.cbsnews.com/news/despair-mental-health-trauma-cost-unchecked-climate-change>

Sent by Rohantah Gunaratne

## The 10 commandments-Mediterranean Diet



**"It was a poor man's diet. There wasn't a lot of meat. There was a bit of fish because fish was more available... but primarily they subsisted on plant foods and legumes as their main source of proteins, and fermented dairy foods like yoghurt," Professor Itsiopoulos says.**

Professor Itsiopoulos, also an adjunct Associate Professor at the University of Melbourne, has developed "10 commandments" of the Mediterranean diet which can help you get a handle on what it involves.

The commandments are:

1. Use extra virgin olive oil as the main added fat (aim for around 60 mls /day)
2. Eat vegetables with every meal (include 100g leafy greens and 100g tomatoes, and 200g other vegetables/day)
3. Include at least two legumes meals (250g serve) per week
4. Eat at least two servings of fish (150-200g serves) per week and include oily fish: for example Atlantic and Australian salmon, blue-eye trevalla, blue mackerel, gemfish, canned sardines, and canned salmon. Canned tuna is not as high in the important fish oil omega-3, but still a good choice to include in your fish serves
5. Eat smaller portions of meat (beef, lamb, pork and chicken) and less often (no more than once or twice a week)
6. Eat fresh fruit every day and dried fruit and nuts as snacks or dessert
7. Eat yoghurt every day (about 200g) and cheese in moderation (about 30 to 40 grams per day)
8. Include wholegrain breads and cereals with meals (aim for 3-4 slices of bread per day)
9. Consume wine in moderation (one standard drink a day, which is about 100 mls), always with meals and don't get drunk. Try and have a couple of alcohol-free days a week
10. Have sweets or sweet drinks for special

## Do You Know What's Lurking on Your Toothbrush?

Your toothbrush is home to more than 100 million bacteria including *E. coli* and staphylococci (Staph) bacteria, according to researchers at the University of Manchester in England. And the University of Alabama at Birmingham found that fecal germs were on your toothbrushes too.

All that sounds gross, but you needn't panic. Your mouth is also full of bacteria and your toothbrush probably won't make you sick, but there are ways to keep it clean so you stay healthy.

**Mouthful of Bacteria**

"There (are) hundreds of microorganisms in our mouths every day," says Gayle McCombs, RDH, MS, associate professor and director of the Dental Hygiene Research Center at Old Dominion University. Even plaque – the stuff you are trying to brush off your teeth – is a type of bacteria.

None of this is cause for concern unless there is an unhealthy balance of bacteria in the mouth.

**How Brushing Your Teeth Hurts**

Brushing your teeth, particularly with an electric toothbrush, can actually push germs under your gums, says R. Thomas Glass, DDS, PhD, professor of dentistry and pathology at Oklahoma State University Center for Health Sciences.

Most of these germs already exist in your mouth so you probably won't get sick from them. However, if others use your toothbrush (or you use someone else's) germs can be spread.

The thing to worry about is recurring illness. "When your resistance is low, that's when this becomes clinically important," he says. "In essence, you are re-infecting yourself," says Glass.

**Could Your Toothbrush Be Making You Sick?**

You probably won't get an infection from your own toothbrush.

Even if your brush is covered in bacteria, your immune system can usually take care of any bacterial invaders. However, you should still care for your toothbrush properly and keep it clean. The following slides discuss some ways to care for and store your toothbrush properly to minimize the chance of illness.

**Don't Brush Where You Flush**

Where you store your toothbrush in your bathroom is important. In most bathrooms, the toilet is very close to the sink, where most people keep their toothbrushes. Every time you flush, bacteria are released into the air – and you don't want that bacteria to get on your toothbrush.

"It's just common sense to store your toothbrush as far away from the toilet as possible," says McCombs. Keep it in a medicine cabinet if possible, and always close the toilet lid before flushing to minimize the spread of bacteria onto your toothbrush.

**Toothbrush Holders:** Toothbrush holders as well can pick up bacteria that are spread by toilet flushing. A study by the National Sanitation Foundation (NSF) found that toothbrush holders are the third-most germiest household items (behind dish sponges and kitchen sinks). Remember to clean your toothbrush holder regularly to remove germs.

**Toothbrush Storage Tips**

After you've moved your toothbrush as far from the toilet as possible, and cleaned your toothbrush holder, here are some storage tips to keep your toothbrush as germ-free as possible:

Rinse your toothbrush thoroughly with tap water every time you use it.

Let your toothbrush dry thoroughly between brushings. Don't use toothbrush covers, which can create a moist enclosed breeding ground for bacteria.

Keep your toothbrush upright in a holder, rather than lying it down. Don't ever use anyone else's toothbrush, or let someone use yours. Keep toothbrushes separate. If toothbrushes touch they can swap germs.

Medicine.net

# Bill Paxton's Death Showcases Dangers, Lessons for Heart Patients

By Charlotte Libov

Bill Paxton's death from complications following heart surgery underscores the dangers that such procedures can carry as well as lessons for people with cardiovascular disease, a top cardiologist says.

Paxton's family announced Sunday that the 61-year-old film and TV star died from a fatal stroke following heart surgery.

"The bottom line with any open heart surgery is that there is always a small risk of stroke, but when it happens, it can be devastating," says renowned cardiologist Dr. Chauncey Crandall.

Paxton, who was currently starring in the TV series "Training Day," rose to stardom in the 1990s when he played the lead in the disaster hit "Twister." He was also featured in "Titanic," "Apollo 13," "True Lies" and "Tombstone."



Over the years, the safety of heart surgery has improved but it still carries "about a one-to-two percent risk," says Crandall, chief of the cardiac transplant program at the world-renowned Palm Beach Cardiovascular Clinic in Palm Beach Gardens, Fla.

Open-heart surgery is any type of surgery where the chest is cut open and surgery is performed on the muscles, valves, or arteries of the heart.

For such procedures, the heart is stopped, and the patient is put on a heart-lung machine, which is a mechanical pumping device that maintains the circulation and keeps oxygenated blood flowing to the body's organs.

Although such surgery is considered safe, problems can occur at several steps along the way that could set the stage for a stroke, says Crandall, author of the [Heart Health Report](#).

One danger point occurs at the start of the surgery, when the heart's aorta, which is the major cardiac vessel, is clamped, so the patient can be attached to the heart-lung machine.

"If you have heart disease within the aorta, this can cause the blood to clot, and the clot can travel to the brain and cause a stroke," says Crandall.

"The aorta can be screened with an ultrasound test to see if there is disease present," says Crandall.

"This can be performed by the surgeon in the operating room prior to putting the patient on the heart-lung machine, but it isn't commonly done," says Crandall.

Another dangerous time occurs once the surgical procedure is completed and the surgeon is preparing to take the patient off the heart-lung machine, he says.

"When the patient is on the heart-lung machine, the heart is deflated. When the heart is restarted, the heart's volume is increased and it begins to fill up with blood. But if there is any air in the chamber of the heart, that can form a stroke-causing blood clot," says Crandall. But even if everything appears to go well, a stroke can occur in the days just following the surgery, he says.

"Surgery causes changes in the blood, which can make it more likely to clot and result in a stroke," Crandall adds.

Open heart surgery can also raise the stroke risk if people already have carotid artery disease, a condition that narrows the blood vessels that carry blood to the brain and head.

- To minimize such risks, Dr. Crandall offers these tips: well seasoned and experienced. The anesthesiologist is a critically important member of the open-heart surgery team.
- Make sure that you will be taken to recover in an intensive care unit that is well-staffed and supervised by an intensive care doctor at all times.

Above all, make sure that the open heart surgery is actually needed, says Crandall.

"Get a second opinion from a cardiac interventionist. I often do stenting procedures on patients who were previously told they needed open-heart surgery but it turns out they didn't," he adds.

Minimally invasive procedures like stenting carry significantly less risk, Crandall notes.

**Editor's Note:** [What's Your Heart Attack Risk? Take Top Cardio Doc's 2-Minute Test Now.](#)

- Make sure the surgery is performed at a hospital that does a high volume of procedures. "High volume" means that a minimum of 250 open-heart operations is performed annually.
- Look for a veteran surgeon because they are more likely to be well trained and experienced in handling such cardiac emergencies.

Be sure that the anesthesiologist is also © 2017 NewsmaxHealth. All rights reserved.

## Seniors Day Celebration



Seniors Day annual event and celebration organised by the Sri Lankan Association of NSW (Australia) was held at Community Hall in Thornleigh, NSW on 11<sup>th</sup> March this year. This function is organised annually in appreciation of contributions to families and general community. There was a sumptuous buffet lunch catered by Blue Elephant caterers, afternoon tea, fun and games with audience participation. Prizes and surprises, dancing including bails were the highlights. There were talks given by visiting experts on health and investment portfolios. There was an attendance of over 200. Free meals were provided for those over 65 years, and others had to pay a nominal sum of \$ 15 per person.

An event that most expat Seniors' in Sydney waits for and the opportunity given to them to intermingle with old friends, have a laugh and relate their mutual old stories, is some event to be anticipated.

## Women and alcohol – what's the problem?



Traditionally men were the big drinkers and they suffered all the social and health consequences associated with regular, over-indulgence.

Now, as more women are more economically independent; in high flyer and management roles; and it's more acceptable for women to go out drinking with their mates – when it was only acceptable for men years ago – women are suffering the health consequences too. But it's worse for women than men, thanks to their different physiology.

Many women don't know that:

A woman's body has more body fat than that of a man of the same weight. This means that it contains less water and therefore when she drinks it results in a higher alcohol concentration.

The concentration of the enzyme that breaks down alcohol, appears to be lower and less active in women than in men.

Again resulting in higher blood alcohol concentrations.

In addition to the two reasons above, weight differentials between women and men exacerbate the problem.

All this adds up to the [fact it takes that smaller amounts of alcohol to do damage to women's bodies](#) than to men's.

So what

Catherine Saxelby

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



Old Josephians' Association of NSW



## ST JOSEPH'S Feast Mass and Social

Saturday 18 March 2017 6.15 p.m.

Holy Innocents' Church and Hall Webb Street Croydon  
Parking in church premises (limited) and Cheltenham Road

Buffet dinner and live entertainment to follow with the CAZCADE COMBO until midnight

DINNER TICKETS \$40 CHILDREN 6 TO 10 \$10 UNDER 5 FREE Soft drinks provided BYO wine and beer only	CATERING BY DISH ENTREE Fish outlets MAINS Mutton biryani • savoury rice • black pork curry • butter chicken • devilled fish • cashew curry • dried eggplant moja • fried cashew and sprats • Greek salad • pappadam DESSERT Fruit salad and ice cream tea and coffee
--	--

Attendance at the Mass fulfils the weekend obligation

Bring family and friends  
BOOK EARLY THROUGH  
Chrys 0418 652 796 Lalith 0401 403 864  
Ivor 0412 479 330 Kumar 0412 919 088

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



Muslim parents demanded the abolition of pork in all the school canteens of a Montreal suburb. The mayor of the Montreal suburb of Dorval has refused, and the town-clerk sent a note to all parents to explain why. Here's that note:

"Muslims must understand that they have to adapt to Canada and Quebec, its customs, its traditions, its way of life, because that's where they chose to immigrate.  
"They must understand that they have to integrate and learn to live in Quebec.  
"They must understand that it is for them to change their lifestyle, not the Canadians who so generously welcomed them.  
"They must understand that Canadians are neither racist nor xenophobic, they accepted many immigrants before Muslims (ubcross the reverse is not true)."



but the Canadian-Quebecois people as a whole.  
"Finally, they must understand that in Canada (Quebec) with its Judeo-Christian roots, Christmas trees, churches and religious festivals, religion must remain in the private domain.  
The municipality of Dorval was right to refuse any concessions to Islam and Sharia.  
"For Muslims who disagree with secularism and do not feel comfortable in Canada, there are 57 beautiful Muslim countries in the world, most of them under-populated and ready to receive them with open halal arms in accordance with Sharia.  
"If you left your country for Canada, and not for other Muslim countries, it is because you have considered that life is better in Canada than elsewhere.  
"Ask yourself the question, just once, "Why is it better here in Canada than where you come from?"  
'A canteen with pork' is part of the answer."

## Are Brown Eggs Healthier Than White Eggs?



Often, people who prefer brown eggs do so because they believe brown eggs are more natural and healthy than white eggs. However, the truth is that all eggs are nutritionally very similar, regardless of size, grade or color (2, 6, 7).

Both brown and white eggs are healthy foods. A typical egg contains lots of vitamins, minerals and high-quality protein, all wrapped up into less than 80 calories (8). However, scientists have compared eggs with brown shells to those with white shells to see if there is any difference. Several studies have found that shell color has no significant effect on egg quality and composition (9).

This means that the color of an egg's shell doesn't have much to do with how healthy it is. The only real difference is the pigment in the shell. However, there are other factors that can affect the nutritional content of an egg. The hen's environment can have a major impact. For example, eggs from hens that are allowed to roam in the sunshine contain 3-4 times the amount of vitamin D you'd find in eggs from a conventionally raised hen (10).  
The type of feed a hen eats can also affect the nutrient content of her eggs. Hens fed a diet rich in omega-3 fatty acids produce eggs that contain much higher levels of omega-3 fatty acids than normal. The same effect has been found with vitamin D when chickens eat vitamin-D-enriched feed (11, 12).

**Summary:** There is no nutritional difference between brown and white eggs. However, a hen's diet and environment can affect an egg's nutrition. Authoritynutrition.com

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

View this email in your browser

Obama admits he is a Muslim  
<https://youtu.be/tCAffMSWSzY>

Trump travel ban / New order targeting six Muslim-majority countries signed



Alec Baldwin may not be playing Trump on 'SNL' much longer  
Alec Baldwin hinted he may not be doing his impersonation of President Trump on "SNL" much longer. "I don't know how much more people can take it."

READ MORE

## How Inflammation Spreads Through the Brain

After a traumatic brain injury, inflammation can spread throughout the brain and cause long-lasting damage.



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.

**EXEMPLARY. Share this to PROMOTE TOLERANCE in the world. This is what should be adopted by all countries**

Fake 'doctor' allegedly used stolen documents to work in NSW hospitals

Shyam Acharya has been charged, but his whereabouts is unknown, after he allegedly masqueraded as a doctor in NSW hospitals more than a decade

## Some Human Traits & Experiences in Life.

Have you ever wondered or given any thought to the fact that in our daily routines in life, "decision making" is an automatic feature that we succumb to consciously and sub-consciously? Taking things for granted is also part of the decision making process that could be detrimental; and could be categorized as "complacency" and/or "over confidence". Outside influences too plays a major role in the decision making process – be it among the family circles; friends or other pertinent bodies that has an impact on the thought process. If's; but's; why's; how's; right & wrong are the words that come to mind in this context. In other words to put it in a nutshell such guidance will be the "Be All & End All" of everything we venture into or have ventured into. It is yours to ponder prior to taking the crucial step in your decision making.

Just think for a moment if you ever asked yourself of what was right or what was wrong, within your deeper inner-self; prior to making a move in any matter – be it personal or be it concerning others. Yes there are times when one "rushed" or "jumped" into hasty conclusions or worse still – hasty judgement on others. If kept within one's self, it would remain buried in one's self – for better or for worse. The recourse for such decisions can be reversed within one's self. But if the decision was vociferous you only create a wedge of anger & bitterness between the parties concerned. But if you voiced your decision in the "loudest whisper" it would be tantamount to "gossiping".

Assuming too is another area of weakness among folks. As the saying goes – when you assume you make an ASS of U and ME. A lesson taught me at school in the 1940's deserves to be highlighted and is related as follows:

### The Last Confession

In a small village in Europe, the priest lies dying and would administer the confession rites for the churchgoers in his village. The whole village turns up to make their confessions and to seek appropriate penance and redemption. It was the turn of farmer Jones who sat close to the priest's bed and whispered in his ear: "Father, I have sinned and I hope you will forgive me for the wrong I've done"

The feeble voice of the priest could be heard by all: "Son, tell me what your sin is; and I shall give you penance so that the Good Lord will forgive you."

"O' Father, I don't know how to say it, but I spread a rumour about you and at this juncture I feel completely devastated for my dastardly act".

The Priest immediately took the feather pillow from under his head; handed it to the farmer – "Son, I want you to go to that windy intersection near your field; rip the pillow open and leave it on the centre of the road and come back to me".

The farmer and the rest of the gathered churchgoers were puzzled at this turn of events. The farmer was happy as this was such an easy task that was given. He completed the given task quickly and returned to the bedside of the dying Priest.

"Father, I have done as you commanded me, is there anything else that is to be done to absolve me from the sin I committed?"

"Yes, my son, I would now like you to go back to that intersection; retrieve all the feathers and bring it back to me in the pillow case I gave you"

The Farmer and the gathering were all taken aback at this requirement. However, the Farmer rushed out and by the time he reached the inter-section most of the feathers had blown away in the wind. He gathered whatever he could and hurried back to the Priest. "Father, I'm sorry I could not get most of the feathers, as the wind had blown most of it away!"

The Priest looked at the farmer and the rest of the congregation: "When you start a rumour, the result of such an act will always be the same as the spread of the feathers in the wind. Let this be a lesson to you all".

Looking at the farmer the Priest: "Son, I forgive you, but let this be a good lesson to you – May the Good Lord Bless you"

Noor Rahim  
Canada

## Metformin for Multiple Conditions

*Metformin, the most commonly prescribed drug for treatment of type 2 diabetes, has recently shown to be beneficial in various other treatments.*

Most prescription medications also carry risks from negative side effects, but Metformin appears to have quite a few positive side effects. It is not uncommon for research to discover new uses for drugs currently prescribed for a specific disease. This drug has been used for more than 60 years to treat Type II diabetics, and it's long-term use has provided the information needed for additional research. Some of the most promising additional uses for Metformin are listed below:

- **Anti-aging** - health care professionals have noted that those patients who have been taking Metformin over a considerable length of time [seem to develop fewer age-related diseases](#) than those Type II diabetics not using the drug. Researchers are conducting a six year placebo-controlled study involving 3,000 elderly people at risk to develop cancer, cognitive problems or heart disease. It is hoped the study will determine whether Metformin is able to prevent these age-related health problems.
- **Cancer** - is one of the most feared diseases that threatens people of every age, but the incidence increases as people age. Metformin is a drug used to treat diabetics, but additional research reveals that it could also be an effective tool in the prevention and treatment of cancer. While the process that allows normal cells to become cancerous is complicated, scientists have found that Metformin is able to suppress the growth of cancerous cells. This has resulted in a reduction between 14 to 40 percent of breast, pancreatic, lung, colon and liver cancer. Additionally, it has proven to be effective in combating leukemia in combination with Syrosingopine, an antihypertensive drug. In samples from leukemia patients, it was demonstrated that nearly all tumor cells were killed by this cocktail. Additionally, this was by use of doses that are not toxic to normal cells.
- **Brain cell regeneration** - children with cerebral palsy have traditionally been treated through rehabilitation which was limited at best. Metformin research showed that brain neuron cells were stimulated to multiply in mice, offering hope to children born with cerebral palsy. Additional research is needed to determine the most effective time period during which the drug can be administered. Medalloblastoma is a type of brain cancer affecting children which can be successfully treated with surgery, chemotherapy and radiation. Unfortunately, the treatment often results in cognitive and/or motor impairment. Scientists hope Metformin could help these young patients through the regeneration of damaged brain cells.
- **Proven health benefits** - lowering of LDL cholesterol and fat in the blood as well as minimizing weight gain. Metformin has been effective in preventing or delaying the development of Type II diabetes in overweight patients diagnosed with prediabetes.

Nearly any effective prescription medication will have some negative side effects, but Metformin is a drug with only minimal side effects; the most common being diarrhea or nausea.

<http://www.worldhealth.net/news/metformin-may-promote-anti-aging/>

### 60<sup>th</sup> Birthday Celebration



Avinder Paul –owner RAM's home loan specialist in Chatswood, Sydney, celebrated his 60<sup>th</sup> birthday with a large number of his friends at Blue Elephant function centre, Pennant Hills, on 11<sup>th</sup> March. He is the son of late Dr. Milroy Paul-Professor of surgery, Colombo Medical Faculty

## Calcium and vitamin D

Many of us take calcium to prevent osteoporosis, but is there any evidence it helps?

Early studies in the 1970s and 80s were promising, but [a more recent meta-analysis](#) has shown no evidence to support the need for calcium supplements for the average Australian.

"It certainly seemed logical that taking calcium and vitamin D might strengthen bones, and there were some studies that suggested that," adjunct associate professor with Monash University's School of Public Health, Dr Ken Harvey, said.

"But for the average Australian, no — they've been overhyped and overpromoted. The message is that getting your calcium from dairy food is appropriate and getting your vitamin D from the sun is all you need unless you're in special circumstances."

Dr Harvey said exceptions to that rule included those who eat no dairy, people who cover their bodies for religious reasons, and those who often remain inside for days or weeks at a time with little physical activity, like some people in nursing homes.

The confusing mix of evidence around calcium and vitamin D - as well as many of the other complementary medicines on this list - is a symptom of the way scientific research has been done in the medical field, according to Dr Harvey.

"Classically, initial studies look promising and sometimes that's translated into recommendations for consumers. But then more studies are done, larger studies, and we usually come to a different conclusion," Dr Harvey said.

"Ultimately, we want more trials, larger numbers, replication, and freedom from bias. Then we get consistent results in one way or another."

ABC-Health



## 7-Day Plan to Start a Raw

### Food, Vegan Diet

The raw food diet has been around since the 1800s, but has surged in popularity in recent ... [READ MORE](#)

## Spread Protein Intake throughout the Day to lose weight

When it comes to protein, it's not just your total intake for the day that matters.

Consuming protein throughout the day provides you with several opportunities to boost your metabolism through the thermic effect of food (TEF).

There's also mounting research showing that eating protein at every meal is beneficial for weight loss and muscle mass retention (48, 49).

Experts in protein metabolism recommend that adults consume a minimum of 20–30 grams of protein per meal, based on three meals per day (49).

Here is a list of [20 delicious, high-protein foods](#) that can help you meet this goal.

**Summary:** To boost your metabolic rate and promote weight loss, include at least 20 grams of protein at each meal.



Authoritynutrition.com

## Is Back Pain Linked to Your Risk of Death?

An aching back is a major cause of disability, and now, a new study finds that back pain may be linked to an increased risk of death in older adults.

[Read More](#)



## Cut Back on Carbs to lose weight

Research has confirmed that [low-carb diets](#) are extremely effective for weight loss.

In fact, one large review of 13 studies with follow-up lasting at least a year found that people who consumed 50 or fewer grams of carbs per day lost more weight than those following traditional weight loss diets (1).

Reducing your [carb intake](#) may help get your weight moving in the right direction again when you feel hopelessly stalled.

Whether carb restriction leads to a "metabolic advantage" that causes your body to burn more calories is a question that continues to be debated among nutrition and obesity experts.

Some controlled studies have found that very low-carb diets increase fat burning and promote other metabolic changes that favor weight loss, while other studies haven't shown this effect (2, 3, 4, 5).

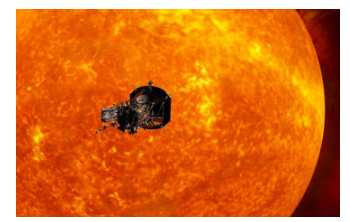
However, very low-carb diets have consistently been shown to reduce hunger and promote feelings of fullness more than other diets. In addition, they cause your body to produce ketones, which have been shown to reduce appetite (6, 7, 8).

This may lead you to unconsciously eat less, making it easier to begin losing weight again without hunger or discomfort.

**Summary:** Research has found that low-carb diets help control hunger, provide feelings of fullness and promote long-term weight loss.

Authority nutrition.com

## Could a Spacecraft Fly to the Sun?



Humans have sent spacecraft to the moon, the red planet Mars and even distant interstellar space, but can we send a spaceship to the scorching sun?

[Read More](#)

## Eggs- for bone health

Egg yolks are high in [vitamin D](#), better known as the "sunshine" vitamin. This nutrient is essential to your bone health because it affects how much calcium you're able to absorb by stimulating the production of a calcium-binding protein.



Threesomes may be evolutionarily advantageous for male wolf spiders. Courtship increases the arachnids' risk of being cannibalized, and it also makes males vulnerable to predators and other male spiders while they're wooing potential mates.

Male wolf spiders of the species *Rabidosa punctulata* are under a lot of pressure during mating season. The male is expected to court the female by making a visual display or creating vibrations that are akin to a courtship song. If the female rejects the courtship offer, she may eat the male. What's more, if the female accepts the male but copulation takes too long, she may still cannibalize the poor dude.

Credit: Matthew Persons

[NASA may send robotic spacecraft to Sun next year](#)



# Liz Crokin, an award-winning author, writes about President Trump:

This is the Donald Trump that I have known for over 30 years.

Liz Crokin is an award-winning author, a seasoned journalist and an advocate for sex crime victims.

Liz began her journey at the University of Iowa where she received a bachelor's in journalism and political science.

Trump Does The Unthinkable by Liz Crokin

Donald Trump is a racist, bigot, sexist, xenophobe, anti-Semitic and Islamophobe -- did I miss anything?..

..yup! he is also deplorable. The left and the media launch these hideous kinds of attacks at Trump everyday; yet, nothing could be further from the truth about the real estate mogul.

As an entertainment journalist, I've had the opportunity to cover Trump for over a decade, and in all my years covering him I've never heard anything negative about the man until he announced he was running for president. Keep in mind, I got paid a lot of money to dig up dirt on celebrities like Trump for a living so a scandalous story on the famous billionaire could've potentially sold a lot of magazines and would've been a Huge feather in my cap.

Instead, I found that he doesn't drink alcohol or do drugs, he's a hardworking businessman.

On top of that, he's one of the most generous celebrities in the world with a heart filled with more gold than his \$100 million New York penthouse.

Since the media has failed so miserably at reporting the truth about Trump, I decided to put together some of the acts of kindness he's committed over three decades which has gone virtually unnoticed or fallen on deaf ears.

•In 1986, Trump prevented the foreclosure of Annabell Hill's family farm after her husband committed suicide.

Trump personally phoned down to the auction to stop the sale of her home and offered the widow money.

Trump decided to take action after he saw Hill's pleas for help in news reports.

•In 1988, a commercial airline refused to fly Andrew Ten, a sick Orthodox Jewish child with a rare illness, across the country to get medical care because he had to travel with an elaborate life-support system. His grief stricken parents contacted Trump for help and he didn't hesitate to send his own plane to take the child from Los Angeles to New York so he could get his treatment.

•In 1991, 200 Marines who served in Operation Desert Storm spent time at Camp Jeune in North Carolina before they were scheduled to return home to their families. However, the Marines were told that a mistake had been made and an aircraft would not be able to take them home on their scheduled departure date. When Trump got wind of this, he sent his plane to make two trips from North Carolina to Miami to safely return the Gulf War Marines to their loved ones.

•In 1995, a motorist stopped to help Trump after the limo he was traveling in got a flat tire. Trump asked the Good Samaritan how he could repay him for his help. All the man asked for was a bouquet of flowers for his wife. A few weeks later Trump sent the flowers with a note that read: We've paid off your mortgage.

•In 1996, Trump filed a lawsuit against the city of Palm Beach, Florida accusing the town of discriminating against his Mar-a-Lago resort club because it allowed Jews and blacks. Abraham Foxman, who was the Anti-Defamation League Director at the time, said Trump put the light on Palm Beach not on the beauty and the glitter, but on its seamier side of discrimination. Foxman also noted that Trump's charge had a trickle-down effect because other clubs followed his lead and began admitting Jews and blacks.

•In 2000, Maury Povich featured a little girl named Megan who struggled with Brittle Bone Disease on his show and Trump happened to be watching. Trump said the little girl's story and positive attitude touched his heart. So he contacted Maury and gifted the little girl and her family with a very generous check.

•In 2008, after Jennifer Hudson's family members were tragically murdered in Chicago, Trump put the Oscar-winning actress and her family up at his Windy City hotel for free. In addition to that, Trump's security took extra measures to ensure Hudson and her family members were safe during such a difficult time.

•In 2013, New York bus driver Darnell Barton spotted a woman close to the edge of a bridge staring at traffic below as he drove by. He stopped the bus, got out and put his arm around the woman and saved her life by convincing her to not jump. When Trump heard about this story, he sent the hero bus driver a check simply because he believed his good deed deserved to be rewarded.

•In 2014, Trump gave \$25,000 to Sgt. Andrew Tamoressi after he spent seven months in a Mexican jail for accidentally crossing the US-Mexico border. President Barack Obama couldn't even be bothered to make one phone call to assist with the United States Marine's release; however, Trump opened his pocketbook to help this serviceman get back on his feet.

•In 2016, Melissa Consin Young attended a Trump rally and tearfully thanked Trump for changing her life. She said she proudly stood on stage with Trump as Miss Wisconsin USA in 2005. However, years later she found herself struggling with an incurable illness and during her darkest days she explained that she received a handwritten letter from Trump telling her she's the bravest woman, I know. She said the opportunities that she got from Trump and his organizations ultimately provided her Mexican-American son with a full-ride to college.

•Lynne Patton, a black female executive for the Trump Organization, released a statement in 2016 defending her boss against accusations that he's a racist and a bigot. She tearfully revealed how she's struggled with substance abuse and addiction for years. Instead of kicking her to the curb, she said the Trump Organization and his entire family loyally stood by her through immensely difficult times.

Donald Trump's kindness knows no bounds and his generosity has and continues to touch the lives of people from every sex, race and religion. When Trump sees someone in need, he wants to help.

Two decades ago, Oprah asked Trump in a TV interview if he'd run for president. He said: If it got so bad, I would never want to rule it out totally, because I really am tired of seeing what's happening with this country.

That day has come.

Trump sees that America is in need and he wants to help.

How unthinkable!



When I read this article about the current President of the United States appearing in Agnes Thambynayagam's face book, my heart compelled me to copy it. Some of my readers may hate me for it, but reading it may change your heart and good for your health  
Editor

"Speak only endearing speech ... Speech, when it brings no evil to others, is a pleasant thing." Buddha



### 16 Cancer Causing Foods You Are Eating Every Day!

It's probably not something you think about every day, but the foods you are eating might cause cancer! Yes, you read that right! Cancer is one of those diseases that loom over a good majority of the population. Avoiding these 16 foods altogether, or even limiting your intake of them, can help reduce your chances of contracting cancer...

[READ MORE](#)

## The Presidential Furore

*Ranting and Raving was the media insinuation  
But he countered it with rhetoric so loud and vivid  
His rant to make the Country great was visibly heard  
The majority concurred to his rave; as their vision  
Come Election Day they voted him in  
And now the opposition is bent on a mission of discord  
Perhaps the energy could be well spent on the "wake" of the opposition head  
And leave the man to perform as promised and to its deliverance  
So do not drive a wedge in this great Nation  
That is looked upon as an Icon of Democracy, so staid  
Casting aspersions & obstacles will only the Presidential Seal discredit  
Grin & bear and wait the four year period; to oust him from his position  
Noor Rahim*

### Herbal Meds: Safe for Heart Problems?

They're popular among people with heart disease -- but could they cause serious side effects?



**Avocado:** Eat it on your sandwich, or serve it up in guacamole. Tasty avocado is good for your heart and may help with osteoarthritis symptoms, thanks to healthy fats. An extra benefit? When you eat avocado with other foods, it helps your body better absorb their nutrients. Half a medium avocado is one serving and about 115-160 calories.

## Anti-Inflammatory Diet Curtails Bone Loss

*New research suggests that a diet high in vegetables, fruits, fish and whole grains could increase bone health and prevent fractures in women.*

When you think about it, the bones that make up the human skeleton are amazing. They're constantly changing. Older bone tissue is constantly disappearing while new bone is being created. The amount of bone tissue in young people continually increases, which allows for growth. This growth continues until about the age of 30 when human bone tissue is as strong and dense as it's ever likely to be.

While all that information is great for young people, the news changes with age, especially for women. Osteoporosis is a medical condition which occurs when bones lose too much tissue. When that happens, bones become less dense which makes them brittle, fragile, and more likely to break. The National Osteoporosis Foundation has estimated that eight million women in the U.S. have osteoporosis. Half of those over 50 will be the victim of broken bones because of that decrease in bone density. [www.nof.org](http://www.nof.org) It's hoped that understanding the causes of osteoporosis can help prevent this disease that affects so many American women. Some of the suspected causes include:

- Low estrogen levels – especially associated with menopause
- Insufficient calcium levels
- Lack of vitamin D
- Inactive lifestyle
- Thyroid conditions
- Smoking
- Medications
- Excessive alcohol use

**Inflammation** has also been added to this list of possible causes of osteoporosis. Research has established the fact that inflammatory markers in the blood are related to bone loss and broken bones in both women and men.

Scientists and the medical community have long suspected that certain foods increase the incidence of inflammation in humans contributing to osteoporosis. In fact, there is a Dietary Inflammatory Index which is used to rate foods and the affect they have on inflammation in the body. Low-inflammation foods include fresh fruits and vegetables, fish, and whole grains.

Researchers at Ohio State University have released the findings of a new study in *The Journal of Bone and Mineral Research*. Women aged between 50 and 79 were asked to track their eating habits for three months prior to the study. Inflammation scores were given to each of the 160,191 participants who enrolled in the study, based on 32 foods. Bone density data was collected from 10,290 women while fracture data was collected from the entire group.

One of the results of the study indicated that the impact of a high-inflammatory diet was greater on the younger women in the study. Caucasian women younger than 63 who consumed a high-inflammatory diet were 50% more likely to fracture a hip.

Results also indicated that women eating a low-inflammatory diet lost bone matter more slowly than women on a high-inflammatory diet.

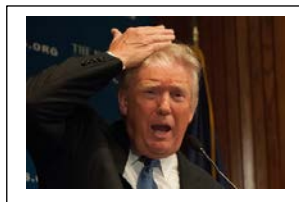
Women who choose the healthy foods included in a low-inflammatory diet, may very well be lessening the impact of osteoporosis as they age. The last words may well be fresh fruits and vegetables, fish, & whole grains.

Click [here](#) for a list of Top Anti-Inflammatory Foods.

[VIEW NEWS SOURCE...](#)



## Trump's Hair Growth Medicine: What Is Finasteride?



President Trump uses a hair-loss drug called finasteride, which works by inhibiting the action of a testosterone byproduct at the hair follicle.

[Read More](#)

## 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](#)



## Fish

Naturally fatty fish like salmon, mackerel, herring, lake trout, sardines, and albacore tuna are good sources of omega-3 fatty acids. These are "good" fats that help keep your heart healthy. They may also help keep your brain sharp, especially as you get older. The American Heart Association suggests eating two servings of fatty fish a week. A serving is 3 ounces -- about the size of a deck of cards. Try it baked, grilled, or poached.

[WebMD](#)



## 3 yoga poses to loosen your hips

Sitting at a desk all day can wreak havoc on your hips. These three poses will give your hips all of the love and attention they need.

[READ MORE](#)

## Top 7 Herbs To Prevent Hair Loss

In case you're losing hair more often than usual, these Ayurveda herbs for hair loss could provide you ways to prevent as well as cure the malady of hair fall...

[READ MORE](#)

## Drink plenty of water during the day & night

By Dr Harold Gunatillake-health writer

Drink a glass of water every few hours a day. When you get up in the morning drinking a glass or two of cool water with lemon slice in it helps you to wake up and refresh you for the rest of the day. Hydrating your self has many advantages. Water is life, after all life begins in water. You not only tone your body with hydration, it helps digestion of food and corrects many other metabolic iss...

[Continue Reading](#)

## Possible Drawback to Gluten-Free: Toxic Metals

(HealthDay News) -- America's love affair with gluten-free foods may come at a cost: greater intake of the toxic metals arsenic and mercury, a new study contends.

"These results indicate that there could be unintended consequences of eating a [gluten-free diet](#)," said study author Maria Argos of the University of Illinois at Chicago (UIC).

Gluten-free products often contain rice flour as a substitute for wheat, rye and barley. And rice is known to accumulate arsenic and mercury from fertilizers, soil and water, said Argos, an assistant professor of epidemiology in the School of Public Health.

For the study, the researchers analyzed U.S. National Health and Nutrition Examination Survey data from thousands of Americans, aged 6 to 80. The investigators identified 73 people who said they ate a [gluten-free diet](#).

Compared to other survey participants, those who ate gluten-free diets had nearly twice the levels of arsenic in their urine, and 70 percent higher levels of mercury in their blood, according to the study.

However, "more research is needed before we can determine whether this [diet](#) poses a significant health risk," Argos said in a university news release. Gluten-free diets are recommended for people with [celiac disease](#) -- an out-of-control immune response to gluten, a protein in wheat, rye and barley.

Just 1 percent of Americans have been diagnosed with the disorder, but nearly one-quarter of Americans reported eating a gluten-free [diet](#) in 2015, the researchers noted.

Many consumers believe gluten-free eating reduces harmful inflammation, but there is no scientific evidence supporting that, the study authors said. Arsenic and mercury, which occur naturally in the environment, raise the risk of [heart disease](#), [cancer](#) and neurological problems at certain levels, the researchers said.

While the study raises questions about going gluten-free, it doesn't show a direct cause-and-effect relationship between that eating style and higher toxin levels. Still, "in Europe, there are regulations for food-based arsenic exposure, and perhaps that is something we here in the United States need to consider," Argos said. "We regulate levels of arsenic in water, but if rice flour consumption increases the risk for exposure to arsenic, it would make sense to regulate the metal in foods as well."

The study results were published online recently in the journal *Epidemiology*. -- Robert Preidt

**Editor: Should people eating rice as their staple food, check for metals in their blood?**

## Straight Out of Sci-Fi: Hoverbike 'Surfs'

Through the Air in Test The Scorpion-3 is the first manned quadcopter that has undergone testing.

[Read More](#)



## Life Expectancy in South Korea May Reach 90 by 2030

Life expectancy is expected to rise in many countries around the world, but in the United States, that increase is predicted to be smaller than in other countries, a new study finds.

[Read More](#)



**Mage Deshaya | Rohant (Live)**

2 days ago • 133 views

 Lanka Vid

<https://youtu.be/tXQpDDcrN-w?list=RDkHPfgsTVTjA>

## Spinach



Spinach is rich in magnesium, calcium, potassium, and zinc. It is also loaded with vitamin K, A, C, folates, and many more. All these nutrients promote a healthy heart and longevity.

Curejoy.com

## 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](#)



**be. EXPERT ADVICE**

Delicious foods that help your vision

It's not just your waistline that benefits from a healthy diet. Ophthalmologist Dr Eric Mayer shares some delicious tips.



## Study Links Childhood Leukemia With Living Near Oil and Gas Development

New research suggests that children living in areas of high-density oil and gas development may face ... [READ MORE](#)

## Have More Mushrooms

### Immune System Boosters

Wondering how to boost your immune system? Eat more button mushrooms. Mushrooms are high in selenium and B vitamins like riboflavin and niacin. These minerals and vitamins are necessary for the immune system to work in tip top form. Mushrooms are also high in polysaccharides, sugar-like molecules that boost immune function.

### Flavorful Fungus

Mushrooms have a savory quality that can enhance the flavor of many dishes. Not quite sure how to eat mushrooms? Try the following mouth-watering ways to serve up these tasty fungi.

Sautéing, grilling, and roasting will help bring out the rich, savory flavor of mushrooms.

Mushrooms make a great addition to scrambled eggs and omelets.

Toss sliced mushrooms into soups, salads, or lasagna.

Enjoy Portobello mushroom tops in veggie burgers.

Stuffed mushrooms make tasty hors d'oeuvres.

Medicine.net

## Acai Berry Benefits

### Antioxidant-Rich Berry

Acai berry is a black-purple fruit that is derived from the acai palm tree in Brazil, Trinidad, and certain parts of South America. The fruit is high in anthocyanins. These flavonoid molecules are very potent antioxidants. They combat oxidative stress in the body by mopping up free radicals. Antioxidants are credited with boosting immunity and lowering inflammation in the body. There's never been a better time to enjoy an acai bowl!

### Immune-Boosting Fruit

Acai berry is such a potent antioxidant and stimulator of the immune system, researchers are studying it as a potential treatment for all kinds of conditions. Areas of study include acai use in people with increasing prostate specific antigen (PSA); cardiovascular disease and metabolic syndrome; lower rectum cancer, and constipation.

Medicine.net

## DO NOT MISS THIS VIDEO! UNBELIEVABLE!

Just in case you have a few issues bothering you today! It will make you thankful for everything you have. Enjoy this one! It's getting 10,000 hits a day. Please take a few minutes to watch this.

<http://www.youtube.com/embed/W86jlvRG54o?rel=0>

Sent by Alavi Hussein

## Is Virgin Coconut Oil the Future in Natural Medicine for Skin Conditions?

There are several testimonials by people using virgin coconut oil (VCO) for improving scalp conditions, hair, and skin issues. But it's doubtful that a certified dermatologist would recommend that for most skin issues. It's more likely that an external skin condition known as atopic dermatitis (AD), which causes excess dryness, inflammation, and pruritus (itching) will be prescribed a corticosteroid cream to apply topically. The University of Central Florida Medical School offered a paper published early in 2017 titled "Coconut oil: The future of atopic dermatitis treatment?" Overall, VCO appears to be an emerging treatment for AD due to its safety and ability to both combat the suggested pathogenesis of AD and provide clinical improvement. More extensive trials that comprehensively examine the positive and negative effects of treating AD with VCO are indicated.

[Read More...](#)

## Oysters on the Menu

### Seafood Superfood

Oysters are a nutritional powerhouse from the sea. One 3-ounce serving of Pacific oysters provides 190% of the daily value of selenium, 45% of the daily value of iron, and 20% of the daily value of vitamin C, all for just 140 calories. One 3-ounce serving of oysters contains 16 grams of high-quality protein. The seafood also provides zinc and vitamin A. These vitamins and minerals in oysters are critical for proper immune function.

### Ways to Eat Oysters

Most people are familiar with raw oysters served in the half shell, but there are many other ways to eat oysters. These include

oysters Rockefeller,  
oyster stew,  
oyster stuffing,  
scalloped oysters, and  
grilled oysters.

Friends of the Earth's analysis found that one hot dog generates seven times the carbon footprint of a tofu-veggie rice stir-fry and more than three times that of a veggie bean tostada.

## Immunotherapy is an emerging technique to kill cancer cells

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

For decades, cancer has been treated with invasive procedures like surgery, combined with non-invasive-radio and chemo therapy. Some cancers are also controlled through hormone therapy specifically for those hormone dependant cancers of the breast post conventional therapy. If cancer is detected in the early stages excisional surgery c...

[Continue Reading](#)

## Eat More Fiber

Including more [fiber](#) in your diet may help you break through a weight loss plateau. This is especially true for soluble fiber, the type that dissolves in water or liquid. To begin with, soluble fiber slows down the movement of food through your digestive tract, which can help you feel full and satisfied (36).



Although research suggests that all [types of fiber](#) may be beneficial for weight loss, a large review of several studies found that a soluble fiber known as viscous fiber was most effective at keeping appetite and food intake under control (36, 37). Another way that fiber may aid weight loss is by decreasing the number of calories you absorb from other foods. Based on a study analyzing calorie absorption among diets with varying amounts of fiber, researchers estimated that increasing daily fiber intake from 18 to 36 grams could lead to 130 fewer calories being absorbed from mixed meals (38).

**Summary:** Fiber promotes weight loss by slowing the movement of food through your digestive tract, decreasing appetite and reducing the number of calories your body absorbs from food. AuthorityNutrition.com

## Cherry Juice to sleep

They say these sour cherries are a natural source of the hormone Melatonin and the amino acid Tryptophan both of which promote sleep. So try reading a book at bedtime and sipping some cherry juice and you just might have better night's rest.



Worthwhile  
Website to  
glance

Dr harold Gunatillake

@gunatill





## Do This One Thing Every Morning To Jumpstart Weight Loss

It's called the Morning Lemon Elixir.

Try to use actual substances if possible instead of their processed counterparts.

Here is the recipe for the morning lemon elixir...

[READ MORE](#)

## 5 foods that fight high cholesterol

It's easy to eat your way to an alarmingly high cholesterol level. The reverse is true too — changing what you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Fresh fruits and vegetables, whole grains, and “good fats” are all part of a heart-healthy diet. But some foods are particularly good at helping bring down cholesterol. How? Some cholesterol-lowering foods deliver a good dose of soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation. Others provide polyunsaturated fats, which directly lower LDL. And those with plant sterols and stanols keep the body from absorbing cholesterol. Here are 5 of those foods:

1. **Oats.** An easy way to start lowering cholesterol is to choose oatmeal or a cold oat-based cereal like Cheerios for breakfast. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram.
2. **Beans.** Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight. With so many choices — from navy and kidney beans to lentils, garbanzos, black-eyed peas, and beyond — and so many ways to prepare them, beans are a very versatile food.
3. **Nuts.** A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways.
4. **Foods fortified with sterols and stanols.** Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.
5. **Fatty fish.** Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3s reduce triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms.

Get your copy of *Managing Your Cholesterol* from Harvard Medical School <healthbeat@mail.health.harvard.edu>

## What Was the First Life on Earth?

By Stephanie Pappas, Live Science Contributor |



Stromatolites, like those found in the World Heritage Area of Shark Bay, Western Australia, may contain cyanobacteria, which were most likely Earth's first photosynthetic organisms.

*Credit: Rob Bayer/Shutterstock*

The earliest evidence for life on Earth arises among the oldest rocks still preserved on the planet.

Earth is about 4.5 billion years old, but the oldest rocks still in existence date back to just 4 billion years ago. Not long after that rock record begins, tantalizing evidence of life emerges: A set of filament-like fossils from Australia, reported in the journal *Astrobiology* in 2013, [may be the remains of a microbial mat](#) that might have been extracting energy from sunlight some 3.5 billion years ago. Another contender for world's oldest life is a set of rocks in Greenland that may hold the fossils [of 3.7-billion-year-old colonies of cyanobacteria](#), which form layered structures called stromatolites.

Some scientists have claimed to see evidence of life in 3.8-billion-year-old rocks from Akilia Island, Greenland. The researchers first reported in 1996 in the journal *Nature* that isotopes (forms of an element with different numbers of neutrons) in those rocks might indicate ancient metabolic activity by some mystery microbe. Those findings [have been hotly debated](#) ever since — as, in fact, have all claims of early life.

Still, the fact that suggestive evidence of life arises right as the rock record begins raises a question, said University of California, Los Angeles, geochemist Elizabeth Bell [in a SETI Talk in February 2016](#): Is the timing a coincidence, or were there earlier forms of life whose remnants disappeared with the planet's most ancient rocks?

People with type 2 diabetes often have no symptoms. When they do appear, one of the first may be being thirsty a lot. Others include dry mouth, bigger appetite, peeing a lot -- sometimes as often as every hour -- and unusual weight loss or gain.-WebMD

## Protuberant tummy is unhealthy

Written by Dr Harold Gunatillake FRCS, FICS (US), FIACS (US), AM (SING), MBBS (Cey) - Health writer



When you were young and athletic you did have a flat stomach, unless you were a chubby over-weight child. How do you get a prominent belly with age? We discuss its prevention, health issues that go with it and action you could take to flatten again, This abdominal prominence does not occur over-night, it is a gradual process and you wouldn't both...

[Continue Reading](#)

## Diabetes can affect your Sex Life

Diabetes can damage blood vessels and nerves in your genitals. This could lead to a loss of feeling and make it hard to have an orgasm. Women are also prone to vaginal dryness. About 1 in 3 who have diabetes will have some form of sexual trouble. Between 35% and 70% of men who have the disease will have at least some degree of impotence in their lifetime W/FHMD



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

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

[Read More](#)

# Whole-Grain Foods May Help You Stay Slim



By Kathleen Doheny  
*HealthDay Reporter*  
(HealthDay News) --

Switching to whole-grain foods might help keep your weight in check as much as a brisk 30-minute daily walk would, a new study suggests.

Whole grains seem to both lower the number of calories your body absorbs during [digestion](#) and speed metabolism, explained study author J. Philip Karl. He's a nutrition scientist who did the research while a Ph.D. student in nutrition at Tufts University in Boston.

While other studies have found that people who eat whole grains are slimmer and have lower body fat than those who do not, Karl said it has been hard to separate the effects of whole grains from regular [exercise](#) and a healthier [diet](#) overall.

So, for the new study, "we strictly controlled [diet](#). We didn't let them [lose weight](#)," he said.

The researchers did that by pinpointing the specific caloric needs of each of the 81 men and women, aged 40 to 65, in the study.

For the first two weeks of the study, everyone ate the same types of food and the researchers computed their individual calorie needs to maintain their weights. After that, the researchers randomly assigned people to eat either a whole-grain or refined-grain diet.

The men and women were told to eat only the food provided and to continue their usual physical activity.

Those on the whole-grain diet absorbed fewer calories and had greater fecal output. Their resting metabolic rate (calories burned at rest) was also higher.

The [fiber](#) content of whole-grain foods, about twice that of refined-grain foods, is believed to play a major role in these results. Karl

## Is Niacin Flush Harmful?

By [Kerri-Ann Jennings, MS, RD](#)

Niacin flush is a common side effect of taking high doses of niacin supplements. It's uncomfortable, but harmless.



It appears as a flush of red on the skin, which may be accompanied by an itching or burning sensation (1).

[Niacin](#) is also known as vitamin B3. It's part of the B complex of vitamins that play an essential role in turning food into energy for the body (2).

As a supplement, niacin is primarily used to treat high cholesterol levels. [Nicotinic acid](#) is the supplement form people usually use for this purpose.

The other supplemental form, [niacinamide](#), does not produce flushing. However, this form is not effective at altering blood fats such as cholesterol (3).

There are two main forms of nicotinic acid supplements: immediate release, where the whole dose is absorbed at once, and extended release, which has a special coating that makes it dissolve more slowly.

Niacin flush is a very common side effect of taking the immediate-release form of nicotinic acid. It's so common that at least half of people who take high doses of immediate-release niacin supplements experience it (4, 5).

High doses of nicotinic acid trigger a response that causes your [capillaries](#) to expand, which increases the flow of blood to the surface of the skin (1, 6, 7, 8).

By some reports, virtually every person who takes high doses of nicotinic acid experiences flush (6).

Other medications, including some antidepressants and hormone replacement therapies, can also trigger flush (1).

**Summary:** Niacin flush is a common reaction to high doses of niacin. It happens when capillaries expand, increasing blood flow to the skin's surface.

### Why People Take Large Doses of Niacin

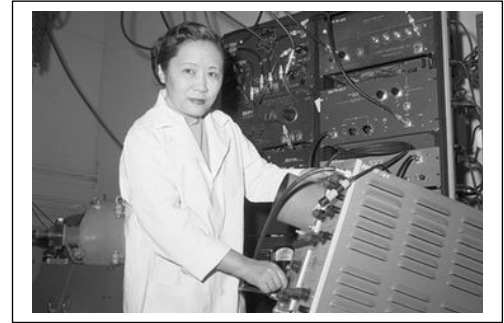
Doctors have long prescribed high doses of niacin to help patients improve their [cholesterol](#) levels and prevent heart disease (5).

Taking high doses of niacin has been shown to produce the following improvements in blood cholesterol and lipids:

**Increase HDL cholesterol:** It prevents the breakdown of [apolipoprotein A1](#), which is used to make "good" [HDL cholesterol](#). It can increase HDL cholesterol by up to 20–40% (1, 12).

**Reduce LDL cholesterol:** Niacin speeds the breakdown of [apolipoprotein B](#) in "bad" LDL cholesterol, causing less to be released by the liver. It can reduce LDL cholesterol by 5–20% (11, 13, 14).

**Lower triglycerides:** Niacin interferes with an enzyme that's essential for making triglycerides. It can lower triglycerides in the blood by 20–50% (3, 11)



## 11 Immigrant Scientists Who Made Great Contributions to America

From Albert Einstein and Enrico Fermi to Elizabeth Stern, scientists of all types have numbered among those pursuing a new life in America.

[Read More](#)



## Are Trees Vegetarian?

Humans can be vegetarians, choosing to forgo meat, but what about trees? After all, trees need only soil, sunlight and water to survive, right?

[Read More](#)



## Sleep Apnea

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



## Yellow-Orange Bumpy Rash

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

## Fructose

Foods sweetened with this - including sodas, candy, fruit juice, and pastries -- are hard for some people to digest. That can lead to diarrhea, bloating, and cramps.

## Poor Grip Strength

The strength of your hand may tell you something about the strength of your heart. Research suggests the ability to squeeze something well means a lower risk of heart disease. If it's hard for you to grasp an object, odds are higher that you have or could develop problems. (But improving your grip strength alone won't necessarily make your heart healthier.)



## Swelling In Lower Legs

It happens when you stand or sit for a long time, and it's also common during pregnancy. Fluid build-up can also stem from heart failure and poor circulation in your legs. Swollen legs could be from a clot that's blocking the return of blood from your lower limbs to your heart. Call your doctor right away if swelling comes on suddenly. WebMD



### Diabetes Management in 10 Minutes or Less

From controlling blood sugar to diet and exercise, explore simple ways to better manage your diabetes.

[READ MORE](#)

### **Vitamin D and calcium**

Like most nutrients, calcium is mostly absorbed in the small intestine. Calcium is important because it strengthens bones, but the body often needs vitamin D's assistance to absorb the nutrient. Vitamin D also has many other benefits throughout the body.

There's debate these days about whether to raise the daily intake goal for vitamin D. Right now, the official nutrition guidelines recommend that adults get 1,000 milligrams (mg) of calcium and 400 international units (IU) of vitamin D daily. For older adults, the recommended daily allowance is a bit higher: 1,200 mg of calcium starting in your 50s, and 600 IU of vitamin D starting in your 70s. To give you an idea of how much that is, an 8-ounce glass of milk contains 300 mg of calcium and, because of fortification, 100 IU of vitamin D.

Harvard Medical School

**Spicy Foods**  
Some people get indigestion or heartburn after eating them, especially when it's a large meal. Studies suggest the hot ingredient in chili peppers, called capsaicin, may be a culprit.

### **What Is Heart Disease?**

Heart disease refers to conditions that involve the heart, its vessels, muscles, valves, or internal electric pathways responsible for muscular contraction. Common heart disease conditions include:  
Coronary artery disease  
Heart failure  
Cardiomyopathy  
Heart valve disease  
Arrhythmias  
What Is a Heart Attack?

When a coronary artery becomes blocked (usually by a blood clot), an area of heart tissue loses its blood supply. This reduction of blood can quickly damage and/or kill heart tissue, so quick treatments in an emergency department and/or catheterization suite are necessary to reduce the loss of heart tissue. Loss of heart tissue due to a blockage can cause symptoms such as chest pain, shortness of breath, weakness, and even death. Quick treatments have reduced the number of deaths from heart attacks in recent years; however, about 610,000 people die from heart disease in the US each year (1 in every 4 deaths) according to the CDC.

### **Heart Attack Symptoms**

The following are warning signs of a heart attack:  
Chest pain (may spread to the back, neck, arms and/or jaw)  
Dizziness  
Nausea, vomiting  
Rapid or irregular heartbeats  
Shortness of breath  
Some people may exhibit anxiety, indigestion and/or heartburn (some women may present with these as their predominant symptoms instead of chest pain)  
Weakness

### **Heart Attack Symptoms in Women**

Although some women present with symptoms of chest pain, a large number of women will not present with chest pain. Instead, women commonly have a different set of heart attack symptoms.  
*Know These Heart Attack Symptoms*  
Arrhythmias  
Cough  
Heartburn  
Loss of appetite  
Malaise  
Such symptoms in women cause delays in diagnosis if the symptoms are not considered as possible signs of heart disease. Delays in diagnosis can cause further damage to heart tissue or even death.

### **Coronary Artery Disease Symptoms**

Coronary artery disease (CAD) occurs when plaque, a sticky substance, narrows or partially obstructs coronary arteries (like sticky material stopping up a straw) and can result in reduced blood flow. This reduced blood flow may cause chest pain (angina), a warning sign of potential heart problems such as a heart attack. Plaque may also trap small blood clots, completely blocking a coronary artery suddenly, resulting in a heart attack.  
Medicine.net

### **Take D-Aspartic Acid Supplements to boost fertility**

D-aspartic acid (D-AA) is a form of [aspartic acid](#), a type of amino acid that's sold as a dietary supplement. It should not be confused with L-aspartic acid, which makes up the structure of many proteins and is far more common than D-AA.

D-AA is mainly present in certain glands, such as the testicles, as well as in semen and sperm cells. Researchers believe that D-AA is implicated in male fertility. In fact, D-AA levels are significantly lower in infertile men than fertile men (3).

This is supported by studies showing that D-AA supplements may increase levels of testosterone, the male sex hormone that plays an essential role in male fertility. For instance, an observational study in infertile men suggested that taking 2.66 grams of D-AA for three months increased their testosterone levels by 30–60% and sperm count and motility by 60–100%.

The number of pregnancies also increased among their partners (4).

Additionally, a controlled study in healthy men showed that taking 3 grams of D-AA supplements daily for two weeks [increased testosterone levels](#) by 42% (5). However, the evidence is not entirely consistent. Studies in athletes or strength-trained men with normal to high testosterone levels found that D-AA didn't increase its levels further and even reduced them at high doses (6, 7). Taken together, the current evidence indicates that D-AA supplements may improve fertility in men with low testosterone levels, while they don't consistently provide additional benefits in men with normal to high levels. Further studies need to investigate the potential long-term risks and benefits of D-AA supplements in humans.  
**Summary:** D-aspartic acid (D-AA) supplements may improve testosterone levels and fertility in infertile men or those with low testosterone levels. However, scientists haven't reached a definite conclusion at this point.

By Dr. Atli Arnarson

### **Get Enough Vitamin D to boost male fertility**

[Vitamin D](#) is another nutrient that may boost your testosterone levels. One observational study showed that vitamin D-deficient men were more likely to have low testosterone levels (27). A controlled study in 65 men with low testosterone levels and [vitamin D deficiency](#) supported these findings. Taking 3,000 IU of vitamin D3 every day for one year increased their testosterone levels by around 25% (28). Additionally, high vitamin D levels are linked to greater sperm motility, but the evidence is conflicting (29, 30).  
**Summary:** Taking vitamin D supplements may boost testosterone levels in vitamin D-deficient men with low testosterone levels.

**Death from too much caffeine is rare, but possible**  
In rare instances, when caffeine is consumed at high enough doses (typically in excess of 5 grams in adults — the amount in about 30 to 50 cups of coffee), it can kill. Deaths have been reported from overdosing on powdered caffeine and caffeine pills, such as weight-loss aids. [7 Foods You Can Overdose On]



# Reasons to Improve Your Gut Health

Here are nine reasons why it's beneficial to improve the health of your gut.



Healthy bacteria and microflora are essential to gut health. Keeping your body's PH in balance helps to keep you healthy and disease free. When your PH is imbalanced, you are vulnerable to many diseases and discomforts. Stealth viruses play a huge role in offsetting the sensitive microclimates in your body. A stealth infection is just what it sounds like. Simply a hidden infection, viral, bacterial or otherwise, that invades the body. These stealth pathogens may even change the way your immune system behaves in your body. If a stealth pathogen has the right characteristics in structure and in the proteins they express, the body can mistake them for its own tissue. Some viruses, called encapsulated viruses, move from cell to cell hiding from the immune system cloaked in the body's own tissue.

Stealth viruses are very common. You get past the symptoms, but never actually rid your body of the virus, much like the herpes virus. It is a mystery why an early infection doesn't leave the body entirely and often reappears later in life when the immune system is not as strong. The best way to protect yourself from exposure to stealth pathogens and infectious bacteria? Keep your gut healthy and flourishing with all the good bacteria you can find. Still not convinced?

According to Dr. David Brady, autoimmune disease has become a modern epidemic. There are a number of autoimmune diseases, including Inflamed Bowel Syndrome that affect one in 250 people, whereas one hundred years ago, only one in ten thousand were affected. Dr. Brady explains, our genes are not changing, but our environment and how we interact with it is changing. So what's driving this epidemic? It could begin in your gut.

Here are reasons why you want to improve the health of your gut.

## 1. Autoimmune Disease

Even if there is no diagnosis of an autoimmune disease, improving your gut health can help combat the common triggers of diseases like thyroid disease, hashimotos, multiple sclerosis and rheumatoid arthritis. Looking at your family history can give good indicators of what to look for. With new technology, we can even map the microbiota in the gut, counting the good, bad and opportunistic bugs that are growing which allows you and your doctor to practice preventative medicine to reduce the risk of autoimmune disorders.

2. Mental Health and Mood: The condition of your gut can actually determine your mental health. Many mood disorders are very closely linked to the microbiota in your gut. When you don't have a healthy gut, you won't have mental health. Seeing the correlation between gut health and mood disorders, doctors have been treating IBS with antidepressants for a number of years. Although that may get symptoms to subside, treating the gut in order to gain mental health would better solve the problem.

3. Hormones: Having balanced hormones is extremely important. Hormones play a key role in maintaining health. Many hormones, and several essential vitamins and minerals, can only be absorbed through the gut and the digestive tract. If the PH in your gut is not healthy, these essentials are discarded through the waste process, and are never able to nourish and stabilize your body.

4. Digestive Health: There is a lot going on in your digestive tract, and it is important that it is functioning well for multiple reasons. The microbiota that live and thrive will determine the PH of your gut and your intestines. If the PH is off, it allows yeast and fungus to grow, causing infection and inflammation. When you have the right PH it makes it very difficult, if not impossible for harmful yeast and fungus to grow. Which leads to the next reason why you should improve the health of your gut.

World Health Net



## Bleeding Gums

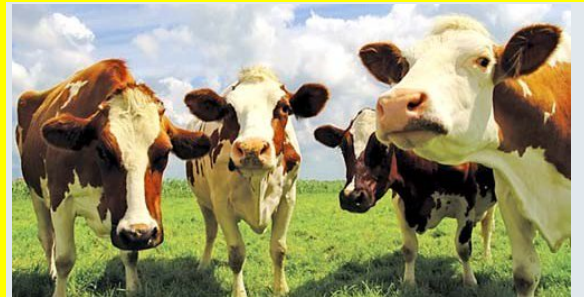
Experts don't totally understand the link between gum disease and heart disease. But studies suggest that bleeding, swollen, or tender gums may lead to trouble with your ticker. One theory is that bacteria from your gums gets into your bloodstream and sets off inflammation in your heart. Having gum disease, which can lead to tooth loss, may also raise your chances of a stroke.



## Dark, Velvety Skin Patches

You may find these thick spots, called acanthosis nigricans, in skin folds and creases such as your neck, armpits, and groin when your body has trouble using the hormone insulin. The patches could have skin tags, too. If you aren't being treated for insulin resistance, metabolic syndrome, or type 2 diabetes, see your doctor for help controlling your blood sugar and protecting your heart. WebMD

Eating less meat could save 5 million lives, cut carbon emissions by 33% <http://ecowatch.com/2016/03/22/eat-less-meat-save-lives-cut-carbon/> ... via @ecowatch#climate



Eating Less Meat Could Save 5 Million Lives, Cut Carbon Emissions by 33%

Cutting down meat consumption can result in better health and a lower carbon footprint, a new study finds. If people continue to eat meat at current rates, half of the carbon budget would be lost in...  
[ecowatch.com](http://ecowatch.com)

## Sodium and potassium

Sodium is one essential nutrient that most Americans consume more of each day than they need (mostly in the form of salt).

Excess sodium interferes with the natural ability of blood vessels to relax and expand, increasing blood pressure—and increasing the chances of having a stroke or heart attack.

But potassium encourages the kidneys to excrete sodium. Many studies have shown a connection between high potassium intake and lower, healthier blood pressure. According to the current guidelines, adults are supposed to get 4,700 mg of potassium and 1,200 mg to 1,500 mg of sodium daily.

To meet these criteria, you need to follow general healthy eating guidelines. To increase potassium intake, load up on fruits and vegetables. To decrease sodium intake, cut back on cookies, salty snacks, fast foods, and ready-made lunches and dinners.

Harvard School of Medicine

## Eat plant-based foods & less meat

Experts disagree on the best approach to shrinking the environmental impact of food production. Agricultural purists are deploying low-impact [farming practices](#) that reduce pollution, build healthy soils, and scrub carbon from the atmosphere. Agri-tech companies, on the other hand, are using [advanced tools](#) to increase yield crops and convert [livestock waste to biogas](#). Some are even feeding [seaweed to cows](#) so that they burp less methane. Many environmental advocates say we should look beyond the farm and try to [change the way we eat](#)—consuming more plants and less meat—as a way to combat climate change. Asking people to change how they eat is a thorny subject. There are personal and cultural barriers to eating less meat. But Brown says we can protect the planet without asking people to sacrifice a beloved food by developing tasty, plant-based alternatives to meat. The Impossible Burger requires using 95 percent less land and generates 87 percent fewer greenhouse gas emissions than a beef patty. "Because we're constantly improving it, we're discovering fundamental things about how to make delicious meat flavor from simple plant ingredients and discovering new ways to make it better and better and better all the time," said Brown. "This is how I know that we are going to succeed in our mission," he added. "As soon as we're kind of running even with the cow, the race is over, because the cow's not going to get any faster and we are—every single day."



Nexus Media

Warm lemon water is just the perfect drink to start your day. To fully reap the benefits of lemon, drink a glass of freshly squeezed lemon water in the morning on an empty stomach or at least 30 minutes before breakfast...

## 10 Symptoms Of Kidney Disease One Shouldn't Ignore

Symptoms of kidney disease are usually silent. These symptoms usually get recognized at an extremely late stage. In some cases, the symptoms might not even show up until the condition becomes critical. The following are 10 symptoms of kidney disease you shouldn't ignore...

READ MORE

### Vitamin B<sub>12</sub> and folate

Vitamin B<sub>12</sub> and folate (also one of the eight B vitamins) form one of nutrition's best couples. B<sub>12</sub> helps the body absorb folate, and the two work together to support cell division and replication, which allow the body to replace cells that die. This process is important during times of growth in childhood, and throughout the body of adults as well. Cells that line the stomach and the cells of the hair follicle, for example, divide and replicate often. Good food sources of vitamin B<sub>12</sub> include: meat, milk and eggs, leafy

Natural sources of folate include: leafy vegetables, beans and other legumes. Nutrition guidelines recommend 2.4 micrograms of B<sub>12</sub> and 400 micrograms of folate daily. This can usually be achieved easily by eating a reasonably well-balanced diet.

However, vegans—people who don't eat meat and other animal-based products—may have B<sub>12</sub> deficiencies. And people who eat poorly or drink too much alcohol may have folate deficiencies.

Folate deficiencies can be corrected with multivitamins or folic acid pills. For a B<sub>12</sub> deficiency, you can get injections every few months or take a pill daily.

Deficiency in either or both vitamins may cause a form of anemia called macrocytic anemia. B<sub>12</sub> deficiencies can also cause mild tingling sensations and memory loss.

Harvard School of Medicine

### 10 Foods High in FODMAPs (and what to eat instead)

By [Dr. Megan Rossi, RD](#)

Food is a common trigger of digestive issues. In particular, foods that are high in fermentable carbs can cause symptoms like gas, bloating and stomach pain.

A group of these carbs is known as FODMAPs, and foods can be classified as either high or low in these carbs.

Restricting high-FODMAP foods can provide remarkable relief of gut symptoms, particularly in people with irritable bowel syndrome (IBS).

This article discusses 10 common foods and ingredients that are high in FODMAPs.

#### What Does High-FODMAP Actually Mean?

FODMAP stands for Fermentable Oligo-, Di-, Mono-saccharides and Polyols. These are the scientific names for carbs that may cause digestive issues.

A food is categorized as high-FODMAP according to predefined cut-off levels (1). Published cut-off levels suggest that a high-FODMAP food contains more than one of the following carbs (2):

**Oligosaccharides:** 0.3 grams of either fructans or galacto-oligosaccharides (GOS)

**Disaccharides:** 4.0 grams of lactose

**Monosaccharides:** 0.2 grams more fructose than glucose

**Polyols:** 0.3 grams of either mannitol or sorbitol

Two universities provide validated FODMAP food lists and apps — [Monash University](#) and [King's College London](#).

It's also important to be aware that not everyone should avoid FODMAPs. In fact, FODMAPs are beneficial for most people.

To help decide whether restricting FODMAPs is right for you, read this [article](#).

Then, if you do decide to restrict them, make sure to look out for the following 10 foods.

Wheat is the main source of FODMAPs in the Western diet. However, it can be replaced with other, low-FODMAP whole grains.

Garlic is one of the most concentrated sources of FODMAPs. However, garlic has many health benefits and should only be restricted in FODMAP-sensitive people.

Different onion varieties contain different amounts of FODMAPs, but all onions are considered to contain high amounts.

All fruits contain the FODMAP fructose. However, some fruits have less fructose and can be enjoyed in single portions throughout the day.

Vegetables contain a diverse range of FODMAPs. However, many vegetables are naturally low in FODMAPs.

Legumes and pulses are notorious for causing excess gas and bloating. This is related to their high FODMAP content, which can be altered by how they are prepared.

High-FODMAP sweeteners can increase a food's FODMAP content. To avoid these hidden sources, check the ingredients list on packaged foods.

Wheat is not the only high-FODMAP grain. However, the FODMAP content of grains can be reduced through different processing methods.

Dairy is the main source of the FODMAP lactose, but a surprising number of dairy foods are naturally low in lactose.

Many beverages are high in FODMAPs, and this is not limited to beverages made from high-FODMAP ingredients.

### Caffeine involved in soda snafu

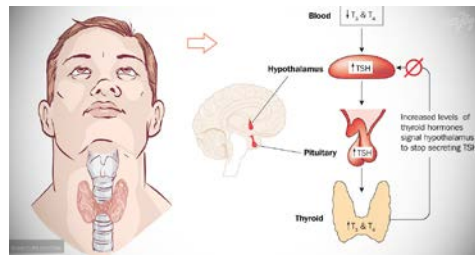
Although it contains less caffeine than a small cup of coffee, a 12-ounce can of Sunkist Orange soda has 41 milligrams of caffeine in it, according to the Center for Science in the Public Interest. Other brands of orange soda are usually noncaffeinated, but Sunkist Orange has more caffeine in it than a similar amount of Coca-Cola or Pepsi.



## What Causes Muscle Cramps and Spasms?

What is the difference between muscle spasms and cramps? Discover the causes of cramps in the calf, leg, and more.

READ MORE



## How Do Goitrogenic Foods Affect The Thyroid?

READ MORE



## Scalp-Cooling Caps Help Prevent Hair Loss in Chemo

By RACHEL RABKIN PEACHMAN

In two new studies, early-stage breast cancer patients who had scalp-cooling treatments were significantly more likely to keep their hair.

## Caffeine withdrawal is a real condition

In the latest version of the psychology handbook "Diagnostic and Statistical Manual of Mental Disorders" (DSM-5), caffeine withdrawal is listed as a mental health condition. The text describes the effects seen in some people who abruptly stop or dramatically cut back on their daily use of caffeine.

For example, withdrawal side effects, which may start 12 to 24 hours after stopping or drastically curbing caffeine, include a throbbing headache, fatigue, irritability, depressed mood and difficulty concentrating, according to the book. In people diagnosed with the condition, these symptoms are typically severe enough to interfere with a person's [ability to function properly](#) at work or in social situations, the mental health manual suggests.

People who regularly consume caffeine wake up every morning in caffeine withdrawal, Lane said. But they might not think of it that way, he added. Instead, people typically consider morning grumpiness, fuzzy thinking and sleepiness as signs of not yet having their coffee. "The truth is, these are signs of caffeine withdrawal," Lane told Live Science.

Cutting back gradually on caffeine over the course of a week may, help to avoid a withdrawal headache. Cari Nierenberg,

Where, where, where?????



## Coffee Has Some Health Benefits

Unlike most other addictive substances, coffee and caffeine consumption can have [certain health benefits](#).

The most well-researched include:

**Improved brain function:** Regularly drinking coffee may improve alertness, short-term recall and reaction time. It may also [reduce the risk](#) of Alzheimer's and Parkinson's diseases (13, 14).

**Improved mood:** Studies show that regular coffee or caffeine consumers have a lower risk of depression and suicide (15, 16).

**Boosts your metabolism:** Daily caffeine consumption may increase your metabolism by up to 11% and fat burning by up to 13% (17, 18, 19).

**Enhances exercise performance:** Caffeine can increase tolerance to fatigue, [improve exercise performance](#) and make your workouts feel easier (20, 21, 22).

**Protects against heart disease and diabetes:** Regularly drinking caffeinated beverages like coffee and tea may reduce the risk of heart disease and [type 2 diabetes](#) in some individuals (23, 24).

**Summary:** Unlike most other addictive substances, coffee and caffeine provide some health benefits. However, it's best to limit your intake to 400 mg of



## FEATURED

### ADHD Symptoms in Children

What is attention deficit hyperactivity disorder? Could your child have ADHD? Learn to recognize the symptoms of ADHD in children.

READ MORE

### Can babies have yogurt?

Yes, after the age of eight months babies can be given full fat, unflavoured Greek yogurt

## Myth: Vaccines can cause the flu (and autism).

By Robin Nixon, Elizabeth Peterson and Karen Rowan

Although the body can develop a low-grade fever in response to any vaccine, rumors that a flu shot can cause the flu are "an outright lie," said Dr. Rachel Vreeman, co-author of "[Don't Swallow Your Gum! Myths, Half-Truths, and Outright Lies about Your Body and Health](#)" (St. Martin's Griffin, 2009).

The flu shot does contain dead flu viruses, but they are, well, dead. "A dead virus cannot be resurrected to cause the flu," Vreeman told Live Science in 2010. As for vaccines causing autism, [this myth was started in 1998](#) with an article in the journal The Lancet. In the study, the parents of eight (yes, only eight) children with autism said they believed their children acquired the condition after they received a vaccination against measles, mumps and rubella (the MMR vaccine). Since then, rumors have run rampant despite the results of many studies. For example, a 2002 study in The New England Journal of Medicine of 530,000 (yes, a whopping 530,000) children found no link between vaccinations and the risk of a child developing autism.

Unfortunately, the endurance of this myth continues to eat up time and funding dollars that could be used to make advances in autism, rather than proving, over and over again, that vaccinations do not cause the condition, said Vreeman, who also researches pediatric conditions.

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.



# Fish Oil Fights Asthma in Adults

By Sylvia Booth Hubbard

Omega-3 fatty acids, the healthy oils found in cold water fish and fish oil supplements, can help fight asthma, say scientists at the University of Rochester Medical Center. During previous research they had shown that fatty acids in fish oil regulated immune cells (B cells), and they wanted to investigate the effects on asthma

People with asthma have an imbalance between particles that reduce inflammation and those that increase inflammation. Their bodies have increased levels of IgE, the antibodies that cause allergic reactions and asthma symptoms in people with milder cases of asthma. Treating asthma with steroids controls the inflammation and relieves symptoms, but does not cure the underlying disease.

Researcher Richard Phipps and his team collected blood from 17 patients at UR Medicine's Mary Parkes Asthma Center and isolated their B immune cells in the laboratory to explore the impact of omega-3 on IgE and other molecules that fuel the disease. They compared the results of the 17 patients to donors of healthy blood cells.

Most of the asthma patients were taking corticosteroids in either pill form or by inhaler, depending upon severity of their asthma. Results showed that all responded to the omega-3 fatty acids to some degree, and showed a reduction in the levels of IgE antibodies.

But unexpectedly, Phipps said, the cells from a small subset of patients who were taking oral steroids were less sensitive to the omega-3 treatment, possibly because steroids lower the body's natural ability to fight asthma-related inflammation. A study published in the *New England Journal of Medicine* in late December 2016 showed that pregnant women who ate fish or took fish oil supplements reduced the risk of asthma in their children.

## The Raw Food Diet: A Beginner's Guide and Review

By [Taylor Jones, RD](#)

The raw food diet has been around since the 1800s, but has surged in popularity in recent years. Its supporters believe that consuming mostly raw foods is ideal for human health and has many benefits, including weight loss and better overall health.

However, health experts warn that eating a mostly raw diet may lead to negative health consequences. This article reviews the good and bad of the raw food diet, as well as how it works.



### What Is the Raw Food Diet?

The raw food diet, often called raw foodism or raw veganism, is composed of mostly or completely raw and unprocessed foods.

A food is considered raw if it has never been heated over 104–118°F (40–48°C). It should also not be refined, pasteurized, treated with pesticides or otherwise processed in any way.

Instead, the diet allows several alternative preparation methods, such as [juicing](#), blending, dehydrating, soaking and sprouting.

Similar to veganism, the raw food diet is usually plant-based, being made up mostly of fruits, vegetables, [nuts](#) and seeds.

While most raw food diets are completely plant-based, some people also consume raw eggs and dairy. Less commonly, raw fish and meat may be included as well.

Additionally, taking supplements is typically discouraged on the raw food diet. Proponents often claim that the diet will give you all the nutrients you need.

Supporters also believe that cooking foods is harmful to human health because it destroys the natural enzymes in foods, reduces their nutrient content and reduces the "life force" that they believe to exist in all raw or "living" foods.

People follow the raw food diet for the benefits they believe it has, including weight loss, improved vitality, increased energy, improvement to chronic diseases, improved overall health and a reduced impact on the environment.

**Summary:** The raw food diet is made up mostly of foods that have not been processed or heated

## Health Benefits Review: Pros and Cons



Like most of the beliefs behind the raw food diet, many of the supposed health benefits are not supported by evidence.

Some studies have found the raw food diet to have positive health effects, but much of the research has found it has negative effects.

One study of people following a raw food diet found that it lowered blood cholesterol and triglyceride levels. However, it also lowered "healthy" HDL cholesterol levels and led to a vitamin-B12 deficiency for many (16).

Another study found that people following a raw diet over long periods of time had an increased risk of tooth erosion (13).

Nevertheless, studies have consistently found that the raw food diet is associated with having less [body fat](#).

One study of participants following a raw diet long-term found that it was associated with large losses of body fat (12).

Men lost an average of 21.8 pounds (9.9 kg) after switching to a raw diet and women lost an average of 26.4 pounds (12 kg). However, 15% of men and 25% of women in the study were also underweight.

Additionally, 70% of women on the diet experienced irregularities in their menstrual cycle. And nearly one-third of women developed [amenorrhea](#), meaning they stopped menstruating, which can be a consequence of low body weight.

Another small study found that people following a raw [vegan diet](#) had significantly lower calorie intake and body fat than those who weren't following the diet. Nonetheless, they also had low protein, calcium and vitamin D intakes (13).

The same study found that participants following a raw vegan diet had low bone mass, potentially due to low calorie and [protein intake](#) (13).

Overall, following a raw food diet may lead to weight loss or even improve some markers of health, such as blood lipids. But despite this, the significant risk of negative health effects outweighs the potential benefits of this diet.

### Symptoms of diabetes

As your blood sugar levels get higher, you may have other problems like headaches, blurred vision, and fatigue.

### How to fold a shirt in 2 seconds, and win laundry day forever

[Read More](#)

Research shows that we cannot avoid the worst impacts of climate change unless we dramatically scale back our consumption of animal foods. That's because producing meat and cheese generates large amounts of greenhouse gas emissions and guzzles huge amounts of water. [EchoWatch](#)

Compiled, edited & published by

Dr Harold Gunatillake

To unsubscribe email:[haroldgunatillake1@gmail.com](mailto:haroldgunatillake1@gmail.com)

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